



Troy-Somerset Gazette

CELEBRATING 39 YEARS

FREE every Monday • Proudly serving the community of Troy since 1980 • GetYourGazette.com

July 1, 2019
Vol. 39, No. 41

Councilman Dave Henderson Launches Run for Mayor

by JUSTIN COOPER

Councilman Dave Henderson kicked off his campaign for mayor of Troy Monday night. Set up in a corner of Sedona Taphouse on Big Beaver, Henderson took signatures and donations from his supporters in front of a sign that read “Your neighbor, not a career politician.”

Henderson is nearing the end of his second term on City Council. Since first being sworn-in in November, he says his greatest challenges on City Council have been working through the scandal involving Troy’s former City Manager Brian Kishnick and helping to economically steer the city out of the 2008 recession.

Since 2011, he’s learned that “not everything is as it seems” and that making the correct decision requires doing a lot of homework on “more detail than the average citizen understands.”

The councilman said that leading by example is the core of his leadership style. He admires leaders like his father, a former special education director who he described as a “quiet leader,” and Detroit hockey legend Steve Yzerman.

He calls his run for mayor a “give-back to the community” – a community he has spent much of his life in, graduating from Troy Athens High School and working in Troy for nearly 30 years. Since 2002, he has worked as a

See HENDERSON, page 3



LOOKING AFTER YOUR KIDS at Gilden Woods Early Care and Preschool are (left to right) Lindsay Porter, quality rater; Christie Finch, regional manager; Krista Mason, program director; Dawn Linsinman, district manager; and Shelly Odell, partner. Those puppets the ladies have on their hands are the names of rooms through this new Rochester Road facility.

Gilden Woods Offers Day Care and Preschool

by CYNTHIA KMETT

There’s a new state-of-the-art preschool on Rochester Road just north of Long Lake. If you want your child to have a great time, a safe time, while they learn, or while you work, Gilden Woods Early Care and Preschool promises to provide high quality, educational child care and preschool to children ages 6 weeks to 12 years in a safe, nurturing environment. They

officially open for business on Monday, July 8, and their small class sizes and loving staff will treat your child just like you’d hope they would.

It’s a very cool building, with lots of things to do, like a playtime Farmer’s Market, a Library, and even a room dedicated to STEM (Science, Technology, Engineering and Technology for 4-and 5-year olds) to get our young ones headed in the right direction. Of

course, they need exercise, too. So part of this facility has a gym designed just for them, as well as a large backyard, out of the sights and sounds of Rochester Road. There are even music lessons here, and did we mention potty training with a miniature bathroom...behind a wall for privacy. Each classroom as they get a bit older has its own name

See GILDEN WOODS, page 2

Planning Commission Works Toward New Vision for Troy

by CYNTHIA KMETT

The Troy Master Plan is a general statement of the city’s goals and policies and provides a single, comprehensive view of the community’s desire for the future. The current plan, known as Vision 2020, was finalized from the 2008 Master Plan with some revisions. It moves the city, especially the Big Beaver corridor, in a more urban direction.

The recession of 2008 and 2009 wiped out ambitious plans for the Big Beaver Golden Corridor. Vision 2020 was worked on by hundreds of residents, and they seemed to be leaning toward a more urban look for the city. The once-proposed Monarch complex, at the now contentious intersections between McClure and Alpine, was going to reach over 20-stories into the sky. Today, just the thought of a four-story apartment building at that locale has everyone in the neighborhood extremely upset and the city in a court battle with the developer.

When Blackrock bought the Kmart Headquarters site for just over \$40 million, they came to town with plans that almost would have turned the corner of Big Beaver and Coolidge into the

See PLANNING, page 2

Inside This Issue

7

Police Patrol

11

Classifieds



NOW HIRING!

Inside Sales Account Manager

We're looking for someone to join our sales team.

Learn more about the position and schedule an interview by submitting your resume to

Assistant@GazetteMediaGroup.com

Explore the Nature Center on a Photo Walk

The Troy Nature Society Photo Club's volunteers will lead guided hikes through the Nature Center on Saturday, July 6, from 8-10 a.m. Meet in the parking lot by 8 a.m., and bring your camera. Dress for

the weather. Troy Nature Society members are free, and non-members pay \$2. Register at stagenaturecenter.org. For details, call 248-688-9703.

City to Explore Incentives for Property Developers

PLANNING, From page 1

downtown long wished for in this city. But the recession changed all that, and the property was sold to the Forbes Company, which operates the Somerset Collection, for just over \$14 million. We all knew the dream of a downtown had faded.

The problem today is that there is very little land left to develop in Troy, and there are all kinds of things people don't like about the new buildings. Buildings have to be close to the street and Big Beaver and at many of the intersections in the neighborhood nodes. Buildings in the nodes can be tall, and many trees are cut down when anything is built.

If that's not enough for members of the Troy Planning Commission to worry about, there's the question of the city's lack of diverse housing stock. In fact, colonials seem to be getting bigger, but all forecasts tell the planners that in another decade, no one will want those homes. Millennials tend to have fewer children and the senior population is on the rise. Most seniors would love a nice ranch, and that 1,500-square-foot home called for in cluster zoning is perfect for downsizing. Selling a colonial that cost you \$65,000 in the 1970s, even for \$350,000, will not cover the asking price of half a million dollars for a 1,900-square-foot ranch.

In fact, the few ranches that

dot the full acre-sites in older Troy subdivisions, like Charnwood, are being torn down, and mini-mansions are taking their place.

One big problem is that Troy land is very expensive today. The going rate, according to Troy's assessor Nino Licari, is about \$400,000 an acre, and there are few parcels left where you could build more than a dozen homes. Builders have said, repeatedly, that after they buy the land and put in streets, sewers, and electricity, they need the bigger homes to make a profit. When the planners suggested builders stop putting all the garage doors on the front of a home and make them side entry, they said they can do it, it just costs thousands more, so it's not a standard offer.

What builders have been ready to do is save more open land and trees with cluster zoning. But, alas, ranches are generally not part of the developments. You can, of course, order one.

The city has added quite a few apartments, but they are not low rent either. Especially if you're on a fixed income in retirement.

So, what is the city to do?

They want to explore incentives so developers will build smaller homes, preferably ranches.

Planning Trustee Ollie Apahidean had some ideas about changing the rules on how homes can be placed on a site that looked pretty workable, at least sites on a major mile road. It seems doubtful

that the city would want you splitting a lot and putting up two homes in the middle of a subdivision of single-family homes. Another stumbling block for changes to setbacks and site design might be that many older Troy streets are only 22 feet wide. A standard subdivision street is 28 feet wide with curbs and sidewalks.

The idea for the Neighborhood Nodes was to make the area more walkable. Trustee Tom Krent reminded other planners that some intersections in the city used to have a gas station on every corner. Height in the Nodes was a concern for Trustee Dr. Barbara Fowler. She said five stories just didn't fit in the neighborhoods. She would really like three stories max.

There was some talk of making the northern border of the Big Beaver Form Based Zoning District straight across. Trustees seem to have forgotten that the reason the line isn't straight is because it abuts single-family homes in many places and their job includes protecting the integrity of those neighborhoods.

The Planning Commission will continue to grapple with housing issues, so if you have any ideas, send them an email. The address is at troy.mi.gov under Planning Commission.

Now Enrolling



Opening
July 8

Gilden Woods
EARLY CARE AND PRESCHOOL

Troy School

5164 Rochester Rd Troy, MI 48085 | (248) 250-9836

Program Director: Ms. Krista M. | troy_director@gildenwoods.com

GildenWoods.com

CELEBRATE FOURTH OF JULY WEEKEND AT JIMMY JOHN'S FIELD



THURSDAY, JULY 4 ★ First Pitch 7:05PM, Gates Open 6:00PM

Giveaway First 1,000 Kids in attendance will receive a FREE Utica Unicorns Jersey Replica T-Shirt

THIRSTY THURSDAY \$2 Bud and Bud Light, \$5

Craft Beer in Zetouna Craft Beer Garden

Fireworks Spectacular

FRIDAY, JULY 5 ★ First Pitch 7:05PM, Gates Open 6:00PM

FAT TIRE FRIDAY

FIREWORKS SPECTACULAR

SATURDAY, JULY 6 ★ Gates Open 4:30PM

RAWLINGS HOME RUN DERBY STARTS 5:30PM

ALL-STAR GAME FIRST PITCH 7:05PM

4.7 WXYZ Live Music from Blue Spectrum Band from Michigan Schools and Government Credit Union Sound Stage

Family Campout on the field! Watch a movie under the stars on the state-of-the-art scoreboard. Enjoy coffee, juice and donuts in the morning!

4.7 ★★★★★



"Outstanding customer service, good food, and inexpensive tickets. No matter where you sit you're close to the field. I like they offered a complimentary shuffle to and from the parking lot"

TO PURCHASE TICKETS VISIT USPBL.COM OR CALL (248) 759-5278

7171 AUBURN ROAD, HISTORIC DOWNTOWN UTICA, MI 48317

Gilden Woods Focused on Academic Success

GILDEN WOODS, From page 1

and a cute puppet to match, like Faris, Lyric, and Petal.

Gilden Woods Program Manager Krista Mason stresses that Gilden Woods Early Care and Preschool utilizes a winning combination of industry-respected curriculum and their own proprietary learning tools. This blend provides children with a dynamic, well-rounded system by which to achieve developmental and academic objectives.

Although children are all unique and develop at their own pace, most developmental experts will agree that there are key skills that are important for school and future achievement. This facility's intentional programming will encourage and assist your child on their journey to developing those skills with confidence.

At every age, the younger

generation here is looked after by qualified and compassionate teachers, who develop lesson plans and use assessment results to guide their instruction and activities. Each classroom lesson plan is available online to enrolled parents. These lesson plans contain fun, challenging, and exciting learning experiences for your child.

Gilden Woods has a "C.O.R.E. Curriculum," which is a holistic approach to learning. They've incorporated the best components of industry-respected and research-based programs with their own proprietary learning tools to create a curriculum that offers creativity, flexibility, structure, and measurable benchmarks.

They have a lot of experience at such practices as the Troy facility is their 26th. They've tried to be good learners with every addition to the Grand Rapids-based system. They even have

rounded the corners on almost every piece of furniture to keep these precious little ones safe. The colors and décor are simply charming.

At Gilden Woods, they know that language development and literacy skills are two of the key areas for school and life success. For this reason, they designed a proprietary language and literacy program to enrich our current instruction methods in the area. Soon preschoolers are ready for kindergarten, which is offered here as well as your home neighborhood. One of the interesting offerings to get ready for school is called "Handwriting Without Tears."

They also have before and after care for working parents. Lots of summer activities, too for kids up to 12 years old. Call Krista Mason at 248-250-9836. She would love to give you a tour and answer all your question.

Dave Henderson Hosts Mayoral Campaign Kick-Off Event

HENDERSON, From page 1

residential realtor.

Henderson has had a role to play in rising tensions at recent City Council meetings. Both Henderson and mayor Slater have bristled at questions raised by Councilman David Hamilton about whether any remaining elected officials were involved in the Kishnick scandal, insisting that the questions are better suited to a private one-on-one while also defending their innocence.

Hamilton claimed after the June 3 meeting that Slater and Henderson both swore at him, according to the Detroit Free Press.

As far as issues of transparency go, it's not the questions Henderson has a problem with, he says, but the methods.

"I don't have any problem with probing questions," Henderson said. "What I have a problem with is questions that have been asked and answered... Just because he doesn't get the answer he thinks he wants doesn't mean there's another answer out there."

The mayor's seat, along with the seats of three council members, will be on the ballot November 5.

Police Mobilize Positivity Patrols to Spread Summer Fun

Officers encourage safe, positive summer activities for Troy youth

With summer underway, the Troy Police Department is mobilizing the new Positivity Patrol program. Officers will be out in the community distributing footballs, soccer balls, and other fun items for kids.

program by talking with officers on patrol in their neighborhood, or by doing a positive deed that benefits the community. Any child that does a positive deed, such as cleaning up trash or helping a neighbor, can stop by the station front desk and pick up a prize.

Troy officers will also be busy this summer visiting local youth



TROY POLICE will encourage kids to take positive actions this summer and there will be rewards for such actions, too. Troy Police Officers like Officer Endrit Fjolla (right) and Officer Jacob Ulicny will be watching for kids doing nice things, including following safe bike riding rules.

The purpose of the program is to encourage kids to get outside and give Troy police the chance to connect with kids in the community. Officers will be available to provide safety tips, chat, or possibly toss a football around.

"Our mission is to work with our community to keep Troy a great place to live," Chief Frank Nastasi said. "We want all of our residents, including kids, to know that we are here to help them and that they are an important part of the community."

Troy kids can be a part of the

programs, such as the Troy Community Coalition Summer Camp and the Troy Recreation Department Safety Town. The purpose of these visits is to educate kids about safety and offer kids the opportunity to meet their local officers.

Pawficer Donut, the Department's community outreach cat, is also getting in on the action. On July 1, the Department will launch "10 Days of Pawsitivity" featuring Donut on their Twitter, Facebook, and Instagram accounts.



is Pleased to Welcome Roby Geevarghese, M.D.



Dr. Roby Geevarghese joined Prism Medical Group on June 3, 2019. He received his Bachelor of Health Sciences with Honors from the University of Western Ontario in Canada, and his Doctor of Medicine from SABA University School of Medicine in Netherlands – Antilles. He completed his Family Medicine Residency program through Providence Hospital. He is affiliated with William Beaumont Hospital.

DR. GEEVARGHESE IS ACCEPTING NEW PATIENTS

Office Location:

1701 South Boulevard E., • Suite 240

Rochester Hills, MI 48307

248-997-7000

www.PrismMedicalGroup.com

Office Hours:	Monday	8:00am-5:00pm
	Tuesday	9:00am-6:00pm
	Thursday	8:00am-5:00pm
	Friday	7:30am-4:00pm

Arts & Entertainment



TOY STORY 4
G, Animation/Adventure



THE CHOSEN ONE
TV-MA, Mystery/Thriller



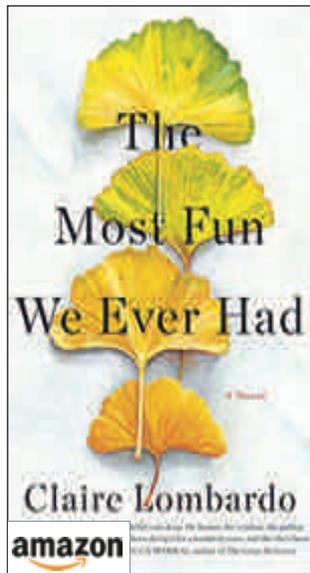
DIANE
NR, Drama



SHADOW WOLVES
NR, Action/Thriller



PRESS
Cardi B - Hip-Hop/Rap,
Atlantic Records



THE MOST FUN WE EVER HAD: A NOVEL
Claire Lombardo, Doubleday

Music

Chrissy Morgan Monday, July 1, 6 p.m. Bonefish Grill, Troy

Yes & Asia Wednesday, July 3, 6:30 p.m. Meadow Brook Amphitheatre, Rochester Hills

Music in the Park Thursday, July 4, 7:30 p.m. Rochester Municipal Park - Russ Miller

The Reefermen Thursday, July 4, 7:30 p.m. Shield's Pizza, Troy

Weird Al Yankovic Friday, July 5, 8 p.m. Meadow Brook Amphitheatre, Rochester Hills

Open Mic Plug and Sing Karaoke Saturday, July 6, 9 p.m. Eats and Crafts, Troy

ON STAGE

Comedy Night Tuesday, July 2, 7:30 p.m. Buffalo's Anchor Bar, Rochester Hills - Every Tuesday night

Andy Beningo Friday, July 5, 7:15 p.m. Mark Ridley's Comedy Castle, Royal Oak

Mo Amer Saturday, July 6, 7 p.m. Royal Oak Music Theatre

James Charles Friday, July 12, 7:30 p.m. Fox Theatre, Detroit

AROUND TOWN

Beer Pong Tournament Wednesday, July 3, 8 p.m. Bailey's, Troy

4th of July Concert in the Park - Pre Fireworks Party Thursday, July 4, 11 a.m. Clawson Park

Guided Photo Walk Saturday, July 6, 8 a.m. Stage Nature Center, Troy

Teacher Appreciation Days Saturday, July 6, 11 a.m. Sea Life Aquarium, Auburn Hills

The Peach Truck Tour Saturday, July 6, 11:30 a.m. Bordine Nursery, Rochester Hills

Bonsai Workshop Saturday, July 6, 1 p.m. Telly's Greenhouse, Troy

Royal Oak Art Fair July 6-7, Downtown Royal Oak

Frankenstein Auditions Saturday, July 13, 9 a.m. Stagecrafters, Royal Oak

Constitution Cafe Sunday, July 14, 2 p.m. Troy Historic Village

Beatles & BBQ Thursday, July 18, 7 p.m. Troy Community Center

LIBRARY

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

Stories of the Wicked Women of Detroit Monday, July 8, 7 p.m.

The Story of Michigan Wildlife Tuesday, July 9, 7 p.m.

Trivia & Brews: Stranger Things Wednesday, July 10, 7 p.m. Granite City Brewery, Troy

The Story of Eastern Market Tuesday, July 23, 7 p.m.

Introduction to Twitter, Instagram, and Snapchat Thursday, July 25, 6:30 p.m.

KIDS & TEENS

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

Tag Til' You Drag Tuesdays Tuesday, July 2, 6 p.m. Escape, Troy

LEGO Play Day Wednesday, July 3, 11 a.m.

Saturday Morning Storytime Saturday, July 6, 11 a.m. Barnes & Noble, Troy

Teen Origami Night Wednesday, July 10, 6:30 p.m.

To The Moon and Beyond! Thursday, July 11, 7 p.m.

Family Game Night Pop Up Party Thursday, July 11, 5 p.m. Rainbow Preschool, Troy

Paws to Read with Buddy July 11, 5 p.m. Buddy is a Goldendoodle certified by Alliance of Therapy Dogs and a Good Canine Citizen (AKC).

Dreamworks Madagascar Jr. July 18-21, Stagecrafters, Royal Oak

SAVE THE DATE

Lauren Daigle Wednesday, July 31, Masonic Temple Theatre, Detroit

Phil Collins Tuesday, October 1, Little Caesars Arena, Detroit

Noah Gunderson Tuesday, October 8, El Club, Detroit

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

GAZETTE RECOMMENDS...



MO POP FESTIVAL

Detroit's annual Mo Pop Festival returns this year to West RiverFront Park July 27-28. This year's lineup includes Vampire Weekend, Tame Impala, Ella Mai, and Lizzo. Local bands include The Doozers and The Messenger Birds. The two-day festival is full of sounds, sun, art, food, and dance parties. There's even an air-conditioned arcade tent. Learn more and purchase single or two-day tickets at Mopopfestival.com/.

—Andrew Neal, Editor

DSO Performs the Music of Queen at Meadow Brook July 14

The Detroit Symphony Orchestra (DSO) will return to Meadow Brook Amphitheatre for a one-night-only tribute to legendary rock band Queen.

Conductor Brent Havens leads the DSO, a full rock band, and vocalist Brody Dolyniuk for a program featuring Queen megahits like "Somebody to Love," "Killer Queen," "You're My Best Friend," and many more.

returned to Kuala Lumpur in 2014 with the Music of Led Zeppelin and 2015 with the Music of Queen.

Brody Dolyniuk remembers mimicking voices even as a child, listening to old records and tapes. He is a gifted, self-taught musician, capable of playing several instruments, with a particular knack for capturing the voices and mannerisms of classic characters from music, TV, and movies.

through Ticketmaster. Both lawn (general admission) and pavilion (reserved) seating is available.

Please visit the Ticketmaster website or call (313) 471-7929 to learn more and purchase tickets.

It's Heroes Week for Swimmers

Fire, police, emergency responders, and active military personnel get in free with an ID at the Troy Family Aquatic Center July 1-5, when accompanied by a paying child.

The hours for this event are from 11 a.m. to 8 p.m. Remember, July 5 is a First Friday, so everyone's admission is just \$5, except the heroes, of course. For more info, call 248-524-3514.



The concert takes place Sunday, July 14 at 7:30 p.m. at Meadow Brook Amphitheatre on the campus of Oakland University (3554 Walton Blvd, Rochester Hills, MI 48309).

Arranger/conductor Brent Havens has written music for orchestras, feature films, and virtually every kind of television. His TV work includes movies for networks such as ABC, CBS, and ABC Family Channel Network, commercials, sports music for ESPN, and even cartoons. Havens also collaborated with the Doobie Brothers and the Milwaukee Symphony, arranging and conducting the combined group for Harley Davidson's 100th Anniversary Birthday Party Finale attended by over 150,000 fans.

He has worked with some of the world's greatest orchestras and in 2013 Havens conducted the Malaysian Philharmonic for the Music of Michael Jackson, and he

His first professional gigs were at piano bars in several U.S. cities, where he learned to charm audiences and expand his musical repertoire. With a longing to perform the music of the many rock bands that inspired him, Brody assembled Yellow Brick Road, unquestionably Las Vegas' most successful classic rock band.

Brody has lent his vocal talents by singing several tracks on the hit video games Guitar Hero III: Legends of Rock and Konami's Rock Revolution. In addition to Queen, Brody provides lead vocals for The Music of Journey, The Music of The Who, The Music of The Rolling Stones, The Music of U2, and The Music of David Bowie. Now residing in Southern California, Brody continues to tour, as well as perform as a producer and session musician.

Tickets for The Music of Queen are on sale now exclusively

Learn About Detroit's Wicked Women

He had it coming. Michigan true-crime author Tobin Buhk will share thrilling tales of Detroit's most violent, clever, and misunderstood female criminals at the Troy Public Library on Monday, July 8, from 7-8:30 p.m.

Enjoy an evening of deliciously entertaining stories about Detroit's wicked women.

Learn about Nellie Pope, who goaded her lover to axe her husband and the criminal chameleon Mother Elinor L. Mason. This is a program for adults.

The event is free, but those who are interested should register online at troypl.org/calendar or call 248-524-3534.

Kids Love Lego Play Day at the Library

Kids 5 and up are invited to the Troy Library's Lego Play Day on Wednesday, July 3, from 11 a.m. to 3 p.m.

This is a drop-in event, so no

registration is required. For details, call 248-524-3541.

The Troy Public Library is located at 510 W Big Beaver Rd, in Troy.

NATIONAL HOT DOG DAY!



\$2 Hot Dogs
ALL DAY EVERYDAY!
THROUGH JULY 17

Loaded Links™

Burgers & Haute Dogs

Detroit's Best Hot Dog is in Troy!

800 E BIG BEAVER & ROCHESTER RD

FOLLOW US

BRIDAL EXPO

at Oakland University O'rena

SUNDAY, AUGUST 18, 2019 • 11 am – 2 pm



Save the Date

REGISTER ONLINE AT GAZETTEEVENTS.COM FOR FREE ADMISSION
TICKETS \$10 AT THE DOOR • EXHIBITORS CALL 248-524-4868

Cancer: Start Planning for that “Change of Scenery” You’re Going to Want Soon

YOUR JULY HOROSCOPE

by
PAULA LYNDE

CANCER (June 21-July 22): Are you contemplating a change of scenery, Cancer? If so, this is a great month for transitions. If you are looking to change your job, your home, or even your town, city, or state, now is a good time to start the ball rolling. Even if your needed scenery change only involves an impromptu vacation to somewhere you have never been before, start planning, booking, and packing. Trust your instincts and make the move, no matter what that entails, and you may discover a fresh perspective on life.

LEO (July 23-Aug 22): Regret is never a good thing to carry around, especially if this unpleasant feeling involves a person who was once special to

you. And people make mistakes – they say things they don’t really mean, they act impulsively, or they let people slip out of their lives through neglect. If you have lost someone this way and you miss them, consider reaching out to them this month. There is a good chance that this missed individual will be receptive to your communication attempts and your invitation to renew the friendship.

VIRGO (Aug 23-Sept 22): Are you feeling guilty about something, Virgo? If you are, this burden may be causing at least a minor glitch in your otherwise perfectly organized routine. There you are, organizing your organizers, when, suddenly, The Thing pops into your head and distracts you. Then, it takes a little while to get back on track. Well, luckily, July is a great month for reconciliation for Virgos. If you were legitimately in the wrong with someone, call that person and apologize, even if it is difficult. Because, more than likely, you won’t feel better until you do what is right.

LIBRA (Sept 23-Oct 22): It is likely that something has gone awry with a relationship that is important to you, Libra. But you can fix the problem this month, Libra, when you have high energy and strong resolve – and before irreparable damage is done. After addressing your issue, you may even gain enough insight to help another pair of friends, co-workers or married people. So, even though it seems like your pride is at stake, put the needs of your loved one first, and let them know how much you care.

SCORPIO (Oct 23-Nov 21): Somebody “up there” must like you, Scorpio, because things are starting to go very well for you. Little things at home or at work are falling into place, and everything may seem easier right now. But, if you think this is good, get ready – it is likely that the best is yet to come. These small triumphs may be leading up to a very big and very satisfying win for you later in the month. And if you experience this success, allow yourself to pause for a moment and enjoy the triumph.

SAGITTARIUS (Nov 22-Dec 21): Brace yourself for some world-shaking news that may be coming your way, Sagittarius. And it is likely that this revelation will be unwelcome at first. However, you will quickly discover that, while probably not convenient, this news is important news. In fact, it may lead to a necessary change in your life that will put you on a better course that takes you to a level of success that you never dreamed possible. So, don’t panic. Just take a deep breath when the news comes and get ready to leap into tomorrow.

CAPRICORN (Dec 22-Jan 19): It is time to shake up your routine, Capricorn. Yes, your comfort zone is – well, comfortable. But are you really giving yourself the chance to explore all that life has to offer by doing the same things and visiting the same places every day? Now is a great time to try new things. Make July your month for expanding boundaries. Try a new restaurant once a week, strike up a conversation with an interesting-looking stranger. Or, if you are really feeling bold, plan a trip to an unfamiliar place.

AQUARIUS (Jan 20-Feb 18): You are really feeling your backbone this month, Aquarius. Not that you don’t normally stand up for what you believe in – most of the time, you do – but, right now, you have extra resolve and possibly a little more confidence. So, use these inflated attributes to your advantage. Ask for that long-overdue raise at work, stand up for the little guy who gets picked on, or set firmer boundaries in a relationship that feels one-sided. July is your month to be unstoppable.

PISCES (Feb 19-March 20): You are a great friend, Pisces, but this month may have you working overtime in the support department. Loved ones will likely look to you for support and guidance, so trust your instincts and the advice you have to offer. You are wiser than you think, and others probably see, and that is

why they come to you. And you will find that helping others – even just by being there – comes with its own rewards. You are helping to make the world a better place with every kind gesture and supportive word.

ARIES (March 21-April 19): You have more energy that usual right now, Aries, and you may be tempted to be tempted to dive headfirst into new hobbies and habits. And while there is absolutely nothing wrong with picking up golf or taking the time to get your nails done, now is a great time to seek additional education. For example, you could learn a new skill to add to your work repertoire or enrich your life by picking up a new language. Then, the sense of accomplishment that you feel may keep your energy levels high well into August.

TAURUS (April 20-May 20): You are likely facing a challenge right now, Taurus, and there is a good chance that this challenge is not a positive thing. Possibly, a co-worker is making your work life more difficult, someone you thought was your friend has started a nasty rumor about you, or a normally absent family member has come out of the woodwork to start trouble. Whatever the issue is, it is likely more irritating than seriously threatening, but you should be proactive about resolving the issue before the situation gets out of hand.

GEMINI (May 21-June 20): Is there something that you have wanted for a long time? Maybe it is a job promotion, the completion of a goal, a new pair of shoes, or even a proposal. Well, guess what, Gemini? July may be your lucky month. It may not feel like it right now, but the thing you desire is attainable. Just stay positive and focused on attracting a positive outcome. And if you do get what you want, consider paying your good fortune forward with a kind gesture toward someone in need.

OPEN EVERY SATURDAY 8:30 AM - 3 PM

Come Experience Rochester Hills Chrysler Express Service

- Specialized Technology • Authentic Mopar Parts
- Expert Technicians • Competitive Prices

We Service Chrysler, Jeep, Dodge & Ram Products
Both customer pay and warranty repairs

We Now Sell Dodge Ram Products



WHEEL ALIGNMENT

\$59.95

SAVE \$20.00 Call For Details

Not valid with any other offer. With Coupon Only.
Expires 7-31-19

TIRE ROTATION

\$15.00

SAVE \$7.95 Call For Details

Not valid with any other offer. With Coupon Only.
Expires 7-31-19

5 DAY FREE CAR RENTAL

With any Body Shop Repair over \$2,500.

Coupon must be presented at time of car drop off. Coupons are for rental cars at the value of \$25 per day or less. Cannot be used in conjunction with rental coverage. Not to be combined with any other offer. This coupon has no cash value. Expires 7-31-19

EXPRESS SERVICE OIL & FILTER CHANGE

\$29.95

FREE 23 Point Vehicle Inspection

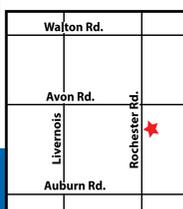
Plus Tax & Shop Supplies. Up to 5 qts. Most vehicles. Excludes Diesel. Not valid with any other offer. With Coupon. Expires 7-31-19

FULL SYNTHETIC OIL & FILTER CHANGE

\$59.95

FREE 23 Point Vehicle Inspection

Plus Tax & Shop Supplies. Disposal Included. Up to 6 qts. Excludes Diesel. Not valid with any other offer. With Coupon. Expires 7-31-19



Rochester Hills
CHRYSLER JEEP DODGE RAM

1301 Rochester Rd. • Rochester Hills
(248) 652-9650

Service Hours
Mon. & Thurs. 7 am-7:30 pm
Tues., Wed. & Fri. 7 am-5:30 pm
Sat. 8:30 am - 3 pm, Closed Sunday



Enjoy Yoga on the Green in July

Namaste your way to a more relaxing summer. Yoga on the Green is returning to the Troy Historic Village Green this July. The first yoga class is on Tuesday, July 9, from 6:30-7:30 p.m.

The program is designed for adults. Instructors from Troy-based Explore Yoga will lead students through yoga postures

and breath-work for all levels of experience. Classes are held outdoors but may be moved inside or rescheduled during inclement weather. Yoga is free for members of the Troy Historical Society and Explore Yoga. General admission is \$7 per class. Register in advance at troystoryhistoricalvillage.org/.

Summer Brings Thieves, Loud Music, Wreckless Drivers to Troy Neighborhoods

POLICE PATROL



by
CYNTHIA KMETT

■ YOU'RE HEADED FOR TROUBLE WHEN POLICE SEE YOU

ACTUALLY STEAL THE VEHICLE AND THEN FOLLOW YOU.

Officers observed the occupant of a white 2002 Ford Ranger Pick-up Truck, exit that vehicle and the back side window of a gray 2001 Chevrolet Silverado Pick-up Truck and begin driving away in it. Officers attempted to the vehicle, but the suspect smashed two of the police vehicles and another parked vehicle before driving away across the business' lawn. The vehicle traveled southbound on Stephenson Highway, side-swiping several other vehicles. The suspect stopped the stolen vehicle just North of W. Fourteen Mile Road and fled on foot into the City of Madison Heights. Officers were able to apprehend to suspect, a 21-year-old male from Detroit, tackling him on the left lane of Eastbound W. Fourteen Mile Road. The driver of the 2002 Ford Pick-up Truck, known to the officers as a 26-year-old male from Detroit, was able to make his escape but was later arrested by the Absconder Recovery Unit at an address in the City of Detroit. Both suspects were charged with Vehicle Theft, Malicious Destruction of Property, Flee and Elude a Police Officer, and Resisting Arrest.

■ LOOKS LIKE THIS THIEF LIVES IN THE NEIGHBORHOOD

– A Sandshores Drive resident reported that an unknown suspect(s) entered their unlocked black 2018 Chevrolet Silverado Pick-up Truck and their unlocked white 2013 Ford Escape, stealing approximately \$10.00 in loose change in the truck and a purse from the Escape. The purse was locked in a neighbor's backyard. It appears that nothing was taken from the purse.

■ **SAME SUBDIVISION, SAME NIGHT** – A Walker Drive resident discovered that unknown suspect(s) entered his black 2018 Dodge Charger, stealing approximately \$3.00 in loose change while the vehicle was parked in the driveway. The vehicle owner is unsure in the vehicle was locked as there were no signs of forced entry.

■ **HIDE YOUR PURSE OR WALLET BEFORE YOU HEAD OUT TO THE FITNESS CLUB.**

Thieves watch these parking lots and see where you put your valuables. They also know that you're going to stay at the location for a good hour or more. If you don't take precautions, this can happen to you.

Our victim entered the Planet Fitness on Maple Road, and when she returned found that someone had used an unknown tool to pry open around the driver's door lock to gain entry into her gray 2018 Jeep Wrangler. Once inside, the suspect(s) stole the victim's purse stored under the driver's seat which contained approximately \$400 in cash, her passport, credit cards, account numbers, checks, a prescription bottle of Xanax (60 pills), a prescription bottle of Phentermine (30 pills), assorted other medications, her house keys, and her key fob for her Lexus. The unknown suspect(s) attempted to use her credit card for a \$1.00 transaction at a Meijer's Store in Roseville (just testing it we presume). The suspect(s) were able to complete other fraudulent transactions with her other credit cards which included a \$7.42 purchase at the same Meijer's Store, and at an Exxon Gasoline Station in Warren. The suspect(s) deposited a \$61.50 check from her purse at a TCF Bank in Troy but withdrew \$240 from the ATM. Other ATM withdraws occurred at the Meijer's Store in Roseville (two for \$2 each), TCF Bank for \$40, and two withdraws from a Comerica Bank in Troy (each for \$2) Well,

ATMs have and banks have cameras, so maybe this will help solve this crime. And, unless you are headed to Canada leave your passport at home.

■ **MEANWHILE, AT THE PLANET FITNESS ON JOHN R** a victim reports unknown suspect(s) entered her black 2005 Honda CRV, prying open the locked glove compartment, which contained a small sleeve which was stolen. Inside the sleeve was her State of Michigan Operator's License, her vehicle Registration Certificate, her Proof of Insurance Certificate, and \$10 in cash.

■ **SHE PROBABLY WISHED SHE HAD THOSE PAINKILLERS** – This woman's 2015 Chrysler 200 was repossessed and stored at a facility o Brinston. Upon coming to the business to retrieve her personal property from the vehicle, she discovered her Apple Air Pods and her bottle of Percocet (10 to 15 pills) were missing from the glove compartment.

■ **NEED WE SAY VALUABLES DON'T BELONG IN YOUR VEHICLE IN A HOTEL PARKING LOT?** At the Holiday Inn Express on Stephenson Hwy, an employee reports while outside the building at %:20 a.m., he heard glass breaking and saw an unknown suspect near a black 2019 Cadillac Escalade which now had a broken rear passenger window. The employee yelled out to the suspect who ran off and entered an unknown vehicle that contained two other suspects. The vehicle drove off in an

unknown direction. Four other vehicles in the parking lot were also found to have been attacked by the suspects. A black 2018 Ford F-150 Pick-up Truck had a broken rear passenger window, a silver 2012 Optima Kia had a broken driver's side rear window, a white 2018 Ford F-150 Pick-up Truck had a passenger side rear window broken out, and a red 2017 Chevrolet Silverado Pick-up truck had a driver's side rear passenger window broken out. A white Dodge Ram Pick-up Truck and a white 2017 GMC Sierra Pick-up Truck were also found to have been entered. Stolen from the vehicles were a Columbia Rain Jacket, a pair of Tommy Hilfiger Prescription Glasses, a pair of Oakley Holbrook Sunglasses, a Hewlett-Packard Laptop Computer, approximately \$80 in assorted bills, a coin box contained approximately \$90 in assorted change, assorted USB Cables, a 12 volt – 120 volt power inverter, Skullcandy "Push" Earbuds, a Changing Station, an Apple Charger, an Apple Air pods, assorted hand tools, a Wiss Snip Tool, and a Garmin GPS.

■ **PERHAPS HE WAS HIGH** since he was northbound at 4:30 a.m. and he lives in Eastpoint. An officer initiated a traffic stop on the driver of a 2015 Cadillac Escalade for a traffic violation on northbound Rochester Road, north of Long Lake. The officer spoke with the driver, a 47-year-old male from Eastpointe, who admitted that his State of Michigan Operator' License was

'Suspended' by the Michigan Secretary of State and provided his State of Michigan Identification Card. The suspension was confirmed and the officer discovered that the driver had ten prior arrests for Driving While License Suspended. The driver was arrested and while searching his vehicle, the officer located a plastic bag in a hidden compartment that contained a large number of prescription pills. The 95 pills were later discovered to be Oxycodone. He was charged with Driving While License Suspended – 2nd and Subsequent Offense and Illegal Possession of Synthetic Narcotics.

■ IT'S SUMMER, TURN DOWN THE MUSIC AS THE NEIGHBORS HAVE THEIR WINDOWS OPEN.

Officers returned to the residence on Hillcrest yet again on the report of loud music. During the first meeting, officers warned the 30-year-old female resident that if they had to return to request the music from inside the home be turned down, a citation would be issued. When officers returned the second time and noted the music was excessive and disturbing, the resident was issued a Misdemeanor Citation for a City Ordinance Violation – Loud Music.

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

MAKE
SUMMER
A LITTLE
SWEETER.

Add a little more sweetness to your corner with a quick getaway or a whole bunch of ice cream (we won't judge)! A Sweet Summer Loan from CCF can make it possible.
Ask us how.



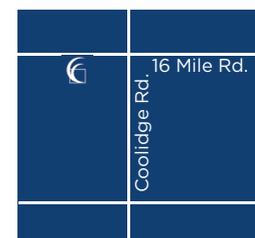
800.777.6728

www.CCFinancial.com

CCFCreditUnion

@cornerstone_CU

TWO TROY BRANCHES
TO SERVE YOU!



Somerset Branch
3001 W. Big Beaver Rd.



Troy Branch
1785 Rochester Rd.

Beatles and BBQ at the Community Center

Beatlemania is coming to the Troy Community Center this summer. On Thursday, July 18, enjoy a concert by the Beatles tribute band SHOUT! Mission BBQ will serve dinner including pulled pork, brisket, mac-n-cheese, coleslaw, and baked beans. Children must be accompanied by

an adult. Doors open at 6:30 p.m. Tickets cost \$15 for residents and \$20 for non-residents. Tickets for kids 12 and under cost \$7 for residents and \$12 for non-residents. To attend, register online at rec.troy.mi.gov/registration for activity 8064-E or in person at Troy Community Center.

Antonio's

ITALIAN CUISINE

Italian! As Only Mamma Can Make It!

1/2 OFF
Bottles of Wine
Every Friday

Gift Cards Available

(586) 264-5252

2505 E.14 Mile Rd.
Sterling Heights
(Between Dequindre and Ryan)

www.AntoniosItalianCuisine.com

Mon.-Thur. 11:00 am - 9:30 pm • Friday: 11:00 am - 10:30 pm
Saturday: 1:00 pm - 10:30 pm • Sunday: 1:00 pm - 9:00 pm

Uncle Luke's Feed Store

Fresh Local Produce
Sweet Corn Coming Soon!



Farm Fresh Eggs

Need to Feed Your Garden or Lawn?
Check Out Our Line of Fertilizer



Garden Seeds • Potting & Top Soil • Mulch • Straw
Organic Soil Amendments & Fertilizers
Natural Pest & Disease Products
Wide Variety of Top Quality Dog & Cat Food
Wild Bird Products • Chicken & Livestock Supplies

Like Us On Facebook For Other Deals & Promotions

6691 Livernois • Troy • 248-879-9147
(1/4 Mile S. of South Blvd)



Mon-Fri 9am-6:30pm • Sat 8am-6pm • Sun 9am-5pm

LETTER TO THE EDITOR

This is in response to the June 17th story regarding state budget negotiations and to let the readers know how disappointed I am with State Representative Padma Kuppa for assembling such a partisan panel and attacking Republicans.

As a member of the legislature that served in the minority party for four years and under a Democratic governor for four years as well, I know firsthand that to be a leader in the legislature that bashing the other party will lead to no benefit for our community.

To set the record straight, it was under a Republican governor and a Republican legislature that appropriated more road money than ever before. From the Senate side of the aisle, only one Democratic member supported this bill. The primary complaint from Democrats was that it wasn't enough and not soon enough due to the phased-in nature of the bill. While I don't disagree with this, isn't a half a loaf better than no loaf?

In addition, for the Democratic appropriations chair to bash a prior appropriations chair is unprofessional and uncalled for. The reality is that under Republican leadership, we had record amounts of tax dollars going to education which was passed in a bipartisan manner and had the full support of most education groups including the

Oakland County ISD and local school districts.

I think people are sick and tired of the blame game. They want action and results and while Rep. Kuppa is new in her job, I hope she learns the art of compromise and bipartisanship. I found that my most rewarding time in the legislature was being in the minority party and getting bills signed into law by the governor of the opposite party.

Campaign season is over and it's time to be effective for our community.

Marty Knollenberg

Former State Representative (2007-2012) and State Senator (2015-2018)

Almost 1.7 Million Michiganders Expected to Travel Over July Fourth Weekend

More Americans than ever recorded by AAA, nearly 49 million, are making plans to take an Independence Day getaway this year.

For Michigan, almost 1.7 million are expected to take a vacation over the holiday, which

is up 4.4% compared to last year. Additionally, nearly 1.5 million Michiganders are planning road trips to celebrate America's birthday.

For the record-high 41.4 million Americans who will travel by automobile this Independence Day, INRIX, a global mobility analytics company, predicts drivers could face delays as much as four times a normal commute, with Wednesday, July 3 the worst day on the roads.

In addition to lower gas prices compared with last summer, broader economic fundamentals remain strong. Low unemployment, robust consumer spending, and rising disposable incomes are all encouraging more consumers to invest their hard-earned money in travel this summer.

As Independence Day approaches, it's time for the much-loved family road trip and this year will be one for the record books, with more Americans than ever planning vacations," said Paula Twidale, Vice President, AAA Travel. "This holiday builds on the strong travel demand seen for Memorial Day, and with

schools now out of session across the country, families coast to coast are eager to travel."

Record-level drivers equals record-level delays

For the 41.4 million Americans traveling by automobile this Independence Day, INRIX, in collaboration with AAA, predicts drivers will experience the greatest amount of congestion on Wednesday, July 3 as commuters mix with holiday travelers. In major metros, drivers could face delays as much as four times a normal commute. Nationwide, delays are expected to increase by approximately 9%.

"With record-level travelers hitting the road this holiday, drivers must be prepared for delays around our major metros," said Trevor Reed, transportation analyst at INRIX. "Although travel times are expected to nominally increase throughout the week, hands down, Wednesday afternoon will be the worst time to be on the road."

AAA reminds travelers that it's not too late to plan an Independence Day trip. Visit AAA.com/Travel to get started.

CITY OF TROY PUBLIC MEETING NOTICE

A Public Meeting will be held by the Planning Commission of the City of Troy at City Hall, 500 W. Big Beaver, Troy, Michigan, on Tuesday, July 23, 2019, at 7:00 p.m. or as soon thereafter as the agenda will permit, to consider a Special Use Request to allow building additions to an existing church, located within the R-1B (One Family Residential) district, in accordance with the provisions of Article 9, Section 9.06 of the Zoning Ordinance.

The subject property is located on the East side of Coolidge, North of Wattles, and commonly known as the Great Lakes Church.

The subject property address is 4050 Coolidge.

Comments can be expressed at the Public Hearing, or written comments can be directed to the attention of the Planning Department, City of Troy, 500 W. Big Beaver Road, Troy, Michigan 48084, or by e-mail to planning@troy.mi.gov no later than 3:00 p.m. one day prior to the date of the meeting. If you have questions you may contact the Planning Department by e-mail or by phone at (248) 524-3364.

The application on file can be viewed and/or copies can be purchased at the Planning Department, City of Troy, 500 W. Big Beaver Road, Troy, Michigan 48084.

Notices and information for public hearings will also be posted on the City website at <http://troy.mi.gov/Government/PublicHearings>.

Aileen Dickson, MMC, CMMC
City Clerk

NOTICE: Persons with disabilities needing accommodations for effective participation in this meeting should contact the City Clerk by e-mail at clerk@troy.mi.gov or by calling (248) 524-3317 at least two working days in advance of the meeting. An attempt will be made to make reasonable accommodations.

Family Game Night Pop-Up Party

Preschoolers and their family can visit Troy Parks and Recreation and Rainbow Preschool for their first ever pop-up party on Thursday, July 11 from 5-7 p.m.

Kids ages 3-7 will be able to explore and play in the classroom and create a craft. Families and children will be able to participate in several preschool aged family games. Pizza will also be served.

Parents must stay with their children for the entire event. The cost is \$15 for residents and \$17 for non-residents, which includes parents and one child. Additional children cost \$5 or \$7 each. Register for activity 2106-A online at rec.troy.mi.gov/registration or in person at the Troy Community Center.

Rainbow Preschool is at 31379 Livernois Rd. in Troy.

Health & Wellness

Troy Resident Comes Home to Join Somerset Ophthalmology

Marius D. Gadianu, D.O. grew up in a subdivision off John R believing he would be a dentist. When he was in the fifth grade, he had the opportunity to shadow a family friend who was a dentist. When he was 15, his family moved to Troy from Romania, and dentistry seemed like a good, professional goal.

During his junior and senior years of high school, he was introduced to Dr. Anna Luisa

Gadianu was accepted. As it turned out, he really liked the D.O. degree program because it focused a bit more on the muscular and skeletal problems that patients face. But before deciding what kind of ophthalmology he wanted to practice, he took a few side trips to programs in Florida, Ohio, and Colorado.

Dr. Gadianu likes research, and during college he partnered

surgery. Laser technology is making quite a big difference in medicine today.

Somerset Ophthalmology can provide a lifetime of eye care, including a new and expanded Optical Boutique which has many designer frames to choose from.

Dr. Gadianu practiced in Hillsdale for five years before coming back to his home. He also practiced at Beaumont and St. John's Hospitals. When Dr. DiLorenzo had the chance to buy the other half of the building where they have offices, she suggested to Gadianu it was time to come home. He is once again a Troy resident and a Beaumont Troy doctor.

Somerset Ophthalmology is located at 2877 Crooks Rd, Ste B, just south of Big Beaver in Troy. To schedule an appointment call 248-822-7003 or go online to somersetophthalmology.com/.



MARIUS D. GRADIANU D.O. didn't always want to be an ophthalmologist, but he is now a Board Certified member of the staff at Troy's Somerset Ophthalmology. He's also on the staff at Troy Beaumont. He will be glad to explain how vision works using his eye replica.

DiLorenzo, and the anatomy of the eye got his attention. He wasn't quite ready to put dentistry aside, though. After graduating from Athens High, he enrolled in dental premed at Wayne State. "I always wanted to be a doctor," he recalled at his new office at the Somerset Ophthalmology headquarters on Crooks Road.

His path was changing. The only real problem with wanting to study ophthalmology is that there are very few universities that offer the specialty, and there are thousands of young would-be doctors who want to study taking care of your eyes. Only about 20 new candidates get into a program.

A friend recommended that he try Kansas City University of Medicine and Biosciences, and Dr.

with the Kresge Eye Foundation where he worked on seven research projects that were published and presented at conferences and conventions.

As a doctor, he especially likes pediatrics and working with children.

"But we do get more problems with our eyes as we age," he said knowingly. With that in mind, Dr. Gadianu has decided to practice "comprehensive ophthalmology."

Technology has made it possible, he explains, to combine some treatments today that allow patients a quicker and safer recovery than in the past. If, for example, you have pressure problems from glaucoma, perhaps the doctors at Somerset Ophthalmology can give you some relief when they perform cataract

Hospital to Host Kids Cooking Classes

Henry Ford West Bloomfield Hospital will host a series of summer kids cooking classes design to teach kids and teens how to create delicious and nutritious meals for the whole family.

Different classes are designed for different age group, from kids to teens.

To register, call 248-325-3890, or email dk@hfhs.org. Registration is also available online at Henryford.com/dk/.

Berge Najarian, D.D.S.


topDENTISTS

ORTHODONTIST

School's Out... Summer's In
Start to Straighten Your Teeth
Before School's Back In!

\$100 OFF
Diagnostic Records
& **FREE**
Orthodontic Exam
With This Ad, New Patients Only

FREE
Sonicare Toothbrush
With Completion of Full Banding.
With This Ad, New Patients Only

2833 Crooks Road
TROY

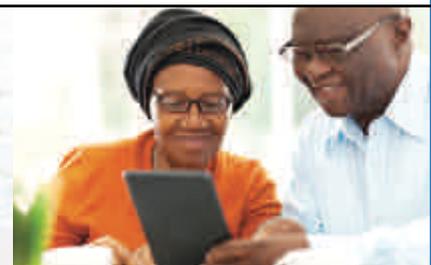
www.najarianortho.com
(248) 649-2400

Anna Luisa Di Lorenzo, M.D., FACS
Sue Lim, M.D.
Marius D. Gadianu, D.O.
Danielle Mayne, O.D., M.S.

Visit Our Newly Expanded Office and Optical Boutique
20% OFF All Eyeglasses!
Includes Lenses and Frames
Featuring a Wide Assortment of Designer Frames
Including Oliver Peoples

With Coupon. May not be used in combination with Vision Insurance. Expires 8-31-19.





An Entire Lifetime of Eye Care

- Adult and Pediatric Ophthalmology
- Laser Cataract Surgery
- Examinations for Glasses & Contact Lenses
- Refractive Surgery:
- Premium Intraocular Lenses
- PRK and LASIK (Intralase)
- Diabetic Eye
- Oculoplastic Surgery
- Glaucoma Management
- Botox

CALL 248-822-7003 to schedule an appointment or visit www.SomersetOphthalmology.com

2877 Crooks Road • Suite B • Troy We accept most Insurance Plans

Do-It-Yourself Healthy Smoothies for Every Diet and Every Lifestyle

by AMY FORTUNE

Drinking a smoothie can be a quick and tasty way to give your body many of the things it needs to be healthy. When creating a smoothie, the sky is the limit when it comes to possible ingredients. You can add fruit, vegetables, juices, protein powder, milk, milk substitutes, nut butter, and more. Yet, not every smoothie creation is right for every diet. For example, some smoothies contain too much sugar for those counting calories, and few of the more popular smoothie combinations are right for low-carbohydrate diets.

So, when crafting your own smoothies as meal replacements or snacks, keep your fitness and health goals in mind, and follow these quick tips to get the perfect sip every time.

Five Smoothies for Five Different Fitness and Health Goals

Whether you are looking to lose weight, boost your energy, or ward off a cold, there is a smoothie for you. Here are a few ideas to get you started.

The Energy Booster: Mango Strawberry Sweetheart Smoothie

Put a little zing in your step with this bright and perky beverage. Just combine the following in a blender:

- 1 Cup Fresh Strawberries
- ½ Cup Frozen Mango Chunks
- ¼ Cup Red Grapes
- ¼ Cup Frozen Sliced Peaches
- ¼ Cup Kale
- ¼ Cup Chopped Carrot
- ¼ Cup Red Bell Pepper
- 1 Tbsp Plain Nonfat Greek

- Yogurt
¼ Cup Unsweetened Green Tea
1 Tsp Chia Seeds
Then, just blend until smooth.

The Weight Loss Buddy: Pumpkin Powerhouse

Keep hunger pangs at bay with this delightful taste of fall. Fill your favorite blender with the following:

- 1 Cup Pumpkin Puree
 - 1 Cup Unsweetened Vanilla Almond Milk
 - ½ of a Frozen Banana
 - Handful of Ice Cubes
 - Dash of Pumpkin Pie Spice or Plain Cinnamon
- Blend until smooth and enjoy.

The Low-Carb Wonder: Red Velvet Smoothie

This delectable smoothie tastes like dessert but fits in beautifully with most low-carb diets. Just prep and combine the following:

- 2 Cups Coconut Milk
 - 2 Cups Ice Cubes
 - ½ of an Avocado
 - 3 Tsp Cocoa Powder
 - 18 Drops Stevia or 2 Tbsp Granulated Sweetener
- Blend until smooth and a gorgeous red color.

The Immune System Booster: Sweet Green Smoothie

Sniffle less and smile more after whipping up this healthy concoction. Mix the following in a blender:

- 1 Cup Roughly Chopped Spinach and Kale (Half and Half, Packed Tightly)
- 1 ½ Cups Unsweetened Almond Milk
- 1 ½ Cups Frozen Pineapple, Mango, and Kiwi Chunks
- ½ Teaspoon Freshly Grated

- Ginger
½ of a Lemon Juiced
Blend well, pour, and drink to your health.

The Paleo-Friendly Power Drink: Carrot Ginger Smoothie

Okay, so it is unlikely that cavemen enjoyed smoothies on the daily – or at all. However, you are a modern cave person with modern tastes who will likely enjoy this protein-packed beverage. In your high-speed blender, combine the following:

- 1 Peeled and Segmented Orange
 - 2 Medium Carrots, Chopped
 - 2 Tbsp Unsweetened Sunflower Butter
 - 1 Cup Canned Full-Fat Coconut Milk
 - 1 Cup Water
 - ¼ Inch Piece of Fresh Ginger, Minced
 - Dash of Black Pepper
- Blend until well combined, and feel free to add more water if you prefer a thinner smoothie.

Somerset Family Medicine SFM



Neil Jaddou, M.D.
Board Certified Family Medicine
Adults & Children

DO YOU NEED A FAMILY DOCTOR?

- We accept **Obamacare plans and Medicaid**
- **Fast Friendly Office Visit**
- **Over 20 Years Experience**
- **School & Sports Physicals**

NEW PATIENTS WELCOME

Immigration Medical Exam
Green Card Physical I-693 Form
USCIS Civil Surgeon

We can renew your expired I-693 form!

www.sfmi693.com













Schedule Your Appointment Online at www.drjaddou.com

TROY 1615 W. Big Beaver (16 & Crooks)
(248) 816-1010 (248) DOCTORS

STERLING HEIGHTS 36950 Ryan Rd. (Corner of 16 & Ryan)
(586) 722-7240 (586) DOCTORS

ANDREW M. COMPTON MD

ENT AND FACIAL PLASTIC SURGERY

HANDS OF A SURGEON, EYE OF AN ARTIST

A plastic surgery expert focused on treating the nose, face and neck

SPECIALIZING IN:

Rhinoplasty • In Office Balloon Sinuplasty
Facelift • Necklift • Cosmetic Ear Surgery

CALL TODAY TO SCHEDULE YOUR CONSULTATION AT **248-267-5004**

4600 Investment Drive, Suite #170 • Troy
6900 Orchard Lake Road, Suite #314 • West Bloomfield



For PATIENT TESTIMONIALS and PHOTO GALLERY Please Visit:
www.AndrewComptonMD.com
Facebook.com/AndrewComptonMD
www.RealSelf.com













The Art of Smiles



Daniel J. O'Brien DDS, PC
Family Dentistry Specializing In:

- Preventative and Restorative Dentistry
- Cosmetic Dentistry
- Non-Surgical Treatment for TMJ
- Oral Surgery

- Root Canals
- Implants
- Dentures
- Oral Cancer Screenings
- Digital X-rays

NOW A LATEX-FREE OFFICE • GREAT WITH KIDS!

FREE SONICARE ELECTRIC TOOTHBRUSH TO ALL NEW PATIENTS WITH AD

3796 Rochester Rd. • Troy
248-526-0120
www.theartofsmiles.net

Troy-Somerset
Gazette
CLASSIFIEDS

July 1, 2019



**Troy-Somerset
Gazette**

Established in 1980 by
Claire M. Weber

Publisher
Mark Nicholson

Managing Editor
Andrew Neal

City Editor
Cynthia Kmett

Editorial Contributors
Elena Durnbaugh
Nathan Inks
Amy Fortune

Advertising
Pam Brown

Production
AJ White
Catie McIntosh

Circulation
Melissa Leung

Interns
Justin Cooper

TO SUBMIT EDITORIAL:
News@GazetteMediaGroup.com

ADVERTISING QUESTIONS:
Advertising@GazetteMediaGroup.com

248-524-4868
6966 Crooks Road Suite 22
Troy, MI 48098

GetYourGazette.com

@TSGazette

@Troy_Gazette



SERVICES

**WINDOW CLEANING
LEAVES IN GUTTERS
COMMERCIAL/RESIDENTIAL**
TOM MICOLI
313-656-9402

3/5

THERAPEUTIC MASSAGE
Text: 248-533-2224
by appointment only
on N Campbell/12 Mile in Royal Oak
www.relaxatorgenie.amtamembers.com

3/3

PET SUPPLIES

Use Happy Jack Paracide to control fleas & ticks on dogs & cats. Eliminate doggy odor restore glossy coat. At Tractor Supply (www.kennelvax.com)

3/3

GUITAR LESSONS

Beginner & Intermediate guitar lessons taught by teacher with 10 years in-studio experience (references available). Great with kids (ages 7+), teens, and adults of all skill level and musical interests. Lessons taught at office studio in Troy.

Lessons \$25/half-hour once a week. Call Andrew at 248-842-1828 and get \$10 off your first lesson!

1/1

FOR SALE

2 Lots for sale, Oakview Cemetery. \$1500 for both. Call 248-525-8445.

1/1

Two cemetery plots at White Chapel in Garden of the Last Supper. \$2800 - Call Anita at 248-770-3595.

2/3

WANTED

BUYING COLLECTIONS OF ALL KINDS - COINS - JEWELRY GOOD OR BROKEN - OLDER MAGIC PLAYING CARDS I'LL BUY IT ALL 248-709-2183

2/2

VOLUNTEER

Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol.



A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month.

To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

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.

ADOPT A PET

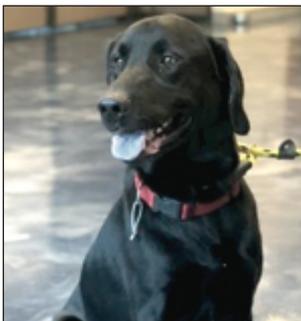
Rebecca



Tinky



Jetson



Misty



Place Your Classified Here

Three Great Papers, One Low Price!

Place your classified ad in all three Gazette Newspapers and your message will reach seven of the most desirable communities in metro Detroit, including: Troy, Rochester, Rochester Hills, Shelby Township, Utica, Macomb Township, Washington Township, and surrounding areas.

	1 Paper	2 Papers	3 Papers
15 Words	\$12	\$20	\$25
Each Additional Word	25¢ per word	50¢ per word	50¢ per word

To place a classified advertisement, call 248-524-4868, fax 248-524-9140, or email classifieds@gazettemediagroup.com

Troy-Somerset
Gazette

Rochester & Rochester Hills
Gazette

Shelby • Utica • Macomb • Washington
Gazette

GET YOUR GAZETTE

Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to GetYourGazette.com to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email News@GazetteMediaGroup.com or call 248-524-4868 for editorial submissions.

Troy-Somerset
Gazette
40 YEARS
JOIN THE CELEBRATION!
Our 40th Anniversary Issue Arrives
Monday, September 23, 2019

In honor of this achievement, we're giving customers a **40% DISCOUNT** to advertise in our very special 40th Anniversary issue.

To reserve your ad space contact Pam Brown at Pam@GazetteMediaGroup.com or 248-390-2957

Sudoku

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

To place a classified advertisement, Call 248-524-4868, fax to 248-524-9140, or email classifieds@gazettemediagroup.com

15 words for \$12.00, each additional word 25¢ • Phone numbers and hyphenations count as 2 words, abbreviations count as 1 word
Single line of caps 75¢ • Bold single line of caps \$1.00 • Double line of caps \$1.50 • Bold double line of caps \$2.00

Payable by credit card or mailing a check to GAZETTE CLASSIFIEDS, P.O. Box 482, Troy, MI, 48099. Please make check payable to Gazette Media Group.

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

Gazette Media Group reserves the right to revise, classify, or reject in whole or in part, any advertisement in this newspaper. Errors / Corrections: The Gazette is committed to correcting errors that appear in the newspaper. Those interested in contacting the paper for that purpose can email: News@GazetteMediaGroup.com or call 248-524-4868. Please note, the Gazette is not responsible for errors in advertising.

Are You Noticing an Increase in Flooding?

PERSPECTIVES



Op-Ed by
NATHAN INKS

A number of heavy rainfall events this past spring caused flooding for many Metro Detroit communities. An increase in the frequency of heavy precipitation events combined with continued development and expansion of suburban areas has made flooding in local communities more common in recent years. Even if the region sees a decline in the frequency of heavy rainfall events, communities are likely to continue to suffer from damaging flooding if they do not take a proactive approach to water management.

Since the 1800s Michigan has lost around 40% of its wetlands; most of these losses have been along the Lower Peninsula's eastern coastline, with Macomb and Wayne counties seeing the highest losses at over 90%. Wetlands provide natural flood control and filter out pollution. When wetlands are replaced with impermeable surfaces such as concrete and asphalt, the result is an increase in flooding and polluted storm runoff.

Although Michigan has a wetland mitigation program with a goal of no net loss of wetlands, the sheer amount of urbanization that has taken place has left too much water with nowhere to go during rain events, even if the state maintains its current wetland acreage. Local governments need to start taking proactive steps to

ensure that rainwater and runoff is being properly managed. Fortunately, there are a number of innovations that local governments and developers can utilize.

Bioswales, gently sloped troughs filled with plants and rocks, can be used to slow the flow of runoff and absorb pollutants in the process. Instead of being carried into storm sewers, polluted water is absorbed by the plants, and the pollutants are naturally broken down over time. Bioswales can be effectively used in place of or in addition to storm sewers along freeways and near residential developments.

Similarly, rain gardens can be installed in parking lots and on rooftops to absorb and filter rainwater. Rain gardens differ from bioswales; however, the two can be combined so that a bioswale leads into a rain garden.

Vegetation is not the only tool available. Pervious concrete and porous asphalt – although more expensive at the outset – are increasingly popular alternatives to traditional pavement that developers are turning to. By utilizing such permeable

pavement materials, stormwater is able to drain back into the ground, recharging aquifers and other groundwater stores while pollutants are filtered out in the process. In the long run these solutions save municipalities and developers money, as they allow for increased land utilization and require less ancillary work to fit in with existing infrastructure.

As the Metro Detroit area continues to grow – especially in Oakland and Macomb counties – developers and municipal leaders need to take a proactive approach to rainwater management. The “pave, pipe, and pump” approach has failed, resulting in flooded basements and roads, and although we cannot undo the destruction to the region's wetlands that has taken place over the past two centuries, we can change our infrastructure and land use to deal with rainwater in a manageable and environmentally friendly way. The time for municipal and county governments to take proactive steps – by utilizing bioswales, rain gardens, and permeable pavement and encouraging and assisting developers in doing the same – is now.



TROY MAYOR DANE SLATER last week attended the 90th birthday party for longtime Troy resident Helena Banas. Helena was surprised by her four children, grandkids, other relatives, and friends at the American-Polish Cultural Center. Helena and her husband Stanley were founding members of the Center. “Wishing you a very Happy 90th Birthday Helena and many more years of good health and happiness,” Mayor Slater said in a Facebook post with the above photo.

Movies in the Moonlight

Join Downtown Rochester on Saturday, July 13 to help kick off the 18th season of Movies in the Moonlight.

Movies in the Moonlight is located in the parking lot at the corner of E. Third & Water, one block east of Main. Featured movies begin at dusk (approximately 9:15 p.m.) and pre-shows start at 8:30 p.m. Admission is free, so arrive early for the best seating. Bring your own chair, and enjoy food and drinks available for purchase – you are also welcome to bring your own.

The July 13 movie is The Greatest Showman followed by the July 20 showing of The Grinch (2018). On July 27, Raiders of the Lost Ark will fill the screen, and on August 3, it's Incredibles 2.

AFFORDABLE RENTAL COMMUNITIES FOR SENIORS

For over 70 years as a mission-driven non-profit, CSI exists solely to provide the highest quality, affordable housing communities possible for seniors

New Horizons Co-op

31101 Edward • Madison Heights
Please Call Our Leasing Office
at 248.585.0999
To Schedule a Tour!



Amenities

- Heat & Water Included
- Individual Heating & Cooling
- Rent Subsidized (30% adjusted income)
- On-Site Service Coordinator
- On-Site Beauty Shop
- On Site Laundry
- Near Oakland Mall & Meijer



Resident Members Benefit From

- Continuing Education
- Diversity & Open Membership
- Democratic Control
- Social Interaction
- Senior Empowerment
- Not For Profit Operation

Madison Heights Co-op

500 E. Irving • Madison Heights
Please Call Our Leasing Office
at 248.585.2336
To Schedule a Tour!



Amenities

- All Utilities Included
- Individual Heating & Cooling
- Rent Subsidized (30% adjusted income)
- On-Site Service Coordinator
- Laundry Room on Every Floor
- Near Oakland Mall & Meijer



JOIN OUR WAITLIST



(800) 593-3052 • www.csi.coop • TDD (800) 348-7011