



# Troy-Somerset Gazette



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## Troy Gets Situation Report on State Budget Negotiations

by JUSTIN COOPER

Roads and schools: we need them both in good condition. In Michigan, neither are up to snuff.

And the problems are getting more expensive, to the tune of \$250 million more every year. Our state ranks last in fourth-grade literacy rates according to the National Assessment of Educational Progress, and according to a report by Michigan State University, no state comes close to matching the decline of tax revenue for K-12 systems seen in Michigan.

These issues were the focus of Budget Boot Camp, a panel and town hall on the state budget hosted by Padma Kuppa, who represents Troy and Clawson in Michigan's House of Representatives, on June 10 at Automation Alley.

To discuss the budget's challenges and objectives, Kuppa was joined by Chris Kolb, the state budget director; Kristy Pagan, a state representative on the Appropriations Committee; and Kim Avery, a regional engineer with the Michigan Department of Transportation.

The proposed budget currently snaking its way through the political process aims to stop the "shell game," as it is called by Gov. Gretchen Whitmer, of using money from the general fund to pay for road repair and cutting school aid to backfill the general fund.

But moving money from one

See BUDGET, page 3

## Inside This Issue

5

Police Patrol

11

Classifieds



GREEK DANCERS have been hard at work practicing for Opa! Fest, June 21-23 at St. Nicholas Greek Orthodox Church. Under the direction of Tina Soupis, they hope you'll enjoy their performances this weekend. There are loads of things for the whole family to enjoy at Opa! Fest. Remember to park at Boulan Park on Crooks Road this year. It's construction season.

## Enjoy a Weekend Loaded With Greek Food & Culture

by CYNTHIA KMETT

There's more to this Greek festival than just enjoying flaming cheese. St. Nicholas Greek Orthodox Church will show you all the interesting things to learn about Greek culture when it hosts its 26th annual Opa! Fest on Friday, June 21 through Sunday, June 23. There will be flaming cheese, and much more.

As you attend this family-friendly Troy festival you will experience the sights, sounds, and tastes of a proud people whose cultural history goes back over 4,500 years. Their members have

worked very hard to prepare authentic foods, costumes, and dances so that you can get a glimpse of Greek culture for a short while.

**A bit of important news first:** You can't get to the festival from Livernois. It's shut down; no skirting about barriers is possible. Wattles Road is closed east of St. Nick's, as you can see from the equipment in the air where there was once a bridge overhead. If you are working at the Opa Fest (or if you have handicapped parking) you must enter Wattles from Crooks Road.

The rest of us should park at Boulan Park, just south of Wattles on the west side of the street. There will be shuttles running throughout the event, and the ride is free, as is parking.

One of the most enticing things about Opa Fest is the food. You can enjoy it on the grounds under a tent, or take it home for later. You definitely won't want to miss the pastry shop and pick up a loaf of Greek bread while you're there.

The Pastry Shop features homemade, honey-drenched

See OPA! FEST, page 3

## Planners Like Panera, but Want Changes

by CYNTHIA KMETT

While the Troy Planning Commission didn't have any concern about a proposed new Panera Restaurant with a drive-through at the front of Oakland Mall, where other firms like Krispy Kreme Donuts and Chili's exist, the planners did have a number of concerns presented to them by the city's planning consultant Ben Carlisle of Carlisle/Wortman Associates.

A drive-through in Troy requires special use permission from the planners, but no rezoning is required on this site as it is zoned general business.

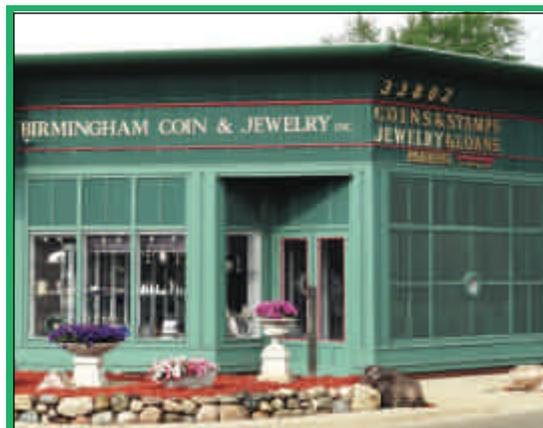
Carlisle had a list of minor concerns including signage, sidewalks, lighting, and trash containment - none of which indicated the city didn't like the architecture on the building. The planners added that concern themselves.

It seems this building is facing into the Oakland Mall parking lot, and the restaurant is basically plain on the side that faces Fourteen Mile.

Trustee David Lambert asked if that was done for marketing reasons, and representatives of the form indicated it was for marketing and also for parking. This allows patrons to walk in and be in the restaurant. It also lines up with the other buildings along the Fourteen Mile stretch.

It was evident they didn't care

See PLANNING, page 2



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## Teen Actors of Ridgedale Players Present “Madagascar, A Musical Adventure”

Don't miss the Teen Actors of Ridgedale Players as they host performances of “Madagascar, A Musical Adventure” on Friday, June 21 and Saturday, June 22 at 7 p.m. A Sunday matinee will be held June 23 at 2 p.m.

**Tickets are on sale now** at Ridgedaleplayers.com or call 248-988-7049. Ridgedale Players is located at 205 W. Long Lake Rd. in Troy.

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## New Panera to Face Oakland Mall, Not 14 Mile Rd.

PLANNING, From page 1

for the completely closed side of the building facing the street.

Planning commissioner Karen Cruse wondered if they could “pretty it up.” That question might have had something to do with all the EIFS (Exterior insulation and finishing systems) on the building, which the planners would like to never see on a building again if they had their way.

“We can absolutely address that question” of the design that faces Fourteen Mile, Panera’s representative said. He also noted that their new restaurant on Crooks goes all the way up with brick.

Then there’s that pesky sidewalk along the western property line. Panera intends it to keep employees safe from cars when they take garbage to the dumpster. It did sound like Panera officials think keeping that sidewalk is a good idea.

Where will you put the snow with all these cars, wondered commissioner Sadek Rahman? Panera must have known this question would be asked, as the general manager of Oakland Mall stepped up to say that all of this area is part of the mall’s snow removal plans and it will be

cleared, and the snow moved to empty parking spaces.

Trustee Barbara Fowler wondered about the Panera across John R and its future. The lease on that property expires in January and it will be closed, she was informed.

Several items noted by Carlisle will be quickly solved, like plans for the lights and directional signage details. The big hang-up here seems to be architectural. The planners postponed this item in hopes of a nicer facade for the Fourteen Mile elevation.

In other business, the Michigan Institute of Urology (MIU) submitted a Preliminary Site Plan application for a proposed MIU Surgery Center. The petitioner proposes a one-story, 10,500-square-foot addition to the rear elevation of the existing MIU building on Town Center Drive. This is O-1 office zoning and the Planners can approve this one.

Carlisle had on two requests for this site: that they provide two bicycle parking spaces and an additional landscape area.

But this site backs up to a

subdivision, and planning member Cruse noted that she goes by this building quite often and the trash bins are right against the wall behind homes. She was concerned and “horrified” at the state of the dumpsters with homes behind that wall.

The representative of MIU noted that they have a contract with their contractor and they will tell them to pick up trash later in the day. He also noted they will be enclosing new trash bins which should help with noise and they would be willing to have a time put in their contract to that effect when it renews in August.

There was a suggestion to move the trash down to the street, but not only is it next to the new Amber Apartments, it’s also on the street leading into the Civic Center. The planners scratched that idea pretty quickly.

Planner Tom Krent said this building would be a great improvement.

The plan was approved 7-0, but they will move the trash south and install self-closing gates on the trash.

## Baker College of Auburn Hills to Host Gaming 101 with Pistons GT of the NBA 2K League

Baker College of Auburn Hills is hosting a free, “Gaming 101” event with members of Pistons GT, Detroit’s NBA 2K League team. The NBA 2K League is a professional esports league featuring the best NBA 2K players in the world.

Pistons GT general manager, head coach, and players will be at the Auburn Hills campus for a

Gaming 101 Q&A session. Additionally, event attendees will have the opportunity to meet and even play against members of the Pistons GT team.

The event takes place Wednesday, June 19 from 4-6 p.m. at the Baker College Student Center, 1500 University Dr. in Auburn Hills.



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## Opa! Fest Celebrates Greek Culture

OPA! FEST, From page 1

baklava, which is just one of many delectable temptations available. Try the other five varieties too, all made by the members of the parish and expert festival bakers bringing you kourambietes, fenekia, koulourakia, sesame cookies, and paximadia.

**Classic Greek cuisine** will tempt your appetite. There's the always-popular Lamb Shank Platter, as well as everyone's favorite, a Gyro (seasoned lamb and beef, thin-sliced from a vertical rotisserie). Enjoy souvlakia (pork and chicken

and a bookstore. There are also presentations on Greek culture and religion, along with tours of Saint Nicholas Church.

**Find your way** to the stage and enjoy Greek dance performances, featuring traditional Greek folk dances performed by over 200 dancers. There's daily dancing to a live Greek band, "The Levendes," should you feel tempted to try a few new steps yourself.

**Opa! Fest takes place Friday and Saturday from 4-11 p.m., and Sunday from noon to 7 p.m.**

**For more information, visit [Opafest.org](http://Opafest.org) or call 248-894-4447.**



**GREAT FOOD** awaits you at Opa! Fest at St. Nicholas Greek Orthodox Church this weekend. Pastry makers like Maggie Stark-Norton and Angela Seaborn were hard at work on Saturday morning preparing Spanakopita, or as you call it Spinach Pie. Try all the pastry offerings; they're just delicious.

kebobs), or spanakopita (spinach and feta cheese filling in paper-thin phyllo dough) and pastitsio (layered pasta, ground sirloin and cheese, topped with creamy béchamel sauce) and Lamb Sliders – all homemade and ready to eat.

The Kafenio (Greek Coffee House) is where you will find real Greek coffee, a cold Frappe, and honey puffs, dripping with honey and just plain delicious.

**You can learn** more about Greek cuisine at an array of food events, including live Greek cooking demonstrations with Maria Benardis, founder of Greek Greekalicious Cooking School. The demonstration takes place at TIME

On Saturday night at 8 p.m. there will be an Iron Chef competition. Vote for your favorite team as the completion heats up between St. Nicholas and SS. Constantine & Helen.

**New this year**, the Goya cook-off Saturday evening.

There's a Greek Marketplace with t-shirts, jewelry, arts & crafts,



## Budget Boot Camp Panel Details Education & Road Funding

BUDGET, From page 1

area to another won't be nearly enough to raise the \$2.5 billion necessary to do meaningful repair.

**"If we could cut our way out of this problem**, we would have done it with the eight years of Republican-controlled legislature and state government that was prior to us," Kolb said. "If it was that easy, it would have been done."

Instead, one budget proposal lobbied by Gov. Whitmer seeks to generate the cash for road repair by raising fuel taxes by 45 cents over an 18-month period. The increase would result in the highest fuel tax in the country.

Michigan's current 26.3-cent fuel tax is redistributed through a formula which was devised in 1951, six years before I-75 had ever entered the state.

**The proposed budget** maintains the flow of that portion of fuel tax into the 1951 formula, but the additional 45 cents would go into a new fund that would focus on the state's most traveled and economically vital roads.

Gov. Whitmer's proposed education budget would be Michigan's largest investment in education in a generation, Kolb said. Whitmer has proposed raising the foundation allowance by \$235 million, and closing the gap between the minimum and maximum allowances.

**For-profit education** and private businesses receiving school aid funds factored largely in Pagan's presentation on the governor's proposals. Pagan singled out an item on the budget titled "Online algebra tool" as an example of appropriations gone

awry. The tool, a service called Algebra Nation, will cost Michigan \$1.5 million in the 2018 fiscal year.

**"Who knows what this is,"** Pagan said, "but I do know that the previous [chair of House Appropriations School Aid and Education subcommittee] Tim Kelly was wine-and-dined at a conference and was sold this product, and now it's on our state budget."

Kolb said events like Budget Boot Camp provide an opportunity for citizens to add their voice to the process and advocate for the changes they want to see.

"We get great ideas from all sorts of sources," Kolb said. "You guys, in many ways, are the experts... If you're not involved, I can guarantee you the other side of the issue is involved."

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## School's Out, Time for Star Wars, Naturally

It's Star Wars Lab for Kids at the Troy Library on Tuesday, June 18 from 11 a.m. - 2 p.m. and Thursday, June 20 from 4-5 p.m. Ideal for ages 5+, channel the

Force as you build a droid, fly a plane through the Death Star, and more.

For more information, or to register, visit [Troypl.org/](http://Troypl.org/).

## Gourmet Franks Are Standard at Loaded Links

"No one in the country is making hot dogs like this," promises Randy Ayyar, owner of the new Loaded Links and

Always interested in what we like to eat, Ayyar notes that hot dogs are a popular food with everyone. However, almost all

someone to make this new hot dog and now he wants you to drop in and try it.

**Knowing that people have become more health conscious** in recent years, Ayyar thought "there's got to be a better way to do it." Loaded Links franks have no added preservatives, no nitrates, no artificial colors, and no MSG. "Our hot dog is a natural 100 percent beef, cut from a prime cut of beef. We don't add any other parts, so what you're getting is a 'steak dog,' a natural clean piece of beef."

And, Loaded Links is offering a completely different hot dog for you to enjoy. Actually, if you have a young one who only wants ketchup, that item is on the menu. But there are offerings based on the favorite toppings from across the country. There's the Windy City, the Empire State, the Tijuana Dog, the Jersey Ripper, the Seattle Dog and more. There's even a Billionaire Dog (\$10.99) featuring a grilled Wagyu beef frank, foie gras (from French ducks), port onion marmalade, truffle mayo, and green onions.

**There are Haute Dogs** of many combinations, from those with bacon and cheese to the Reuben Dog with pastrami. Not into beef? Loaded Links has a California Turkey dog that comes with avocado, tomato, cucumber, arugula, and 1000 Island Dressing. There's even a vegan dog available to switch out for the beef link at no extra cost. And, yes, there's a gluten-free tortilla if you don't want a bun.

You can dress up your preferred frank in many, many toppings, besides those found on a standard hot dog counter. There are assorted cheeses, onions, peppers, bacon, relishes, even BBQ pulled pork or brisket.

Now if there is someone who doesn't like hot dogs in your party, Loaded Links has options. There are hamburgers and chicken tenders, even pulled pork and BBQ beef brisket sandwiches. Perhaps the kids would like chicken tenders or mini corn dogs for dinner. Add fries, tater tots, onion rings or slaw to complete your meal, and try crushed ice, in delicious flavors like those in Jolly Rogers candies.

**You can explore Loaded Links'** complete menu online at [Loadedlinks.com](http://Loadedlinks.com), place your order and pick it up. They offer delivery from Door Dash and Uber Eats, too. Or stay for your meal and enjoy their outdoor patio.

**Loaded Links is located at 800 E. Big Beaver. They're open from 10:30 a.m. to 9 p.m. seven days a week. Call them at 248-526-1000.**



LOADED LINKS serves 100% pure beef franks and there are dozens of ways that owner Randy Ayyar has devised for you to enjoy something special. Stop in and enjoy this new Troy eatery at the corner of Big Beaver and Rochester Road.

provider of the custom-made "iconic haute dogs."

The new 1,500-square-foot eatery is now open at 800 E. Big Beaver at the southwest corner of the shopping center at the corner of Rochester Road.

eateries buying their dogs from one of several big producers. Ayyar wanted something special for his links. He knew it would be all beef and he spent a good deal of time deciding what seasonings would be involved. He found

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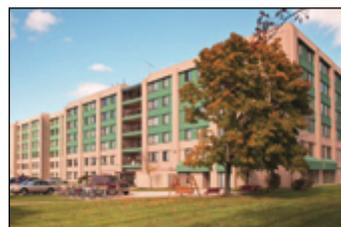


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## Between Drunk Drivers & Road Construction, Consider Walking

### POLICE PATROL



by  
CYNTHIA KMETT

#### ■ THIS DRIVER SHOULD NOT BE ON OUR ROADS

An officer initiated a traffic stop on the driver of a green 2010 Buick Enclave who was driving erratically on E. Big Beaver at 12:41 a.m. The officer spoke with the driver, a 39-year-old woman, and noted an odor of alcohol. She provided expired insurance and was unable to provide her driver's license. It was later determined that her license was 'Suspended' 39 times with three additional suspensions by the Michigan Secretary of State. When asked, she admitted to having consumed one drink that contained alcohol while at a casino. She was asked to perform several sobriety evaluations and submitted to a Preliminary Breath Test with a result of .11% BAC. She was arrested and charged with Driving While License Suspended - 5th Offense, No Vehicle Insurance, and Operating a Motor Vehicle While Under the Influence of Alcohol.

■ **A BAD DRIVER WITH KIDS IN THE CAR** - This officer initiated a traffic stop on the driver of a white Nissan Altima who was driving erratically on Stephenson Highway at 2 a.m. The officer spoke with the driver, a 33-

year-old woman, and noted an odor of alcohol emanating from her. When asked, she denied consuming any alcohol. The officer noted seeing an open container in the center console that was later determined to be half-full of alcohol. The officer also noted the driver's two children (ages 7 and 2) were in the back seat with the two-year old standing-up and not restrained by a seatbelt nor child restraint device. The driver agreed to submit to a breath test but the officer said she would not perform the test correctly. She was arrested and transported to the Lock-up Facility where she was read her Chemical Test Rights and she agreed to submit to a Blood Test which was drawn by medical personnel. It was determined that she had never acquired a driver's license. She was charged with Operator's License Never Acquired, Two Counts of Child Endangerment, Transporting an Open Container of Alcohol in a Motor Vehicle, and Operating a Motor Vehicle While Under the Influence pending lab results.

■ **BET HER STORY TO THE JUDGE WILL BE INTERESTING** - Officers initiated a traffic stop on the driver of silver 2015 Chevrolet Trax LS who was driving in the wrong direction through a turn-around on Rochester Road. The officers spoke with the driver, a 41-year-old woman from Clawson who was unable to provide her driver's license. It was determined that her license was 'Suspended' by the Secretary of State and she was arrested. While searching her

vehicle, the officers located a thermos that was mostly full of alcohol, three syringes in which two contained a liquid, a glass pipe, and a plastic bag that contained suspected Crystal Methamphetamine. Also found was an unlabeled pill bottle that contained several pills later identified as Gabapentin. The driver was charged with Driving While License Suspended, Transporting an Open Container of Alcohol, Possession of Methamphetamine, Possession of Chrystal Methamphetamine, and Possession of Drug Paraphernalia.

■ **WONDER WHY THE IRS WANTED TO BE PAID IN GIFT CARDS?** This Troy resident received a letter from the Internal Revenue Service informing him that he owes \$3,736.91 in taxes. The victim believes unknown suspects have used his identity for nefarious reasons, as he does not owe money to the government. The victim does not know how her personal information was compromised. Always be suspicious when receiving calls and letters asking for money.

*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.*

## First-ever Rock 'n' Rides coming to Royal Oak

Rock 'n' Rides is Royal Oak's newest addition to its summer festival list, with live music, a kids entertainment stage, food and drinks, and carnival rides. The festival will take place Friday, June 21 through Sunday, June 23 at 5th & Center in downtown Royal Oak.

The Fifth Street Block Party will feature beer from Royal Oak's own River Rouge Brewing Company and ROAK Brewing. The Block Party is also conveniently located to the live music stage, where bands from a wide variety of genres will entertain guests throughout the weekend.

#### Live Music

On Friday, June 21, enjoy the sounds of classic rock, blues, and funk with bands like Wood & Grain, The Strangers, Ulterior Motive, and The Persuasion Band. On Saturday, groups including Banjolectric, Corktown Popes, The Ruiners, and Stone Clover will take the stage. And rounding out the weekend of sounds, Sunday's

lineup features Ali McManus, Overdrive Orchestra, The Reefermen, and The Gia Warner Band.

#### Carnival Rides

The nearly 20-ride carnival will be the largest downtown Royal Oak has seen, featuring the Cliffhanger, Ring of Fire, Scrambler, Star Dancer, Vertigo, Tornado, Red Baron, Tilt-A-Whirl, Flivver, Century Wheel, State Fair Slide, Traffic Jam Fun House, Monster Truck, Toon Town, Wet Boat, Jumpin' Jumbos, Tinsel Town and more.

**All day carnival bands** are \$15 on Thursday, June 20 and \$25 Friday, June 21 through Sunday, June 23. Individual rides range between \$3 and \$6.

There will also be a zipline down 6th Street on Friday through Sunday. Tickets are \$10 and are not included in the carnival band.

**For more information, visit [Rocknridesro.com/](http://Rocknridesro.com/).**

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## Father's Day Brunch at Ocean Prime

Consider treating Dad to a good meal and some quality time together on Sunday.

Ocean Prime is opening early on Father's Day, serving a special brunch menu by Executive Chef Chris Mayer, from 11 a.m. - 4 p.m. with dinner until 9 p.m.

**Their feature dish** is the Father's Day Steak & Eggs. Accessorize any steak on Father's Day with a truffle poached egg, bacon roasted potatoes, asparagus and caramelized onions topped with sliced truffles, parmesan cream and chives.

Guests also can order from the dinner menu. Indulge in the White Truffle Caviar Deviled Eggs, Braised Short Rib Surf & Turf, Crab & Eggs, or the "Smoking" Shellfish Tower. Toast Dad with Ocean Prime's Signature Bloody Mary, Berries & Bubbles, a Blood Orange Mimosa, or choose from another craft cocktail or the restaurant's wine list. Complete your meal a 10-layer carrot cake.

**To make a reservation**, call 248-458-0500 or visit [Ocean-prime.com/](http://Ocean-prime.com/).



## Planet Fitness Opens Second Location in Troy

PLANET FITNESS Michigan Group owners Bryan Rief and Pete Hopkins have opened their second Planet Fitness location in Troy at 2880 W. Maple Road and Coolidge. At their ribbon cutting ceremony, Planet Fitness donated \$1,000 to the Boys & Girls Club of Southeastern Michigan. Pictured here (left to right) are Troy Mayor Dane Slater, Boys & Girls Club Rep Mark Perfetti, and Club Manager/Planet Fitness Owner Bryan Rief. Photo courtesy of Cindy Stewart, City of Troy.

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## 5 Ways to Save Now for a Debt-Free Holiday Season



by  
JENNIFER BLEAU  
VP of Marketing  
Cornerstone Community  
Financial Credit Union

It seems like an odd time to be thinking of the holidays, but if you're like 25% of Americans, you finally paid off the last of your 2018 holiday spending this month.

There's no need to put that holiday spending on credit cards this December. With a little planning, you can have a debt-free and stress-free holiday season if

you save a little, bit by bit, starting today.

### 1. Save a Weekly Amount with Auto Debt

Set up a separate savings account with your credit union or bank just for holiday spending. If you auto debit \$50 weekly into the Holiday Savings account from now until December 1, you'll have \$1,200 cash to spend on holiday gifts, food, entertaining guests and other holiday costs. Even \$25 a week will give you \$600 by December - any weekly amount you can spare will make a difference.

### 2. Look for Gifts Now

Camping gear, sweatshirts, jackets, golf clubs, bikes, that

expensive grill that your hubby has his eye on, these are all on sale in July and August and would make great holiday gifts. Just make sure you have a safe place to hide them until the holidays!

### 3. Skip a Meal Out

Make a pact to eat at home for a month and take those extra funds and put them right into the Holiday Savings account. Look for great summer deals on groceries, too, to save even more. Go meatless one day a week, use the crock pot more to plan ahead, brown bag your lunch for work - it all adds up quickly and can save you a ton of money.

### 4. Confirm Travel Plans Now

If you're planning to visit family over the holiday season, get the dates set now. This will allow you to set up travel alerts, so you can get better deals on airfare, car rentals, and hotels. If you have family coming to visit you, stock up on towels, pillows, toilet paper, and other guest needs every time you visit the store so it's not an added holiday expense in December.

### 5. Have a Digital Garage Sale

Facebook Marketplace, eBay, and Poshmark are great digital places to unload items that are in good condition. For heavier items like furniture, bikes and toys, use Facebook Marketplace to avoid shipping. For clothing, kids items or general lighter items, eBay is still a good option. For luxury and high-end name brand items, use Poshmark. Go through your house and collect unneeded items, take good pictures, list a few details along with a reasonable price, and deposit your earnings into your Holiday Savings account.

**Cornerstone Community Financial can help you save for the holidays, with two locations in Troy. Learn more at [CCfinancial.com/](http://CCfinancial.com/).**

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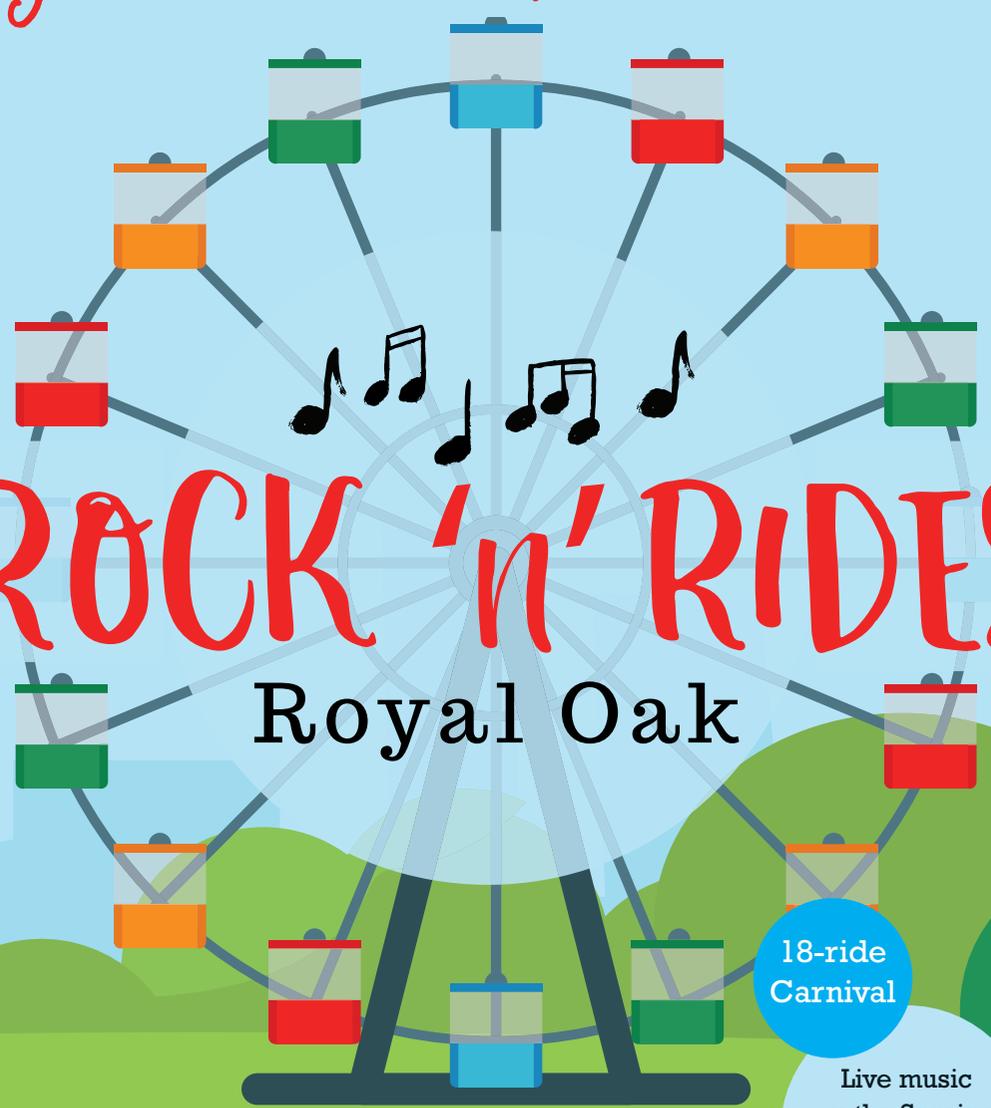
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**Thursday, June 20: 2pm – 10pm**

**Friday, June 21: 11am – 11pm**

**Saturday, June 22: 11am – 11pm**

**Sunday, June 23: 11am – 10pm**

*A portion of the proceeds benefits over 20 local non-profits, schools and churches!*

**Friday, June 21**

- 2:00pm: Wood & Grain (American Roots Rock)
- 3:00pm: Ameera and The Undertones (Funk/Alternative)
- 4:15pm: The Strangers (Rock/Indie)
- 5:30pm: Christian Vegh (Blues/Rock)
- 7:00pm: Dave Hamilton Band (Rock)
- 8:30pm: Ulterior Motive (Rock and Roll)
- 10:00pm: The Persuasion Band (Party Music)

**Saturday, June 22**

- 12:00pm: Banjolectric (Global Electro-Folk)
- 1:30pm: WØLFDARLING (Alternative)
- 3:00pm: Rock Steady (Classic Rock)
- 4:30pm: Corktown Popes (Americana/Rock)
- 6:15pm: Nina & The Buffalo Riders (Rock & Roll & Soul)
- 8:00pm: The Ruiners (Garage Rock/Punk)
- 9:45pm: Stone Clover (Paddy Slag/Rock)

**Sunday, June 23**

- 12:00pm: Al Bettis (Pop/R&B)
- 1:30pm: Ali McManus (Soft Rock/Pop)
- 3:00pm: Maiyana Davis (Blues Rock)
- 4:30pm: Overdrive Orchestra (Rock)
- 6:00pm: The Reefermen (Rock)
- 7:30pm: TAVISTOCK (Rock/Classic Rock)
- 9:00pm: The Gia Warner Band (Rock/Americana)

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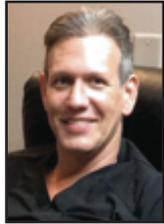


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# Health & Wellness

## The Manual vs. Electric Debate is Over. It's Time to Get an Electric Toothbrush

HEALTHY MOUTH  
HEALTHY BODY



by  
DR. DANIEL O'BRIEN

Electric and manual toothbrushes each have their own benefits. The ADA puts a Seal of Acceptance on any toothbrush, electric or manual, that's proven safe and effective. Manual toothbrushes will reduce plaque, but studies show electric brushes are more effective in plaque removal and preventing gingivitis. **Electric toothbrush bristles** vibrate or rotate to help you remove plaque buildup from your teeth and gums. The vibration allows for more micro-movements every time you move your toothbrush across your teeth.

A review of studies showed that electric toothbrushes do decrease more plaque and gingivitis than manual brushes. After three months of use, plaque buildup was reduced by 21% and gingivitis by 11%.

Electric toothbrushes do most of the work for you, which may be especially helpful for anyone with limited mobility or developmental disabilities.

A **timer** built into an electric toothbrush can help you brush your teeth long enough to sufficiently remove plaque from your teeth and gums.

Electric toothbrushes improve your focus while brushing. At least one study found that people were more focused when brushing their teeth using an electric toothbrush. This improved people's overall experience brushing and could potentially improve how well you clean your teeth.

**Electric toothbrushes are also safer for gums** than the stiffer bristles of manual brushes. When

I see gum irritation due to brushing, it's always from a manual brush. "Brush hard" is an old adage but has no benefit. Gum tissue is far more delicate than enamel and they will recede when assaulted by forcing a toothbrush against them.

**They can even motivate children** to be more diligent with regular brushing. Not all kids are interested in brushing their teeth. If an electric toothbrush is more engaging to your child, it can help set healthy habits. I can personally attest that my toddlers

love their electric brushes. My daughter even tried to brush her hair with hers.

**Daniel J. O'Brien D.D.S., P.C. is at 3796 Rochester Rd., between Big Beaver and Wattles Rds. To learn more, call 248-526-0120 or visit [Theartofsmiles.net/](http://Theartofsmiles.net/).**

## Understanding the Ketogenic Diet and the Right Diet For You

### FAMILY PRACTICE

by  
DR. NEIL JADDOU & MINA SITTO, PRE-MED  
STUDENT AT OAKLAND UNIVERSITY



The ketogenic diet has become

an increasingly popular diet, centered around high-fat and low-carbohydrate consumption.

Generally, carbohydrates are broken down into simple sugars known as glucose that supply your body with energy. However, in the ketogenic diet, depriving yourself of carbohydrates forces your body to utilize energy made from stored fats called ketone bodies. This metabolic state is known as ketosis.

**The diet consists** of 70% fat, 20% protein, and 10% carbohydrates while maintaining a daily caloric load between 1,200 to 2,000. Healthy unsaturated fats include nuts (almonds, walnuts),

avocados, and olive oil. High amounts of saturated fats are also encouraged such as coconut oil, cheese, and butter. Only certain low-carbohydrate fruits and vegetables qualify such as berries, broccoli, and leafy greens (kale, spinach). Although proteins comprise 20% of the ketogenic diet, they should be limited to a small amount due to the possibility of excess proteins.

**The ketogenic diet** is not always effective, as your body may be unable to attain ketosis. Besides this likelihood, there are other associated risks including nutrient deficiency, a higher risk of heart disease, as well as liver and kidney problems, constipation, muscle cramps, and headaches.

On the other hand, a continually effective diet for healthy weight loss promotes regular exercise and nutritious eating habits. Achieving lasting weight-loss success means opting out on refined carbohydrates such as fried foods, white rice, and pastries. Switching to high-fiber

foods like broccoli, oatmeal, and whole-grains help reduce cholesterol levels and may lower the risk of heart disease. Eating a diet consisting of different fruits and vegetables provides the vitamins and nutrients essential for growth and protection against infections. If you often snack to satisfy boredom, find a healthier way to keep yourself busy. By setting aside 30 minutes a day for physical activity, you may lower your blood pressure and improve blood flow.

**As part of creating** a healthier diet, it's helpful to understand food labels. Look for foods with low total fat (including saturated fat and trans-fat), cholesterol, and sodium content. High contents of these are typically found in processed, fried, and baked goods. If you would like to design a diet plan, consult your family doctor and assess what is the best option for your needs.

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# PET CARE GUIDE



## Yappy Hour Fundraiser Benefits Animal Rescue League

The Michigan Animal Rescue League (MARL) hosted its 10th annual Yappy Hour fundraiser on June 1 at Meadow Brook Hall. MARL is one of southeast Michigan's most established animal shelters with services including rescue, medical care, short-and long-term sanctuary, adoption, education and outreach. At Yappy Hour, guests enjoyed cocktails, a strolling dinner, a silent auction, red carpet photos and more. Their pets even got in on the fun with gourmet dog treats. To learn more about the Michigan Animal Rescue League, visit [Marleague.org/](http://Marleague.org/). Photo by Chelsea Webster

## Tips for Creating a Pet-Friendly Family Yard for Summer Fun

People aren't the only ones who love to spend time in the family yard during the summer months. For the family pet, the outdoor living room serves many purposes – providing a place to relax, burn off some energy, play safely, and do their "business." To help everyone, including your pets, enjoy the family yard this summer, consider these tips.

**Skip Fake Grass** - Artificial turf (a.k.a. fake grass) is never a good idea, especially if you have pets. Plastic grass gets very hot during the summer, is challenging to clean, and is anything but environmentally-friendly. It cannot be recycled, and it requires water to clean and cool it. Be a backyard hero and select real turfgrass.

**Pick the Right Plants** - As for which kind of grass to choose, go for something hardy that will withstand a high volume of traffic. Buffalo and Bermuda grasses can be a good choice, depending on your climate zone. For other

plants and shrubs, check the ASPCA's list of toxic and non-toxic garden plants for advice before buying. You'll want soft, yet sturdy, foliage near walkways – save the delicate decorative flowers for elevated flowerbeds.

**Choose Natural** - There are many non-toxic ways to prevent pests in your backyard, which is good news for your people and pets! Wind chimes near flower and garden beds can help keep pets and pests away. Scented marigolds repel unwanted insects while attracting spider mites and snails. Lavender smells amazing and repels fleas and moths. The oil in basil plants can keep mosquitoes and flies away.

**Consider Pollinators** - While you want to keep some pests out, remember that nature starts in your backyard! Your family yard provides habitat and food for birds, butterflies, bees and more. So consider them too while selecting your living landscapes.



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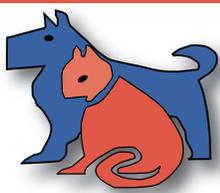
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**New Owners to Make Improvements at Longview**

Longview Boarding and Grooming has served the pet owners of Troy for over 60 years. Now, the center for animal boarding, grooming, and daycare has new owners.

Amanda and Michel Russo bought Longview in February from the previous owners, Cherie and Chris Noullet. As they take ownership of the center, they hope to revitalize the kennel to make it more efficient and convenient for pet owners, employees, and pets.

The Russos are the fifth owners of the Longview property. "Every owner has added their own spin to it," Amanda Russo said.

One of the first changes they plan to make is extending the hours for daycare. Both of the Russos work 9-5 jobs as engineers, so they are very familiar with the struggle of getting through rush-hour traffic.

"We're trying to realize what people's schedules are a little bit more," Amanda Russo said.

She also said that they hoped to make Longview more digital with web-based software to provide pet owners with online booking.

Longer hours means that Longview will be hiring more employees. Michael Russo said that they were looking to hire qualified people who have some sort of experience working with animals, whether professionally or on a volunteer basis.

the things he has always liked about Longview is that dogs aren't just put into a room with other dogs.

"Not all dogs take to that sort of situation," he said.

Longview also delivers a good value for customers, Michael Russo said, which is hard to find for pet boarding.

Longview features the longest indoor/outdoor dog runs in the area that are up to 40-feet-long.



NEW LONGVIEW BOARDING Owners Amanda and Michael Russo, along with their Beagle Naboo and silly Ragnor, welcome your dog or cat to join them for Day Care or Overnight Boarding any time of year. They live on the premises, so you can trust your pet will be in good hands!

Michael Russo also said that he wanted to start working with more rescue groups and shelters. Currently, Longview is partnered with Top Dog Rescue Group, and Michael Russo hoped that they would be able to work with more groups so that they could help more dogs.

Although the Russos are definitely looking to make improvements, they don't plan on changing the business model.

"We don't want to change too much too soon," Amanda Russo said. "We want to make it better."

Amanda Russo has a history with Longview. She grew up in Shelby Township, and when she was in high school and college, she worked for the Noullets, taking care of the animals there. She said that recently, on a particularly frustrating day at work, she was thinking about how much she loved working with dogs and looked up the property to see how much it was worth. To her surprise, Longview was for sale.

Instantly, she wanted to buy it. She talked to her husband, and he was all-in.

"I was on board from the minute she mentioned it," Michael Russo said. "I always like to encourage people to take that leap of faith."

Michael Russo said that one of

They also provide cat boarding in an area that is away from the dogs. Workers offer pets multiple walks and play times during their stay, and Longview uses a buddy system of socialization for dogs.

"We take every precaution to make sure your dog is safe and is getting the care that it can have," Amanda Russo said.

The Russos have had a busy few years. Two years ago, they bought a house in Shelby Township, and they got married last May. This year, they bought Longview. Meanwhile, they both work full time for Tier-I suppliers.

"It's been pretty busy driving back and forth," Michael Russo said.

One of the things that makes Longview different from many pet boarding options is that there is someone on-site 24/7. Previous owners have all lived on the property and the Russos plan on continuing that tradition. They said that they were looking forward to being in Troy.

"We love what's in Troy," said Michael Russo. "We're excited to be here now."

Longview Boarding and Grooming is at 5403 Livernois Road. To learn more about their rates and services, visit [longviewboarding.com](http://longviewboarding.com) or call 248-879-0420.

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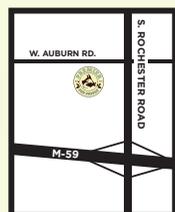
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June 17, 2019



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### PRAYER TO THE BLESSED VIRGIN

Never known to fail. Oh most beautiful flower of Mt. Carmel, fruitful vine splendor of heaven, blessed Mother of the Son of God. Immaculate Virgin assist me in my necessity. Oh star of the Sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh show me herein you are my mother. Oh Mary, conceived without sin, pray for us who have recourse to thee. 3x. Holy Mother, I place this cause in your hands. 3x. Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me, and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never wanted to be separated from you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer 3 consecutive days, after 3 days the results will be granted. This prayer must be published after the favor is granted.

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To sign up and learn more, visit [familiesagainstnarcotics.org/volunteer](http://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.

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**DON'T MISS THESE GAMES**

6/19 Utica Unicorns vs Westside Woolly Mammoths  
6/20 Birmingham Bloomfield Beavers vs Eastside Diamond Hoppers  
6/21 Eastside Diamond Hoppers vs Westside Woolly Mammoths  
6/22 Westside Woolly Mammoths vs Birmingham Bloomfield Beavers  
6/23 Utica Unicorns vs Birmingham Bloomfield Beavers

**THURSDAY, JUNE 27**  
Polish-American Heritage Night  
Thirsty Thursday  
First Pitch 7:05PM, Gates Open 6:00PM

**FRIDAY, JUNE 28**  
FAT TIRE FRIDAY  
FIREWORKS SPECTACULAR!  
First Pitch 7:05PM, Gates Open 6:00PM

**SATURDAY, JUNE 29**  
Beatlemania with Toppermost Band  
First Pitch 7:05PM, Gates Open 6:00PM

**KIDS RUN THE BASES AFTER EVERY GAME**

4.7 ★★★★★ This is a great place to watch a baseball game. All of the seats have a great view and are close to the field. The parking is close and it is free. There are lots of food options including a sports bar. It is a great place to take your family.

**Visit USPBL.com or Call (248) 759-5278 to Purchase Tickets TODAY!**  
7171 Auburn Road, Historic Downtown Utica, MI 48307

### Sudoku

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

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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.

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13TH ANNUAL



**DETROIT RIVER DAYS**

JUNE 21 - 23, 2019

WEST RIVERFRONT PARK

**Food Truck Rally & Music Festival**

PRESENTED BY  
**Soaring Eagle**  
CASINO & RESORT®

**NEW LOCATION:**  
West Riverfront Park, Detroit

**Friday, June 21 -  
Sunday, June 23, 2019**

Kick off summer along Detroit's beautiful Riverwalk with the family-friendly festival that features the Flagstar Bank Kids Zone, "World's Largest Food Truck Rally," the Tuskegee Airmen Museum Airshow, Pepsi Jet Ski Exhibitions, sand sculptures, live music and the new Adventure Park.

**Headlining Acts Include:**

- Smokey Robinson (Friday)
- Mary Jane Girls (Friday)
- Brandy (Saturday)
- Brian McKnight (Saturday)
- Faith Evans (Sunday)
- Carl Thomas (Sunday)

Admission, which supports the non-profit Detroit RiverFront Conservancy, is \$5 and includes a \$3 food coupon and is free on Friday before 5pm.

