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SEE AD ON PAGE 10

Troy-Somerset Gazette

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April 15, 2019
 Vol. 39, No. 30

Trivia Night Fundraiser at Noodles & Co

Gather your friends for a trivia night fundraiser at Noodles & Company in Troy to benefit The Bottomless Toy Chest on Thursday, April 18.

Mention **The Bottomless Toy Chest** and 50% of your bill will be donated. Proceeds will be used for their annual Red Carpet Movie Event to help spread joy to pediatric cancer patients.

Trivia will begin at 7 p.m. Noodles & Company is located at 3119 Crooks Road in Troy.

Sip & Savasana

HealthSource Chiropractic of Troy invites you to their Sip & Savasana event on Monday, April 15 at 7 p.m.

Visit the **St. Julian Winery** Troy Tasting Room for the perfect combo. A \$10 admission fee gets you yoga and a free glass of wine.

St. Julian Winery is located near Oakland Mall at 518 West 14 Mile Road in Troy.

Prose Procrastinators Anonymous

Panera Bread will be host to a Prose Procrastinators Anonymous meetup on Wednesday, April 17 from 7-9 p.m.

This is not a workshop or critique group, merely a group-dedicated time to work on your writing project. It's also a chance for people who are chasing the same unconventional hobby to come together and have a little fun.

Panera Bread is located at 1325 Coolidge Highway in Troy. For more information, visit Dianakathrynplopa.com/.

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THE EARLY BIRD SENIOR EXPO at Somerset Collection of Troy was held on Thursday, April 4 with hundreds of guests touring the showroom floor and learning more about the various senior services offered by local businesses. Produced by Gazette Media Group, the annual event draws support from local vendors and volunteers, including the SkyWalker Club – a group of hundreds of mall walkers who have built quite the community around health and wellness. See more pictures from the Early Bird Senior Expo on page 12.

Troy High's Amogh Gowda Wins Prestigious Gift of Life Award

Gift of Life Michigan has chosen Amogh Gowda to receive its 2019 Volunteer Champion Award, recognizing his extraordinary work to support organ and tissue donation, and the Michigan Organ Donor Registry. It's the first such award to be given by Michigan's designated organ recovery program.

Gowda accepted his award at the inaugural Gift of Life Champions Gala on April 5. He joined 17 Champions in other categories from across the state.

Gowda was selected for – among other things – starting a student group and website called "Gift8Lives" in hopes of teaching and inspiring people his age about organ and tissue donation. Gowda, who was motivated by his English teacher, who needed a kidney, has registered dozens of new donors while volunteering more than 100 hours for Gift of Life Michigan, in addition to the hours he spends educating with "Gift8Lives."

He gave special thanks to those who helped him in his quest

to encourage volunteers to donate organs and tissue to Gift of Life. He noted that "Mrs. Zasa (Volunteer Coordinator and Secretary of State Liaison at Gift of Life Michigan) is one of the most helpful and reliable people at Gift of Life and has been amazing in encouraging Gift8Lives.org and my volunteer work with Gift of Life Michigan to flourish. I am grateful for her support in spreading the message of organ donation awareness in my community throughout the past three years."

See GIFT OF LIFE AWARD, page 2

Troy Police to Deploy High-Tech Drones

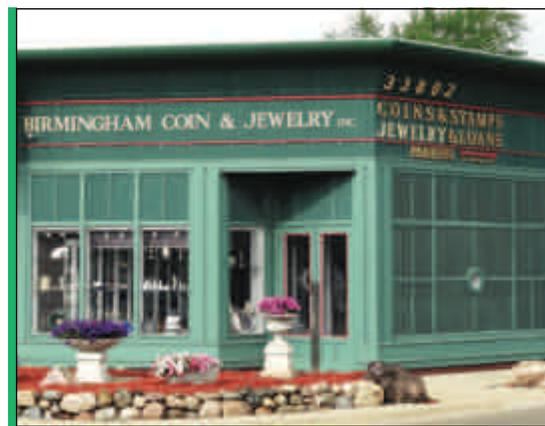
by CYNTHIA KMETT

In the not-too-distant future, you may just notice the Troy Police flying a drone over the site of a vehicle crash, or looking behind walls doing real-time surveillance at a suspected crime scene. The new scanning equipment Troy City Council voted to obtain last Monday can even be used to look for a missing child. This equipment is already being used successfully by the Michigan State Police and the Sterling Heights Police.

It was time for new scanning equipment, reported the committee studying the problem with the city's 15-year-old Total Station that is used by the Detective Bureau, Evidence Technicians, and the Southeast Oakland Crash Investigation Team.

It was during its 2018 calibration of that equipment, that the city discovered that the batteries for the current unit are no longer manufactured, and therefore support services on the unit will become obsolete. A replacement unit is therefore necessary and critical in order to maintain the Police Department's current ability to investigate and document crime and crash scenes efficiently and with reliable information which can be

See DRONES, page 2



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New Drones to Help First Responders Fly Into the Danger Zone

DRONES, From page 1

presented in a court of law, the committee noted in its report to council.

Conducting the study was MaryBeth Murz, Purchasing Manager; Lisa Burnham, Finance Manager; Tom Darling, Director of Financial Services; Frank Nastasi, Chief of Police; Thomas J. Gordon, Police Captain; and Chris Culbreth, IT Manager.

The proposed Leica Total Station is capable of one-officer operation. The current unit requires two officers, but the new unit allows a lone officer to operate the base station remotely from the marker. The new device is also more advanced with accurate GPS locating abilities.

The Southeast Oakland Crash Investigation Team has tested this new equipment during a training day and noted its increased speed over the current unit.

The Leica Imaging Scanner would allow officers to ‘scan’ crime and crash scenes in a matter of minutes. The device is so accurate and information-dense that measurements can be made inside the scans from an officer’s computer.

Council voted to waive the bid process and award contracts to Leica Geosystems, Inc. of Fenton for the Total Station and Smart Antenna for an estimated total of \$33,279.32, and to NOAR Technologies of Troy for the integrated system drones and 3D scanner for an estimated total amount of \$35,490.00. City management also requested a budget amendment for fiscal year 2018/2019 to the Drug Forfeiture and Capital Projects Funds to recognize the transfer and associated appropriation of \$68,770.00.

Council voted unanimously for the new system, so if you see a

police officer with a drone in the future, don’t be surprised.

City Council held its first budget hearings last Thursday evening. Some news included that the Fire Department is getting new equipment for jaws of life rescues that weigh less, much less, and are battery powered. Troy is the largest fire department in the state that has both full-time and volunteer firefighters.

Water rates will go up a bit, although that’s not the city’s fault. Expect to pay about \$7 more per quarter for water and sewage.

Road work will not be as popular on local Troy streets. They’ll wait until I-75 is done before any extensive repairs are done. They still plan a couple of million in local road repairs this year, however.

Areas of concern will be addressed at the Monday, April 15 budget session beginning at 6 p.m.



THE MICHIGAN STATE POLICE are already using their new drones to scan accidents and even look for those who might have jumped out of a car in a police chase and headed for the woods.

Troy High School Student Receives Gift of Life Award

GIFT OF LIFE AWARD, From page 1

And helping him at Troy High, Amogh praised “Mrs. Tislerics who supported me and Gift8Lives.org in establishing the Troy High media center as the first high school library in Michigan to

impressive and his drive to make a difference is truly inspiring,” Dils said. “He deserves this honor and we were so excited to recognize him for his hard work.”

As the state’s only federally designated organ donor program,



PROUD FAMILY – It was dad Yogesh Gowda, sister Srishti Gowda, mom Roopa Gowda, honoree Amogh Gowda, and Kim Zasa, Volunteer Coordinator and Secretary of State Liaison at Gift of Life Michigan as Amogh was presented his award.

participate in Libraries for Life, a statewide campaign to raise organ donation awareness in our library system. I am grateful for her,”

“Gift of Life was absolutely thrilled to host – for the first time – an event that shined a light on the best of the best in the important work that’s carried out every day to save and transform lives through organ and tissue donation,” CEO Dorrie Dils said.

“Amogh is unlike anyone else we know his age. His passion for organ and tissue donation is

Gift of Life Michigan is the intermediary between donors, their families and hospital staff. Gift of Life, in collaboration with Eversight, provides all services necessary for organ, tissue and eye donation.

More than 3,000 patients in Michigan are waiting for a life-saving organ transplant.

Anyone can join the Michigan Organ Donor Registry. To sign up, visit golm.org or call 866-500-5801.



Easter Day Brunch

Italian Grille
Lunch • Cocktails • Dinner

Sunday, April 21 • 10:30 am - 7:30 pm

Adults \$29.95 • Children 5-12 \$17.95
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Featured Items Include:

- Gourmet Omelette Station
- Breakfast Station
- Leg of Lamb Carving Station
- Prime Rib Carving Station
- Pork Florentine
- Oven Roasted Chicken
- Chicken with Mushroom Sauce
- Fish of the Day
- Peel & Eat Shrimp
- Pasta Primavera
- Mostaccioli
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- Assorted Vegetables
- Assorted Salads
- Assorted Desserts

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We Need A Better Idea for Roads

PERSPECTIVES



Op-Ed by
BRAD O'DONNELL

Gov. Gretchen Whitmer is crisscrossing the state, trumpeting her bold first budget proposal which controversially includes a 45-cent gasoline tax increase.

As a City Councilman, I was given the honor of attending one of her seminars in which she explains the dire state our roads are in: in order to get our roads into shape in 10 years, we need to pump \$2.5 billion annually into them.

She explains that the increased gas tax and registration fees of a few years ago merely served to stop the bleeding. In order to actually improve and replace the roads, we need to come up with even more money. Billions more.

Critics argue that the new budget proposal prioritizes population centers over rural areas and that a 45 cent gasoline tax is a regressive tax that will brutalize the working poor.

Gov. Whitmer's gas tax proposal will fail. In the face of extreme income inequality, stagnant wages, and most importantly a rabidly anti-tax Republican legislature, this new tax never stood a chance.

What are our alternatives to higher gas taxes, then? A tiny bit of outside-the-box thinking makes the answer obvious.

Understand that since World War II, more and more luxury amenities have steadily been added to our roads. Arterial lanes started at 9 feet wide, then expanded to 10 feet, and now 12 feet, which used to be considered highway-sized lanes. Highway lanes are now 14 feet or larger.

Despite evidence that adding additional lanes creates more congestion, not less, we have added thousands of miles of them. Michigan left turn lanes have all but replaced left turn signals, despite little evidence they are more efficient. The tiny ways that taxpayers have been "upsold" on luxuries are endless.

These luxuries cost an absolute fortune, and unfortunately, make our roads more dangerous.

If these luxuries don't benefit drivers, who do they benefit? Construction companies, engineering firms, and lobbyists are all depending on us to not

question why our roads look the way they do. Oftentimes the same company who draws up the engineering plans is the same one that constructs the roads, which is an enormous conflict of interest.

Stripping out these nonsense extras and going back to basics will make our roads safer and less expensive.

Next, each road needs to justify its existence. Often a road will be built, with the consent and financing of multiple levels of government, under the justification that "future revenues" will make the project worth it. "Build it and they will come," say these government officials.

Gambling on a road using

public dollars may be a great way to get a public official's picture in the newspaper, but it is terrible public policy.

Before bailing out county and city roads, Gov. Whitmer should expect a full explanation on where the revenue to replace the road in 30 years will come from.

Will these small changes save Michigan \$2.5 billion per year? It's impossible to know for sure. What is certain is that it's preferable than a punishing new tax on gasoline.

Brad O'Donnell is a Utica City Council member. To add your voice to the conversation, send a letter to the editor to Andrew@gazettegroup.com.

Tigers Star Magglio Ordonez Signing Autographs at Oakland Mall

Detroit Tigers retired baseball player Magglio Ordonez will be at Oakland Mall on Saturday, April 20 from 10:30 a.m. - 2 p.m. signing autographs for fans.

Visit Cary Sports Memorabilia in the mall to get your swag signed by the six-time all-star, three-time silver slugger, and the 2007 AL batting champ.

Autographs are \$79 for any time, \$25 per inscription, and \$8 for Beckett authentication. Players reserve the right to reject any item.

A mail-in option is available for those who cannot attend the event. If you can't attend the event, you can either purchase tickets online and mail in your

items, or purchase both tickets and unsigned items from carysm.com/. All your mail-in items must be received by April 18. If you are mailing in your items, include specific instructions (color, location, etc.) and a prepaid return shipping label/SASE with your item.

For mail-in orders, please send your items to: Cary Sports Memorabilia, 12745 S Saginaw Rd, Ste 806-106 Grand Blanc, MI 48439.

Tickets are available at carysm.com and will be available to pick up at the event. Oakland Mall is at 412 W 14 Mile Rd in Troy. For more information, email info@carysm.com or call 810-866-4912.



VegFest

Vegan Tastefest & Expo

20th Anniversary Celebration!

Sunday, April 28th
10:30am - 5pm

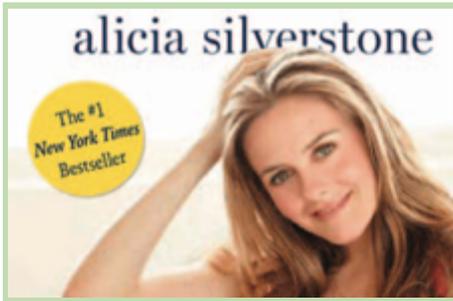
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Outside of her acting career, Silverstone is committed to the causes of animal welfare and environmentalism. Sharing the details of her lifestyle, Silverstone penned the 2009 book *The Kind Diet: A Simple Guide to Feeling Great, Losing Weight and Saving the Planet* which is a vegan cookbook.

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TROY MAYOR DANE SLATER presented Athens High School Student Council with a proclamation this week recognizing their work during Charity Week. The group raised over \$130,000 to support the non-profit Focus Detroit, which partners with schools and communities to combat poor academic achievement, under-resourced schools, substandard housing, and lack of access to basic needs. "We congratulate the students for being a shining example of how to give back to the community, as well as the region," Slater said in a post on Facebook.



A FIRE BROKE OUT on Wednesday afternoon, April 10 in the larger of the two barns at Manresa Jesuit Retreat House in Bloomfield Hills. The barn was totally destroyed, and the barn adjacent to it was significantly damaged. Both barns pre-date the sale of the property in 1926 for use by the Society of Jesus (Jesuits). Fortunately, no one was injured, and Manresa's daily activities continue without interruption. The Troy Fire Department was on the scene to help assist.

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Fri & Sat, April 26-27, 8 am - 6 pm & Sun, April 28, 10 am - 5 pm

Friday, April 26

Tree Care

Limbs hanging over your house? Insects causing damage? Arboriculturist Terry Jenkinson of Advanced Arboriculture is joining us to answer questions on tree care. **10am-Noon in Greenhouse**

Lunch

On the patio 11am-1pm • \$3 suggested donation for Gleaners Food Bank.

Landscape Design

Landscape Designer Paula Smith will be here to help you with your design questions. Bring your pictures and Paula will be ready with ideas. **1pm-3pm in Greenhouse**

Plants for Pollinators

A stroll through the nursery identifying and talking about plants that are beneficial to pollinators. **2pm-3pm Meet by Greenhouse**

Deer Resistant Plants

A casual walk around the Garden Center pointing out and discussing deer resistant plants in the garden. Also a review of repellents and how they work. **3pm-4pm Meet by Greenhouse**

Saturday, April 27

Lawn Care

Do you want a lush green lawn to walk bare foot through? Turf grass specialist Steve Kolongowski from Rhino Seed Company can answer your questions on keeping a healthy lawn. **10am-Noon in Greenhouse**

Deer Resistant Plants

A casual walk around the Garden Center pointing out and discussing deer resistant plants in the garden. Also a review of repellents and how they work. **10am-11am Meet by Greenhouse**

Lunch

On the patio 11am-1pm • \$3 suggested donation for Gleaners Food Bank.

Tree Care

Limbs hanging over your house? Insect damage? Arboriculturist Terry Jenkinson of Advanced Arboriculture will answer questions on tree care. **Noon-2pm in Greenhouse**

Landscape Design

Landscape Designer Paula Smith will be here to help you with your design questions. Bring your pictures and Paula will be ready with ideas. **1pm - 3pm in Greenhouse**

Saturday, April 27 Continued

Bee Keeping 101

Bee Keeper, Dominic Saltarelli will be in house to answer questions on keeping hives. Bring your honey with you. **3pm-4pm in Greenhouse**

Sunday, April 28

Family Day

Kids Crafts

Noon-2pm Meet Under the Tent

Scavenger Hunt for Kids

This is a self-paced scavenger hunt for younger children to do with their parents or other adult. **Noon-3pm Meet Under the Tent**

Face Painting by Coral

Be fierce like a tiger or soft like a butterfly! Get your face painted by Coral. **1pm-3pm Under the Tent**

Name the Chickens Contest

Entry forms by the Chicken Coop

Sore Garden Muscles

Sore muscles from working in the yard. Certified Massage Therapist Jill Pursell will be here giving 5 minute complimentary chair massages. **2-4pm in Greenhouse**

Snacks and Refreshments 10am - 4pm



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Police Arrest a Slew of Drunk Drivers Along Rochester Road This Week

POLICE PATROL



by
CYNTHIA KMETT

■ THIS WON'T MAKE SPRING ANY FUN

— This Troy resident discovered that an unknown suspect entered her locked storage unit in the basement of her apartment building on Coolidge, stealing her black Women's Trek Bicycle.

■ **WOULDN'T LEAVE** — Officers responded to the McDonald's on Dequindre just after 8 p.m. on the report of a subject refusing to leave the location. Officers have been to the business on multiple occasions to escort the same subject off of the property. Upon arriving, the 63-year-old man from Sterling Heights began to yell profanities at the officers in front of several customers, including children. The subject was arrested and charged with Trespassing.

■ **LYING TO THE POLICE JUST MAKE THE CHARGES GROW** — This Troy officer initiated a traffic stop on the driver of a gray 2004 Chevrolet Malibu who was driving erratically on southbound I-75 at 1 a.m. for a traffic violation. The officer spoke with the driver, a 23-year-old woman from Grand Blanc, who was unable to provide a driver's license and was headed in the wrong direction for home. She verbally identified herself to the officer and said that she had not consumed any alcohol earlier. She did acknowledge however that she had smoked marijuana. She was asked to perform several sobriety evaluations to which she did but the officer noted that she performed poorly. She submitted to a Preliminary Breath Test with a result of .14% BAC. She was arrested and while inside the lock-up facility, admitted to the officer that she had provided false information as to her identity. It was determined that her State of Michigan Operator's License was 'Suspended' by the Michigan Secretary of State. She was charged with Operating a Motor Vehicle While Under the Influence of Alcohol — 1st Offense, Hinder and Obstruction of a Police Officer, and Driving While License Suspended — 2nd or Subsequent Offense.

■ **EXTRA CHARGES FOR REFUSING PBT** — An officer initiated a traffic stop on the driver of a red 2019 Dodge Charger

who was driving erratically and for a traffic violation on Maple Road at 2 a.m. The officer spoke with the driver, a 27-year-old man from Troy, and noted an odor of alcohol emanating from him. When asked, the driver admitted to consuming one drink that contained alcohol. He was asked to perform several sobriety evaluations to which he did but the officer noted that he performed poorly. He refused to submit to a Preliminary Breath Test and was arrested. He was transported to the Troy Lock-up Facility where he was read his Chemical Test Rights and agreed to submit to Chemical Breath Test with results of .14% and .15%. He was charged with Operating a Motor Vehicle While Under the Influence of Alcohol — 1st Offense and Preliminary Breath Test Refusal.

■ **SAME STORY, DIFFERENT NIGHT** — An officer initiated a traffic stop on the driver of a red 2016 Kia Sorento for a traffic violation around 1 a.m. The driver entered the subdivision Player Drive and was pulled over. The officer spoke with the driver, a 64-year-old woman from Shelby Township. When asked, she admitted to having consumed a couple of drinks that contained alcohol. She was asked to perform several sobriety evaluations to which she did but the officer noted that she performed poorly. She refused to submit to a Preliminary Breath Test and was arrested. She was transported to the Troy Lock-up Facility where

she was read her Chemical Test Rights and she agreed to take a Breath Test with a result of .15%. She was charged with Operating a Motor Vehicle While Under the Influence of Alcohol — 1st Offense and Preliminary Breath Test Refusal.

■ **A CONVICTION HERE COULD MEAN SERIOUS JAIL TIME** — This Troy officer initiated a traffic stop on the driver of a black 2013 Hyundai Sonata for a traffic violation on eastbound Maple near Dequindre. The officer spoke with the driver, a 30-year-old woman from Sterling Heights, and noted an odor of alcohol and marijuana emanating from inside the vehicle. The driver was unable to provide a driver's license and it was later determined that her State of Michigan Operator's License had been 'Revoked' by the Michigan Secretary of State. When asked, the driver admitted to having consumed three drinks that contained alcohol and to having smoked marijuana in the past five minutes. The driver was asked to perform several sobriety evaluations to which she did but the officer noted that she performed poorly. She submitted to a Preliminary Breath Test with a result of .25%, three times the legal limit. She was arrested and charged with Driving While License Suspended and Operating a Motor Vehicle While Under the Influence of Alcohol — 3rd Offense.

■ **NO WONDER HE HAD TROUBLE STEERING THE CAR** — Officers responded to westbound Maple just before midnight on a

report of a driver of a white 2004 Cadillac Deville was driving erratically. Witnesses indicated the vehicle was "all over the road" and struck a roadside curb. The officers located the vehicle in a nearby business parking lot with a subject attempting to change a flat tire. The subject identified as a 30-year-old man from Sterling Heights and indicated to officers that he was just trying to change his flat tire. It appeared that the flat was caused by the vehicle striking a curb. The officers noted an odor of alcohol emanating from him and when asked, the driver

admitted to consuming one drink that contained alcohol earlier in the evening. He performed several sobriety evaluations, which he did but the officers noted that he performed poorly. He submitted to a Preliminary Breath Test with a result of .227%, nearly three times the legal limit. He was arrested and charged with an OWI.

Note: If you have any information on the aforementioned crimes, call the Troy Police Department at 248-524-3477. If you wish to remain anonymous, you may call 524-0777.

Grand Opening Celebration

Opening
June 17
2019

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County Health Division Partnering with Schools as Measles Outbreak Grows

by ELENA DURNBAUGH

As the number of measles cases in the area continues to rise, Oakland County Health Division is working with schools to prevent the spread of the disease.

Since the start of the outbreak last month, the health division has been working to keep schools informed. It is now partnering with districts to proactively identify unvaccinated or under-vaccinated students who are at greatest risk of contracting the disease and are subject to exclusion from school under Michigan law.

"In a time like this where we have an outbreak, we send a letter to schools," said Leigh-Anne

Stafford, health officer for Oakland County.

In addition to providing a fact sheet on the disease, schools are reminded to review their immunization records and to be aware of students who are unvaccinated or under-vaccinated.

Since 1978, Michigan has required students entering kindergarten, 7th grade, or any new school district during grades 1-12 to possess a certificate of immunization. State law allows schools and local health department officials to exclude anyone who has a communicable disease or was exposed to the communicable disease and isn't

fully vaccinated against it.

The state allows waivers for students who have a medical reason for not receiving a vaccine, and in 2015, Michigan instituted a rule change allowing parents to seek non medical vaccine waivers due to religious or philosophical objections. According to data from the Michigan Department of Health and Human Services, Michigan has one of the highest immunization waiver rates in the country.

Stafford recommended that students and adults get up to date on their vaccines.

"It's a really good time for parents and all adults to be aware of their vaccine status," she said.

"If you're up to date on your vaccines, there's a chance you won't be excluded."

The Health Division is only becoming actively involved in districts where there has been an exposure. So far, the only district with a reported case of the

same as it was in 2015 when there was an outbreak of chickenpox in Oakland County.

"If there's an identified case, then we'll follow our guidelines for students," Birmingham said. "Should we have a case, we would follow their direction."



measles is Birmingham Public Schools. The county is providing technical advice, helping manage lists of students that need to be excluded, and answering medical questions.

The Health Division is also answering questions from schools and parents across the county about the disease and on policies and procedures.

There have been no reported cases of measles in Troy, but the district is communicating with the Oakland County Health Division and parents about the disease.

"We've shared information with parents as things have come out," Troy School District Communications Director Kerry Birmingham said.

The district has a standing plan for dealing with an outbreak, according to Birmingham, which includes working closely with the Health Division. The policy is the

The district encourages people with questions to contact the Oakland County Health Division's Nurse on Call or to visit oakgov.com/health/.

Since the start of the outbreak, there have been 38 confirmed cases of measles in Oakland County. Over 2,100 measles vaccinations have been given in the same amount of time. The measles vaccine is available and is effective within 72 hours of exposure. Stafford encouraged those who were not sure about their vaccination status to have a discussion with their doctor or with the Oakland County Nurse on Call.

To learn more about the measles and to see the updated list of measles exposure locations, visit oakgov.com/health or contact the Nurse on Call at 800-848-5533.

Great Lakes Depression Glass Collectors Club presents the 45th Annual DEPRESSION AND ELEGANT GLASS SHOW AND SALE



Sat. April 27th 10 am-5 pm

Sun April 28th 11am-4 pm

American Made Elegant & Depression Glass, Pottery, Dinner & Kitchenware



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Visit the Easter Bunny at Oakland Mall's Center Court Now thru April 20

Visit the Easter Bunny at The Somerset Collection North Grand Court Now thru April 20

28th Annual Bunnyville at the Detroit Zoo Friday, April 19 and Saturday, April 20, 9 a.m. - 3 p.m.

The Great Marshmallow Drop Friday, April 19, 10 a.m. Worden Park, 3629 Crooks Rd., Royal Oak - 15,000 marshmallows will be dropped from a helicopter to be exchanged for a prize

Easter Bunny Bounce Friday, April 19, 2 p.m. BounceU, Troy

7 Last Words: A Service of Poetry and Music Friday, April 19, 7 p.m. Royal Oak First United Methodist Church, 320 W. 7th St.

Easter Breakfast Party Saturday, April 20, 8:30 a.m. Chick-fil-A, Somerset Collection

Hippity Hoppity Easter Egg Hunt Saturday, April 20, 10 a.m. Starr-Jaycee Park, Royal Oak

Vegan Kegs & "Eggs" featuring Founders Brewing Saturday, April 20, 10 a.m. Vinsetta Garage, 27799 Woodward Ave., Berkley

Easter Egg Hunt & Bonnet Contest Saturday, April 20, 12 p.m. Auburn Hills Parks & Recreation, 1827 N. Squirrel Rd.

Lady Sarah's Magic Soiree Easter Special Saturday, April 20, 12 p.m. Camp Ticonderoga, 5725 Rochester Rd.

Youth Bunny Bowl Saturday, April 20, 1 p.m. BowlOne Lanes, Troy

Easter Egg Hunt Saturday, April 20, 5 p.m. Troy Community Center

Annual Second Night of Passover Seder Saturday, April 20, 5 p.m. Congregation Shir Tikvah, Troy

Easter Breakfast Sunday, April 21, 9:30 a.m. Stone Haven Free Methodist Church, Troy

All You Can Eat Easter Brunch Buffet Sunday, April 21, 10 a.m. Pop's For Italian, 280 W. 9 Mile Rd., Ferndale

Easter Family Style Menu Sunday, April 21, 10 a.m. - 3 p.m. Maggiano's Little Italy, Troy

Easter Sunday at Joe Muer Sunday, April 21, 10 a.m. - 8 p.m. Joe Muer Seafood, Bloomfield Hills

Easter Grand Buffet Sunday, April 21, 10:30 a.m. - 3 p.m. Loccino Italian Grill & Bar, Troy

Easter Day Brunch Sunday, April 21, 10:30 a.m. and 7:30 p.m. Picano's Italian Grille, Troy

TLGB Annual Potluck Easter & All Holidays Brunch Sunday, April 21, 1 p.m. First United Methodist Church, 22331 Woodward, Ferndale - Non-religious gathering for the TLGBQ+ community hosted by Gender-Identity Network Alliance

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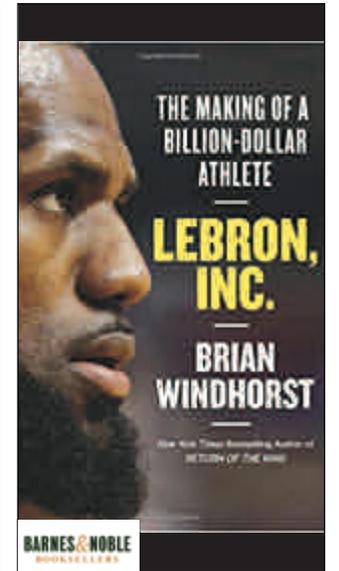
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MUSIC

Electric Wizard Tuesday, April 16, 7 p.m. Royal Oak Music Theatre

Larry Arbour Friday, April 19, 8 p.m. Shield's Pizza, Troy

Shattered Friday, April 19, 8 p.m. O'Mara's, Royal Oak - Tribute to Rolling Stones

Kirs Kurzawa Group Plays Rush Friday, April 19, 8 p.m. Block Lotus Brewing Co, Clawson

AcousticAsh Saturday, April 20, 12 p.m. Fresh Thyme, Troy

Open Mic Plug and Sing Karaoke Saturday, April 20, 9 p.m. Eats and Crafts, Troy

Hunter Hayes Saturday, April 27, 6 p.m. Royal Oak Music Theatre

ON STAGE

Comedy Open Mic Wednesdays at 7:30 p.m. Mark Ridley's Comedy Castle, Royal Oak

Fresh Sauce Improv Sundays at 9 p.m. Go Comedy! Improv Theater, Ferndale

Ahmed Ahmed Wednesday, April 17, 6:30 p.m. Mark Ridley's Comedy Castle, Royal Oak

Brian Posehn Thursday, April 18, 7 p.m. The Crofoot Ballroom, Pontiac

Tyler Perry's "Madea's Farewell Play Tour" April 18-21, Fox Theatre, Detroit

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

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

Madeline and the Bad Hat Saturday, April 27, 1 p.m. Meadow Brook Theatre

AROUND TOWN

Taste of the Rising Stars Monday, April 15, 6 p.m. Fieldstone Winery & Hard Cider, 223 S. Main St., Rochester - Featuring cooking demos from Rising Star Academy students

Document Shredding Thursday, April 18, 9 a.m. Troy Family Aquatic Center

Walking Group at Yates Trail Behind the Cider Mill Thursday, April 18, 6 p.m. with Troy Historic Village at Yates, 1900 E Avon Rd, Rochester Hills

\$10 All You Can Bowl Thursday, April 18, 10 p.m. Madison Park Bowl, 25023 John R Rd., Madison Heights - For ages 21+

Yoga with Pawfficer Donut to Benefit Haven - Saturday, April 20, 12 p.m. Explore Yoga, 6036 Rochester Rd., Troy

Coffee with the City Manager Wednesday, April 24, 10 a.m. Register at rec.troy.mi.gov/registration/ or in-person at Troy Community Center

White-Tailed Deer Tuesday, April 30, 7 p.m. Stage Nature Center

LIBRARY

All events take place at the Troy Public Library, 510 W Big Beaver Rd, unless stated otherwise. To register, visit Troypl.org

Intro to Facebook Thursday, April 18, 7 p.m.

Trivia & Brews: Game of Thrones Monday, April 22, 7 p.m. Granite City Food & Brewery - Get 10% off your meal with your Troy Public Library Card

TPL 24/7 Wednesday, April 24, 1 p.m. Learn how to access OverDrive eBooks and RBDigital magazines

KIDS & TEENS

All events take place at the Troy Public Library, unless stated otherwise.

Me & My Grand Get Messy Tuesday, April 16, 4:30 p.m. Troy Community Center

Forensics Public Speaking & Storytelling Workshop Tuesday, April 16, 6:30 p.m. For grades 6-12

Mommy & Me: Join us for Tea! Saturday, April 27, 10 a.m. Rainbow Preschool

SAVE THE DATE

Theatre Bizarre Orchestra Thursday, May 8, 8 p.m. The Loving Touch, Ferndale

Father John Misty Monday, June 17, 7:30 p.m. Fox Theatre, Detroit

Morrissey Friday, September 13, 8 p.m. Meadow Brook Amphitheater

To submit an event, email News@gazettemediagroup.com. Submissions run in the paper space permitting. To advertise an event, email Advertising@gazettemediagroup.com.

GAZETTE RECOMMENDS...



"DECODER RING"

Culture is weird. Like, what's the deal with "Baby Shark," and why is it everywhere? And, if clowns are supposed to be fun, why do so many people find them terrifying? "Decoder Ring" is a podcast from Slate Magazine that dives into cultural mysteries like these to try to understand how they work themselves into our collective

consciousness and ask why they even matter. During each episode, host Willa Paskin talks to cultural experts, historians, and aficionados to seek a better understanding of each cultural question, object, or habit.

- Elena Durnbaugh, Assistant Editor

Spring Happenings at Meadow Brook Hall



Photo by Elena Durnbaugh

Meadow Brook Hall invites people to experience the manor this spring. The Tudor-revival style mansion has a number of upcoming events where people can enjoy the grand hall as things begin to bloom.

The Meadow Brook Garden club begins this month and continues through October. The club, which has over 150 members ranging from beginners to master gardeners, is dedicated to preserving, maintaining and enhancing the gardens at Meadow Brook Hall. Members can enjoy on-site training and programming on the beautiful grounds of Meadow Brook.

Every month, the Garden Club hosts special guest speakers. On

Tuesday, April 26, Colleen Dodt will speak about herbs. The event will begin with coffee and refreshments at 9:15 a.m. and the program will start at 10 a.m. The talks are open to the public. Reservations are not required, but

International Banjo Festival April 26-27

The North American International Banjo Committee will hold its annual convention and music festival April 26-27 at the DoubleTree Hotel on Ford Road at the Southfield Freeway.

The Ban-Joes of Michigan will open the Friday evening show with several songs of the Mississippi River. On Friday and Saturday, there will be three

non-members are asked to pay a \$5 fee.

Next month, the manor will open its doors for Derby Day at Meadow Brook. On Friday, May 3, guests are invited to bring their most opulent hat for mint juleps and a Derby lunch at the hall. The event will feature live musical entertainment and a short talk by the Meadow Brook curator. The talk will focus on the Dodges' triumph in the Kentucky Derby and their involvement in the equestrian world. Derby Day will conclude with a self-guided tour of the hall, a prize for best hat, and a live performance of "My Old Kentucky Home."

Tickets cost \$75 per person or \$67.50 for Meadow Brook members. To register, or to learn more about events at Meadow Brook Hall, visit meadowbrookhall.org/.

DSO Goes for Baroque with Program Featuring Vivaldi, Anna Clyne

Conductor Nicholas McGegan, renowned for his expertise in Baroque music, returns to Detroit to lead the Detroit Symphony Orchestra (DSO) in a program featuring music by Vivaldi and contemporary composer Anna Clyne.



ANNA CLYNE

Mandolinist Avi Avital will be featured soloist on Vivaldi's Mandolin Concerto and Anna Clyne's "Three Sisters" Concerto for Mandolin and String Orchestra. Vivaldi's magnificent

Gloria is also on the program, featuring sopranos Sara Hershkowitz and Sherezade Panthaki, mezzo-soprano Meg Bragle, and the Detroit-based chorus Audivi (Noah Horn, Artistic Director).

The program also includes Vivaldi's Concerto for Strings and D minor Concerto Grosso. Three DSO musicians will be featured soloists on the Concerto Grosso: Concertmaster Yoonshin Song, Associate Concertmaster Kimberly Kaloyanides Kennedy, and Principal Cello Wei Yu.

The concerts take place Thursday, April 25 at 7:30 a.m., Friday, April 26 at 8 p.m., and Saturday, April 27 at 8 p.m. at Orchestra Hall, within Midtown Detroit's Max M. and Marjorie S. Fisher Music Center.

The Saturday evening concert will be webcast for free at dso.org/live and via Facebook Live.

Tickets for Vivaldi's Gloria begin at \$15 and can be purchased at dso.org, by calling (313) 576-5111, or in-person at the Max M. & Marjorie S. Fisher Music Center Box Office.

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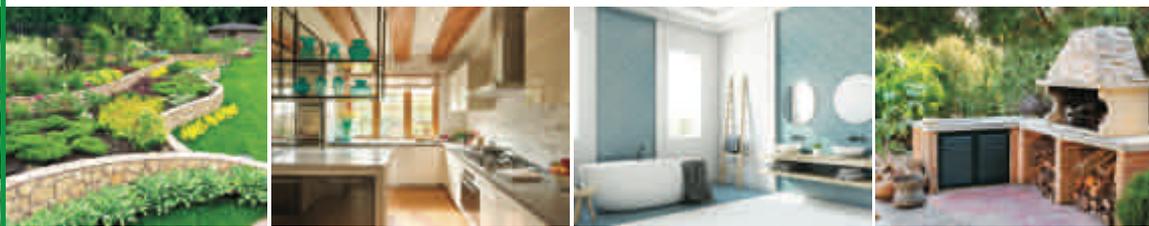
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Pilot Mechanical Heating and Cooling in the Business of Making People Happy

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 pilotvac.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/.

Free Shred Day at Cornerstone Community Financial Somerset Branch

On Saturday, May 4 from 9 a.m. to noon, Cornerstone Community Financial will host its annual free shredding event at its Somerset branch located at 3001 W. Big Beaver in Troy (southwest corner of 16 Mile and Coolidge).

squares (no strips) by the shredding trucks. After the paper has been securely shredded, the confetti-sized pieces are bundled and recycled into paper products.

In addition to shredding services, a donation truck from

Main Street Oakland Grant Program Encourages Downtown Development

Main Street Oakland County has partnered with Flagstar Bank to offer a Placemaking and Facade Grant Program available to 13 Oakland County downtowns. Communities can apply for grants of up to \$2,500 in dollar-for-dollar match funds for several types of improvements to downtown districts.

“One of the most important parts of downtown development is creating a strong sense of place,” County Executive L.

Brooks Patterson said. “By preserving and renewing our downtowns, Flagstar Bank is supporting community vitality and pride among the citizens whether they are life-long residents or new to the area.”

Eligible projects include preservation of historic resources, installation of public art, public markets, creation or renovation of pop-up retail space, wayfinding signage, placement of historic markers, and streetscape

enhancements.

The deadline to apply is June 1. Businesses in Select Level Main Street communities of Berkley, Clawson, Farmington, Ferndale, Franklin, Highland, Holly, Lake Orion, Ortonville, Oxford, Pontiac, Rochester, and Royal Oak are eligible.

For more information and to find application forms, go to MainStreetOaklandCounty.com, click on the “Services & Trainings” link, and go to the “Grants” tab.



CCF’s annual “Shred Day” is a free public event that allows individuals to have their personal records safely and securely destroyed with the help of two mobile Shred-It trucks.

A wide range of documents and items can be shredded on-site, including financial paperwork such as canceled checks and banking statements, personal IDs, credit cards, stapled and spiral-bound items and more. There is no limit on the number of boxes/bags individuals may bring for shredding, but CCF asks that you have shred items ready to go (no sorting on site).

“Making sure your personal documents are properly and completely disposed of is an important step in protecting your identity,” said CCF’s compliance officer and CCF’s safety manager Margaret Kilburn. “Even items that are torn up and tossed can be arranged again to reveal identifying and personal information that thieves can use to steal your identity. Shredding is the safest and easiest way to dispose of sensitive items.”

To avoid the risk of identity theft or other financial crimes, Kilburn recommends individuals shred anything that includes a home address, signature, banking or investment account number, social security number, medical or legal information, credit card and mortgage documents and anything that includes a credit score.

Unwanted documents are cross-shredded on-site into small

Goodwill Industries will be hosted on-site to collect any household donations from spring cleaning efforts.

This event is free and open to the public. To learn more, call the eBranch at 800-777-6728 or chat with the eBranch online at CCFinancial.com/.


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Cornerstone Community Financial Credit Union will have two Shred-It trucks at our Somerset Branch in Troy to shred your sensitive papers, free of charge. A Goodwill truck will also be on-site collecting donated household items. **This event is free and open to the public.**

Coolidge Hwy.

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Rep. Kuppa Proposes Naming Shelter Pets Official State Pet of Michigan

Last week, state Rep. Padma Kuppa (D-Troy) introduced HB 4455, designating shelter pets as the official state pet of Michigan.

“Animals of all kinds and needs are currently living in shelters and rescues across our state waiting to find their forever home,” said Kuppa. “Recognizing

shelter pets as Michigan’s state pet will not only raise awareness of animals in need, but will also serve as an example to the rest of the nation that Michiganders don’t just care about the people of our state, but about the wellbeing of our loyal companions.”

According to The Humane

Society, six to eight million animals end up in shelters and rescues each year. If HB 4455 is passed, Michigan will join California, Ohio, Colorado, Illinois and a growing number of states raising awareness for shelter and rescue animals by designating them as their official state pet.



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REPRESENTING LYNCH & SONS Funeral Directors at the Early Bird Senior Expo at Somerset Collection this year were Julie Lynch Kenrick and Melanie Neddow. For more information about Lynch & Sons, visit Lynchandsonsclawson.com or call 248-435-0660.



AMERICAN HOUSE SENIOR LIVING representatives were also on hand at the Early Bird Senior Expo on April 4 in Troy. Pictured left to right: Darlene Anderson, Roxiann Brown, and Kathryn Smith. Learn more about American House at Americanhouse.com/.



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IF YOUR AGING EYES need a little professional attention, the team at Somerset Ophthalmology stands ready to help. Pictured above at the Early Bird Senior Expo is Dr. Gadianu and Dr. Mayne. Learn more about Somerset Ophthalmology at Somersetophthalmology.com/

Health & Wellness

Dental Implants: The Best Choice for Tooth Replacement

HEALTHY MOUTH

HEALTHY BODY



by
DR. DANIEL O'BRIEN

Tooth loss is still a common occurrence despite

advancements in preventive dental care. Neglect is a strong component. People are living longer and the 65 and over age is now the majority of the U.S. population.

Still, tooth loss occurs across all age ranges and can happen for a variety of reasons, including disease in other parts of the body. Tooth loss is connected with multiple systemic diseases. Maintaining a healthy mouth and an optimal chewing ability is vital to a long and healthy life.

Bridges and removable partials used to be the standard

way of replacing one missing tooth to several. Even though these procedures are still a common method of tooth replacement, the risks they bring make them far less ideal than a dental implant. Partial dentures place a tremendous amount of stress on the teeth which anchor them. These teeth can become loose and frequently decay. Bridges can replace a missing tooth, but they will likely be replaced within 10 years due to new decay. Decay on only one of the teeth under a bridge means the bridge has failed.

Dental implants are the ideal treatment for tooth loss; there is no dependency on natural teeth to support them; their long-term success rate is higher than any other dental restoration (over 95%); dental implants don't get cavities; they're the most esthetic way to replace missing teeth. The surgery is far more simple than patients imagine. The patient feels as numb as they would under any other dental procedure, and post-op recovery is similar to that of a

root canal.

Cost is often a concern. Implants are roughly 1.5 times the cost of a bridge. I often ask my patients, do you want to pay for multiple bridges in the same place over time, while adding further tooth destruction, or invest in an implant once and be done with it?

The healing time after an implant is placed is three to four months. Temporary appliances can be made to hide a missing tooth in the smile area during this phase. And no one is 'too old' for an implant. I placed one in a 91-year-old woman who asked for the best option to replace a missing incisor. She was healthy enough and valued her mouth and smile as much as anyone more than half her age!

Daniel J. O'Brien D.D.S., P.C. has his offices at 3796 Rochester Rd., between Big Beaver and Wattles Rds. For more information, call 248-526-0120 or go to www.theartofsmiles.net.

Psychology Collaboration Leads to New Handbook

The Oxford Handbook of Evolutionary Psychology and Behavioral Endocrinology, just published by the Oxford University Press, is edited by Oakland University's Associate Professor of Psychology, Lisa L.M. Welling, Ph.D., and Distinguished Professor and Chair of the Department of Psychology Todd K. Shackelford, Ph.D.

The handbook is described as a "comprehensive and compelling review of research in behavioral endocrinology from an evolutionary perspective on human psychology." The work explores a number of subtopics within the themes of development and survival, reproductive behavior, and social behavior.

Professors Welling and Shackelford were assisted on the project by 56 contributing scholars, including five graduate students at OU.

"**The idea** for the handbook came about as we realized there was a lot of overlap in our areas of interest that hadn't been addressed," said Professor

Welling. "Then, we called upon experts from around the world to help us take on the topics we felt were most important."

"**We believe** this handbook establishes a new field that integrates evolutionary psychology with behavioral endocrinology, and we are hopeful it will gain a great deal of national and international attention," added Professor Shackelford. "Working with Lisa, and our other interdisciplinary collaborators over the past three years gives this book a unique complementary perspective."

Some of the topics in the book include hormonal influences on life choices, mate selection, aggression, human hierarchical structure, reproductive behavior, and mood disorders.

Welling and Shackelford believe the text will appeal to a broad spectrum of researchers and students who are interested in studying the motivations and mechanisms that affect behavior.

Learn more by visiting Global.oup.com/academic/.

How to Decrease Your Triglycerides and Increase Your HDL

FAMILY PRACTICE

by
DR. NEIL JADDOU & IZA MARIA ROSA, MEDICAL EXTERN



So, you just finished your

yearly physical and your doctor tells you that you have high triglycerides and low HDL. If you want to learn more and take steps to improve your numbers, here's a good place to start.

What are Triglycerides and HDL?

Triglycerides are the most abundant fat in your blood that increases when you eat more calories than your body can use.

HDL cholesterol (high-density lipoproteins) is what the experts refer to as the "good" cholesterol. It removes cholesterol from the blood & helps to clean arteries.

Triglycerides are what you need to worry most about. Just by decreasing it, you will increase your HDL.

Triglycerides are not entirely bad. They are good for your body when you don't have more than

what you need. They provide energy, they build cells as well as hormones. But like most things in life, the problem comes when we have extra.

There are three ways you get triglycerides: by eating food that contains fats; by eating extra food such as starches, fiber, and sugars; and by getting it from fat storage in the body.

Normal triglyceride levels are under 150 mg/dl and high levels are great than 150. Normal HDL levels are greater than 40 and abnormal less than 40.

The harmful effect of high Triglycerides

Eating more will increase the fat in your body, which means your triglycerides or fats will go up and so will your weight. More fat in your body also means that your arteries will become hard which puts strain in your heart and arteries, increasing your risk of a heart attack and stroke.

And if it gets very high, your pancreas you will become inflamed and it won't be able to make insulin and you could end up with diabetes.

How to lower your adjust your numbers

The best way to fight off the triglycerides is to begin with lifestyle changes. Of course, you

should consult with your doctor to discuss if medication is also necessary.

Choosing healthier foods, exercising, and consuming healthy fats will help lower your triglycerides and raise your HDL. Choosing sugary drinks, consuming large meal portions, smoking, and drinking alcohol will have the opposite effect.

Benefits of decreasing Triglycerides and increasing your HDL

These simple lifestyle changes can have a huge impact on your overall health. The good thing is that if you start choosing and avoid things as indicated above, it can start reducing your triglycerides in just a few days. The hard part is starting and continuing. Once you start, if you keep at it, it will become easier. With discipline, commitment and the help and support of your family and friends you will not only be able to get those numbers back to normal but your overall health and life will be so much better. Why not give it a try?

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Help Care House Protect Our Children



IN RECOGNITION of Child Abuse and Prevention Month, Troy Mayor Dane Slater (left) presented Chad Ozias, Care House Director of Philanthropy, with a proclamation declaring April as the month to stop child abuse. Photo courtesy of Cindy Stewart, City of Troy

It's a sad statistic that one in four girls and one in six boys will be sexually abused before the age of 18, we all learned at last week's Troy City Council meeting. These abuses in our communities happen regardless of age, race, gender or economic situation.

Working to stop such abuse is Care House of Oakland County and many other Care Houses throughout the state. Many of these cases, unfortunately, go unreported. Add to this the modern problem of the online predator and those who protect our children, have a lot of work to do.

Such abuse has devastating physical and emotional consequences for young people. Michigan and all communities like

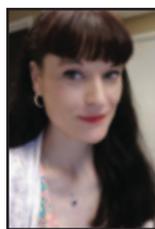
Troy are working to find solutions to this crisis. The state has mandatory reporting by professionals who work with children who they find are being abused or neglected.

Care House works to break this cycle of abuse and neglect and works with community organizations and agencies to make life better for all our children.

To help Care House with its work, Troy is collecting donations they need for the children. The Community Affairs Office at Troy City Hall is accepting donations now through April 30.

General donation items include gas gift cards, laundry soap, diapers, baby wipes, books, toys, and craft supplies.

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

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,



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.

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.

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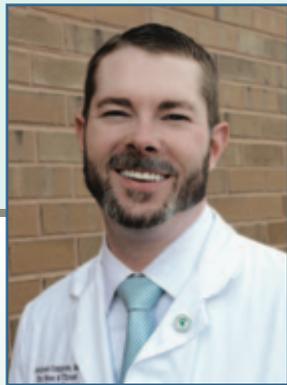
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	2	9				8		
			3	5		1	2	
4	8				3			2
2				6				3
5			4					9 1
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		8				9	7	
9			8		6	3		

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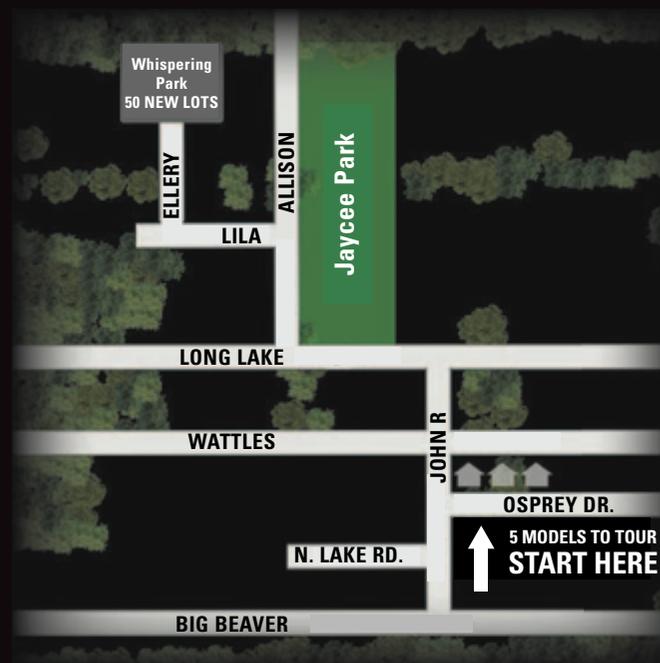
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