



AFFIDAVIT OF PUBLICATION

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Advertiser: Michigan Dept of State

Date of order: July 2, 2024

This is to certify that the Public Notice scheduled to run in the newspaper listed ran as the placement details below and proof of publication is attached.

Newspaper Name: Pontiac Oakland Press

Run Date	Ad Size	Caption/Position/Special Instructions
7/7/2024	2 col. X 14.5"	Ad # 1- 2 col. (3.22") X 14.5"

Signed by  (MP1/MANSI Representative)
July 7, 2024

Notary Public:
Signed by  (Notary Public)
July 7, 2024

JAMES R. TARRANT
NOTARY PUBLIC – STATE OF MICHIGAN
COUNTY OF VAN BUREN
My commission expires April 12, 2029
Acting in the County of Ingham



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1642 Yosemite Dr., Lansing, MI 48917
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Advertiser: Michigan Dept of State

Date of order: July 2, 2024

This is to certify that the Public Notice scheduled to run in the newspaper listed ran as the placement details below and proof of publication is attached.

Newspaper Name: Grand Rapids Press

Run Date	Ad Size	Caption/Position/Special Instructions
7/7/2024	2 col. X 14.5"	Ad # 1- 2 col. (3.22") X 14.5"

Signed by  (MP1/MANSI Representative)
July 7, 2024

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Advertiser: Michigan Dept of State

Date of order: July 2, 2024

This is to certify that the Public Notice scheduled to run in the newspaper listed ran as the placement details below and proof of publication is attached.

Newspaper Name: Marquette Mining Journal

Run Date	Ad Size	Caption/Position/Special Instructions
7/6/2024	2 col. X 14.5"	Ad # 1- 2 col. (3.22") X 14.5"

Signed by

(MP1/MANSI Representative)

July 6, 2024

Notary Public:

Signed by

(Notary Public)

July 6, 2024

JAMES R. TARRANT
NOTARY PUBLIC – STATE OF MICHIGAN
COUNTY OF VAN BUREN

My commission expires April 12, 2029
Acting in the County of Ingham

GRAND RAPIDS

Earn free admission this month at popular institutions

Skyla Jewell-Hammie *SJewell-Hammie@mlive.com*

Members of the Grand Rapids Public Museum and John Ball Zoo can get free admission again this year into both institutions throughout the whole month of July.

Museum members can visit John Ball Zoo for free through the partnership, including free access to Dino Adventures, which opens July 15. In return, zoo members can visit the museum to receive free admission, including access to traveling exhibits The Robot Zoo and Building Buddies.

Kellie Rosekrans, director of marketing and customer strategy at the museum, said the reciprocal partnership comes at a perfect time to explore the animal kingdom and learn about animals through robotics.

“We’re excited to continue our partnership with the John Ball Zoo and offer this benefit to our members,” Rosekrans said. “Reciprocal partnerships with local cultural institutions allow members to max-

imize the value of their annual membership.”

Guests interested in the membership perks at the museum or zoo can expect exclusive benefits, including free entry and parking, and discounts at the Chaffee Planetarium, Curiosity Shop and Museum Cafe. Additionally, museum members receive free admission at more than 300 museums and science centers worldwide through the ASTC Travel Passport Program.

Learn more and sign up for a Grand Rapids Public Museum membership at grpm.org. Individual prices start at \$60.

John Ball Zoo members can also receive exclusive benefits, including free entry, free or reduced admission to more than 150 zoos and aquariums across North America, discounts at zoo retail, concessions, birthday parties, camps and discounts on admission to special events. Individual memberships start at \$85. Visit jbzoo.org to learn more.

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matters.

ALLEGAN COUNTY

Free music returns to mansion

Lindsay Moore *lmoore@mlive.com*

The Felt Mansion Estate concert series is back — and this is not your typical music in the park.

The historic mansion is nestled in the dunes along the Lake Michigan shoreline between Holland and Saugatuck.

Sitting on 15 acres, the 17,000-square-foot house has 25 rooms. Completed in 1928, the mansion has a rich history as a summer home for inventor Dorr Felt, a Chicago businessman.

Felt became a millionaire by inventing the comptometer, the first adding machine that could add, subtract, multiply and divide. He also invented the first adding machine that produced a paper receipt tape.

Visitors can take self-guided tours throughout the summer, including during the show.

“These concerts have become such a well-loved summer staple in the area,” said Elizabeth McEwen, executive director of

the Felt Estate. “Dorr Felt built this estate as a place for joyful gathering, and the concert series definitely accomplishes that.”


This summer’s festival is bringing four local musicians:

- › July 11 — Zion Lion, a reggae band from Kalamazoo
- › July 18 — The Schrock Bros, a Michigan-based Americana/blues ensemble
- › July 25 — Bernadette Kathryn and the Lonely Days Band, contemporary young country music drawing on Motown and rock and roll
- › Aug. 1 — Lighting Matches, an alternative rock band based in Grand Rapids

Admission is free.

Gates open at 5:30 p.m. Food and drink service begins at 6 p.m., including beer, wine and pizza. The music starts at 7 p.m.

No outside drinks are allowed, but outside food is permitted. Coolers and bags will be checked. No pets except registered service dogs are allowed.




NOTICE OF PUBLIC ACCURACY TEST

THE PUBLIC TESTING OF VOTING EQUIPMENT will take place on **WEDNESDAY, JULY 17, 2024 at 10:00 am** in the Alpine Township Offices located at 5255 Alpine Avenue N.W. This equipment will be used for the STATE PRIMARY ELECTION to be held on **Tuesday, August 6, 2024.**

Persons with special needs, as defined in the Americans with Disabilities Act, should contact the Township Clerk or call the Michigan Relay Center TDD #1-800-649-3777.

Christy Mitchell, Clerk



NOTICE OF PUBLIC ACCURACY TEST

PLEASE TAKE NOTE the Ada Township Clerk’s office, with the assistance of Election Source, will be programming and testing election equipment in preparation for the August 6, 2024 election.

DATE, TIME AND LOCATION:
Friday July 12, 2024 at 12:30pm 7351 Bronson Street SE, Ada MI 49301

NOTICE OF ADOPTION AND POSTING OF ZONING TEXT AMENDMENT ORDINANCE


PLEASE TAKE NOTICE that an Allendale Charter Township Zoning Text Amendment Ordinance was adopted at a meeting of the Allendale Charter Township Board held on June 24, 2024, after its first reading at a meeting of the Allendale Charter Township Board held on June 10, 2024.

The Zoning Text Amendment Ordinance will amend Section 2.01 – Purpose to revise “Land Use” to “Master” to refer to the Master Plan; will amend Section 3.01D – Effect of Zoning, Unclassified Uses to revise “land use plan” to “Master Plan”; will amend Section 21.03 – Parking Lot Pavement Requirement to provide for additional exclusions from the requirement of pavement for drives and parking lots, which additional exclusions include parking areas that are low volume, infrequent, and intermittent, parking areas located in a side or rear yard that is fully screened from roads and adjacent property and limits their use and location and, parking areas within the Industrial Zoning District when used for certain equipment or activity. When excluded, those parking surfaces shall be constructed of a dustless surface, as approved by the Planning Commission; will amend Section 21.04E – Curb and Gutter Requirements, in title only; will amend Section 23.08F2g – Removal of Topsoil, Sand, Gravel, or Other Materials by requiring a mining operator to provide evidence that the resulting soils can support future infrastructure and buildable lots; will amend Section 23.20E4 – Renewable Energies, Permitted Special Uses with Conditions, by renumbering subsections only; will add Section 23.21 – Outdoor Venues to allow for outdoor venues as a special use within the Agricultural and Rural Zoning District, the General Commercial Zoning District, and the Industrial Zoning District. The language will establish ingress and egress requirements, minimum lot area, setbacks for buildings, spectator areas, non-motorized and motorized events, use of concession stands, food trucks, pro-shops, and clubhouses, prohibition of overnight accommodations other than the owner or manager of the facility, minimums for restrooms, off-street parking, fencing, outdoor lighting, site plan requirements, conditions by the Planning Commission and, special event provisions to allow for events that exceed the general provisions for an outdoor venue and to limit special events to no more than five in any calendar year; will add Section 23.22 – Outdoor Wood Boilers to create a minimum lot area for outdoor wood boilers and prohibit them in certain areas. It will also include minimums for exhaust, regulate what can be used as fuel, and address the control of smoke; will amend Section 24.11 – Expansion of Existing Use, Structure, or Building by striking Subsection A in its entirety and provide the Planning Commission with the authority to allow for the expansion, enlargement, or increase in intensity of a nonconforming use when special circumstances exist and allow the Planning Commission to reduce the extent of compliance with the provisions of the Zoning Ordinance where it is demonstrated that the nonconformity will be lessened even though the Ordinance provision is not fully complied with. In order to provide such a reduction, the criteria, as proposed for revision, within Subsection B, must be reviewed. As a result of the removal of Subsection A, formally the reference to Subsection B will also be removed; will amend Section 26.03 – Expansion to add a reference to nonconforming uses regulated by Section 24.11 of the Zoning Ordinance; will add to Section 32.08 – Definitions, to include Green Wood, which is any part of a tree that has not been but and seasoned at least nine months and is not gray in appearance; will add to Section 32.16 – Definitions, to include Outdoor Venues, which is generally an outdoor gathering for wedding receptions, business events, athletic fields, firearm events, motorized events or similar activity; will add to Section 32.16 – Definitions, to include Outdoor Wood Boiler, which is any equipment or device installed outdoors with the primary purpose of combustion fuel to produce heat for an interior space and; will add to Section 32.20 – Definitions, to include Special Event, which is any activity that is an excess or persons or parking or both at an Outdoor Venue, or for an activity that exceeds the parameters of the Outdoor Venue special use permit, of the Allendale Charter Township Zoning Ordinance.

PLEASE TAKE FURTHER NOTICE that the Ordinance has been posted in the office of the Allendale Charter Township Clerk, Allendale Charter Township Hall, 6676 Lake Michigan Drive, Allendale, Michigan, 49401, (Phone 616-895-6295), and on the Township website at www.allendaletwp.org.

Dated: June 27, 2024

Jody Hansen, Clerk
Allendale Charter Township



**ALGOMA TOWNSHIP
NOTICE OF PUBLIC MEETING
TOWNSHIP BOARD MEETING WAS HELD ON
June 11, 2024**

A regular meeting of the Algoma Township Board was held on TUESDAY June 11, 2024, at 7:00pm. Within eight business days following the meeting date a complete DRAFT copy of the minutes of this meeting will be available on-line at <https://www.algomatwp.org>. They may also be requested from the Township Clerk’s Office. The next regularly scheduled Board Meeting will be held on July 9th, 2024 at 7:00pm.

Tim Spittler, Clerk



PUBLIC NOTICE

The Alpine Township Board of Review will meet for the purpose of correcting clerical or qualified errors on Tuesday, July 16, 2024 from 9:00 A.M. to 10:00 A.M. at the Township Hall, 5255 Alpine Avenue NW, Comstock Park, Michigan 49321.

Alpine Township does not discriminate on the basis of disability in the admission, or access to, or treatment or employment in, its programs or activities. Contact the Township Assessor for the Americans with Disabilities Act Coordinator.

Julie Bulerski, Assessor
Greg Madura, Supervisor
Dated: June26,2024



TOWNSHIP OF SOLON COUNTY OF KENT, MICHIGAN

PUBLIC NOTICE IS HEREBY GIVEN that the Planning Commission of the Township of Solon, Kent County, Michigan, will hold a public hearing on Wednesday, July 24, 2024, at 7:30 p.m., at the Solon Township Hall, 15185 Algoma Ave., NE, Cedar Springs, Michigan, concerning two proposed ordinances to amend the Zoning Ordinance of the Township of Solon.


The principal provisions of the proposed amending ordinances can be summarized as follows:

1. **Used Mobile Homes.** The first ordinance would amend Section 3.08A of the Township Zoning Ordinance to add a new subsection 3.08A(1)(c) to prohibit a manufactured home that has a manufacturing date that is older than 10 years from being moved into the Township or moved from another lot or mobile home park within the Township.
2. **Exterior Lighting.** The second ordinance would amend Section 3.21 of the Township Zoning Ordinance relating to exterior lighting. The amending ordinance would apply outdoor lighting requirements to all zonings, not just residential zoning districts. The amendments include specific standards for outdoor lighting, prohibit certain types of outdoor lighting and provides exemptions, regulates the time when outdoor lighting is allowed, and providing other definitions and regulations on outdoor lighting.

The text of each proposed amending ordinance is on file and may be examined at the offices of the Solon Township Clerk, 15185 Algoma Ave., NE, Cedar Springs, Michigan, during Township office hours. All interested persons may attend the public hearing and comment on the proposed amendments. Written comments concerning the amendments may be submitted to the Township offices, at the above-stated address, up to and including the time of the public hearing.

Dated: July 7, 2024

PLANNING COMMISSION OF THE
TOWNSHIP OF SOLON



SYNOPSIS OF REGULAR MEETING

The Alpine Township Board of Trustees held a regular meeting on Monday, June 17, 2024, in the Township Hall. Present were Supervisor Madura, Treasurer Alt, Clerk Mitchell and Trustees Schweitzer, Wahlfield, Cordes, and Scheidel. The Agenda was approved, except for Item H-Consideration of Resolution 24-17 to approve the third amendment to the NKSA Sewage Collection Treatment Agreement was postponed until the July Township Board meeting. The Consent Agenda was approved. A public hearing was held regarding the FY2024-2025 budget. No public comments were received. Commission Reports were received, and no public comments were received. FY 2023-2024 Budget Amendments were approved. Resolution #24-11 General Appropriations Act 2024-2025 Fiscal Year was approved. Resolution #24-12 Set Salaries & Wages for all Non-Elected Employees was approved. Resolution #24-13 Set Salary for Alpine Township Supervisor was approved. Resolution #24-14 Set Salary for Alpine Township Treasurer was approved. Resolution #24-15 Set Salary for Alpine Township Clerk was approved. Resolution #24-16 Set Per Diem Rate for Alpine Township Trustees was approved. Resolution #24-10 The Capital Improvement Plan, 2024-2030 was approved. Policy changes were approved for the Township’s Vacation, Sick Leave, and Holidays Policies. Fire Department Report was received. Allocating up to \$1,000 for a Kent County Deer Study was approved. Consideration of an estimate to remodel the Community Building Restrooms was postponed until the July meeting. No public comments were received. The Supervisor and other board members shared comments on other topics. The meeting was adjourned at 8:14 p.m. Complete copies of the Minutes are available at the office of the Clerk and online at www.alpinetwp.org.

Christy Mitchell, Alpine Township Clerk
Attested by Greg Madura, Supervisor

Persons with special needs, as defined in the American with Disabilities Act, should contact the Township Clerk or call the Michigan Relay Center TDD #1-800-649-3777.

NOTICE OF PUBLIC HEARING

Department of State
Driver Licensing
Administrative Rules for Visual
Standards For Motor Vehicle
Driver’s Licenses
Rule Set 2023-55 ST

NOTICE OF PUBLIC HEARING
Wednesday, Aug. 7, 2024
9:00 a.m.

Operations Center 1st Floor Conference
Rooms A, B and C
7285 Parsons Drive, Charlotte, MI 48821

The Department of State will hold a public hearing to receive public comments on proposed changes to the Visual Standards For Motor Vehicle Driver’s Licenses rule set.

The proposed rules formally establish a standard for restricted driving privilege eligibility when using bioptic or telescopic lens. The rules ensure that individuals who use bioptic or telescopic lens meet a reasonable standard to be eligible for restricted driving privileges. The rules also ensure the standard cannot be changed without a formal process.

By authority conferred upon the Secretary of State by Section 309 of Act No. 300 of Public Acts of 1949, as amended, being Section 257.309 of the Michigan Compiled Laws.

The proposed rules will take effect immediately after filing with the Secretary of State. The proposed rules are published on the State of Michigan’s website at www.michigan.gov/ARD and in the 6/1/2024 issue of the Michigan Register. Copies of these proposed rules may also be obtained by mail or electronic mail at the following email address:
MDOS-BiopticSOS@Michigan.gov.

Comments on these proposed rules may be made at the hearing, by mail or by electronic mail at the following addresses until 7/24/2024 at 11:59 p.m.:

Michigan Department of State
Attention: Driver Assessment Section
(Manager)
P.O. Box 30810, Lansing, MI 48909-9832
MDOS-BiopticSOS@Michigan.gov

The public hearing will be conducted in compliance with the Americans with Disabilities Act of 1990. If the hearing is held at a physical location, the building will be accessible with handicap parking available. Anyone needing assistance to take part in the hearing due to a disability may call 517-335-7051 to make arrangements.

Region

Gladstone pickleball project taking shape

By R. R. BRANSTROM
Escanaba Daily Press

GLADSTONE — A few more pieces are still waiting to be assembled, but the new home of Gladstone Area Pickleball should be ready for play before the end of the year at the John and Melissa Besse Sports Park. To those temporarily playing on their shared-use courts in downtown Gladstone, it probably seems like completion can't come soon enough, but this project has moved at an unusually fast pace — driven by the enthusiasm and numbers of pickleball players in Delta County and beyond.

In 2021, a fundraiser organized by Gladstone Area Pickleball enabled the resurfacing of multi-purpose shared courts — four for pickleball, two for tennis and two for basketball — at the southwest corner of Montana Avenue and South Tenth Street. The nature of the facilities makes it so that only one of the three sports can utilize the court at a time, so there's a schedule to adhere to; additionally, the grounds belong to James T. Jones Elementary School, which means that availability is limited even further when school is in session.

Beyond the restrictions of time, space is another pressing issue. Even by the time the courts by the school were resurfaced, it was already evident that the group needed more room.

By October of 2021, the notion of building a brand-new, eight-court area purpose-built for Gladstone Area Pickleball in the Besse Sports Park — which houses a ski hill, ball fields, a disc golf course and more — appeared before the city commission.

Gladstone Area Pickleball spent much of 2022 continuing to pitch the concept to donors and gather pledges. In the summer of 2023, after securing \$265,000 but in need of \$100,000 more, a crowdfunding campaign for the "Courts of Dreams" project opened on the online platform Patronicity. By late September it had exceeded its goal. Over \$60,000 was donated by members, local organizations and visiting players, and the Michigan Economic Development Corporation's Public Spaces Community Places program contributed \$50,000. The excess and further funds raised will be used for ongoing upkeep.

The city of Gladstone prepared the site in the sports park early this spring. By mid-May, it was ready for the cement foundation. U.P. Concrete stepped in to handle the next step.

"The court surface, 20-foot section of a gathering area and interior walkway cement was completed the end of May," said Janet Shan-

donay-Beauvais, who, along with husband Richard Beauvais, is spearheading the project.

Right now, the group is waiting for Delta Fence to install posts around what is now just a big slab between a baseball diamond and the forested disc golf course. Delta Fence said they expect to perform the work on Tuesday, July 9.

"They will begin with setting the exterior or 10-foot fence posts in with continuation onto the inner fencing which will separate the individual courts," Shandonay-Beauvais explained. "Once the exterior fence posts are in, U.P. Concrete will return at some point to pour a four-foot area of cement around the whole exterior fence. This provides a nice walkway around the courts, but also adds a barrier between grass and sand being able to impede on the actual playing surface. The courts themselves will be sealed and painted by Sealer King out of Wetmore, Mich."

While specific dates are not yet projected, Gladstone Area Pickleball hopes the new courts will be play-ready this autumn.

Until then, they continue to adhere to a strict schedule on the courts near Jones Elementary: weekdays from 10 a.m. to noon are for beginners and social play; intermediate matches are Mondays, Wednesdays and Fridays from 8 to 10 a.m.; Tuesdays, Thursdays and Saturdays from 8 to 10 a.m. are the most competitive; and Sundays at 1 p.m. play is open to all.

On some days, Shandonay-Beauvais mentioned, there is an "overload of players," and the courts in the sports park can't be finished fast enough.

Though access is staggered now, "once the new courts are completed, it will allow us to schedule league play to ensure that all levels will have access to prime court time each morning when it is cooler and especially less windy," she said.

The group, the space and their materials aren't limited to members, of which there are about 110 currently. With pickleball as popular as it is, many people passing through looking for places to play end up getting together with Gladstone Area Pickleball — which, by the way, is inclusive with the word "area."

The nonprofit Gladstone Area Pickleball is actually registered in Rapid River, and its new courts are intended to be a mecca for all of Delta County and its visitors. Only if people become regular players are they encouraged to purchase membership, fees from which go towards furthering the organization and maintaining the site and equipment.



Boating on Lake Superior can be both fun and dangerous. Boats docked at Ontonagon Marina on Tuesday are ready for some summertime activities. (Photo courtesy of Damian Wolf via the Houghton Daily Mining Gazette)

Taking water dangers seriously

By BEN GARBACZ
Houghton Daily Mining Gazette

HOUGHTON — Boating on Lake Superior can be both fun and dangerous. Boats docked at Ontonagon Marina on Tuesday are ready for some summertime activities. Damian Wolf/For the Mining Gazette

As July arrives, many across the Copper Country are continuing their enjoyment of summertime activities. Several of the activities take place in the inland lakes, rivers and the crowned jewel of all the waters, Lake Superior.

With all the enjoyment and smiles Lake Superior and other waters can bring local residents and tourists, it is an unfortunate reality that water recreation also includes a multitude of dangers that can easily result in the demise of those swimming or boating. It was only three weeks ago that a vessel sank in Keweenaw Bay and took the lives of two boaters.

With much more of the summer to come, it is important to become or stay familiar with safety tips out on the water.

Before anyone ventures into the waters for their day's activities, the first thing one should do is to inform one or more individuals of where and what they are doing. If any emergency situation were to occur and the boater or swimmer could not reach out for help, the informed individuals can reach out to emergency and rescue services to inform them of the person's absence.

The next precaution one can take before embarking on a water activity is to bring at least one companion along. This provides the

opportunity for someone to provide immediate assistance or to have an immediate way to reach for emergency and rescue services.

The next precaution to observe is the weather and lake conditions before and during aquatic activities. Michael Kocher, the Ontonagon County 911 and Emergency Management Director, recommends not only to watch the weather forecast on the television or internet, but to check out Great Lakes Observing System's (GLOS) online Seagull program. Seagull is a program which displays data collected from buoys out in the Great Lakes and can give the observer information on wave heights, water temperatures and more. Many of the buoys on Lake Superior are handled by Michigan Tech and keep up-to-date on a consistent basis.

Another way Kocher recommends people learn about the water environment is to talk to locals.

"Fishermen are a good bet to ask information on that since they watch the temperature to know what fish species are likely to be around," Kocher said.

Once others have been informed of one's whereabouts, a companion joins in the activities and the weather and water condi-

tions have been observed, it is important to remember that the conditions of the water can change rather quickly.

If one is in a kayak or boat, Kocher said that it is important to keep a Marine VHF radio tuned in to Channel 19 for weather reports and updates so one can retreat to shore if the

weather takes a hazardous turn.

It is also vital to wear flotation gear such as life jackets at all times, but not everyone does this. Kocher said that the very least people should do is have their flotation and emergency gear within reach and not locked away or behind other equipment.

NOTICE OF PUBLIC HEARING

Department of State
Driver Licensing
Administrative Rules for Visual
Standards For Motor Vehicle
Driver's Licenses
Rule Set 2023-55 ST

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Wednesday, Aug. 7, 2024
9:00 a.m.

Operations Center 1st Floor Conference
Rooms A, B and C
7285 Parsons Drive, Charlotte, MI 48821

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Comments on these proposed rules may be made at the hearing, by mail or by electronic mail at the following addresses until 7/24/2024 at 11:59 p.m.:

Michigan Department of State
Attention: Driver Assessment Section
(Manager)
P.O. Box 30810, Lansing, MI 48909-9832
MDOS-BiopticSOS@Michigan.gov

The public hearing will be conducted in compliance with the Americans with Disabilities Act of 1990. If the hearing is held at a physical location, the building will be accessible with handicap parking available. Anyone needing assistance to take part in the hearing due to a disability may call 517-335-7051 to make arrangements.

PUBLIC NOTICE

For
Marquette Township Residents

The Official Minutes of the Marquette Charter Township Board of Trustees are available for public viewing at the Marquette Township office located at 1000 Commerce Drive or online at www.marquettetownship.org.
Randy Ritari, Township Clerk

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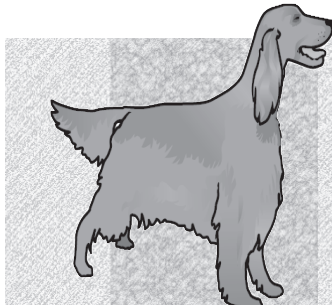
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Pain

FROM PAGE 1

trol group, and a longer average period before they had a recurrence, with a median of 208 days compared to 112 days,” Macquarie professor and senior study author Mark Hancock said in a news release.

The Atlanta-based Centers for Disease Control and Prevention reported 39% of U.S. adults in 2019 had back pain. While just under 65 million Americans experience it in some form today (800 million worldwide), 8% of U.S. adults (16 million) suffer from chronic back pain, as well.

“We don’t know exactly why walking is so good for preventing back pain, but it is likely to include the combination of gentle oscillatory movements, loading and strengthening the spinal structures and muscles, relaxation and stress relief, and the release of ‘feel-good’ endorphins,” he added.

It’s an often debilitating condition that is also costing Americans a tidy sum. Lower back pain is

the sixth most costly condition in the country, according to Georgetown University, creating a \$12 billion strain on the U.S. each year. Walking can cheapen the financial blow by reducing doctor visits and time away from work.

“It not only improved people’s quality of life, but it reduced their need both to seek health care support and the amount of time taken off work by approximately half,” postdoctoral fellow and lead study author Dr. Natasha Pocovi said in the news release.

“The exercise-based interventions to prevent back pain that have been explored previously are typically group-based and need close clinical supervision and expensive equipment, so they are much less accessible to the majority of patients. Our study has shown that this effective and accessible means of exercise has the potential to be successfully implemented on a much larger scale than other forms of exercise.”

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Travel

FROM PAGE 1

How one Gen Zer is managing debt

When it comes to balancing fun with financial savviness, Karanikos is no stranger to the challenge. She’s doing her best to manage both while keeping an eye on the big picture.

Karanikos has only been out of college for a few years, and she’s staring down years — or even decades — of debt repayment. Of her six-figure debt, the majority is from student loans. She also carries about \$5,000 in credit card debt and about \$3,000 in a car lease.

Karanikos began accruing credit card debt in the months that passed after college graduation, but before she landed her full-time job. Now, she’s prioritizing growing her emergency fund without adding to her debt. That’s because Karanikos is moving to New York City in a few months, and wants to have plenty of cash in her back pocket.

“I definitely think of [my debt] every day,” she says. But by keeping an eye on her debt with a payoff plan in place, she feels empowered to make smart money decisions. She also pursues side hustles to help pay off her debt.

And even though Karanikos recently got a salary raise, she’s trying to keep her costs steady. In her words, she doesn’t want to fall victim to lifestyle inflation.

Why Gen Zers are prioritizing travel

It may be hard to understand how people can spend money on travel expenses when they’re already in the red with debt. But Karanikos’s motivation to travel is about more than just getting that Instagram-worthy photo.

Karanikos’s grandparents and parents are immigrants from both Greece and Australia. She explains that, while growing up, her family was trying to make their way in a new environment. They often prioritized sacrifice over fun. But now, as a young adult, Karanikos doesn’t want to miss out on anything. And she wants to reach a financial standpoint where she can give experiences back to her family.

“I think my immigrant backstory is a main motivator,” she says. In fact, she names travel and experiences with friends and family as the two most important things in her life.

It’s also worth considering the years that young people largely missed during the pandemic. Karanikos says she and some of her peers (around ages 24 to 26) feel like they lost out on their opportunity to be young, travel and not worry about money. Now, they’re making up for lost time.

“Logistically, my debt will not be gone in the next year or two years,” Karanikos says. “I don’t want to put [experiences] aside and finally be able to live my life when I hit 30 or 35 and have that regret.”

Fernández Paulino thinks that Gen Zers like Karanikos have the right idea. “Money is just a tool to support your wellness,” she says. “Becoming debt-free is part of your financial self-care. Traveling is a form of interpersonal self-care, emotional self-care, some might even say spiritual self-care.”

What sets younger generations apart?

When it comes to the spending discrepancy between younger and older Americans, here are some possible factors to keep in mind:

- Young people aren’t as likely to be already burdened by debt. According to Bankrate’s chasing rewards while in debt survey, Gen Z (24%) and millennials (32%) are less likely to typically carry a credit card balance from month to month than Gen X (39%) or boomers (38%).

- Young people haven’t carried debt for as long. In a November 2023 Bankrate survey on credit card usage, 22% of both Gen X and boomer credit card debtors had carried credit card debt for five years or more, compared to 8% of Gen Z and 13% of millennials.

- Young people maximize rewards. Gen Z (77%) and millennial (74%) cardholders are more likely to make every or some effort to maximize credit card rewards than Gen X (69%) or boomers (69%).

- Young people are less worried about their finances this year. In a November 2023 Bankrate study, Gen Z (59%) and millennials (49%) were significantly more optimistic about their personal financial situation in 2024 than Gen X (33%) or boomers (20%). Karanikos says that “I feel quite optimistic [about my personal finances], maybe due to the fact that I have a plan.”

- Young people want to present a certain lifestyle. Karanikos explains that her peers tend to compare themselves to others on social media, even though they might be earning different incomes. “I think the majority of Gen Z is putting [travel expenses] onto credit cards,” she says.

Travel without breaking the bank

Are you itching to travel this year but have a tight budget? Here’s how Gen Zers like Karanikos are spending smarter while traveling.

Build a sinking fund

When Karanikos traveled in college, she’d work extra shifts beforehand, but still found herself using debt and paying it off after the trip. Now, she’s adopted the practice of building a sinking fund. Three months before a trip, she starts setting money aside so she can travel without growing her debt. While she still swipes her credit card on travel expenses to earn points, “I try to make sure the savings are there before I spend,” she says.

To follow her example, you could open a free high-yield savings account that lets you earn a competitive APY while still accessing your money when you need it. By setting aside a certain amount of money each month, you’ll have cash to spend when your trip rolls around.

Cutting back on your expenses can also help you to build your sinking fund. For instance, you might spend less on takeout or new outfits in order to enjoy the local cuisine and shopping in your travel destination later on.

Earn extra income

Fernández Paulino says that paying for travel starts with understanding your cash flow. “You need to know your numbers,” she says. And rather than only cutting expenses to increase your cash flow, Fernández Paulino advocates finding ways to earn more money.

“I work on having [my clients] increase their income,” she says. “There’s no limit to how much we can increase our income.”

She recommends listing out your skills and joining the nearly two in five Americans with a side hustle (39%). You could tap into LinkedIn or your network for higher-paying job opportunities. Or you could monetize something you own, like renting out a room in your house.

Tap into credit card rewards

A rewards credit card can help you earn points or miles to cover your next flight or hotel room. Plus, many travel rewards cards let you earn extra rewards when you book travel through the card issuer’s portal.

Karanikos uses the Chase Sapphire Preferred® Card and Capital One Venture Rewards Credit Card to earn points and miles that she puts toward flights. By earning while making everyday purchases, you could knock several hundred dollars off the price tag on your next trip.

NOTICE OF PUBLIC HEARING

Department of State
Driver Licensing
Administrative Rules for Visual
Standards For Motor Vehicle
Driver’s Licenses
Rule Set 2023-55 ST

NOTICE OF PUBLIC HEARING
Wednesday, Aug. 7, 2024
9:00 a.m.

Operations Center 1st Floor Conference
Rooms A, B and C
7285 Parsons Drive, Charlotte, MI 48821

The Department of State will hold a public hearing to receive public comments on proposed changes to the Visual Standards For Motor Vehicle Driver’s Licenses rule set.

The proposed rules formally establish a standard for restricted driving privilege eligibility when using bioptic or telescopic lens. The rules ensure that individuals who use bioptic or telescopic lens meet a reasonable standard to be eligible for restricted driving privileges. The rules also ensure the standard cannot be changed without a formal process.

By authority conferred upon the Secretary of State by Section 309 of Act No. 300 of Public Acts of 1949, as amended, being Section 257.309 of the Michigan Compiled Laws.

The proposed rules will take effect immediately after filing with the Secretary of State. The proposed rules are published on the State of Michigan’s website at [www.michigan.gov/ARD](#) and in the 6/1/2024 issue of the Michigan Register. Copies of these proposed rules may also be obtained by mail or electronic mail at the following email address: MDOS-BiopticSOS@Michigan.gov.

Comments on these proposed rules may be made at the hearing, by mail or by electronic mail at the following addresses until 7/24/2024 at 11:59 p.m.:

Michigan Department of State
Attention: Driver Assessment Section
(Manager)
P.O. Box 30810, Lansing, MI 48909-9832
MDOS-BiopticSOS@Michigan.gov

The public hearing will be conducted in compliance with the Americans with Disabilities Act of 1990. If the hearing is held at a physical location, the building will be accessible with handicap parking available. Anyone needing assistance to take part in the hearing due to a disability may call 517-335-7051 to make arrangements.

NOTICE OF ELECTION CITY OF FARMINGTON HILLS AUGUST 6, 2024 STATE PRIMARY ELECTION

TO THE QUALIFIED ELECTORS OF THE CITY OF FARMINGTON HILLS, COUNTY OF OAKLAND:

NOTICE IS HEREBY GIVEN that a State Primary Election will be held in the City of Farmington Hills, County of Oakland on Tuesday, August 6, 2024.

EARLY VOTING SITES FOR THE CITY OF FARMINGTON HILLS ELECTORS ARE:
Costick Activities Center
28600 W. 11 Mile Rd
Farmington Hills, MI 48336

AND

Waterford Oaks Activities Center
2800 Watkins Lake Rd
Waterford, MI 48328

EARLY VOTING WILL BE HELD:

Saturday, July 27	8:30am - 4:30pm
Sunday, July 28	8:30am - 4:30pm
Monday, July 29	8:30am - 4:30pm
Tuesday, July 30	8:30am - 4:30pm
Wednesday, July 31	8:30am - 4:30pm
Thursday, August 1	12:00pm - 8:00pm
Friday, August 2	8:30am - 4:30pm
Saturday, August 3	8:30am - 4:30pm
Sunday, August 4	8:30am - 4:30pm

ELECTION DAY VOTING:

Tuesday, August 6, the polls will be open from 7:00am to 8:00pm on Election Day at the following locations:

*Precinct 1 - Woodside Bible Church (*New Location)
Precinct 2 - Orchard United Methodist Church
Precinct 3 - Forest Elementary School
Precinct 4 - Faith Covenant Church
Precinct 5 - Ward Church of Farmington Hills
Precinct 6 - Ward Church of Farmington Hills
Precinct 7 - Hope Lutheran Church
Precinct 8 - North Congregational Church
Precinct 9 - Farmington STEAM Academy
*Precinct 10 - See below for temporary location
*Precinct 11 - See below for temporary location
Precinct 12 - Woodcreek Elementary School
Precinct 13 - William Costick Activities Center
Precinct 14 - First Presbyterian Church
Precinct 15 - St. Toma Syriac Church
Precinct 16 - Hillside Elementary School
Precinct 17 - St. Toma Syriac Church
Precinct 18 - East Middle School
Precinct 19 - East Middle School
Precinct 20 - Salvation Army Community Center
Precinct 21 - Lanigan Elementary School
Precinct 22 - St. John Lutheran Church
Precinct 23 - St. John Lutheran Church
Precinct 24 - Power Middle School
Precinct 25 - Gill Elementary School
Precinct 26 - Tawheed Center
Precinct 27 - Greater Seth Temple

*TEMPORARY POLLING LOCATION CHANGES FOR THE AUGUST 6, 2024 ELECTION

Due to construction taking place at various polling locations within Farmington Hills, the following voting precincts will be temporarily relocated for the August 6, 2024, State Primary Election only:

PRECINCT	CURRENT LOCATION	TEMPORARY LOCATION
Precinct 10	Kenbrook Elementary School 32130 Bonnet Hill Road	Prince of Peace Lutheran Church 28000 New Market Road
Precinct 11	Farmington Central High School 30175 Highmeadow Road	Woodcreek Elementary School 28400 Harwich Drive

PLEASE TAKE NOTICE that the Election will be conducted in all voting precincts (1-27) of the City of Farmington Hills for the purpose of electing candidates to the following offices:

Congressional:
➢ United States Senator
➢ Representative in Congress (11th District)
Legislative:
➢ Representative in State Legislature (18th, 19th and 21st Districts)
County:
➢ County Executive
➢ Prosecuting Attorney
➢ Sheriff
➢ Clerk and Register of Deeds
➢ Treasurer
➢ Water Resources Commissioner
➢ County Commissioner (15th and 16th Districts)
Judicial:
➢ Judge of Circuit Court (6th Circuit)
Delegate to County Convention

Sample ballots may be viewed at [www.mi.gov/vote](#) or [www.fhgov.com](#) or obtained from the City of Farmington Hills Clerk’s Office, 31555 W. 11 Mile Road, Farmington Hills, MI 48336, phone (248) 871-2410.

Absent voter ballots are available for all elections; registered voters may contact the City Clerk’s Office to obtain an application for an absent voter ballot.

The Farmington Hills City Clerk’s Office is open Monday through Friday from 8:30am to 4:30pm and will offer extended hours for election related business on the following dates:

- Tuesday, July 30th from 8:30am to 7:00pm
- Thursday, August 1st from 8:30am to 7:00pm
- Saturday, August 3rd from 8:30am to 4:30pm

To comply with the Help America Vote Act (HAVA), voting instructions will be available in audio format and in Braille. Arrangements for obtaining the instructions in these alternative formats can be made by contacting the City Clerk in advance of the Election. All polling locations are accessible for voters with disabilities.

Published: July 7, 2024	CARLY LINDAHL, CITY CLERK 31555 West Eleven Mile Road Farmington Hills, MI 48336 Phone: 248.871-2410 Hours: Mon-Fri, 8:30am to 4:30pm
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NOTICE OF REGISTRATION FOR THE ELECTION TO BE HELD ON TUESDAY, AUGUST 6, 2024 CITY OF BLOOMFIELD HILLS, MICHIGAN

TO THE QUALIFIED ELECTORS OF CITY OF BLOOMFIELD HILLS:

PLEASE TAKE NOTICE that any qualified elector of the CITY OF BLOOMFIELD HILLS who is not already registered, may register to vote at the office of the City Clerk; the office of the County Clerk; a Secretary of State branch office, or other designated state agency. Registration forms can be obtained at [www.michigan.gov/vote](#) and mailed to the City Clerk. Voters who are already registered may update their registration at [www.expressSOS.com](#).

The last day to register in any manner other than in-person with the local clerk is **Monday, July 22, 2024**.

After this date, anyone who qualifies as an elector may register to vote in person with proof of residency (MCL 168.492) at the City of Bloomfield Hills Clerk’s office, located at 45 East Long Lake Road, Bloomfield Hills, MI 48304 at the following times:

- Regular business hours: Monday - Friday from 8:30 a.m. to 4:30 p.m.
- Saturday, August 3rd from 8:00 a.m. to 4:00 p.m.
- Election Day, Tuesday August 6th from 7 a.m. to 8 p.m.

For the purpose of electing candidates of all participating political parties for the following offices:

Congressional Legislative County	United States Senator and Representative in Congress Representative in State Legislature County Executive, Prosecuting Attorney, Sheriff, County Clerk, County Treasurer, Water Resources Commissioner, County Commissioner
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Judicial Delegate	Judge of Circuit Court
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PLEASE TAKE NOTICE that the Bloomfield Hills School District will be voting on the following millage proposal as presented and listed below:

BLOOMFIELD HILLS SCHOOLS – OPERATING MILLAGE RENEWAL PROPOSAL:

This proposal would renew the authority of the School District, which expires with the 2025 tax levy, to levy up to 18.00 mills for general school district operating purposes on taxable property in the School District to the extent that such property is not exempt from such levy, restrict the levy on principal residences (owner-occupied homes) to no more than 9.65 mills and protect against the impact of future Headlee rollbacks of up to 4.0 mills. This authorization would allow the School District to continue to levy the statutory limit of 18.00 mills on non-homestead property (principally industrial and commercial real property and residential rental property) and to continue to levy on principal residence property (owner occupied homes) only that portion of the mills necessary to allow the School District to receive the full revenue per pupil foundation allowance permitted by the State. The School District estimates that it will levy not more than 5.1338 mills on personal residences (owner occupied homes) in 2024.

Shall the limitation on the amount of taxes which may be imposed on taxable property in the Bloomfield Hills Schools, County of Oakland, Michigan, be increased in the amount of 22 mills, with 18 mills being the maximum allowable levy (\$18.00 per \$1,000 of taxable value), to the extent such property is not statutorily exempt, and of which not more than 9.65 mills may be imposed on principal residences, for twenty (20) years, the years 2026 to 2045, inclusive, to provide funds for operating expenses of the School District? This operating millage, if approved and levied, would provide estimated revenues to the School District of \$18,300,000 during the 2026 calendar year, to be used for general operating purposes.

Full text of the ballot proposals may be obtained at the City of Bloomfield Hills Clerk’s office, 45 East Long Lake Road, Bloomfield Hills, MI 48304, telephone: (248) 644/1520. A sample ballot may be viewed at [www.michigan.gov/vote](#).

Persons with disabilities needing accommodations should contact the clerk’s office.

Amy Burton City Clerk	Dated: June 17, 2024 Publish: July 8, 2024
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