

STATE OF MICHIGAN

BEFORE THE MICHIGAN PUBLIC SERVICE COMMISSION

In the matter of the Application of)
DTE GAS COMPANY for a Certificate)
of Public Convenience and Necessity)
relative to Freemont Township and)
Lincoln Township, Michigan)

Case No. U-21861

AFFIDAVITS OF PUBLICATION

The Morning Sun

7/15/2025



Testament of Performance (Affidavit)
Account: DTE Gas Company U-21861

Newspaper: MT PLEASANT MORNING SUN

Pub #: 226481

The within named person (Affiant/Rep for Pub), Cyndy Slater, who is a resident of Oakland County, State of Michigan, personally came and appeared before me, the undersigned Notary Public, and makes this his/her statement, testimony and General Affidavit under oath or affirmation, in good faith, and under penalty of perjury, of sincere belief and personal knowledge that the following matters, facts, and things set forth are true and correct, to the best of his/her knowledge:

The DTE Gas Company Notice of Hearing ran in the MT. PLEASANT MORNING SUN.

The notice was scheduled for and ran on 7/15/2025.

DATED this the 15th day of July, 2025.

Cyndy Slater
(Signature of Affiant/Rep for Pub)

Sworn to and subscribed before me, this the 15th day of July, 2025.

Vicki Arsenault
(SIGNATURE OF NOTARY)

May 11, 2026
(NOTARY'S EXPIRATION DATE)

Acting in Isabella County

VICKI ARSENAULT
NOTARY PUBLIC - STATE OF MICHIGAN
COUNTY OF OAKLAND
My Commission Expires May 11, 2026
Acting in the County of _____

HEALTH

EXERCISE

‘Japanese walking’ may help you get in shape

By Alexandra Frost
The Washington Post

Walking can be a go-to solution for many of life’s challenges. Whether you’re stressed, depressed or simply need a low-impact way to get in shape, walking can help. As one of the most accessible exercise options out there, it’s suitable for a variety of people.

One particular technique, known as interval walking training (IWT) or “Japanese walking,” is getting renewed attention after going viral on TikTok. Nearly 20 years ago a team led by Hiroshi Nose and other researchers from Japan published a study that found that middle-aged and older people who did high-intensity interval walking had lower blood pressure, stronger thigh muscles, and better aerobic capacity than walkers the same age who kept a more moderate, continuous pace.

In the study, the volunteers did three minutes of fast walking followed by three minutes at a slower pace, for 30 minutes per day at least four days per week.

“One of the most surprising findings was that IWT markedly increased physical fitness and decreased blood pressure after the 5-month intervention whereas these improvements were not observed in the moderate-intensity continuous walking group,” said Shizue Masuki, a researcher on the team and professor at Shinshu University Graduate School of Medicine in Matsumoto.

IWT got its nickname because the study was conducted in Japan, but the walking technique isn’t necessarily more popular in Japan than anywhere else, Masuki said.

Benefits of interval walking training

Since that report, which came out in 2007, more recent studies have been published, including one in 2023 of people with Type 2 diabetes and another in 2024 of people 65 and older. Those found that walkers who did IWT had improved cholesterol, flexibility, BMI and cardiorespiratory endurance compared to control groups.

“When you increase your intensity of walking or other exercise that raises your heart rate, it’s helpful to cardiovascular health and increases aerobic capacity. It puts healthy stress on the heart, which increases its capacity to function better and decreases resting blood pressure,” said Mir Ali, general and bariatric surgeon and medical director of MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center in Fountain Valley, Calif. “Once you’re settled down from that increase, over time, your blood pressure improves.”

Masuki said that additional studies by her team have also shown that the walking technique has benefits for sleep, cognitive function and depression.

“Mindful walking, especially in green space, has been shown to lower blood pressure, reduce cortisol, improve focus and sleep, and help regulate mood,” said Barbara Walker, an integrative health and performance psychologist at University of Cincinnati Health. “When paired with an interval walking approach, it becomes even more psychologically impactful: blending the benefits of nature exposure with the motivational structure of achievable physical goals.”

How hard is interval walking training?

Of course, the best workout is the one you’ll actually do. And you might wonder, if fast walking is so great, why not just do

that for 30 minutes?

IWT seems to be more doable than walking at an intense pace the entire time, said Masuki. Her research team instructed one group of their middle-aged and older subjects to walk continuously at the high-intensity level for 30 minutes a day. “However, no one completed the program, and they complained that the program was too boring and too difficult,” she said.

Most studies have found about 60 to 90 percent of people can achieve the goals of IWT.

One factor might be the amount of time it takes. For some, walking goals that require hours of accumulating steps throughout the day might even be discouraging because it takes too long.

“While doing 10,000 steps can improve blood pressure, sugar control and even lipid levels, doing interval walking for a shorter time can do the same benefits and more,” said Patrick Fratellone, a preventative cardiologist in New York City and Fairfield, Connecticut.

How to try interval walking

▪ Start slowly and carefully: All of our experts shared a common piece of advice — start slow. You don’t have to jump into 30-minute interval sessions right away. Ali said even 15 minutes twice per day is still beneficial, and you can still try those intervals within that. Work up to the recommended amount of exercise for adults in the U.S. — 150 minutes of physical activity each week, for example, by doing 30 minutes at a time, 5 days per week. Adding in two days of muscle-strengthening activity would help meet the federal guidelines for exercise.

As always, talk to your doctor before beginning any new exercise program.

“We shouldn’t take a previously sedentary person and put them in a high-intensity interval training program,” said Sarah Crawford, a physical therapist in Cincinnati. “That’s why practices like mine stay in business.”

▪ Use unofficial metrics: In the 2007 study, the volunteers aimed to do three minutes of walking at 70% of their peak aerobic capacity or VO2 max, which is a measure of the maximum amount of oxygen the body can process, followed by three minutes at 40% of their peak aerobic capacity.

While some fitness trackers will give you this number, a good rule of thumb is that you shouldn’t really be able to talk for the whole three “fast” minutes in IWT, Crawford said. For the slower interval, she said you should be able to maintain a conversation, but also keep a sweat going.

She sometimes recommends patients choose a landmark, like mailboxes, and walk past the first 10 quickly, then the next 10 more slowly.

▪ Watch for improvements: Your heart rate and breathing recovery may improve over time, Crawford said. Pay attention to when you recover enough to do another quick interval, she said. “How long do we stay there [at 70 percent], and how long does it take at the 40 percent threshold to recover enough to go back up into that 70 percent again?”

Regardless of the type of walking you try, you’re bound to see benefits, said Crawford: “Walking is safe, low impact, easily accessible, getting somebody out in Earth and off a computer, in feedback with trees and plants and animals,” she said. “It has sun exposure, light exposure, and sensory override of being outside. It is, hands down 100 percent the best form of exercise for all human beings.”

SENIOR CARE



ASSOCIATED PRESS FILE PHOTO

A son, at right, holds his mother’s hand at her nursing home in Michigan.

Nursing homes struggle with migrant crackdown

By Matt Sedensky
The Associated Press

NEW YORK » Nursing homes already struggling to recruit staff are now grappling with President Donald Trump’s attack on one of their few reliable sources of workers: immigration.

Facilities for older adults and disabled people are reporting the sporadic loss of employees who have had their legal status revoked by Trump. But they fear even more dramatic impacts are ahead as pipelines of potential workers slow to a trickle with an overall downturn in legal immigration.

“We feel completely beat up right now,” says Deke Cateau, CEO of A.G. Rhodes, which operates three nursing homes in the Atlanta area, with one-third of the staff made up of foreign-born people from about three dozen countries. “The pipeline is getting smaller and smaller.”

Eight of Cateau’s workers are expected to be forced to leave after having their Temporary Protected Status, or TPS, revoked. TPS allows people already living in the U.S. to stay and work legally if their home countries are unsafe due to civil unrest or natural disasters and during the Biden administration, the designation was expanded to cover people from a dozen countries, including large numbers from Venezuela and Haiti.

While those with TPS represent a tiny minority of A.G. Rhodes’ 500 staffers, Cateau says they will be “very difficult, if not impossible, to replace” and he worries what comes next.

“It may be eight today, but who knows what it’s going to be down the road,” says Cateau, an immigrant himself, who arrived from Trinidad and Tobago 25 years ago.

Nearly one in five civilian workers in the U.S. is foreign born, according to the Bureau of Labor Statistics, but as in construction, agriculture and manufacturing,

immigrants are overrepresented in caregiving roles. More than a quarter of an estimated 4 million nursing assistants, home health aides, personal care aides and other so-called direct care workers are foreign born, according to PHI, a nonprofit focused on the caregiving workforce.

The aging of the massive Baby Boom generation is poised to fuel even more demand for caregivers, both in institutional settings and in individuals’ homes. BLS projects more growth among home health and personal care aides than any other job, with some 820,000 new positions added by 2032.

Nursing homes, assisted living facilities, home health agencies and other such businesses were counting on immigrants to fill many of those roles, so Trump’s return to the White House and his administration’s attack on nearly all forms of immigration has sent a chill throughout the industry.

Katie Smith Sloan, CEO of LeadingAge, which represents nonprofit care facilities, says homes around the country have been affected by the immigration tumult. Some have reported employees who have stopped coming to work, fearful of a raid, even though they are legally in the country. Others have workers who are staying home with children they have kept out of school because they worry about roundups. Many others see a slowdown of job applicants.

“This is just like a punch in the gut,” she says.

Rachel Blumberg, CEO of the Toby and Leon Cooperman Sinai Residences in Boca Raton, Florida, has already lost 10 workers whose permission to stay in the U.S. came under a program known as humanitarian parole, which had been granted to people from Cuba, Haiti, Nicaragua and Venezuela. She is slated to lose 30 more in the coming weeks with the end of TPS for Haitians.

STUDY

Researchers link disasters, loss of health care facilities

By Erin Blakemore
The Washington Post

Counties that undergo severe climate-related disasters often suffer reduced access to critical health care infrastructure in the years that follow, a study suggests.

The analysis, published in the International Journal of Environmental Research and Public Health, looked at what happened to hospitals, pharmacies and ambulatory — or outpatient — care facilities after climate-related disasters.

The study used data on health care facility locations, disaster losses and a variety of demographic factors, measuring the number of pharmacies, hospital-based inpatient care and ambulatory care in 3,108 U.S. counties between 2000 and 2014.

Counties that experienced severe climate-related disasters experienced significant decreases in hospital and outpatient care infrastructure, the researchers say.

In contrast, moderate disasters were associated with increased access to

in health care, suggesting that “disasters can, in some cases, lead to (possibly unequal) redevelopment.”

“More affluent communities often have better connections, such as political influence, that help them maintain these important health institutions following a period of crisis,” Yvonne Michael, a professor of epidemiology at Drexel University’s Dornsife School of Public Health and the study’s senior author, said in a news release.

“These collaborations after a natural disaster are especially critical in low-income communities that often otherwise lack the resources to rebuild shuttered health institutions,” Michael added.

Pharmacies, however, weren’t associated with moderate or severe disasters — potentially because there are already “pharmacy deserts” in many areas nationwide.

Online pharmacies may be filling the gap, the researchers write, making communities ever more reliant on delivery infrastructure to access their medications.

STATE OF MICHIGAN
BEFORE THE MICHIGAN PUBLIC
SERVICE COMMISSION

NOTICE OF HEARING
FOR THE GAS CUSTOMERS OF
DTE GAS COMPANY
CASE NO. U-21861

- DTE Gas Company requests Michigan Public Service Commission’s approval for a Certificate of Public Convenience and Necessity relative to Freemont Township and Lincoln Township, Michigan
- The information below describes how a person may participate in this case.
- You may call or write DTE Gas Company, One Energy Plaza, Detroit, MI 48226, 800-477-4747, for a free copy of its application. Any person may review the documents at the offices of DTE Gas Company or on the Commission’s website at: <https://mi-psc.my.site.com/s/>.
- A pre-hearing will be held:

DATE/TIME: Wednesday, Tuesday, July 29, 2025 at 9:00 AM
BEFORE: Administrative Law Judge Christopher S. Saunders
LOCATION: Video/Teleconferencing
PARTICIPATION: Any interested person may participate. Persons needing any assistance to participate or who are seeking access to the video/teleconference should contact the Administrative Law Judge’s secretary at (517) 284-8130 or by email at LARA-MOHR-PSC@michigan.gov in advance of the hearing.

The Michigan Public Service Commission (Commission) will hold a pre-hearing to consider DTE Gas Company’s (DTE Gas) May 19, 2025 application requesting the Commission for a certificate of public convenience and necessity for a natural gas expansion project (Project) to provide natural gas service to the residential customers located in Sections 5, 7, 8, 17 & 18 of Lincoln Township, Isabella County, Michigan. Consumers Energy being the incumbent franchised utility in Lincoln Township, has provided a letter of non-objection regarding DTE Gas’s request to the Commission for an Act 69 certificate to provide natural gas service to residential customers located within Sections 5, 7, 8, 17 & 18 of Lincoln Township. The Project will include the installation of a six-inch diameter utility pipeline along a +3.75-mile route with 19,615 feet of 4” 60# plastic to serve 80 residential customers in sections 5, 7, 8, 17 & 18 of Lincoln Township. This expansion will avoid wetland impacts, streams or special species by boring a minimum four feet below the identified areas and utilize entry and exit bore pits located in upland areas. Noise and air impacts are expected to be temporary and minimal.

All documents filed in this case shall be submitted electronically through the Commission’s E-Dockets website at: <https://mi-psc.my.site.com/s/>. Requirements and instructions for filing can be found in the User Manual on the E-Dockets help page. Documents may also be submitted, in PDF format, as an attachment to an email sent to: mpscdockets@michigan.gov. If you require assistance prior to e-filing, contact Commission staff at (517) 284-8090 or by email at: mpscdockets@michigan.gov.

Any person wishing to intervene and become a party to the case shall electronically file a petition to intervene with this Commission by July 22, 2025. (Interested persons may elect to file using the traditional paper format.) The proof of service shall indicate service upon DTE Gas Company’s attorney, Carlton D. Watson, One Energy Plaza, 1650 WCB, Detroit, MI 48226.

The prehearing is scheduled to be held remotely by video conference or teleconference. Persons filing a petition to intervene will be advised of the process for participating in the hearing.

Any person wishing to appear at the hearing to make a statement of position without becoming a party to the case may participate by filing an appearance. To file an appearance, the individual must attend the hearing and advise the presiding administrative law judge of their wish to make a statement of position. Mich Admin Code, R 792.10413 (Rule 413).

Any person wishing to file a public comment may do so by filing a written statement in this docket. The written statement may be mailed or emailed and should reference Case No. U-21861. Statements may be emailed to: mpscdockets@michigan.gov. Statements may be mailed to: Executive Secretary, Michigan Public Service Commission, 7109 West Saginaw Hwy., Lansing, MI 48917.

All information submitted to the Commission in this matter becomes public information, thus available on the Michigan Public Service Commission’s website, and subject to disclosure. Please do not include information you wish to remain private. For more information on how to participate in a case, you may contact the Executive Secretary at the above address or by telephone at (517) 284-8090.

Requests for adjournment must be made pursuant to Michigan Office of Administrative Hearings and Rules R 792.10422 and R 792.10432. Requests for further information on adjournment should be directed to (517) 284-8130.

Jurisdiction is pursuant to 1929 PA 69, as amended, MCL 460.501 et seq.; 1909 PA 300, as amended, MCL 462.2 et seq.; 1919 PA 419, as amended, MCL 460.54 et seq.; 1939 PA 3, as amended, MCL 460.1 et seq.; 1969 PA 306, as amended, MCL 24.201 et seq.; and Parts 1 & 4 of the Administrative Hearing Rules of the Michigan Office of Administrative Hearings and Rules, Mich. Admin Code, R 792.10106(2), (3), (4), (5), (6), and (7); R 792.10121; and R 792.10401 through R 792.10448.

DTE

Wise Township
Planning Commission
Notice of Public Hearing

Date of Hearing: Tuesday August 5, 2025 at 7:00 p.m.

Place of Hearing: Wise Township Hall, 10509 North Loomis St. Clare, MI 48617

PLEASE TAKE NOTE that the Wise Township Planning Commission will conduct a public hearing on the following:

- 1. Special Land Use:** The Wise Township Planning Commission will consider taking action on a request for Special Land Use Permit for: Cody W Helmuth 9557 E Coleman Rd. Coleman 48618. To Apply for and maintain a Federal Firearms License (FFL) Type 07/01. Operating a firearms-related business Known as C&M Gunworks LLC.

The public is invited to attend and present their comments on the Special Use. You may submit your views in person or in writing. Comments will be received at Kenneth Brown 7395 N Leaton Rd. Clare, MI 48617.

Doris Methner
Wise Township Clerk
Isabella County

City of Alma
Summary of Commission Minutes

Minutes of a regular meeting of the Alma City Commission held Tuesday, July 8, 2025, at 6:00 p.m.

Present: Allman, Gibson, Harrington, Mapes, Pitts, and Wernick.

Absent: Bare.

- Approved agenda as presented.
- Recited the Pledge of Allegiance.
- Approved minutes of June 24, 2025, meeting.
- Ratified investments.
- Approved a street closure for the Red Hacker tournament on August 16, 2025
- Approved engagement letters with Yeo & Yeo for City of Alma and Alma Transit year-end audits.
- Approved a contract change order with JR Heineman for the Transit building expansion project.
- Received reports.
- Approved appropriations.
- Received commission and public comments.
- Adjourned meeting at 6:28 p.m.

Draft minutes will be available for review at the City Clerk’s Office. Approved minutes are available on the City’s website at www.myalma.org. A video of the meeting is available on the City of Alma YouTube channel.

Sara Anderson, City Clerk