



Health & Wellness Inside

Troy-Somerset Gazette



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

March 16, 2020
Vol. 40, No. 26

THE LATEST NEWS ON CORONAVIRUS IN OAKLAND COUNTY

PRESSING PAUSE

*Governor shuts down schools, bans large gatherings,
more COVID-19 cases confirmed in Oakland County*

by CYNTHIA KMETT

There's little we actually know about the Coronavirus, but it is all the news we're hearing about this week.

Because it's new, there is no vaccine for it yet, or a cure, and it can have some serious consequences for older people and those with underlying health issues.

In a press conference announcement last Thursday evening – in light of 10 new cases of coronavirus in Michigan – Governor Gretchen Whitmer announced the closing of all K-12 schools in Michigan from March 13 to April 13.

There are still some problems, like how to feed at-risk children who get two meals a day at school. Where will children be taken by their parents when they are not in school? We know that children do not appear to contract the virus in great numbers.

The economic impact has been staggering. Take a look at the stock market; folks are putting their money back under their mattress.

A difficult reality for our locale is that we live in a service economy. We don't produce a lot of goods in our town. We are very good at food, however, and have some great restaurants. But are we using them like we did last week before they told us not to go anywhere there's a crowd?

The lights have even gone out on Broadway. What's a safe crowd? One hundred people, 250 people, 500 people? On Friday, the Governor signed an executive order banning gatherings of 250 people or more.

Troy Mayor Ethan Baker is sympathetic to those who provide us service.

"The City of Troy is continuing to follow and implement all federal and state health guidelines relating to the coronavirus (COVID-19)," said Baker. "If you are out and about in our city patronizing our many wonderful Troy businesses —our restaurants, coffee shops, dry cleaners, etc. — please be sure you follow the appropriate health and safety guidelines."

The CDC recommends staying home when you feel sick, covering coughs and sneezes, and frequently washing your hands with soap and water. You should also clean frequently touched surfaces.

"Our businesses are happy to serve you during this time, however, our health, safety, and well-being is the first and foremost concern to the residents and businesses of our community," said Baker.

That hand washing advice tops every medical professional's list of ways to contain this virus. Symptoms of COVID-19 are fever, cough, and shortness of breath. While sneezing

can spread the virus, a running nose is not a symptom and more likely a cold.

But if the shelves are empty at your favorite market, almost any Troy eatery can fix you meals to go. You can also have them delivered in case you're self-quarantining. Of course, since we don't at this point know how the people who've tested positive so far got the virus, it's hard to know how scared we should be.

The Health Department is adding new coronavirus patients to the list regularly. At press time, 12 cases in Michigan have been confirmed.

Our society is pressing pause, and this will have plenty of long-lasting implications. It's fundraising season for many nonprofits and those events are being canceled with great speed. Perhaps a nice play or movie, a trip to a Pistons or Red Wings game would make your feel better? Nope.

If they aren't already canceled, there won't be any people at most events starting this weekend. Disneyland is closing, there's no March Madness, no spring training for baseball, NBA and NHL games have been suspended.

Public schools are all gearing up for homeschooling, and universities are closing their campuses.

See COVID-19 on page 4



BIRMINGHAM COIN & JEWELRY

33802 Woodward Ave. • Birmingham

Paying Top Dollar for Coins - Bullion - Currency

WE BUY WITH HONESTY

- Diamonds Over .50 Carat & Up
- Silver & Gold U.S. Coins
- Jewelry / Men's Watches
- Designer Silver: Yurman, Tiffany, John Hardy, Georg Jensen
- Sterling Flatware
- Collectables: *Herrand, Laliq, Lladro, Royal Dalton*
- Costume Jewelry & Knick Knacks, Binoculars, Antique Cameras, Victrolas
- Gold & Silver Bullion

248-642-1234

Now Visit Our Online Store at www.BirminghamCoin.com

HOURS: Mon.-Fri. 10 am-5:30 pm
Saturday 10 am-2:30 pm

Serving Our Community for 40 Years

Royal Oak Restaurant Week returns

Royal Oak Restaurant Week returns Friday, March 27 – Sunday, April 5. Over 20 of downtown Royal Oak’s top restaurants and venues will feature 3-course lunch and dinner menus for \$15-\$35 a person. No tickets or passes are necessary, but reservations are strongly recommended.

Carrie O’Neill, President of the Royal Oak Restaurant Association, “We are excited to kick off spring with Royal Oak Restaurant Week! We love to see our customers visiting their favorite establishments as well as trying something new and are excited to welcome City Ramen, Condado Tacos and Roak Brewing Company as first time Restaurant Week

participants!”

Event details, menus and more can be found online at Dineroyaloak.org/.

Participating Royal Oak Restaurant Week venues include: 526 Main, Ale Mary’s Beer Hall, Bigalora, City Ramen, Condado Tacos, D’Amato’s, Diamonds Steak & Seafood, Fifth Avenue, Jim Brady’s Detroit, Jolly Pumpkin Taphouse, Le Crepe, Lily’s Seafood Grill & Brewery, Lockhart’s BBQ, Mesa Tacos and Tequila, Oak City Grille, Pinky’s Rooftop, Roak Brewing Company, Rock on 3rd, Royal Oak Brewery, Royal Oak Taphouse, Tom’s Oyster Bar, and Trattoria da Luigi.



MARCH IS READING MONTH and Troy Mayor Ethan Baker has been at a host of Troy elementary schools reading to kids of all ages. Here the mayor, in the suit and striped tie, is photographed with the young readers at Bemis Elementary School. Photo courtesy of Cindy Stewart, City of Troy

To-Go Special
Sandwich Combo
\$7.95

Lebanese

GRILL

Mediterranean & Lebanese Cuisine • Raw Juices • Cocktails
Banquet Facilities For All Occasions Up to 150 People

BUY ONE DINNER ENTRÉE AT REGULAR PRICE,
GET SECOND DINNER ENTRÉE

50% OFF

Up to \$8.00 Value
Exclude Tax & Service; Cannot be combined with any other offer. One Coupon per table or party; Discount may vary depending on the price of Entrées purchased, up to \$8.00. Dine-in or Carryout. Valid Thru 4-30-20
NOT REDEEMABLE FOR CASH
Valid at Lebanese Grill Troy location only.

10% OFF

ANY CATERING ORDER

Exclude Tax, Service & Delivery fees; Cannot be combined with any other offer. One Coupon per Catering order; up to \$50.00. Valid Thru 4-30-20
NOT REDEEMABLE FOR CASH
Valid at Lebanese Grill Troy location only.

Dine-In • Carry-Out • Catering

1600 Rochester Rd. • Troy
(NE corner of Maple & Rochester)
248.526.1444

Join Our Newsletter and Get Updates on Weekly Specials & Coupons

facebook
www.LebaneseGrill.com

Rep. Kuppa introduces bill to restore paid sick time



STATE REP. PADMA KUPPA (D-Troy) introducing House Bill 5628 at the Capitol in Lansing on Wednesday, March 11. Photo courtesy of MI House Democrats Photo Archive

State Rep. Padma Kuppa (D-Troy) last Thursday introduced House Bill 5628 to restore the right of Michigan workers to earn and use sick time for personal or family health needs, citing the devastating impact Michigan workers may face if they or their family member becomes ill.

The bill would restore the significant cuts made by the Republican-led Legislature to Michigan’s Paid Medical Leave Act in the final days of session at the end of 2018. Despite the first cases of COVID-19 virus being diagnosed

in Michigan this week, it was estimated that nearly 1.7 million workers in the state are unable to utilize paid sick time due to the action taken in 2018. Self-distancing tactics intended to slow the spread of the virus will be made much more difficult for workers and their family members unable to stay home from work in communities across Michigan.

“Paid sick time is critical for working families across Michigan, especially with COVID-19 on our doorstep,” said Kuppa. “Without the ability for our workers to stay

home when they are sick, it can become a health concern for us all. The spread of this virus once again reinforces our need for immediate action on this issue.”

Kuppa’s bill would require employers to provide a minimum of one hour of earned sick time for every 30 hours worked for their employees capped at 72 hours of earned sick time per year, instead of the current accrual rate of one hour for every 35 hours worked with a cap at 40 hours of earned sick time per year.

Spring

EXPLORERS

School-Age Spring Break Fun!

Troy School

Program Director: Krista Mason | 5164 Rochester Rd
(248) 250-9836 | Troy_Director@GildenWoods.com

AppleTree & Gilden Woods
EARLY CARE AND PRESCHOOL

Childcare
Now
Enrolling

Executive Coulter: More stringent steps implemented as three Oakland County residents test positive for COVID-19

The Michigan Department of Health and Human Services Thursday night announced two additional presumptive positive cases of COVID-19 in Oakland County resulting in three total cases in the county. Both new cases are adult males, one with no known travel history, the other with a history of domestic travel.

Oakland County Health Division (OCHD) is identifying close contacts of these individuals, assessing for risk and determining management of those exposed.

Out of an abundance of caution, anyone that was present at the following locations on the dates and times listed below should be alert for symptoms of COVID-19. Symptoms include fever, cough, and shortness of breath. If any develop, stay at home and promptly call a healthcare provider or hospital prior to arriving so that the appropriate preventive measures can be put in place.

March 1, 2020

Detroit Metropolitan Airport, 9000 Middlebelt Rd, Romulus, time and location to be determined

March 4, 2020

Detroit Metropolitan Airport, 9000 Middlebelt Rd, Romulus, time and location to be determined

March 5, 2020

Burger King, 27700 23 Mile Rd, Chesterfield Township, 12:15-12:35 p.m.

White Castle, 27760 23 Mile Rd, New Baltimore, 12:15-12:35 p.m.

Hobby Lobby, 4715 24th Ave., #100, Fort Gratiot Township, 1:00 p.m.

March 6, 2020

Poole's Tavern, 157 E Main St., Northville, 12:30-1:00 p.m.

Five Guys, 3561 28th St SE, Grand Rapids, 6:30-7:00 p.m.

March 7, 2020

Tap Room, 201 W Michigan Avenue Ypsilanti, 1:00-3:00 p.m.

MSA Woodland, 2100 28th St SE, Grand Rapids, 12:30-1:30 p.m.

Texas Roadhouse, 3776 28th SE, Kentwood, 4:30-6:15 p.m.

USA Hockey Arena, 14900 N Beck Rd, Plymouth, 5:30-10:30 p.m.

March 8, 2020

Subway, 6260 28th St SE, Grand Rapids, 11:30 a.m.-12:00 p.m.

Jimmy Johns, 5925 28th St SE, Grand Rapids, 11:30 a.m.-12:00 p.m.

Burger King, 1515 E Grand River Ave, Portland, 3:45-4:00 p.m.

"We must all pull together as a community and implement the stringent mitigation strategies

essential to slow the spread of this virus," Oakland County Executive David Coulter said. "I have instructed county staff to use all tools available to protect the elderly, support students as schools close, and educate the public on restricting large gatherings."

Coulter has directed the following actions:

Full activation of the Emergency Operations Center to enable the county to assist our partners and stakeholders with coordinating resources and response to this public health emergency.

Public health orders to enforce actions aimed at reducing disease spread may be implemented.

Continue essential county services; support online options; explore grace periods and fee reductions; encourage teleworking and expansion of emergency leave policies to support county employees.

Intensify social distancing strategies by employers, faith-based institutions and entertainment venues.

Support for students out of school and in need of healthy food options and health care services.

Some people that may be at higher risk of getting very sick from this illness includes:

Older adults

People who have serious chronic medical conditions such as heart or lung disease and diabetes

"The best way to prevent infection is to avoid being exposed to the virus," said Leigh-Anne Stafford, health officer for Oakland County. "The simple everyday actions you take to help avoid the spread of flu and other illnesses will also help prevent the spread of coronaviruses."

Prevention tips include:

Washing your hands often with soap and warm water for 20 seconds, covering your nose and mouth with a tissue when you cough or sneeze, avoiding touching your eyes, nose, and mouth with unwashed hands.

Clean and disinfect frequently touched surfaces, such as toys and doorknobs.

Practicing good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Being prepared with the following supplies:

Maintain a two-week supply of water and food at home

Routinely check your regular prescription drugs to ensure that

you won't run out

Keep non-prescription drugs and other health supplies on hand

Get copies and maintain electronic versions of health records

Talk with family members about how they would be cared for if they got sick and what would be needed to care for them in your home

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

Patients with COVID-19 have reportedly had mild to severe

respiratory illness. There is currently no vaccine to prevent COVID-19 infection. Sustained community spread of COVID-19 is occurring globally. Older adults and people of any age with serious chronic medical conditions are at increased risk for severe disease and should postpone nonessential travel. Visit the Centers for Disease Control and Prevention (CDC) for detailed information about international and domestic travel notices.

Preparedness planning toolkits and prevention resources are available at Oakgov.com/health for the public,

healthcare providers, businesses, schools, childcare centers, faith-based organizations, senior centers, food service workers and first responders. The toolkits include links to interim guidance from the CDC, prevention signage and handouts, and tools such as social media posts specific to various settings.

For more information about COVID-19, visit Oakgov.com/health or call Nurse on Call at 800-848-5533, Monday through Friday, 8:30 a.m. – 5:00 p.m.

Wayne Dalton
GARAGE DOORS

Birmingham Door Service
Doors So Beautiful they Challenge the Imagination

SINCE 1947 | 248-642-7761 | www.birminghamdoor.com

RESIDENTIAL – COMMERCIAL – LICENSED – INSURED

SPRING INTO SAVINGS

Get up to a \$175 rebate when you buy a select Wayne Dalton garage door and a Genie opener.



*Restrictions apply. Offer valid through March 31, 2020. For details, visit wayne-dalton.com

Call 248-642-7761 For Details

Keep your cold or flu at home, please

COVID-19 from page 1

Health professionals are suggesting people get a flu shot; it would save us a lot of testing. Even worse is the fact that non-sick people are showing up in the emergency rooms across America. That makes it very difficult for health care professionals to take care of folks with a heart attack or stroke, or have been in an automobile accident.

Beaumont Health announced a new policy on Thursday for all eight of its hospitals; call and tell them what's wrong and why you think you may have coronavirus, and they will guide you to the proper care. That number is 248-551-7000. They do not want you to

expose all the other people in the emergency room. The phone is in operation from 7 a.m. to 7 p.m. on weekdays and 8 a.m. to 6 p.m. on Saturday and Sunday. Other times, call your doctor or the hospital for instructions.

They also have new rules for visitations. No visitors to a room of a patient with a pending or positive COVID-19 test. No visitors under 16, except in extreme circumstances. Only two visitors, who have to stay in the room and can't wander the halls, and make it a short stay and leave the hospital - no stopping at Starbucks. And, all visitors will be screened. Leave your cold or flu at home.

Oakland County: Hotline available to help residents use online services during COVID-19 mitigation

Individuals who have business with Oakland County are encouraged to take advantage of the county's online services in lieu of visiting the government campus in order to help prevent the spread of COVID-19 and other illnesses. Among the measures for preventing the spread of the Coronavirus illness is social distancing which includes utilizing online services where possible.

"Our staff is available to make it as easy as possible to use online services," County Executive David Coulter said. "We offer a number of services online that range from making payments to requesting

public records. We strongly recommend that you check out our online services before visiting our government campus."

The list of online services at Oakland County includes ordering records such as birth or marriage certificates, purchasing county park passes, renewing dog licenses, paying traffic tickets, searching property records, and more. To view a complete list of services, go to Oakgov.com/services/. If anyone needs assistance utilizing an online service, call Oakland County's IT Help Desk at 248-858-8812.

A woman from Oakland County who traveled

internationally was among the first two cases in the State of Michigan, it was announced last Tuesday evening. She continues to recover in an area hospital. An Oakland County Health Division contact investigation determined the woman had low to no public exposure. Health Division identified the handful of close contacts she had since returning home, has contacted and asked them to self-isolate, and continues to monitor them daily.

For more information on COVID-19, go to Oakgov.com and click on the "Coronavirus Disease 2019" button or call Oakland County's Nurse on Call line at 800-848-5533.



Picano's

Easter Day Brunch

Italian Grille
Lunch • Cocktails • Dinner

Sunday, April 12 • 10:30 am - 7 pm

Adults \$29.95 • Children 5-12 \$17.95
Children under 5 Guests of the House

Featured Items Include:

<ul style="list-style-type: none"> • Gourmet Omelette Station • Breakfast Station • Leg of Lamb Carving Station • Prime Rib Carving Station • Pork Florentine • Oven Roasted Chicken • Chicken with Mushroom Sauce 	<ul style="list-style-type: none"> • Fish of the Day • Peel & Eat Shrimp • Pasta Primavera • Mostaccioli • House Hand Made Beef Ravioli & Gnocchi • Assorted Vegetables • Assorted Salads • Assorted Desserts
---	---

Tuesday & Wednesday
Dinner Special

Buy 1 Dinner Entree & Get the 2nd
50% OFF!

Second entree equal or lesser value. Valid for dinner 4pm-close. Not valid on holidays. May not be combined with any other offer. Dine-in only. No coupon necessary. Limit 3 offers per table.

Thursday
Wine Special

50% OFF Select Bottles of Wine
25% OFF Select Bottles over \$60

Dine-in only. Available for lunch or dinner.

3775 Rochester Rd. Troy • (248) 689-8050

Let Picano's Italian Grille do the cooking for your special occasion.
Banquets & Catering! For more information go to www.picanos.com

Open 7 Days • Tues.-Thurs. 11am-9:30pm • Fri. 11am-10:30pm • Sat. Noon-10:30pm
Sun. Noon-9pm • CLOSED ON MONDAYS

Recreation Department cancels everything, closes

Troy Recreation Department is canceling all programs and classes through April 5. The Senior Expo on Tuesday is canceled.

The Troy Community Center is closed until April 5. The gym, pool, locker rooms, DMC Physical Therapy, and fitness room will be closed. All services, programs, groups, etc., are canceled through the end of the month.

TCC members may freeze their pass for a minimum of one month up to six months. Fill out the online form at Rec.troymi.gov/.

The city will continue to evaluate programs and services on a case-by-case basis and provide updates as they become available.

The following programs, services, and activities are canceled through April 5:

- Senior Expo (3/17)
- Easter Egg Hunt (3/28, refunds will be issued)
- Blackthorn Concert (4/2, refunds will be issued)
- Senior Lunches
- Senior Loan Closet
- All swim lessons
- Fitness Passport Offerings
- Youth Basketball
- Blended Yoga
- Vinyasa
- Yoga 1
- Yoga Nidra
- Gentle Yoga
- Chair Yoga
- Essentrics
- Gentle Aquatic Exercise

- Tai Chi
- Barre Method
- Women on Weights
- Yoga with Marie
- Troy Trekkers
- Drop-In Exercise Classes
- Kids Yoga
- Middle School Yoga
- Gymnastics
- Sanchin-Ryu Karate
- Troy Youth Judo Club
- Japanese Shotokan Karate
- Premiere Plus Dance
- Learn to Ice Skate
- Clay Play
- Peewee Picasso
- Amazing Art
- Youth Pottery
- Friendship Club
- Basket Weaving
- Mosaic Tile Workshop
- Knitting Classes
- English Workshops 1.0 and 2.0
- Acrylic & Oil Painting
- Art Box Studio: Adult Drawing
- Clay Projects for Adults
- Bengali Language & Culture Classes
- Square Dance Lessons
- Tap Dance Lessons
- Friday Night Square Dance
- Evening Ballroom Lessons
- Daytime Ballroom Lessons
- All Pickleball Lessons
- Windows 10
- Intro to Word
- Intro to Online Shopping
- Photoshop Elements Part 1
- Photoshop Elements Part 2
- Intro to Word Processing
- Scanning
- All senior groups and clubs

Even if your program is not on this list, consider it canceled.

2020 Census is underway

by CYNTHIA KMETT

By the time you read this, you probably have received notice from the U.S. Census Bureau telling you the 2020 Census is now underway. Don't disregard this notice. It's the law and you are expected to fill out the requested information. For the first time, you can use the web to tell them your answers. It's at mycensus.gov.

Despite the request that you tell the government whether or not you're a citizen that question is NOT part of the information they are asking for on the Census form. So whether you're rich or poor, it's to your advantage and the state's advantage to fill out the questions. If the form sent to you isn't returned, come May a Census worker will be knocking on your door to get the answers.

Is it important? Indeed it is. The number of people in our state, county and city is how the federal government makes many decisions. From money for roads and bridges as well as funding for education and school lunches, that's how the money is allocated for the next ten years. It is also how they determine how many members of the House of Representatives in Congress are decided. The more people in Michigan, the more seats we get in Congress.

We know that a lot of folks don't trust the government, but all of this information is confidential and not shared with any other agencies, not even the immigration service, IRS or law enforcement agencies.

Online and phone responses can be completed in 13 languages (English, Spanish, Chinese,

Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese). A paper form will be mailed to every house that hasn't responded already when we send our fourth mail piece out.

"The goal of the census is to count every person living in the United States once, only once and in the right place," said Ron Jarmin, who is performing the non-exclusive functions and duties of the Director of the U.S. Census Bureau. "The 2020 Census is easy, safe and important. The census asks just a few questions and takes about 10 minutes to respond. For the first time, you can choose to respond online, by phone or by mail."

Unfortunately, we all know scammers abound in our modern world. The Census Bureau will never ask you:

- Your Social Security number.
- For Money or donations.
- Anything on behalf of a political party.
- Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate. Hang up the phone or delete any message. If someone comes to your door and wants to see your ID, slam the door and call 9-1-1, that is not a real Census worker.

Taking a Census is called for in the U.S. Constitution and a lot of support for our community comes from this information. Just take 10 minutes and answer the few questions it asks.

Troy Public Library closed through April 5

The Troy Public Library is closed through April 5. After they reopen, they will be taking extra steps to help keep the facility clean and healthy.

If you are not feeling well, the Troy Library asks that you stay home to keep fellow patrons and everyone safe during this time.

Call the library at 248-524-3538 if you have questions about your account or returns. Take full advantage of their digital services that you can access from the comfort of your home with your Library card.

All scheduled library programs will be evaluated on a case-by-case basis. Notice will be posted as updates happen on their website and social media.

The Troy Public Library is following the CDC's guidance for

businesses and employers. This includes strategies such as canceling non-library programs until further notice, actively encouraging sick staff members to stay home, emphasizing respiratory etiquette and hand hygiene, and performing routine and extra environmental cleaning.

The library is also stocking extra hand sanitizer and disinfectant wipes, providing latex gloves for staff members to use when touching public items, and temporarily removing youth resources and toys which are more susceptible to germs.

Visit Cdc.gov, Michigan.gov/coronavirus, and Oakgov.com to learn more about the federal, state, and local response as well as what you can do to protect yourself.



Marian students provide service abroad

Five faculty members and four Marian parents accompanied 49 students on this year's three mission trips. Under the direction of Ms. Sheila Geary, theology teacher, and sponsored by International Samaritan, the student missionaries traveled to Guatemala City and Escuintla in Guatemala to serve children and families living in garbage dump communities. All of the groups worked at the schools in their communities. The students who went to Guatemala City played with the children at recess, worked in a nursery, painted desks, scraped and painted the walls of two bathrooms and the principal's office, removed part of a brick wall that surrounds the play area, broke up cement with pick axes, removed the cement and dirt with shovels and began to dig a trench for the new wall.

PREMIER PET SUPPLY NOW OPEN IN TROY!

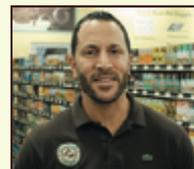


Grand Opening Weekend!
Friday, March 27th THRU Sunday, March 29th
EVERYTHING IN STORE 20% OFF!!
NO LIMITS! NO EXCLUSIONS!

OUR GOAL IS...

to be the **PREMIER CHOICE** for pets and YOU - the ones who love them.

Mike



Owner: Mike Palmer



A FAMILY-OWNED MICHIGAN COMPANY

Voted 'Best Pet Supply Store' in all of Metro Detroit!



Premier Pet Supply. The place pets LOVE!
2848 W. Maple Rd. (IN THE PLANET FITNESS PLAZA)
TROY • 248-677-0154

TOYS
Buy 1 Get 1
50% OFF
Must be equal or lesser value
Not valid with any total purchase coupons or Loyalty Rewards. Offers can be combined with other offers in this ad. Not valid March 27-29th. Exp. 4/17/20. TSGMARTOY14

TREATS
Buy 2 Get 1
FREE
Must be equal or lesser value
Not valid with any total purchase coupons or Loyalty Rewards. Offers can be combined with other offers in this ad. Not valid March 27-29th. Exp. 4/17/20. TSGMARTRT14

DOG & CAT FOOD
\$5 OFF \$29⁹⁹ or More
Not valid with any total purchase coupons or Loyalty Rewards. Offers can be combined with other offers in this ad. Not valid March 27-29th. Exp. 4/17/20. TSGMARDY14

DIY DOG WASH
Buy 1 Get 1
FREE Value \$13
Not valid with any total purchase coupons or Loyalty Rewards. Offers can be combined with other offers in this ad. Not valid March 27-29th. Exp. 4/17/20. TSGMARDY14

BEVERLY HILLS
31215 SOUTHFIELD RD.
248-647-4310

CANTON NOW OPEN!
1777 N. CANTON CENTER RD.
734-738-6117

LIVONIA
15399 MERRIMAN RD.
734-855-4505

LIVONIA/NORTHVILLE NOW OPEN!
19784 HAGGERTY RD.
248-924-3494

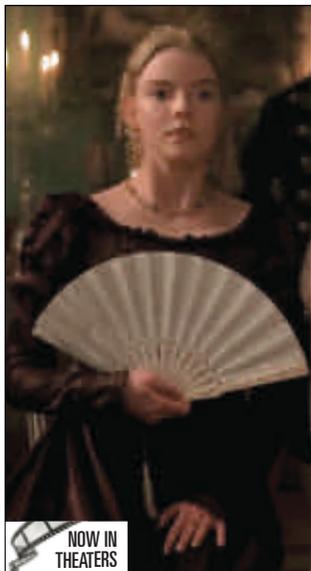
NOVI
47810 GRAND RIVER AVE.
248-773-8592

ROCHESTER HILLS
63 W. AUBURN RD.
248-606-4615

WEST BLOOMFIELD NOW OPEN!
6399 ORCHARD LAKE RD.
(IN ORCHARD MALL)
248-325-9692

HOURS: MON - SAT 8:30am - 9pm, SUN: 10am - 6pm | PremierPetSupply.com

Arts & Entertainment



EMMA.
PG, Drama/Melodrama



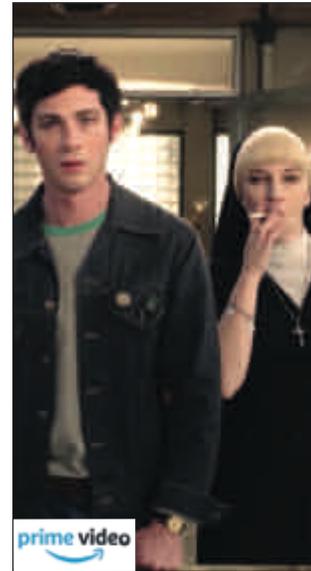
SILVER LININGS PLAYBOOK
R, Drama/Comedy



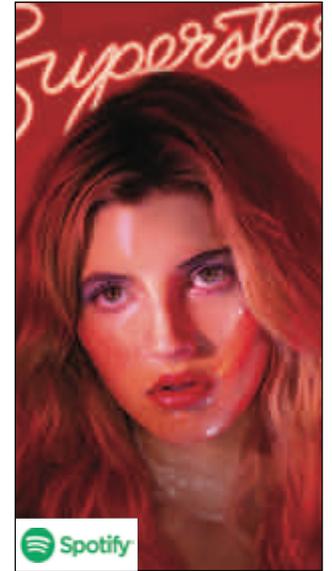
BASKETS
TV-MA, Comedy



FROZEN II
PG, Family



HUNTERS
TV-MA, Crime/Drama



FEEL THE WAY I WANT
Caroline Rose

'IT'S SOME KIND OF WONDERFUL!'
-NY1

Beautiful
The Carole King Musical

ON SALE NOW
FISHER THEATRE - MAY 5-17

BroadwayInDetroit.com | ticketmaster.com | 800-982-2787 | Box Office
Groups (12+) Groups@BroadwayInDetroit.com (subject: Beautiful)
Info 313-872-1000 | **AD** and **OC** May 10 7:30PM

Remaining performances of Fiddler on the Roof canceled

Broadway in Detroit has announced that all remaining performances of Fiddler on the Roof at the Fisher Theatre have been canceled due to coronavirus public safety and security concerns and the direction of local and state government recommendations.

Guests who purchased tickets through Ticketmaster will receive a refund to the credit or debit card that was used for the purchase.

Guests who purchased tickets through the Fisher Theatre Subscriptions or Group Sales offices will also receive a refund to the credit or debit card that was used for the purchase.

Guests who purchased tickets at the Fisher Theatre box office

can return their tickets to the box office in person to obtain a refund or they can mail their tickets with their full name, address, phone number and email with a request for a refund to: Fisher Theatre Box Office - Fiddler Refund - 3011 W Grand Blvd Detroit, MI 48202

Broadway In Detroit and Ticketmaster are only able to refund the original purchaser or purchases made through Ticketmaster Verified Resale. Broadway In Detroit is not responsible for purchases made through third party resellers.

At this time performances for all future shows presented by Broadway in Detroit, including Dear Evan Hansen, will go on as scheduled.

Broadway in Detroit & The Broadway League, along with its partners, are closely monitoring the evolving coronavirus situation and we will provide additional updates as needed. They are following the lead of local, state and federal elected officials as they implement strategies recommended by public health authorities and the Center for Disease Control in all theatres and offices. The safety and security of theatergoers and employees is top priority.

For more information, call 313-872-1000 or visit BroadwayInDetroit.com.

Chamber Music Society of Detroit announcement

Out of concern for the safety of their audience, and in light of the decision by Michigan Governor Gretchen Whitmer to close all Michigan K-12 schools for the next three weeks, the Chamber Music Society of Detroit is suspending all public gatherings scheduled during March.

The CMSD is exploring alternative delivery of the live concert scheduled at the Seligman Performing Arts Center on March 28 and will provide additional details as they become available. In the meantime, ticket holders will be contacted by mail before

March 28 to process their preference of ticket donation, open exchange or refund.

During this time of unprecedented crisis, the Chamber Music Society of Detroit encourages everyone to remain safe and follow closely the health

guidelines provided by the Centers for Disease Control, the State of Michigan, and your local public health officials. Nothing matters more than your health and safety.



“Lend Me a Tenor” promises a good time

Reviewed by Suzanne Angeo (member, American Theatre Critics Association; Member Emeritus, San Francisco Bay Area Theatre Critics Circle), and Greg Angeo (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

Avon Players is serving up a crowd-pleasing show, “Lend Me a Tenor”, a classic farce in every sense. First created by renowned playwright Ken Ludwig (“Murder on the Orient Express”, “Fox on the Fairway”), it premiered on London’s West End in 1986 with Andrew Lloyd Webber as producer. It went on to Broadway in 1989, garnering nine Tony nominations, winning two awards.

upon to use it.

By far the standout is Johanna Steinbrecher-Booker (so good in Avon’s recent hits “Company” and “Mamma Mia”). As Tito’s bombastic wife Maria, she owns the stage whenever she’s on. Second in the scenery-chewing department is Erica Gunaca as Diana, an aspiring ingenue soprano who’s willing to do anything with anyone to get ahead. Rounding out the enjoyable cast is Joy Oetjens as the grandiose opera guild chair Julia (who, Henry says, looks like the Chrysler Building), and Bodi Johnson as the crazed fanboy bellhop, a source of many over-the-top disruptions.

relatively new director at Avon, making her debut in 2018. Her guidance is capable, but farce is challenging, especially for community theatre companies. To make farce really work well, a refresher course in the special theatrical techniques used in voice and movement might be helpful. Nevertheless, even though the show gets off to a slow start, the momentum that’s built into the script brings everything together in the second act, with the audience really enjoying themselves in a recent sold-out matinee performance.

An interesting note: As originally written by Ludwig, the opera being staged in the story



Photo courtesy of Avon Players

As the story opens, the folks at the Cleveland Grand Opera Company couldn’t be more excited. For tonight only, world-famous Italian tenor Tito Merelli has agreed to sing the lead role in their presentation of Pagliacci. Everybody loves Tito, especially his female fans, and he loves them right back, much to the perpetual chagrin of his wife, Maria.

The opera company’s stressed-out manager, Henry Saunders, is played by Joe Colosi in a solid performance. Nick Frederick, pleasantly dorky as Henry’s hapless young assistant Max, really comes into his own when he dons the clown hat. Max is in love with Henry’s pretty young daughter Maggie, delivered as a goofy airhead by Kimme Suchyta. Max’s problem: Maggie has a long-standing obsession with – you guessed it – Tito Merelli. Jonathan Farrell as Tito has a nice stage presence and a fine tenor voice when he’s called

No spoilers here, but one of the priceless sight gags – indeed, the main point of this farce – is two identical Pagliaccis running around, romancing women who can’t tell them apart, and making mayhem. At one point they lean on a wall directly opposite each other, and it’s supposed to be a mirror image. In this show, one of the guys is quite a bit taller and the ladies would have to be blind not to notice. This really diminishes the potential comic impact.

The play’s 1930s setting gives costume designer Anne Curtis the chance to dress the cast in some pretty spiffy duds. The single set by Brad Holoday and Mark Misch, representing a fancy hotel room with a dividing wall, offers plenty of room to throw hissy fits, slam doors, drink champagne, flirt shamelessly and make mad whoopee, all in the course of one wild day.

Deirdre Ward-Beck is a

was Othello, with the lead role performed by an actor wearing the blackface makeup that leads to mistaken identity and farcical madcap high jinks. This became problematic in recent years, as blackface drew increasing criticism. In response, the opera in the story was updated to the more acceptable (and relevant) Pagliacci, with the lead role performed in whiteface clown makeup, hat and costume. Anyway, aren’t crazy clowns more fun? But clowns or not, nothing beats a good farce to lift your spirits and let you laugh at yourself, and maybe even the whole human race.

Lend Me a Tenor runs now through March 21, 2020. Tickets are \$16-\$18. Avon Playhouse is located at 1185 Washington Rd in Rochester. For more information, call 248-608-9077 or visit Avonplayers.org/.

“Sometimes you need to press pause to let everything sink in.”

Sebastian Vettel

Antonio's

ITALIAN CUISINE

Italian! As Only Mamma Can Make It!

1/2 OFF
Bottles of Wine
Every Friday

FISH & CHIPS
FRIDAYS
are back starting
February 28th!

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

“THE AUDIENCE REACHES A FEVER PITCH!”
— Entertainment Weekly

SUMMER

THE DONNA SUMMER MUSICAL

ON SALE NOW
FISHER THEATRE • JUNE 9-21

BroadwayInDetroit.com | ticketmaster.com | 800-982-2787 | Box Office
Groups (12+) Groups@BroadwayInDetroit.com (subject: Summer)
Info 313-872-1000 | **AD** and **OC** June 14 7:30 pm

Photo: Francesco Scavilla

Health & Wellness

"We all have to face pain, and pain makes us grow."

James Taylor



Michigan Center
for TMJ & Sleep Wellness

**Start Living Again...
Let Us Help You.**

Jeffrey S. Haddad D.D.S.

p: (248) 480-0085

f: (248) 480-0084

www.michigantmjandsleep.com

Stevens votes to pass emergency Coronavirus funding package

The U.S. House of Representatives passed an \$8.3 billion emergency supplemental appropriations bill to address the coronavirus and protect Americans from this public health crisis.

Rep. Haley Stevens (MI-11) voted to pass H.R. 6074, an emergency funding package to support a robust and coordinated response to coronavirus, including vaccine development, support for state and local governments, and assistance for affected small businesses.

"The coronavirus outbreak is a serious public health crisis, and this emergency funding package will ensure our federal agencies,

states and localities have the resources needed for an effective response to keep Americans safe," said Congresswoman Stevens. "The package includes funding for screening and prevention efforts, vaccine research and development, medical supplies, and critical support for local healthcare providers. I was also proud to support \$1 billion in loan subsidies for small business in areas directly impacted by this outbreak. While this bill provides important funding for public health initiatives and emergency efforts, I will continue working to make sure that American manufacturers who are being impacted by supply chain

disruptions get the help they need. In Michigan, manufacturers that rely on imported parts, materials, or products are concerned by the continued disruption of operations in China and other countries. I will continue monitoring this crisis and ensuring that our American manufacturing workers and state and local officials in Michigan are getting adequate support from the federal government."

Last week, Rep. Stevens called for an interagency task force to address the economic fallout from the coronavirus epidemic.

Troy Beaumont visitor safety restrictions

Beaumont Health has launched a Coronavirus Hotline: 248-551-7000. Staffed by Beaumont nurses, the hotline is a community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms. The line is open from 7 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. Saturday and Sunday. Nurses will answer questions about the virus and direct patients to the appropriate level of care.

To protect patients, staff, visitors and the community during

the outbreak, Beaumont are following state and federal recommendations and restricting visitors to hospitals. All routine visiting is restricted at their eight hospitals until the transmission of COVID-19 is no longer a threat. Restricted visitation will be in effect for all people, including family and friends who enter a Beaumont hospital.

No visitors will be allowed in rooms of patients with pending or positive COVID-19 tests, except under extreme circumstances.

Anyone under the age of 16 is restricted from visiting, except

under extreme circumstances. Most patients will be allowed two visitors who must remain in the hospital room for the duration of the visit.

All visitors will be required to be screened for symptoms of respiratory illness: fever, runny nose, cough and shortness of breath, prior to entering one of our hospitals. Individuals with these symptoms will not be permitted to visit patients.

After a visit is complete, visitors must leave the hospital and cannot remain in waiting areas, public areas or cafeterias.

Henry Ford West Bloomfield to host health and wellness programs

Henry Ford West Bloomfield Hospital invites the community to health and wellness events during the month of April.

DIA Gallery Talk – Through Her Eyes: Women Artists

*Tuesday, April 14, 12-1:45 p.m.
Lower Level Conference Room*

This event is free to attend; no registration required. Join for a gallery talk and tours of their Michigan art collection. This special event will be led by a docent from the Detroit Institute of Art, who will explore the work of women artists in the DIA collection to heighten awareness of the creative contributions of women across cultures and time, providing an opportunity to explore issues between gender, politics, and culture.

Choose, Share, Respect: It's Your Life, It's Your Choice

Thursday, April 16, 9-11 a.m.

This event is free and open to the community; registration is preferred. To register, email wbhpastoralcare@hfhs.org.

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage families to discuss and express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. Join the Henry Ford West Bloomfield Hospital Nurses Improving Care for Health System Elderly (NICHE) Steering Committee for a discussion.

The Best of Brunch

Tuesday, April 28, 6-8 p.m. \$20 per person or \$30 for two people; registration required.

From frittatas to French toast, brunchtime brings the best sweet and savory food choices. Skip the long wait at local restaurants and treat your loved ones to a homemade, delicious and nutritious midday meal. Join Henry Ford experts to learn new recipes that will elevate your kitchen skills and help build your best brunch.

Henry Ford West Bloomfield Hospital is located at 6777 W. Maple Road, in West Bloomfield. For more information, or to register, email dk@hfhs.org.

Clean, sanitize, disinfect your environment

Cleaning, sanitizing and disinfecting. Mixing up these terms can result in poor cleaning practices and the spread of illness. Having a better understanding of these three words may help prevent someone from becoming ill.

According to the Centers for Disease Control and Prevention, cleaning removes germs, dirt and impurities from surfaces and objects. Cleaning is done by using soap, detergent or another cleaning product and water, then physically scrubbing to remove germs from the surface. It is important to remember that cleaning does not kill germs, mold or fungi; it just removes visible, dirt. Before you can sanitize or disinfect, the dirt and debris must be removed.

Sanitizing reduces the number of germs on a surface to safe levels, according to health officials. This is done by using a commercial sanitizing product, such as chlorine bleach mixed with water. It is important to mix the sanitizing solution at the proper ratio of bleach to water, if it is too strong, it can cause a chemical contamination, if it is too weak, it won't kill the germs. It is also important to let the solution stand on the surface for a recommended period of time. The standard solution for a bleach and water sanitizing mix is one tablespoon bleach to one gallon of water or one teaspoon bleach to one quart of water (in a spray bottle). The concentration is 50 – 90 ppm and requires a contact time of 30 seconds. This solution can be tested to ensure the concentration's strength by purchasing sanitizer test strips at

a food service store. If sanitizer is stored in a spray bottle, it should be tested daily to ensure the strength is still within the range of 50 – 90 ppm.

Disinfecting kills the germs on surfaces. This is done by using a stronger solution. If bleach is used, the solution recommended is one-quarter to three quarters cup of bleach to one-gallon water, with a contact time of two minutes. This process can further lower the risk of spreading infection.



Should you disinfect all the time to ensure more germs are killed? That probably would not be the best idea.. Chemicals are very strong and can have adverse results on health. Using the strongest concentration all the time can lead to skin irritation,

lung problems and other issues. Remember, cleaning should always take priority over sanitizing or disinfecting. As you clean, remember to change your water frequently to avoid further spread of dirt or germs. In most situations sanitizing would follow cleaning. Always read the directions on the product you are using. You should only disinfect when there are many germs present. For example, if someone has been sick in your home (vomit or diarrhea) or restaurant, or

you've spilled a large amount of raw juices from a meat, poultry or seafood product on the floor, this would warrant cleaning and disinfecting.

— MSU.edu

Combine household chores with your fitness routine

If you really want to burn some calories and work out your muscles while doing housework, it's important to be aware of your body and how it's moving. You may also want to skip shortcuts and actually look for ways to make chores more strenuous in order to get a better workout. If you do this, though, please check with your doctor first. It may seem farfetched to think that you might injure yourself while vacuuming, but it's always better to err on the side of caution.

Vacuuming

You may hate to do it, but pushing around a vacuum always counts as at least a mini workout. The next time your rug or carpet needs attention, give the cat a heads-up, then really focus on stretching out your arms and legs

when you're making sweeps across the room. Be sure to check your posture to make sure that you're not slouching – this can be bad for your back. Also, try to tighten your tummy muscles while annihilating those dust bunnies. This is good for toning core muscles.

Dusting

Dusting can be boring and tedious, but not if you put your favorite music on and take dance breaks. Yes, dance breaks. Why not? You're already on your feet and doing something. You might as well take the opportunity to add some fun to an otherwise absolutely un-fun task. And it doesn't matter if you're not the greatest dancer in the world. It's also okay if your kids happen to walk in on you while you're doing

your best Dab. Occasionally making your children wonder about your sanity is just another part of parenthood.

Gardening

This one is almost a no-brainer. Anyone who's ever engaged in serious gardening will tell you that it can be exhausting, backbreaking work. Unless you're just attending to one flower pot, you don't really need to add anything to garden work in order to burn calories. You're lifting, walking, bending, digging, and probably breaking a sweat.

If you already suffer from a bad back, planting raised beds that allow you to bend less is a really good idea.

Foods that can increase your metabolism

Want a jump-start on your weight loss goals? Here are the best things to add to your diet.

Almonds

Unless you have a tree nut allergy, snacking on almonds is a beneficial way to curb hunger throughout the day. Almonds are heart-healthy and loaded with protein, fiber, and minerals. They also contain the kinds of fatty acids that can give your metabolism a boost. Just be careful with how many you eat because almonds are not low in calories.

Chia Seeds

It's crazy that we used to think chia seeds were only good for growing "hair" on terra cotta animals. Chia Pets are cute, but the chia seeds themselves are very nutritious. They contain an impressive amount of antioxidants, and they can add a lot of great texture to your smoothies. These little seeds are also high in fiber, protein, and omega 3 fats, a combination that can fire up your metabolism.

Coconut Oil

Coconut oil had been praised a lot lately, and for good reasons.

You can cook with it, use it as a skin moisturizer, and even use it to condition your hair. And if consumed, this "super oil" can help you stay slim. The fatty acids in coconut oil also support your thyroid.

Curry

There are a lot of different types of spices that can go into curried dishes, but you'll typically find hot peppers, cinnamon, turmeric, and ginger, all of which are known as metabolism boosters. And you don't have to go to an Indian restaurant to get your curry fix. Try putting curry powder on eggs, potatoes, or any vegetable that you want to season.

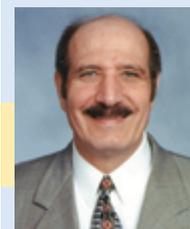
Spinach

You should be eating spinach anyway because it's spinach and awesome for your body. Popeye was NOT wrong about this leafy green. It contains a ton of vitamins and minerals, and because of its high fiber content, spinach can boost your metabolism – A lot. Some experts claim that eating leafy greens like spinach can increase your fat burn by as much as 30%.

When Was Your Last EYE EXAM?

Your Medical Insurance Covers Eye Exams at Our Office Because We Are Ophthalmologists

Our Concern Is For The Health Of Your Eyes And How It Affects Your Overall Health



Ed Nakkash, MD
Ophthalmologist



Gerald Mullan, MD
Ophthalmologist

- General Ophthalmology
- Dry Eye
- Cataracts
- Glaucoma
- Diabetic Eyes
- Crossed Eyes
- Lids Abnormalities
- Macular Degenerations
- Near & Far Sightedness

Call For Your Appointment Today!

Eye Clinic of Hazel Park
22039 John R
South of 9 Mile Rd.
248-336-3937

Eye Clinic of Rochester Hills
3080 John R
Just South of Auburn Rd.
248-299-3937

nakkasheye.com

33% OFF

Eye Clinic of Hazel Park

ALL FRAMES
WITH COUPON

Eye Clinic of Rochester Hills

Three individuals advance in Oakland Community Health Network's CEO search

Oakland Community Health Network (OCHN) has chosen three candidates to advance in its search for a new Chief Executive Officer (CEO): Bradley Casemore, CEO of Southwest Michigan Behavioral Health; Dana Lasenby, Chief Clinical Officer for Detroit Wayne Integrated Health Network, and Dr. Nicole Lawson, Deputy Executive Director & Chief Operating Officer of Oakland Community Health Network.

On Monday, March 16, the OCHN Board Search Committee will conduct the second round of interviews, beginning at 8:15 a.m. Two finalists will also be chosen on this day. The final decision about which candidate will be offered the CEO position is being made by OCHN's full Board during a special meeting on Thursday, March 26th at 5 p.m.

Both meetings are open to the public and being held at OCHN's administrative offices at 5505 Corporate Drive in Troy, Michigan. People interested in attending the

meeting are reminded that the I-75 and Crooks south bound exits are currently closed. The agency recommends people use either the Adams or Big Beaver exits instead.

OCHN's Board of Directors has been in consultation with executive search firm the Hunter Group during this important process to identify a qualified candidate to lead Oakland County's public mental health system.

OCHN's mission to "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System for Valued People." Programs and supports provided by OCHN's service network are available at Oaklandchn.org/.

Most of the 28,000 people who receive services through Oakland County's public mental health system, which is managed by OCHN, have Medicaid insurance coverage.

General health should facilitate oral health

HEALTHY MOUTH

HEALTHY BODY



by
DR. DANIEL O'BRIEN

In my most recent (and relatively successful!) attempt at removing refined sugar from my diet, household, and overall life in general, I have been Googling several health articles that focus on nutrition. One of them, a very informative online magazine called Healthline, had a great article on the benefits of increasing our daily amount of water. But there was one 'tip' offered in this particular article that should disappoint the discerning eye of any dentist.

Here it is, in a list of tips for drinking more water. See if you can spot the problem:

"Jazz up the taste. 'Squeeze some fresh lemon into your water bottle,' says Dean. It adds a nice hint of flavor and has some added benefits."

If you see the lemon as the saboteur, you're correct!

I offer this one example to make a point: 'Dean' is a nutrition expert being quoted in the health magazine. Lemon contains citric acid; the amount of lemon added to water to affect the taste is more than enough to change the acidity of the oral cavity to a threshold level where the enamel is destroyed. Add to that the act of sipping all day, and you've created a tooth decay nightmare. In this health specialist's effort to get us healthier by increasing our water intake, he's unknowingly suggesting we create tooth decay in the process. The bacteria

causing this decay enters the bloodstream and increases the risk of systemic disease.

Oral health has only recently been acknowledged by the medical community as a vital component to overall health—something beyond a vessel for sending food into the belly. Bacteria from unhealthy mouths contribute to hypertension, stroke, and heart disease. Still, bad habits are hard to break. Hopefully, nutritionists like the one quoted in the article I cited will add oral wellness and disease prevention in their nutrition regiment. Leaving it out of the equation is like saying a little disease, and infection is ok as long as the rest of the body is fit.

Daniel J. O'Brien D.D.S., P.C. has his offices at 3796 Rochester Rd., between Big Beaver and Wattles Rds. He can be reached at 248-526-0120 or go to www.theartofsmiles.net.

Give your heart some love every day

If you're like most people, you have a hectic schedule and a busy life. So, it's easy to forget about heart health until you see or read something that reminds you about the risk of heart disease. Then, you may panic a little and wonder if you're doing enough to protect your heart and prevent catastrophe. Luckily, there are simple things you can do everyday to show some love to that all-important organ that (quite literally) keeps you going.

Along with frequent check-ups with your regular physician, following these tips should give a heart-healthy advantage, extra energy, and peace of mind.

Find time for exercise.

According to Johns Hopkins, getting at least 30 minutes of exercise a day does a lot for your heart. First and foremost, regular physical activity lowers your blood pressure. It also helps you maintain a healthy weight, regulates cholesterol levels, and reduces stress hormones in your body. So, get out and walk, take a few laps around your local pool, or join a yoga or Pilates class. Pick any activity that appeals to you. As long as it gets you up and moving, any exercise is good exercise.

Don't skimp on sleep.

In the process of finding time for exercise, it's also important to make time for sleep. That's right. As much as your heart needs activity, it also requires adequate

rest. In fact, recent studies show that those adults who get less than six hours of sleep a night (on average) run the risk of developing high blood pressure and cardiovascular inflammation. So, try to get at least six hours of sleep every night – but, remember that seven or eight hours is even better.

Get up and move throughout the day.

Unfortunately, sitting too long throughout the day can increase the chances of blood clots that lead to cardiovascular events. This is a huge problem for those of us with desk jobs. However, taking small, periodic breaks (three-five minutes) to stretch and move around helps a lot. Also, if possible, use 10-15 minutes of your lunch break to take a quick walk around your office. Or, if your employer is open to the idea, request a standing desk.

Cut trans fats out of your diet.

Trans fats are found in most margarines, fast food, and packaged backed goods, and they don't do your heart any favors. Instead, they raise the "bad" cholesterol (LDL) in your body and lower "good" cholesterol (HDL) levels. These leads to clogged arteries and potential heart trauma down the road. Of course, not all fat is bad. In fact, fats found in olive oil, avocados, and almonds are actually good for your heart, and consuming these non-trans fats in moderation can

help you lower bad cholesterol and raise good cholesterol levels.

Practice good dental hygiene.

As strange as it may sound, taking care of your teeth and gums does good thing for your heart too. Those who neglect their teeth and gums often develop oral bacteria that causes gum disease, but the problem doesn't end there. Sometimes, these bacteria get into the bloodstream and promote inflammation in the blood vessels. This increases your risk for stroke or heart disease. So, brush and brush daily, and get regular dental checkups. Then, you'll have a brighter smile and a healthier heart.

Avoid smoking, even if it's secondhand.

No smoker wants to be reminded of the fact that smoking is absolutely, undeniably BAD for your heart. It increases your blood pressure, causes plaque to build up in your arteries, and leads to premature heart disease in thousands of individuals every year. And, no, quitting is NOT easy, so talk to your doctor about a cessation program that works for you. Also, if you're not a smoker, you should know that secondhand smoke is also harmful, so avoid cigarette, pipe, and cigar smoke when you can.

The Art of Smiles



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

- Preventative and Restorative Dentistry
- Root Canals
- Cosmetic Dentistry
- Implants
- Non-Surgical Treatment for TMJ
- Dentures
- Oral Surgery
- Oral Cancer Screenings
- Digital X-rays

NOW A LATEX-FREE OFFICE • GREAT WITH KIDS!

START THE NEW YEAR WITH STRAIGHT TEETH!
INVISALIGN SPECIAL OFFER*

\$750.00 Off Invisalign PLUS a FREE Consultation
+ A FREE Electric Toothbrush + A FREE Whitening Kit at completion

* Applies to New Invisalign Patients Only

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

CLASSIFIEDS

March 16, 2020



Troy-Somerset Gazette

Established in 1980 by
Claire M. Weber

Publisher
Mark Nicholson

Editor-in-Chief
Andrew Neal

City Editor
Cynthia Kmett

Advertising
Pam Brown

Production
AJ White

Circulation
Alex Neal

DISPLAY ADVERTISING:
248-524-4868
Advertising@GazetteMediaGroup.com

TO SUBMIT EDITORIAL:
News@GazetteMediaGroup.com

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

GetYourGazette.com

@TSGazette

@Troy_Gazette

Voices of Troy - Podcast

Anchor.fm/VoicesofTroy



SERVICES

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

3/5

LANDSCAPING

Morgan's Lawn and Landscape
Fast, friendly and affordable. Free estimate.
Call Jake at 248-720-8966.

3/3

SUMMER CHILDCARE

College student looking for Nanny work
during the 2020 summer. References and
CPR certified. Preferably 3 days per week.
Call 248-837-0737.

2/3

HELP WANTED

Connected Services Design Release
Engineer - (Troy, MI) Respon for preparing
project plans, technical
documentation/road map for system
integration betw SDP/Cloud & ECU's.
Designing features to meet reqmnts.
Testing & assuring quality. Conducting root
cause analysis & implementing features
using CAN, Linux/QNX/Command Line &/or
Telnnet In-vehicle Connected Vehicle
Applications. Reqs: MS in Electrical Engrg.
Travel to client locations. Mail resumes to
HR Mgr, Indepth Engineering 850
Stephenson Hwy, Ste. #322 Troy MI 48083

1/1

CLEANING

Seeking clients for locally owned cleaning
business. I am experienced in interior
cleaning of office buildings, medical offices,
and daytime housekeeping for residential
homes. Solid references, all cleaning
products and equipment provided at no
extra cost. \$25/hr. Call 248-982-0784.

1/2

HOME IMPROVEMENT

Carpets Re-stretched and repaired. Vinyl
floors repaired too! Lifetime guarantee. 32
years experience. Great references.
Call Steve, 248- 909-7486.

4/13

SENIOR CAREGIVER

Caregiver will take care of your loved one.
20 years experience with references. Please
call 586-596-8119.

3/4

WANTED WW2 COLLECTIBLES

COLLECTOR RESPECTFULLY
BUYING WW2 COLLECTIBLES
Medals, Helmets, Weapons,
Accouterments, Vet Bring Backs,
NOT RESOLD
Call or text photo(s) to 248-495-7622

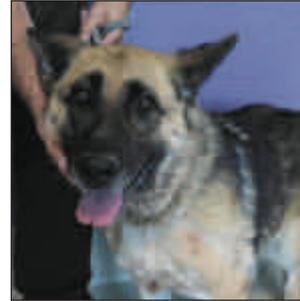
2/2

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

Gabana



Spot



Purty

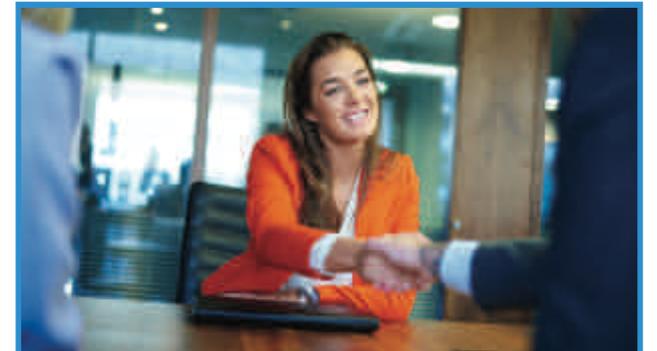


Angel



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 two
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.



NOW HIRING!

Advertising Sales Account Manager

We're looking for an Advertising Account Manager

If you are interested, please call our office to
schedule an interview and learn more about the
position - **248-524-4868**.



Sudoku

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

Place Your Classified Here Two Great Papers, One Low Price!

Place your classified ad in both Gazette Newspapers and your message will reach readers
in Troy, Rochester, Rochester Hills, and surrounding communities.

Novenas Available
for \$17 per week

	1 Paper	2 Papers
15 Words	\$12	\$20
Each Additional Word	25¢ 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

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.

Walsh moves all classes to remote delivery amid Coronavirus outbreak

Walsh College has transitioned all classes to a remote delivery format for the spring semester. Final exams for the winter semester will be administered remotely.

Students will have access to academic advisors, faculty, career advisors, tutors, and other support services via phone or virtual appointments. Walsh locations will be closed until April 20 and all on-site events will be postponed or rescheduled for a later date.

“Walsh has a comprehensive plan that puts the safety of our students first,” said Marsha Kelliher, President and CEO. “With 96 percent of our students already attending partially or entirely online, we are well-positioned to deliver high-quality online and virtual instruction.”

For more information, visit Walshcollege.edu/coronavirus/.

Rochester Community House remains open, increasing health measures

In an effort to help mitigate the COVID-19 pandemic, Rochester Community House will be reviewing events, while remaining open for classes and meetings based on teacher and leadership evaluation.

“We are monitoring each class and each event to make sure that we are taking precautions to keep our community safe,” said Alan Smith, Community House Director.

Smith also assured the community that in addition to increasing cleaning and sanitizing

of all surfaces and public areas, Rochester Community House has partnered with the CDC’s Life is Better with Clean Hands program to educate every guest on proper handwashing methods.

The community is also encouraged to drop off canned and nonperishable items during normal business hours in order to further meet the needs of the community.

Rochester Community House, is located at 816 Ludlow in Downtown Rochester.

Meisner: No one will lose property to tax foreclosure due to Coronavirus

Oakland County Treasurer Andy Meisner is issuing a pledge today that no one in Oakland County will lose their property to tax foreclosure because of circumstances related to Coronavirus, including taxpayers who contract the virus, are required to self-quarantine or anyone facing circumstances related to the virus and its broad impact. This is in addition to Meisner’s broader efforts to help families save their homes from tax foreclosure under any circumstance.

“My pledge today is that no one in Oakland County will lose their property to tax foreclosure because of circumstances stemming from the Coronavirus public health emergency,” said Oakland County Treasurer Andy Meisner. “I want everyone in Oakland County to focus their attention on staying healthy and preventing the spread of the virus, not on whether or not they could lose their property. The Treasurer’s Office has your back.”

The Treasurer’s Office is adapting to the changing needs of taxpayers in a number of ways to ensure that no one loses their

property to foreclosure. The following are several examples of changes made to date, other options are also under active consideration.

Anyone with a hardship associated with Coronavirus will not face foreclosure this year and their property will be pulled from the tax foreclosure process. This includes people unable to visit County offices to make a payment or to meet with the Treasurer’s team for a Taxpayer Assistance Meeting to work out a repayment schedule.

If taxpayers are prevented from visiting county offices due to quarantine, illness, or other disruptions, including lack of sufficient transportation or childcare, the County Treasurer will accept tax payments by credit card or check online at www.oakgov.com/treasurer.

In addition to the online payment option and to encourage social distancing, if the Treasurer’s Office and County courthouse campus are closed to the public, the Treasurer has an outside drop box for tax payments that will be checked regularly.

If full payment is not an option

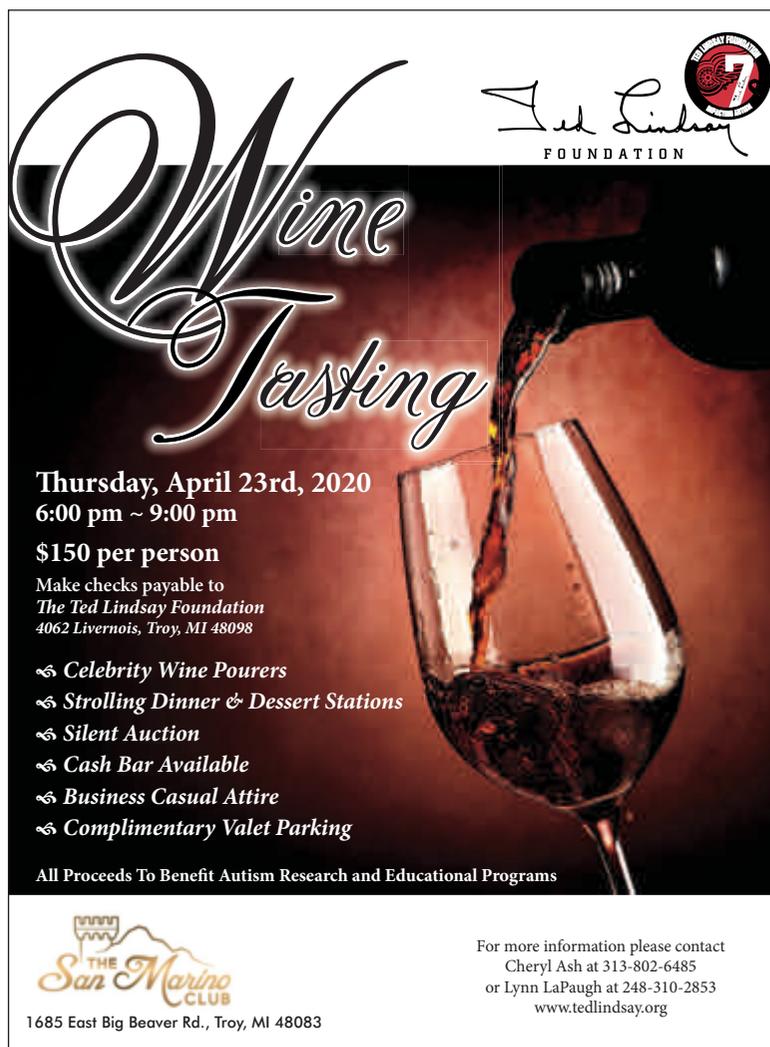
for the taxpayer, the County Treasurer will offer repayment schedules or payment plans. Usually negotiated in friendly, face-to-face meetings in Pontiac, Treasurer Meisner and his deputies will now perform Taxpayer Assistance Meetings by telephone at (248) 858-0611.

The Treasurer will approve automatic repayment schedule renewals to property owners who are 50% or more compliant paying old payment plans.

The Treasurer will waive the processing fee to produce 2019 delinquent tax statements.

Treasurer Meisner and his deputies have performed cross-training to accommodate anticipated work shortages, so there will not be a disruption in service.

“Our fight to prevent foreclosure includes and extends beyond those impacted by Coronavirus. Given the challenges this pandemic will cause, I will not allow an Oakland County property owner to lose their home.”



Wine Tasting

Thursday, April 23rd, 2020
6:00 pm ~ 9:00 pm

\$150 per person

Make checks payable to
The Ted Lindsay Foundation
4062 Livernois, Troy, MI 48098

- ✦ Celebrity Wine Pourers
- ✦ Strolling Dinner & Dessert Stations
- ✦ Silent Auction
- ✦ Cash Bar Available
- ✦ Business Casual Attire
- ✦ Complimentary Valet Parking

All Proceeds To Benefit Autism Research and Educational Programs

THE MARINO CLUB
1685 East Big Beaver Rd., Troy, MI 48083

For more information please contact
Cheryl Ash at 313-802-6485
or Lynn LaPaugh at 248-310-2853
www.tedlindsay.org



SYTHAI **NOW HIRING!**

Gracious Hospitality and Authentic Thai Cuisine

FOR DELIVERY ORDER ON-LINE @ WWW.SYTHAITROY.COM VIA GRUBHUB & DOORDASH.

Buy One Entree and Receive the 2nd Entree 1/2 OFF
(of equal or lesser value)
Dine in only.
With this coupon • One coupon per table • May not be combined with any other offer • Please tip server on the full amount of bill before discount
Troy Location Only. Exp. 4/13/20 • TSG

459 E. Big Beaver Troy, MI 48083
248.817.2694
Mon-Thurs. 11am - 10pm
Fri. 11am-11pm Sat. 12pm-11pm
Sun. 12pm-10pm
www.SyThaiTroy.com

\$2 OFF Lunch and \$4 OFF Dinner
On any ENTREE
Dine in only.
With this coupon • One coupon per table • May not be combined with any other offer • Please tip server on the full amount of bill before discount
Troy Location Only. Exp. 4/13/20 • TSG