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August 5, 2019

Vol. 39, No. 46

MITroy - New App Putting City Hall into Residents' Hands

Troy has rolled out a new app for phones – MITroy. This app will provide more proactive public engagement and connect residents to all of the services, resources, and information that the city has to offer. On the app, people can find city news, event calendars, and department directories. They can also report issues, pay bills and find local parks and facilities. This “whole-city” app will house it all in one user-friendly app branded for the City of Troy.

MITroy App will interface with the city's service request system, Cityworks, which allows people to submit service requests, such as code enforcement issues or pothole concerns, from their mobile device and receive status updates. MITroy will also provide easy access to city department contacts, provide targeted information, and supply another way to receive details on important city events.

People can also sign up for CodeRed emergency notifications through the MITroy app. CodeRED is Troy's public safety emergency alert system. Residents can receive emergency notifications via mobile alert, email, and/or phone by signing up today. CodeRED, a reverse 911 system, will provide people with real time safety information they need during a community emergency.

The MITroy app is available in the Google Play Store and the Apple App Store.

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WHEN IT COMES TO FIGHTING FLAMES, these two new fire trucks will help Troy keep its excellent rating for fighting fires

Troy Fire Department Announces Delivery of New Ladder Trucks

Troy is proud to announce the delivery of two new ladder trucks. Both vehicles were manufactured by the Sutphen Corporation of Springfield, Ohio. The 2019 Sutphen SLR 75 is a rear-mounted, 75-foot ladder truck. Rear-mounted means the large hydraulically lifted aerial ladder is attached to the vehicle at the back. Troy operates two different styles of ladder trucks; one style being the rear-mount straight aerial ladder and the other is a longer mid-mount, tower type, aerial ladder. The new trucks are replacing a 1997 Spencer and a 1998 Spencer, rear-mount, 65-foot ladder trucks.

“In addition to the longer aerial ladder, the new trucks carry

115-feet of ground ladders and provide us with additional reach over the older models,” Fire Chief Dave Roberts said. The new trucks also have a water pump with a rated delivery of 2,000 gallons per minute (GPM), exceeding the delivery rating of the older trucks of 1,500 GPM.

“By having these larger 2,000 GPM pumps, and coupled with a Pumper at each station that has a rated delivery of 1,500 GPM, the Troy Fire Department meets the needed ISO water delivery requirement for 3,500 GPM at a structure fire with just two trucks,” Roberts added.

Purchasing these trucks from Sutphen Corporation helps the Troy Fire Department standardize

the fleet, an operating model that they have been working toward over the last several years. The Fire Department also currently owns three Sutphen, mid-mount, 100-foot ladder trucks. The one remaining 65-foot ladder truck is scheduled to be replaced with the Sutphen SLR 75 model ladder truck within the next few years. All have similar operations and maintenance.

Having vehicles manufactured by the same company provides standardization which makes training and operating the trucks much easier for the department's current 165 volunteer firefighters and servicing the trucks much easier for the City's Fleet Maintenance Division.

Well Presented Plan for Church Additions Wins Approval

by CYNTHIA KMETT

Great Lakes Church on Coolidge Highway, north of Wattles, came to the Planning Commission with two potential expansion plans, and they were extremely well prepared. This is a relatively new member of Troy's large religious community, and the current place of worship is 6,088-square-feet on 3.18 acres. In a few years, the non-denominational Christian church plans to grow to 22,241-square-feet.

The church plans to expand, and already has a strong presence online under the leadership of Pastor Shane and Brandy Ogle.

The Ogles said they are passionate about creating an approachable environment that inspires both the spiritual seeker and the reluctant skeptic toward faith. They believe their calling is “to lead as many people as possible to a King, a cross, and a brand-new life”

The presentation went very quickly and won unanimous approval from all nine members of the Planning Commission.

The first phase will be the addition of a 4,665-square-foot lobby, with new restrooms. Other site plan improvements include additional landscaping and a new trash enclosure. Trash pickup was one of the few questions planners had, but since the church does

See PLANNING, page 3



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To purchase tickets, go to uspbl.com or call 248-759-5278.

Faygo Pop: Detroit's Favorite Soda

Faygo pop is classically Detroit.

Joe Grimm, a journalism professor at Michigan State University, will tell the story of how Faygo came to be during a talk at the Troy Historic Village on Thursday, August 22. Grimm will discuss Faygo's history as an independent bottler and the company's tough decisions for the future.

The talk will be held in Old Troy Church at 2 p.m. and is expected to last an hour. The cost is \$7 for Troy Historical Society members and \$8 for non-members. To register or learn more about upcoming events at the historic village, go to troyhistoricvillage.org/.



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Beaumont Hospitals Nationally Ranked

Beaumont Health's Royal Oak, Troy, and Grosse Pointe hospitals have earned national recognition by U.S. News & World Report in the recently released America's Best Hospitals rankings. Beaumont also has more nationally ranked hospitals in Michigan than any other health system.

Beaumont Royal Oak ranked No. 2 statewide. This marks the 25th consecutive year Beaumont Royal Oak has been included in this U.S. News national listing. The hospital also ranks No. 2 in Metro Detroit. Beaumont Troy is ranked No. 3 in Michigan and Metro Detroit. Beaumont Grosse Pointe is ranked No. 4 in Michigan and Metro Detroit.

Beaumont Hospital Dearborn and Beaumont Hospital Trenton are both ranked No. 21 in Michigan and ranked No. 14 in Metro Detroit.

Seven Beaumont Health hospitals, including Royal Oak, Troy and Grosse Pointe, also received "high performing" national ratings for common adult procedures and conditions.

To celebrate its success, Beaumont recently launched a new website, BeaumontProud.org/.

"Our team's accomplishments and commitment to our patients inspires and impresses me every day," said John Fox, president and CEO of Beaumont Health. "We achieved these rankings by partnering and collaborating with the patients and families we serve. I am proud of our team's efforts to deliver exceptional care."

Only 165 of the 4,500 American hospitals analyzed for Best Hospitals 2019-2020 earned a national ranking in one specialty. In 12 specialties, the top 50 hospitals are ranked based on objective measures. Four additional specialties are based on a reputational survey, with fewer hospitals ranking on reputation.

"We know our exceptional team provides extraordinary, compassionate patient and family-centered care every day, but it's always nice when others recognize our team's efforts," said Dr. David Wood, executive vice president and chief medical officer, Beaumont Health. "We are thrilled to once again be included on the list of elite hospitals across the country that are nationally ranked by U.S. News."

The U.S. News Best Hospitals

rankings, now in its 30th year, help guide patients to hospitals that deliver care across 25 specialties, procedures and conditions. The Best Hospitals methodologies include objective measures such as patient survival, the number of times a given procedure is performed, infection rates, adequacy of nursing staff and more.

The report also has an honor roll of best hospitals. These include:

1. Mayo Clinic, Rochester, Minn.
2. Cleveland Clinic (still No. 1 in cardiology and heart surgery)
3. Johns Hopkins Hospital, Baltimore
4. Massachusetts General Hospital, Boston
5. University of Michigan Hospitals-Michigan Medicine, Ann Arbor, which is the hospital ranked No 1 in Michigan.

The Best Hospitals national ranking was produced by U.S. News with RTI International, a leading research organization based in Research Triangle Park, North Carolina. The rankings will be published in the U.S. News "Best Hospitals 2020" guidebook, available mid-September.

Learn More About Local Government

Ever wonder why the Police Department has a canine unit, what keeps your water clean and safe for drinking, or how the Engineering Department determines which roads will be built each year? Troy residents can get a crash course during the Troy Citizen Academy.

The annual Citizens Academy is a free, eight-week series of classes designed to teach residents about how their local

government works. The fall 2019 academy will be held on Wednesdays from 5:30-8 p.m., starting on September 18 and running through November 6.



During weekly sessions, participants will learn about the responsibilities of city departments and the services they provide to the community. Presentations and "behind-the-scenes" facility tours will give people a better understanding of the role local government plays in the quality of life in Troy. Sessions will cover a wide variety of topics, including City Hall; the fire department and EMS; the

library; city planning; and much more.

Sessions and tours are held at various locations throughout the City, including the Police Station, Public Works Facility, Fire Station, Historic Village, Nature Center, and City Hall..

Due to space limitations, Citizens Academy classes are limited in size. Preference is given to those living within the City of Troy.

To apply for the program, you must be at least 18-years-old, be able to attend classroom sessions for 2.5 hours per week September through November, have access to reliable transportation, and have an interest in learning about local government.

To be considered the Citizens Academy, fill out an application, available online at troy.mi.gov, and submit it to Drew Benson in the City Manager's Office via email at drew.benson@troy.mi.gov.

Applications can also be mailed to Drew Benson, City Manager's Office, 500 W. Big Beaver Rd, Troy 48084, or faxed to 248-524-3499. To learn more call 248-524-3327.

Is It Time for Zoning Ordinances Updates?

PLANNING, From page 1

not plan on cooking in a significant manner, the planners seemed less concerned.

The building setbacks were good, and at 26-feet, the building won't be too tall. Parking is ample, and there's plenty of open space and trees. Church representatives had drawings and materials for the planners to examine, which the trustees always ask for but don't always get. The current church building was constructed in 1968, but Great Lakes Church only bought it three years ago and is giving the building an entirely new look.

In three to five years, the church plans to build out. The site plan approves this idea for three years, and they can get a one-year extension. Membership growth and the cost of money will dictate how fast this second phase can happen.

Since the presentation didn't take long, planners took up the topic of getting the three boards that oversee development – Zoning Board of Appeals (ZBA), Planning Commission, and City Council – to become a bit more in-tune with their desires for development. It hasn't been unusual for the Planning Commission to approve a project and see it turned down by the Council. Meanwhile at the ZBA, the rules are so strict that many projects allowed under the newest zoning laws can't be approved because of rules from earlier decades.

Planning Trustee Karen Crusse, who represents the Planners on the ZBA, noted that a family asked the board for relief because they couldn't open their SUV when it's

parked in the garage, but the family also couldn't get a variance to extend the garage on that lot.

Trustee Tom Krent recalled that when he was on the ZBA, a home in another subdivision wanted to put a roof on their front porch, a very attractive roof. It seems that your porch can stick out into the front yard setback as long as it doesn't have a roof on it. Krent noted a number of neighbors hoped this would be approved, as they thought a roof on the porch was a great addition. Sorry, no variance here, either.

There was a lot of nodding when board members suggested it might be time to take a look at some of the city's zoning ordinances.

Crusse pointed out that the ZBA has no opportunity during their meetings to talk over issues that have been in Troy's zoning ordinances since the 60s and 70s, and both the Planners and Council have a comment section in their agendas.

"It's not as well oiled a machine as the Planning Commission," Crusse said of the ZBA. "It needs to be more proactive, and not just say 'That's how it's always been done.'"

She believes that sometimes these decisions might not be in the best interest of the city.

"We're trying to incentivize new kinds of development," Ollie Apahidean reminded the table.

Apahidean also wanted to talk to council about the boards being more in sync with what they see as the future for Troy development.

The topic of a get-together with the planners has already surfaced at the council table, so maybe that meeting won't be too far off.

Fourth Annual Troy Recreation Frightful 5k Registration Now Open

Run for your life and register now for Troy Recreation's fourth annual Frightful 5k and 1k Pumpkin Family Run.

Those interested in participating are invited to register and run through the heart

of Troy on Big Beaver Rd and the Civic Center Campus. Runners can wear their silliest or spookiest Halloween costume, and enjoy tons of activities for the family.

Registration costs \$25 per runner for the 5k and \$10 per

runner for the 1k. Prices go up starting October 21. All runners will receive a race shirt. To guarantee the correct size, register by October 1.

Visit rec.troymi/frightful5k/ for registration and more.



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Golf Tourney Supports Ronald McDonald House

Golfers still have time to sign up for the final Jerry Guirey Invitational Golf Outing fundraiser in support of Ronald McDonald House.

This is the 25th and final year of the fun-focused, scramble-style golf tournament. The invitational will be on Sunday, August 25, at the White Lake Oaks Golf Course. Registration costs \$85 per golfer through August 9. After that, the fee goes up to \$100.

The tournament is still seeking sponsors and people interested in donating raffle items. Those interested can contact Jerry Guirey at 248-227-3425 or jerry.guirey@outlook.com.

All of you have been incredibly supportive over all these years, and you have truly

made a difference," Guirey said about the tournament. "Through this event, you have provided 11,500 nights of lodging for those parents so desperate to stay close to their critically ill kids."

Ronald McDonald House provides a place for families to stay while their seriously ill or injured child is hospitalized at little to no cost. Being close means that parents can better focus on the health of their child without having to worry about every day tasks. To learn more about Ronald McDonald house, visit rmhc.org/.

To learn more about the Jerry Guirey Invitational Golf Outing or to register, go to classy.org/event/25th-annual-jerry-guirey-invitational-golf-outing/e236765

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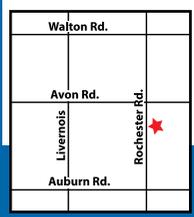
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FIVE STAR

Troy Schools Apple ID Update

If your student created an Apple ID using their Troy School District email, they should be receiving a message from Apple to update their email address.

The Troy School District is setting up a new service in partnership with Apple that allows students to use Apple IDs in Apple's School Manager Environment that protects data and adheres to Children Online Privacy and Protection Act requirements.

This new service will allow students to use iCloud to share and store information on district iPads,

regardless of age, while still adhering to privacy laws. This tool also provides Troy students with 200 GB of iCloud storage compared to the 5GB users get when creating personal Apple IDs directly with Apple.

No action is necessary unless students have data stored in iCloud under their district email that they need to maintain. To keep this data, they will need to set up a personal email account to update in the commercial Apple ID.

To learn more about the Apple ID update or COPPA rules, go to troy.k12.mi.us/.



THE LINSEYS DEMONSTRATED pioneer cooking at the Troy Historic Village Hearth and Soul Tour of the Solomon Caswell House on Wednesday, July 24. Visitors learned the story of the Caswells in the context of Michigan, national, and world history, and they got to tour the normally off-limits upstairs level of the 1832 Greek revival home. The next Hearth and Soul event takes place August 14 at the Village General Store. Photo courtesy of the Troy Historic Village Facebook page.

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Oakland County Sheriff's Office Celebrates National Night Out

Close-knit communities are safe communities.

That's the idea behind National Night Out, an annual, national community building campaign that promotes police-community partnerships and neighborhood camaraderie. National Night Out is celebrated on the first Tuesday of August, and this year will be the 35th anniversary of the event.

The Oakland County Sheriff's Office has multiple events planned this year at substations throughout the county.

On Tuesday, August 6, the Sheriff's Office will be at the Waldon Lakes Subdivision Neighborhood Block Party at 6 p.m. Later that evening, the Sheriff's Office will be at the Orion Lakes Mobile Home Park, starting at 7 p.m. The community fun continues in Pontiac on Wednesday, August 7, at the Oakland County Sheriff's Office Pontiac Substation.

Each of the events will feature family-friendly activities, a chance to mingle with community members, and opportunities to

get to know the Oakland County Sheriff's Office better.

To learn more about National Night Out, visit natw.org. To learn more about the Oakland County Sheriff's Office and substations in the county, go to oak.gov/sheriff/.



THE TROY POLICE DEPARTMENT is seeking information on three men who broke into the International Academy East Campus in Troy on the evening of July 25. Once inside, they took a floor waxing machine for a joy-ride and caused property damage. Call 248-524-3447 or email troypdcrimealert@troy.mi.gov with any tips.

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Your Day Your Way: Great Lakes Event Planning Makes it Happen

BRIDAL EXPO PREVIEW

OAKLAND UNIVERSITY - O'RENA
Sunday, August 18, 2019 • 11 am - 2 pm

It's been a crazy seven months for event planner Brittney Buchler. In January 2019, she opened her own business, Great Lakes Event Planning, and already has 23 weddings booked this year. Luckily, Buchler has lots of practice keeping track of details and is an expert at keeping chaos at bay.

Despite owning a new business, Buchler is no stranger to wedding planning. Before she started Great Lakes Event Planning, Buchler worked as an event manager for four years and oversaw 250 weddings, 500 baby and bridal showers, and coordinated 75 onsite rehearsals and ceremonies. She learned about the logistics and timelines of a wedding and understands what makes the day go smoothly for couples and guests.

"I kind of got the feel for weddings," she said. "I have a feel for what guests at a wedding need in order to make the best possible guest experience."

She said the way her business took off was a surprise, even to her, but she's been loving every minute of the experience.

"I didn't mean for it to take off the way it has," she said. "It's been wild, but it's been fun."

Bulcher helps couples find everything they need for their wedding and makes sure the big day goes off without a hitch. She has working relationships with many wedding industry professionals, which translates to lots of connections and insider knowledge. To top it off, previously working as an event manager means that she understands the mechanics of wedding venues really well. It's one of the things she said sets her apart from other wedding planners.

As a planner, Bulcher said her job is to help couples achieve their perfect wedding day. She said she works to customize each event for her clients.

"It's your day your way," she said. "Do what you feel is right, not what relatives and family suggest."

Bulcher also encouraged couples to reach out and ask for help from people with experience.

"My best advice for couples planning their wedding is to not be afraid to ask for help and hire professionals," she said.

Looking forward, Bulcher has



big plans for her business. Next spring, she'll launch a clothing line of Detroit bride and bridesmaid apparel. In the future, she hopes to have a warehouse and inventory for rentals, including chairs and linens.

Her favorite part of being an event planner is working with people during one of the biggest moments of their lives.

"It's fun and cool to see people on the happiest days of their life,"

she said. "Everybody is just glowing on wedding day."

Great Lakes Event Planning will be at the Bridal Expo at Oakland University, presented by Gazette Media Group, on August 18. Get tickets for free admission at gazetteevents.com/. To learn more about Great Lakes Event Planning, visit greatlakeseventplanning.com/.

Visit the Monarch Butterflies

Naturalists at Stage Nature Center released two female monarch butterflies last week in what was the first two releases of the 2019 monarch breeding season.

Visitors can see monarch caterpillars and chrysalides up close in the nature center's indoor raising display during building open hours. If you're lucky, you

monarchs typically begin their journey to Mexico in September.

People can assist Stage Nature Center naturalists with tagging and releasing live monarch butterflies on Saturday, September 14, from 10 a.m.- 12 p.m. during the annual Monarch Madness program. The program helps further research about monarch butterflies and is



MONARCHS begin their long migration from Michigan to Mexico in September. Photo courtesy of Christina Funk

may even get to see an adult emerge from its chrysalis.

The Stage Nature Center will continue to raise and release monarch butterflies through mid-September. North American monarch butterflies travel up to 3,000 miles during their two-way migration every year. Michigan's

recommended for ages 6 and older. Monarch Madness costs \$5 for Troy Nature Society members and \$7 for non-members. Those who are interested in participating should pre-register at troynaturesociety.org/. Space is limited and spots fill up fast.

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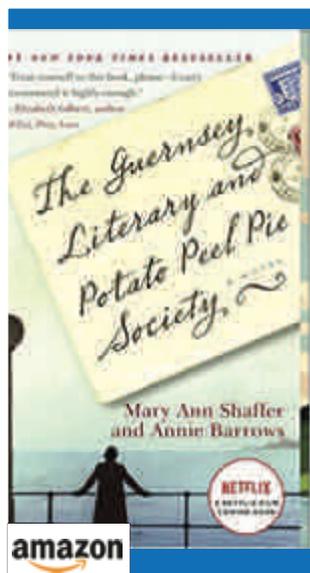
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Music

SpaceCat Friday, August 9, 10 p.m. Rochester Mills Beer Co.

Music Maker Studio Summer Concert Series Sunday, August 11, 12:30 p.m. Classic Lanes, Rochester Hills

Ben Folds & Violent Femmes Sunday, August 11, 7:30 p.m. Meadow Brook Amphitheatre, Rochester Hills

Beast Coast: Joey Bada\$\$, Flatbush Zombies, The Underachievers, Kirk Knight & Nyck Caution Sunday, August 11, 7p.m. Michigan Lottery Amphitheatre at Freedom Hill, Sterling Heights

ON STAGE

Monday Night Improv Mondays at 8 p.m. Planet Ant Theatre, Hamtramck

Adam Rank Monday, August 5, 7:30 p.m. Mark Ridley's Comedy Castle, Royal Oak

Much Ado About Something Funny - Fundraiser Saturday, August 10, 6 p.m. Ridgedale Players, Troy

AROUND TOWN

Enchanted Evenings at the Great Estate Wednesday, August 7, 7 p.m. Meadow Brook Hall & Gardens, Rochester

Michigan Senior Olympics Opening Ceremony Friday, August 9, 6 p.m. Bloomer Park, Rochester Hills

Community Spirit Gala Friday, August 9, 6:30 p.m. American Polish Cultural Center, Troy

First Annual Sunflower Festival August 10 & 11, 10 a.m. - 5 p.m. Westview Orchards & Winery, Washington

Hearth & Soul: General Store Wednesday, August 14, 6 p.m. Price per tour: \$10/THS Member, \$15/Non-member. Troy Historic Village, Troy

Michigan Renaissance Festival August 17 - September 29, 10 a.m. - 7 p.m. Rain or Shine. Tickets are \$20.95 for adults and \$12.50 for children 12600 Dixie Hwy., Holly

Soaring Eagle Arts, Beats and Eats August 30 - September 2, For tickets, parking and general information visit artsbeatseats.com

LIBRARY

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

The Story of Your Family Tree with Katherine Wilson Tuesday, August 6, 6:30 p.m.

Mastering Manga with Mark Crilley Thursday, August 8, 1 p.m.

Talk Time: English as a Second Language Saturday, August 10, 10:15 a.m.

Flicks with the Family Saturday, August 10, 1 p.m. Enjoy a space-themed film

Speed Dating with Books Monday, August 12, 7 p.m.

KIDS & TEENS

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

Cheddar's Preschool Story Hour Wednesday, August 7, 10:30 a.m. Registration Required, call 248-542-3570. Troy Historic Village, Troy

Giving Back with Pawfficer Donut Wednesday, August 7, 1:30 p.m.

Indian Dance for Teens and Tweens Wednesday, August 7, 6:30 p.m. Spots are limited, pre-registration recommended

Open Swim - Indoor Pool Thursday, August 8, 11 a.m. - 8 p.m. Daily Pass: ages 3-12 \$6 resident /\$9 non-resident; adult 13+ \$8 resident/\$11 non-resident. Troy Community Center, Troy

Teen Summer Finale Saturday, August 10, 6 p.m.

Little Acorns Friday, August 9, 11 a.m. Children age 2-4 with their caregiver. TNS Members: \$3/child, Non-Members \$5/child. Stage Nature Center, Troy

SAVE THE DATE

Kevin Gates Tuesday, October 15, Royal Oak Music Theatre

Tyler the Creator Saturday, September 7, Masonic Temple, Detroit

Post Malone Saturday, September 28, 8 p.m. Little Caesars Arena, Detroit

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GAZETTE RECOMMENDS...



THE LION KING

Disney's new photorealistic, computer-animated remake of The Lion King is a must-see movie. Similar to the 1994 original animated version, this movie hits all the feels. I was excited to see this new version of one of my favorite childhood classics and director Jon Favreau did not disappoint. The film features the voices of Donald Glover, Seth Rogen, Chiwetel Ejiofor, Alfre Woodard, Billy Eichner, John Kani, John Oliver, and Beyoncé.

- Catie McIntosh, Graphic Designer

Leo, ready for a big change? Say yes to new opportunities

YOUR AUGUST HOROSCOPE

by
PAULA LYNDE

LEO (July 23-Aug 22): Are you ready for a big change, Leo? It is likely that a game-changing event is just around the corner, and it may change your life in a significant, positive way. So, if possible, say “yes” to the change in position at work, the new job, the travel opportunity, the blind date, or any other opportunity that comes your way. Yes, change is often intimidating because it invites contact with the unknown, but change can also bring growth, progress, and exciting new experiences.

VIRGO (Aug 23-Sept 22): As a Virgo, it is very likely that you have been accused of overthinking. You just can't help yourself - analyzation and thoughtfulness are your hallmark traits. And, this month, these attributions can work in your favor by keeping you out of trouble and on the right path. You are confronted with options right now, and your best bet is to hurry up and wait. Allow yourself time to look at issues from all sides and to carefully consider your options before acting. Your patience will payoff in the end.

LIBRA (Sept 23-Oct 22): Perseverance is an admirable quality and not giving up is normally a noble ambition. However, you are likely involved in a situation that is beyond your control, Libra. This conflict is possibly taking up a great deal of your mental space and energy, and there is no clear end in sight. So, before you make yourself completely exhausted, consider throwing in the towel - just this once. Sometimes in life you must pick your battles. And, right now, it

may be best to devote your efforts toward more positive goals.

SCORPIO (Oct 23-Nov 21): Sometimes, Scorpio, personal growth involves letting go of comfortable ways of thinking and easy routines. Therefore, it is often difficult to move forward and on to the next phase of life. But now is an excellent time to pursue growth and new opportunities. So, do your best to cast aside your fears and embrace the changes ahead. Once you get over the initial nervousness, your natural sense of adventure will take over, allowing you to charge boldly into the future.

SAGITTARIUS (Nov 22-Dec 21): Normally, with you, Sagittarius, it is “go big or go home.” And there is nothing inherently wrong with this philosophy - it allows you to defy odds and sometimes logic to accomplish your goals. Right now, though, you are likely facing a dilemma that seemingly defies even your grand scheming abilities. But fear not. You have everything you need to solve your problems if you just allow yourself to get a little more creative. You can still go big, but possibly in a different way this time around.

CAPRICORN (Dec 22-Jan 19): Are two of your favorite friends battling it out with each other right now, Capricorn? If so, this puts you in a very awkward position. After all, you want to be supportive, but you don't want to choose sides. How on earth do you navigate the situation? Honestly, right now, your best bet is to pull back as much as possible and make it clear that you do not wish to become involved in the disagreement. Believe it or not, the situation will work itself, and the bond shared by the three of you will likely strengthen.

AQUARIUS (Jan 20-Feb 18): It is likely that you are feeling rebellious this month, Aquarius. And it is certainly okay to protest a situation or idea that

seems disagreeable or oppressive. However, you must remember that not everyone will support your battle. In fact, if you are vocal enough, you could step on some toes and perhaps even lose a friend or two. So, be aware of the potential fallout and wage your war accordingly. Ultimately, please take the time to ask yourself, “Is it really worth it?”

PISCES (Feb 19-March 20): You have probably suppressed a burning desire for adventure for far too long, Pisces. Face it, you want to get out and see new places and meet new and exciting people - just like a certain Disney princess. If this is the case, what is holding you back? Are you worried about your current responsibilities and obligations? If so, consider the fact that you have an amazing ability to achieve balance in your life. You could probably plan a small trip without disturbing the status quo. So, go on and book your reservations.

ARIES (March 21-April 19): It is likely that an ongoing issue has bugged you for a while now, Aries. And the situation has been extra frustrating because it has probably seemed like you have been missing one vital piece of information. But here's some good news - it looks like you will finally solve the mystery this August. That oh-so important bit of information is about to be revealed and any doubters in your life will finally see the issue from your point of view, and the situation

should work itself out in your favor. **TAURUS (April 20-May 20):** Valentine's Day may be months away, but that won't stop Cupid's arrow from striking this month, Taurus. Yes, love is in the air, and it is likely that August will see you breathing deeply. If you are single, there is a good chance that you will meet a very special someone who will make your life a lot more interesting. Or, an acquaintance or friend might get a sudden promotion. And if you already have a romantic partner, get ready to experience a rekindled spark.

GEMINI (May 21-June 20): This month is a great time to explore your adventurous side, Gemini. It is likely that the positive risks you take right now will yield fantastic results. So, instead of sticking to your normal routine and typical ways of thinking, try taking a few detours. Go to that new place, voice your out-of-the-box opinion at work, or try out an interesting hobby or activity. When you find the courage to do something different, you will open yourself up to new friends, opportunities and experiences.

CANCER (June 21-July 22): When is not doing something more difficult than doing something? When an activity is habitual and ingrained in your routine, not engaging in it can present a challenge. This presents a conundrum when the habit in question is unhealthy or destructive in some way. But here

Shield's Named Best Pizza in Metro Detroit, Again

Shield's Restaurant and Pizzeria was named Metro-Detroit's Best Pizza Chain for the seventh time in the last nine years by the WDIV Click On Detroit Viewer's Poll.

Shield's makes its dough and sauce from scratch every day, uses only the highest quality meats, cheeses, and vegetables available, and is a leader in what is known as “The Detroit Pizza.”

“Everyone at Shield's is thrilled to win this award again, and we'd like to thank our loyal customers who voted for us,” Paul Andoni of Shield in Troy said in a press release.

Shield's is locally owned and operated since 1946. The Troy location is at 1476 Maple Rd. To learn more, visit shieldspizza.com/.

is some good news, Cancer - now is a great time to break an undesirable habit. If there is something that you want to stop doing, start changing your routine right now, and you should be free and clear by fall.



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In-Office Balloon Sinuplasty: A Minimally Invasive Solution to Your Sinus Problems



by
ANDREW COMPTON, MD,
Facial Plastic Surgery and
ENT Specialty Care

You've probably heard the term "sinuses" before, likely in the context of "sinus headaches" and "sinus infections." The sinuses are air filled spaces in the head that are connected to the nasal passage. These sinuses have over 30 functions and are very important for your health. Unfortunately, problems can arise when the openings to these sinuses are too small. This makes them predisposed to blockage with inflammation, like allergies, a virus, or infection. Blockage leads to mucous retention, infection, and sinusitis symptoms.

What is sinus disease?

Inflammation of these air spaces is known as sinusitis and occurs when they are unable to exchange air and drain mucus properly. This leads to nasal congestion, facial pressure, a full or heavy feeling in the face, loss of smell, discolored nasal drainage, fatigue, and sore throat. For most people, sinusitis only lasts seven to 14 days and resolves without antibiotics. If the symptoms extend for multiple weeks or require multiple rounds of antibiotics, this is not normal. It is also abnormal if the symptoms persist for months regardless of medical treatments. These situations are known as chronic sinusitis and should be evaluated by an ENT. Evaluation is also necessary if you have more than two sinus infections per year.

What is in-office balloon sinuplasty?

In-office balloon sinuplasty is a minimally invasive procedure done using local numbing medications and oral sedatives. This avoids general anesthetics, which have risks and leave you with a hangover for days. Since you are awake, you will hear noises, but you will be very sleepy, and completely numb. In many ways it is similar to a dental procedure.

Using cameras through the nose, a small flexible balloon catheter is used to enlarge the narrow sinus openings. This is

likely to decrease the number of infections and relieve the symptoms of chronic sinusitis. It also has only one or two days of downtime, so it can be done on Friday and patients will be back to work on Monday.

Could in-office balloon sinuplasty help me?

If you are experiencing these symptoms, then you may benefit from in-office balloon sinuplasty. The best way to determine if you are a candidate is to visit an Ear Nose and Throat doctor for a CT scan of your sinuses. Although these scans can commonly be read as normal by the radiologist, an ENT often will see a much different picture. This procedure is very safe and has extensive research proving that it is a highly effective option for chronic sinusitis.

Why Dr. Compton for my in-office balloon sinuplasty?

Not all ENT doctors perform this procedure, and many do only a few per year. There can be a wide variety of patient experiences during the procedure with these doctors. Dr. Compton has spent years perfecting his in-office numbing protocol to maximize patient comfort and uses multiple different topical and injected anesthetics, oral pain medication, and anxiety medications. Most of his patients report that the procedure was much easier than anticipated and that it was, overall, more comfortable than a dental procedure. Make sure your surgeon is well-versed with patient comfort measures and frequently does in-office surgery to ensure the best experience. Dr. Compton has seen excellent results with his patients and has been through it himself, so he has a first-hand experience with this technology. He also offers many other surgical and in-office solutions for other nasal problems as well. He has two offices conveniently located in Troy and West Bloomfield.

Call 248-267-5004 and make an appointment today. You can also visit his website at AndrewComptonMD.com or his Facebook page to view before-and-after photos and read patient testimonials.

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Learn the Risks of Snoring and Obstructive Sleep Apnea

FAMILY PRACTICE

by

NEIL JADDOU, M.D. & MARWA ALITHAWI, M.D.:
MEDICAL EXTERN

Do you snore? If so, you might be suffering rather than resting during sleep

Snoring frequently bothers the bed-partner, or even the whole family, if it is too loud. Keeping people up at night isn't the only thing for snorers to worry about, though. Snoring might be a sign of suffering during sleep.

Imagine not breathing for 10 seconds or longer during sleep. To make matters worse, taking a deep breath before holding your breath for that long is impossible because you're sleeping. We call that "sleep apnea". I have met a patient whose apnea lasted over 1 minute. Although not all snorers have sleep apnea, more than 90% of apneic patients snore at night. They continue snoring and stoppage of ventilation

alternatively during sleep. Thus, "disruptive" snoring is a characteristic symptom.

The mechanism of repetitive interruption of ventilation.

When we sleep, every muscle in our body becomes more relaxed. Normally, the throat remains open during sleep, but in patients with sleep apnea, the tongue can fall back and block the space in the throat for breathing.

Is OSA a rare condition?

Obstructive sleep apnea is one of the most common sleep disorders. There are an estimated 20 million patients with OSA in the US. Yet, the majority of the cases remain undiagnosed.

What are the risk factors for sleep apnea?

Obesity is the most significant risk factors for OSA, and 60% of patients with the disorder are obese. Additionally, smoking, nasal congestion, and some anatomical factors such as a small chin are associated with OSA.

Any other symptoms?

Early morning headaches, fatigue during the day, and excessive daytime sleepiness are common symptoms. Due to daytime sleepiness, OSA is associated with an increased risk of motor vehicle accidents.

Moreover, OSA can cause psychological problems such as difficulty concentrating, memory problems, irritability, and depression.

How OSA affects your health

Sleep apnea has been linked to high blood pressure, stroke, heart failure, coronary artery disease, and arrhythmia such as atrial fibrillation.

Diagnosis for OSA

A sleep study is conducted in the sleep lab or a home sleep apnea test is done using a portable device. If breathing stops more than five times per hour for longer than 10 seconds each time, you may be diagnosed with sleep apnea.

What is the treatment of OSA?

One of the most important treatments is to modify your lifestyle. This means cutting out alcohol and tobacco and losing weight if necessary. Continuous positive airway pressure, known as CPAP, is the leading therapy for OSA. During this treatment, you wear a mask while you sleep that provides a positive flow of air to keep the airway open. Some people with sleep apnea may need surgery, especially if larger tonsils or adenoids exist. For moderate to

severe sleep apnea, there is a new treatment to implant a hypoglossal nerve stimulator. The pacemaker-like device causes the neck muscles to contract when it detects the airway is closing. The FDA approved the treatment in 2014 and it has been shown to significantly reduce snoring and daytime sleepiness.

What does it all mean?

Early diagnosis and treatment can protect you from developing various life-threatening conditions

caused by OSA. If you snore at night and some of the above-mentioned symptoms apply to you, we would recommend consulting your doctor.

Dr. Jaddou's practice, Somerset Family Medicine, is at 1615 W. Big Beaver Rd., Suite A-4. To learn more about Somerset Family Medicine, call 248-816-1010 or visit drjaddou.com/.

Healthful School Lunches: What Parents Need To Know

(NAPSI)—The healthfulness of school lunches is one of the top three parental concerns this school season, according to a recent survey conducted by OnePoll, a survey-led marketing research company specializing in online and mobile polling.

The survey covered a number of parental worries for their school-aged kids, including safety, whether they'll make new friends, quality of education, and homework load. Healthful lunches were prioritized by 44% of respondents after the quality of their children's teachers and ahead of the cost of school supplies.

Taking a deeper look into school lunches, the survey also found that the average child buys lunch three times a week and, while healthy eating is a top concern for parents, 36% admitted they don't typically know what their child eats at school.

"Parents have enough to worry about, and what their kids are eating in school should be the last thing they have to think about," said Dr. John Agunobi, a pediatrician, and co-president and Chief Health and Nutrition Officer at Herbalife Nutrition. "We all have a responsibility to ensure our kids

are getting the most nutritious meals possible, and I applaud school districts around the country that are working with parents to improve both the nutrition levels and taste of school meals."

According to the survey, only about a quarter of parents know both the nutrient and calorie value of the food their children eat for lunch, whether homemade or purchased.

Building a balanced meal—including dairy, vegetables, fruits, grains and protein—doesn't have to be complicated or take a long time. The most important thing is making sure the calories your children consume are jam-packed with the nutrients they need for energy and growth, a concept known as "nutrient density." Emphasizing nutrient-dense foods is a great way to rethink how you pack your kids' lunches and how you plan meals at home, too.

Ideally, a meal should be made up of mostly nutrient-dense foods and fewer "calorie-dense" foods—such as fats and sugars—which are high in calories relative to the nutrients they contain.

When parents pack a lunch, the survey reported that their top priorities are tasty food and foods

they know their child will eat, followed by healthy options (62%). Some ideas for nutrient-packed, healthful foods that most kids will enjoy include omega-3-rich tuna fish, sweet and crunchy carrots, strawberries packed with potassium and vitamin C, and nuts, which can replace chips to satisfy cravings for salty, crunchy items.

For further facts and tips on healthy and tasty options for your kids' lunches, visit iamherbalifenutrition.com.

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“Sleep-away Camp for Smokers” Helps People Break a Life-threatening Habit

By WILLIAM STONE

“I don’t want you to die, Mommy.”

Such words would chill the soul of any parent, yet Yvonne Testa hear this heart-wrenching plea from the small child of a close family friend who, even at a young age, is learning the dangers of smoking. The overwhelming concern for his mother’s health ignited a collective but emotional response from all present.

“There wasn’t a dry eye in the room,” Testa said about the small gathering of family and friends. This prompted his mother to find the resolve to finally give up smoking.

Testa is the Clinical Director of

the Smoking Cessation Wellness Retreat program. With more than 25 years as a Certified Addiction Counselor with a current emphasis on nicotine, Testa understands quite well what nicotine addiction entails, clinically and as a former smoker.

According to Testa, 24% of the population uses nicotine, and although the number of smokers has decreased, the use of nicotine is on the rise due to gum, patches, mints, vaping, and other delivery mechanisms.

The Center for Disease Control indicates that addiction to nicotine is greater than any substance abused today and is as addictive as heroin, cocaine, and alcohol.

Ostracized from their homes, coworkers, restaurants, and other places, smokers often feel guilt, shame, and embarrassment. Many make great efforts at concealing the habit, adding to their level of stress and emotional turmoil.

“Many smokers are now hiding from family, friends, coworkers, finding their world become smaller. Their lives are altered, they become spiritually bankrupt and miss out on some very precious moment in their life when they slip out to smoke that cigarette instead,” Testa said.

“There is always a catalyst responsible for someone’s decision to quit, whether it’s a family member, physician’s recommendation, or when one tires of living life as an outcast or pariah,” Testa said. “Once one makes the decision to stop, many take to the internet for help.”

Testa recognizes a common theme among smokers looking to break their addiction.

“Many say to me, ‘You know, I just wish I could go away somewhere and quit.’”

Treatment Retreat

The Smoking Cessation Wellness Retreats combines the vacation-like ambience of an upscale, all-inclusive resort (complete with cuisine) with proven clinical treatment approaches to create a rehab in a resort-like environment. One client described it as “a sleep-away camp

for smokers.”

Testa drew on her experience as an addiction specialist to pioneer a unique, successful, individualized approach to quit smoking. Adhering to the most proven and effective clinical treatment techniques according to medical and empirical data, Testa also includes select holistic practices and exercises to help clients realize and attain maximum personal potential while maintaining their goals of abstinence.

“Quitting smoking gives these people back their lives,” Testa said. “They remember who they were, recapturing the joy in life, those missed precious moments lost from choosing to smoke instead.”

The wellness retreat helps smokers become aware of and break their triggers, the unconscious patterns and rituals connected to smoking.

“Smoking is a go-to, a coping skill. We provide the tools to change the patterns, redirect those go-to thoughts when the urge hits,” Testa said. “Smokers without proper direction can have a 75% relapse rate.”

Group activities, strategically

scheduled, serve as distractions during high-craving periods. Groups are small so that clients can receive unparalleled support from both their peers and staff.

The retreat is designed to be an all-inclusive wellness vacation with a few like-minded people committed to quitting smoking. Adventures and excursions abound, and include activities such as relaxing in a mineral spa; visiting sacred, historic sites; or kayaking a pristine waterway.

Upon completing the program, clients are equipped with the tools and ongoing support to continue a smoke-free life. In addition to a qualified staff, clients receive a signed Certificate of Completion from the program’s medical director along with medical support for health issues as needed.

Retreat packages are available in three different locations including, Sedona, Arizona; Canyon Ranch, Colorado; and Safety Harbor Spa, Safety Harbor, Florida. Visit smokingcessationretreat.com to learn more or call 877-209-5153 to speak to a counselor. Testa can be reached at 727-230-2028.



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Women’s Self-Defense Class

Get ready to Wonder-Woman-up with a women’s self-defense seminar at the Troy Community Center on Tuesday, August 6, from 7-8:30 p.m.

This women’s only class is a one day event that focuses on different techniques that women can use to protect themselves and is intended for ages 14 and up. Attendees will be encouraged to find confidence and discover their inner warrior. Andrea

Moon, a third degree blackbelt in Japanese Shotokan Karate with Metro Michigan Shotokan Karate, will lead the class. To register, go to retroymt.com/registration and sign up for activity 63220-A. The cost is \$25 for residents and \$35 for non-residents. There is an additional \$20 fee for strike pads.

The Troy Community Center is at 3179 Livernois Rd.

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August 5, 2019



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

Forgotten Harvest is always in need of monetary donations and volunteers. Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter at 248-858-1070 OCAC is located at 1200 N Telegraph Rd Bldg 42E, in Pontiac.

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

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Politicians are ignoring our debt crisis

PERSPECTIVES



Op - Ed by
NATHAN INKS

President

Trump and leaders from both parties in Congress recently reached a deal to suspend the debt ceiling—the cap on the amount of money the Treasury Department can borrow to fund the federal government—for an additional two years. Although the deal required some negotiating between Republicans and Democrats, it was reached relatively easily.

Such was not the case in 2011 and 2013, when Republicans in Congress used raising the debt ceiling as a bargaining chip in an attempt to secure spending cuts. The debt-ceiling crisis in 2011 resulted in the federal government's credit rating being downgraded for the first time in the nation's history. The national debt and the debt ceiling continued to be hot-button issues, especially for fiscally conservative Republicans, throughout the early portion of the decade.

Fast-forward to today, and Republicans do not appear nearly as concerned about the debt under President Trump as they were under President Obama. Although some Republicans opposed the recent debt ceiling deal, Republicans in Congress overwhelmingly voted to cut taxes in 2017 without making meaningful spending cuts. Even President Trump, who campaigned on eliminating the national debt in eight years, has seemingly given up fulfilling what was assuredly an empty and unrealistic campaign promise.

Congress's repeated faltering on addressing the debt ceiling is precisely why it should be eliminated entirely. After all, the debt ceiling does not actually do anything to decrease the national debt. Raising the debt ceiling does not allow any additional spending; it merely allows the federal government to borrow money to meet its existing obligations. If one of the functions of the debt ceiling is to force Congress to revisit the soundness of the nation's spending policies, it has clearly failed.

While there are certainly significant and serious economic risks connected to allowing the national debt to grow unchecked, there is no legitimate risk of the U.S. being unable to financially meet its debt obligations in the near future. On the other hand, the risk of the U.S. defaulting on its

obligations due to a fight over the debt ceiling is much higher. The very tool put into place to ensure the nation does not default on its debt has ironically increased the risk of such a default and repeatedly harmed the government's credit rating.

A more prudent method of controlling the national debt would be for Congress and the President to exercise fiscal restraint when they believe that the risks of increasing the national debt outweigh the benefits. Such a move would have the same effect as retaining the debt ceiling without arbitrarily increasing the risk of a default. Some fiscal conservatives may oppose such a move on the ground that Congress is unlikely to take the initiative to significantly cut spending—but considering the debt ceiling has been in place since 1917, clearly it is not the mechanism necessary to spur such an initiative.

Although the national debt does not pose a major risk to the U.S. economy at the given moment, that may not always be the case. Instead of waiting until the nation is on the brink of a financial crisis, leaders in Washington need to start taking proactive steps to plan to reduce the national debt if and when doing so becomes necessary. In the meantime, continuing to incrementally raise or suspend the debt ceiling is doing nothing to make the nation more financially sound; if Congress is not going to use the debt ceiling as a means of tackling out of control spending, the nation and the economy would be better off if it were eliminated entirely.

Additional Westbound Lane on Big Beaver Closed Until August 30th

Motorists who are still using Big Beaver might want to make Long Lake or Square Lake to Livernois or Crooks their go-to route for the next month.

Last Thursday, the Michigan Department of Transportation closed the center lane of westbound Big Beaver Road to facilitate the demolition and reconstruction of the center pier of the bridge. The additional lane closure is needed for the safety of motorists and workers. It will remain in place through August 30. Eastbound Big Beaver Road will have two lanes open with only the left lane closed. Westbound Big Beaver Road will have the two left lanes closed with only the right lane open.

Drivers are encouraged to find an alternate route to avoid delays. MDOT offers an interactive map at mdotjboss.state.mi.us/MiDrive/map.

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