



Health & Wellness Inside

Troy-Somerset Gazette



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May 20, 2019
Vol. 39, No. 35

Community Garage Sale & Flea Market

Troy Parks and Recreation will host a Community Garage Sale & Flea Market on Saturday, June 1 from 9:30 a.m. – 3 p.m.

Visit the Liberty Center Parking Garage to find your next treasure and shop from local vendors. Clothes, kitchenware, knick-knacks, and more.

The cost to attend is \$2 per person, children 12 and under get in free. No registration is required.

The Liberty Center Parking Garage is located just south of the Troy Community Center parking lot.

Spots are still open for vendors. Use activity number 8061-D, E, or F, or call 248-524-3484 with any questions.

Troy Police Sergeant Scott Smith Passes

The Troy Police Department announced last Friday that Sergeant Scott Smith passed away. "Sgt. Smith was a true warrior, fighting cancer valiantly over the past several years," TPD said in a post online. "Sgt. Smith honorably served the citizens of Troy for nearly 24 years. Scott had an easy smile, a booming laugh, a story for every occasion, and a passion for life. He was a loving father, devoted husband and inspirational mentor to many. To say he will be greatly missed is an understatement. RIP Smitty."

Anyone wishing to assist the family may do so through the Troy Police and Fire Benevolent Association. All of the donations denoted for Sgt. Smith will go directly to the family. Checks can be written to the TPFBA with Sgt. Smith in the memo line and mailed to 500 W Big Beaver Rd Troy, MI 48084.

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Classifieds



TROY POLICE HONOR GUARD members were in Washington DC last Monday for National Police Week remembrances of fallen officers. Pictured are (left to right) Officers Peter Minton, Robert Smith, Carlo Pizzorni, Sgt. Frank Shuler, Officers Brenna Yunkari, Rachel Morrow, John Julian, Sgt. Jason Clark, Officers Ben Hancock, Patrick Flood and Sgt. Mike Villerot. (Not pictured is Sgt. Russ Bragg, as he was escorting surviving families.)

Expect a New Look at Rochester and I-75

by CYNTHIA KMETT

Things can change when your parcel is in the Big Beaver Form Based Zoning designation.

For example, you're only supposed to be 10 feet from the road, for a more urban look, and heights can vary drastically from adjoining buildings. There's a problem with that idea right now, down at McClure and Big Beaver, with an apartment complex that wants to be several stories higher than the neighborhood. But that's in the courts, so we'll have to wait for a decision.

We don't have to wait for a decision on the Springhill Suites Hotel proposed by Stellar Hospitality Troy for the site on Rochester Road, sandwiched between Big Beaver and I-75. Proposed in April was a 123-suite, five-story hotel. Planners were concerned about traffic from the freeway, the height of the hotel (54 feet), and the fact that it is between two much older residential streets in Owendale and Henrietta. The hotel is part of the Marriott family of hotels. You may remember the site as once

home to a kitchen table store and then a Halloween shop before going empty for years. The developer even bought a large parcel between Owendale and I-75 for employee parking. Unlike some hotels, they don't need parking spaces for meetings and banquets as this is not a venue intended to have food, expect a continental breakfast for guests.

Last week, the planners generally liked the architectural changes made to the building, especially eliminating all E.I.F.S.,

See PLANNING, page 6

Troy Police Honor Those Who Served and Sacrificed

by CYNTHIA KMETT

"Police Memorial Day is about honoring officers that made the ultimate sacrifice for our community by giving their lives as well as recognizing the bravery and selflessness demonstrated by current officers," Troy Police Chief Frank Nastasi reminded everyone at the Thursday morning Memorial Service in front of the Police Station. "It is my privilege to work with officers that go above and beyond on a daily basis to make Troy a great place."

It's a time to recall officers who have given their life serving Troy citizens.

Troy has lost three officers over the years. Officer Charles E. Smetana was 33 when he died on December 11, 1969. While responding to a personal injury accident, he was involved in a crash. Officer Martin Chivas, 24, was killed on April 22, 1974. During the investigation of a robbery in progress, he was shot and killed by the burglars. The suspects were prison escapees on a multi-state crime spree. Officer Charles Mulvihill died while serving the citizens of Troy on September 11, 2001. He was responding to a call for service when he suffered apparent heart failure.

Their sacrifice and courage

See TROY POLICE, page 2

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Troy Police Department Honors Distinguished Personnel at Ceremony

TROY POLICE, From page 1

will always be remembered, Chief Nastasi told the gathering. He praised all police officers for staying strong despite the obstacles these officers face today. "I am proud of these officers," he observed.

After the Memorial Service, everyone was invited to the annual awards ceremony at the San Marino Club. This year, a Fraud Investigator, Community Outreach Sergeant, and Service Aide were selected for awards.

Troy Police Select Detective Todd Gustke as Officer of the Year

Troy's Police Officer of the Year is 24-year agency veteran Detective Todd Gustke. Todd is an accomplished detective currently assigned to the Southeast Michigan Financial Crimes Task Force, a Secret Service run group of federal and local investigators. Todd's exceptional skill and hard work resulted in the positive resolution of two major fraud cases in 2018.

Todd successfully completed an investigation of an \$18.2 million criminal operation which was

buying selling fraudulently obtained gift card cards and prepaid credit cards last year. Also in 2018, Todd's investigation of an ATM-skimming group acting in Troy, Royal Oak, and surrounding areas led to an arrest of the ringleader.

Todd has served in various investigative capacities while employed at Troy PD and has developed a reputation in the region as a skilled fraud investigator.

He says his job is exciting, and he likes following all the clues and putting all the pieces together to solve the case. He has received numerous prior awards including a certificate of recognition from FBI Director Robert Mueller for outstanding contribution to the Detroit Metro Identity Fraud Task Force. Todd also received the prestigious Sir Robert Peel Award from the University of Detroit-Mercy for excellence in the Security Administration graduate program.

Todd's supervisors nominated him for Officer of the Year because of his character as well as his skill. Todd is known for his professional attitude, diligence, commitment, and strong work ethic.

Troy Police Select Sergeant Meghan Lehman as Command Officer of the Year

Sergeant Meghan Lehman is Troy's Command Officer of the Year. Meghan serves in the agency's Community Services Section, guiding community relations, social media, and media relations efforts.

In 2018, Meghan grew the agency's social media presence significantly, using social media to increase community connection and rapidly release emergency information.

Under Meghan's supervision, the Community Services Section delivered 157 community programs, attended by more than 28,000 people in 2018. These programs include things like the Halloween Safety Bash, Pawfficer Donut's "Pawsitivity" Program, and many others.

Meghan has been with the agency for 15 years and previously served in the Juvenile Unit as an investigator and also as the School Resource Officer at Troy High School. Meghan was the Officer of the Year in 2010 for her investigative work on juvenile cases. She finds her current role as a Public Information Officer allows her to combine her skills and interests together.

Troy Police Select Service Aide Peter Guest as Non-Sworn Employee of the Year

Police Service Aide Peter Guest is Troy's Non-Sworn Employee of the Year. Peter is being recognized for his contributions to drunk driving cases through Breathalyzer administration, documentation and courtroom testimony, as well

as his outstanding work ethic.

Peter has administered hundreds of Breathalyzer exams in his career and has subsequently testified in many drunk driving cases.

Through his professionalism, knowledge and meticulous reports, Peter has contributed to numerous cases.

Peter is currently a lockup training officer, training new hires in agency policy and procedure. In 2018, Peter trained three new lockup employees.

Peter's supervisor reports that he is an exceptional trainer, demonstrating unquestionable integrity.

Peter joined the Troy Police Department in 2006 after 20 years in sales related positions. He is a graduate of Groves High School and Oakland Community College.



TODD GUSTKE was honored as Police Officer of the Year. He has worked as a Troy police officer for 24 years. From left, Gustke with some of the chief's he's served under: Gary Mayer, Gustke, current Troy Police Chief Frank Nastasi, and Charlie Kraft.



THE AWARDS CEREMONY for the Troy Police Department was a family affair. Officer Aaron Engh, who was sworn in at the event, was accompanied by his daughter Mallory, 3.

Memorial Day Weekend Events at White Chapel Memorial Park Cemetery

Memorial Day weekend is a time to reflect and remember all members of the branches of the U.S. military, both past and present, who have served our country. White Chapel Memorial Park Cemetery in Troy is hosting two free community events in recognition of Memorial Day weekend beginning with a Memorial Day Celebration Concert at 3 p.m. on Sunday, May 26. White Chapel Memorial Park Cemetery is located at 621 W. Long Lake Rd. (just West of I-75) in Troy.

The concert-in-the-park features a program of patriotic songs performed by The Birmingham Concert Band with conductor Grant Hoemke.

On Monday, May 27, White Chapel Memorial Park Cemetery will host the 90th Annual WWI

Polar Bear Memorial Service at 11 a.m. Notably, this spring marks the 100th Anniversary of the Polar Bears returning home. The Polar Bear Expedition was a contingent of about 5,000 U.S. troops from the 85th Division, 339th infantry (mostly from Michigan) who landed in Arkhangelsk, Russia and fought the Bolshevik forces in the surrounding region during the period of September 1918 through July 1919.

An expedition under the auspices of the Veterans of Foreign Wars (VFW) was successful in organizing and conducting a recovery mission in the autumn of 1929 that found, identified and brought out the remains of 86 U.S. soldiers. Another dozen remains of Polar Bear soldiers were shipped by the

Soviet Union to the U.S. in 1934, which reduced the number of U.S. soldiers still buried in North Russia to about 30. The remains of 56 Polar Bear soldiers were eventually re-buried at White Chapel Memorial Cemetery surrounding the Polar Bear Monument by sculptor Leon Hermant.

A boulevard lined with more than 400 American flags and leading to the Memorials in honor of WWI, WWII, Korean, Vietnam, and Persian Gulf War Veterans, as well as a POW/MIA memorial, will welcome visitors to White Chapel Memorial Park Cemetery.

White Chapel Memorial Park Cemetery is located at 621 W. Long Lake Rd. (just West of I-75) in Troy. To learn more, visit Whitechapelcemetery.com/.

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\$15⁹⁹ea -or- 3 for \$41⁹⁹



4.5" Potted Specialty Annuals
\$3⁹⁹ea
10 or more \$3⁵⁹



12" Hanging Baskets
\$21⁹⁹ -or- 2 for \$41⁹⁹



Seed Geraniums
6 pk \$8⁹⁹
Flat of 18 \$24⁹⁹



12" Porch Pots
Mix or Match
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Poke Poke, Unrolling One of Troy's Newest Restaurants

Michigan is 4,287 miles and a seven-and-a-half hour plane ride from Hawaii. On a cold and rainy day, that distance can seem even farther. One local restaurant is bringing the tastes of the Hawaiian islands to Michigan, no boarding ticket required.

Poke Poke (pronounced poh-kay poh-kay) recently opened a new location in Troy. The fast food restaurant serves a version of the traditional Hawaiian dish poke, which may be best described as sushi in a bowl.

"It a modern twist on the traditional Hawaiian dish," said Remy Asmar, marketing director for the food chain.

At Poke Poke, customers can build their own bowl filled with their choices of rice, protein, vegetables, toppings, and sauce. For those who aren't ready to try the raw fish options, Poke Poke also offers cooked crab and shrimp, chicken, and tofu. The toppings range from traditional, like ginger, to creative, like flaming hot cheetos. With thousands of combinations, people can design their food, their way.

"The options are literally endless," Asmar said.

To help people decide, Poke

Poke offers eight signature bowls, with pictures included on the menu, so customers know exactly what's going into the bowl.

Although its food inspiration may come from the Pacific, Poke Poke is a Detroit-born business. The first location opened in Southfield in July 2018. Since then,



the company has grown quickly, with three locations in the metro area, and three more set to open later this year.

Poke Poke also plans to expand to the west side of the state, with a location in Grand

Rapids, and to Florida, with a future location in Tampa.

The founders of Poke Poke felt that there was a "dire" need in the metro area for a restaurant specializing in the dish. They travelled to the west coast often, where there are a lot of poke restaurants, but it was only served at a few places in metro Detroit as a side dish. They saw an opportunity to bring poke back to the people at home.

"**We sparked a lot of interest,**" Asmar said. "We were very much well received."

Asmar said the food is fast, fresh, and delicious, and described it as "very healthy and satisfying."

Poke Poke is excited to have a new location in Troy, which Asmar said she felt is a good fit for poke.

"Troy is extremely happening right now," she said. "We really wanted to be a part of that."

Poke Poke is at 862 E. Big Beaver Rd. It offers dine-in and carry-out options, in addition to catering for your next party. To learn more about the restaurant, visit eatpokepoke.com or call 248-580-9878.

Community Center Annual Maintenance Shut Down

It's time for the center's annual cleaning. Troy Community Center's fitness room and gymnasium will be closed from Tuesday, June 11 through Thursday, June 13.

The Indoor pool will be closed June 10-June 14. Troy Community Center passholders may use the outdoor pool at Troy Family Aquatic Center for free during this time.



Celebrating 68 Years of Marriage

Merrill Russell and Chris (McDonagh) Russell celebrated their 68th wedding anniversary on April 14, 2019. They fell in love and were married in Chicago, Illinois. Merrill was born in Iowa and Chris was born in Ireland.

Merrill owned and ran a successful company, Russell Reinsurance Services, Inc., in Southfield, Michigan and Chris was a homemaker, peacemaker, caretaker, and loving mother of their six children: Bill, Mike, Jim, Bob, Erin and Patti.

A mass was said in their honor, at the Shrine of the Little Flower Church in Royal Oak, where they have been long standing active members.

They have 6 children, 18 grandchildren, and 7 great grandchildren.

Merrill and Chris have been blessed with health, happiness, and love.

They now reside in Troy, Michigan.

Congratulations Merrill and Chris on reaching this amazing milestone together!

Michigan's Polar Bear Heroes Remembrance Centennial.

100 years Gone...But Never Forgotten.

It is a little known fact of WW-I that many of Michigan's own Dough-boys were sent against the Red Army in brutal northern Russia. An event in history that we must pass to each new generation to preserve our heroic heritage.

On Monday, May 27 at 11AM you and your family are invited to our 100th Remembrance Anniversary with "Polar Bear" soldiers in WW-I fighting gear.

On Sunday, May 26 at 3PM your family is also invited to a wonderful patriotic concert by the famous **Birmingham Concert Band and Sing-Along Choir!**

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White Chapel Memorial Park Cemetery 621 W. Long Lake Rd. Troy MI 48098 www.WhiteChapelCemetery.com

Arts & Entertainment



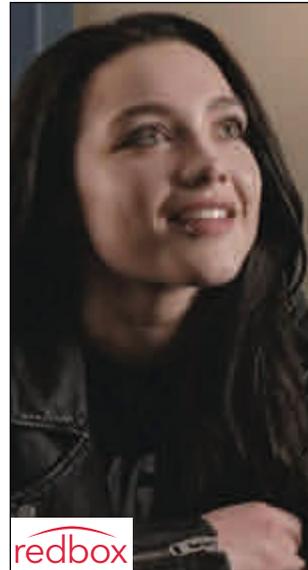
A DOG'S JOURNEY
Family/Drama, PG



NAILED IT! (SEASON 3)
Reality/Cooking, TV-PG



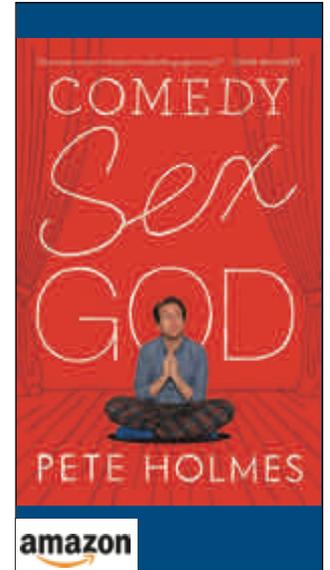
CATCH-22
Comedy/Drama, TV-MA



FIGHTING WITH MY FAMILY
Comedy, PG-13



LEGACY! LEGACY!
Jamila Woods - R&B,
Jagjaguwar



COMEDY SEX GOD
Pete Holmes - Memoir/Religion,
Harper Wave

Music

Live Music at Shield's
Thursdays at 7:30 p.m. and
Fridays at 8:30 p.m. Shield's
Pizza, 1476 W. Maple Rd.

Thursday Night Jazz
Thursdays at 8 p.m. Goodnite
Gracie, 224 S. Sherman Dr.,
Royal Oak

Open Mic Thursdays at 8 p.m.
Goldfish Tea, 117 W. 4th St.,
Royal Oak

Jim James Wednesday, May
22, 7 p.m. Royal Oak Music
Theatre

Florence and the Machine
Friday, May 24, 7:30 p.m. DTE
Energy Music Theatre

**Athens High School
Orchestra Spring Concert**
Thursday, May 23, 7 p.m. Athens
High School - Free general
admission

**Troy Colt Bands Music
Marathon** Saturday, May 25, 8
a.m. Troy High School - 12 hours
of performances

Killer Flamingos Saturday,
May 25, 10 p.m. The Morrie,
Royal Oak

Comedy Open Mic
Wednesdays at 7:30 p.m. Mark ru

ON STAGE

Dr. Neil deGrasse Tyson
Monday, May 20, 7:30 p.m. Fox
Theatre, Detroit

**Head Over Heels: The Go-
Go's Musical** Now thru June
10, The Ringwald Theatre,
Ferndale

Comedy Open Mic
Wednesdays at 7:30 p.m. Mark
Ridley's Comedy Castle, Royal
Oak

Fresh Sauce Improv Sundays
at 9 p.m. Go Comedy! Improv
Theater, Ferndale

Company Now thru June 1,
Avon Players, Rochester Hills

Oklahoma! Now thru June 9,
Stagecrafters, Royal Oak

AROUND TOWN

Social Knit & Crochet
Wednesdays at 6 p.m. The Yarn
Stop, 25 S. Main St., Clawson

Cosmic Bowling Fridays at 7
p.m. at Escape, 1950 E. Square
Lake Rd.

Skateworld Adult Night
Sundays at 8 p.m. Skateworld of
Troy, 2825 E. Maple Rd. - Event is
18+

Quizzo Friday, May 24 at 7 p.m.
St. Julian Winery, 518 W. 14 Mile
Rd.

**Last Day Dog Rescue Pet
Adoption Event** Saturday, May
25, 12 p.m. Troy PetSmart, 734 E.
Big Beaver

LIBRARY

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

**Talk Time: ESL Conversation
Group** Saturdays at 10:15 a.m.

**Meet the Author: Elizabeth
George** Tuesday, May 21, 7
p.m. Meet the NYT bestselling
mystery author of "The
Punishment She Deserves"

Coffee with a Cop Thursday,
May 30, 2 p.m. Residents are
invited to join Troy officers for
coffee and conversation.

KIDS & TEENS

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

Baby Play Saturday, May 25,
10:30 a.m. - Explore activities
supporting brain development,
motor skills, and language skills
for 0-2 year olds

SAVE THE DATE

**Madagascar - A Musical
Adventure Jr.** June 21-23, Teen
Actors of Ridgedale, Troy

**Murder on the Orient
Express** October 2-27, Meadow
Brook Theatre, Rochester

**The Black Keys & Modest
Mouse** Saturday, October 5, 7
p.m. Little Caesars Arena, Detroit

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

GAZETTE RECOMMENDS...



HERE COMES THE COWBOY MAC DEMARCO

Canadian singer-songwriter
Mac DeMarco released his
newest album to mixed
reviews, but I'm a fan. The
indie artist often toes the line
of quintessential easy-listening
music and off-the-rocker
oddities, all mixed with the
nostalgic croon of Frank
Sinatra and Harry Nilsson.

Some reviewers think he went a little "too strange" on this newest album, but fans of his old work will find the new Mac is the same, strange Mac we've come to love.

- Andrew Neal, Editor

Mr. Kabob Offers Healthy, Delicious Fast Food – And Catering, Too

by CYNTHIA KMETT

Many studies have said that a Mediterranean diet is best for our health, but some eateries have limited Mediterranean options or include ingredients you might not want in your order. Plus, Mediterranean fast food isn't that common.

Enter the new era of Mediterranean Food: Mr. Kabob Grille and Catering.

They offer fast food perfect for your palate's pleasure, and catering that will make friends, and coworkers, ask for more.

In Troy, you'll find Mr. Kabob at 2036 W. Big Beaver, next to the Flagstar Bank building.

They were so popular that owners Sam Gulli and Alex Rofail had to expand to the other end of the plaza, where they have a bigger kitchen and more room for customers to line up and not have to stand outside in the rain or snow. The bigger kitchen area also allowed them to add a few new items to the menu.

It's a great way to order exactly what you want for lunch or dinner, or perhaps that graduation party or company picnic. You might want to survey the options in front of you before you order, as they are quite extensive. Once you've decided whether you want a wrap or a salad, you choose a base of lettuce, roasted veggies, couscous, or rice. It's all fresh.

Now what toppings would you like? Choose from 14 offerings including cucumbers, tabbouli, tomatoes, chickpeas, banana peppers, and beets. It's all at your pleasure. Add dressing and them move to selecting your protein.

Gulli said the most popular protein in Troy is chicken shawarma, marinated and then charbroiled. You can go vegetarian, and select falafel. Or choose the always popular slow-roasted lamb in a gyro.

There are sides, too. Choose fries or a salad to complement your entree.

Don't forget to add juice or a smoothie to finish your meal. You can build your own smoothie with fruits or greens, or select from the delicious combinations they have already mixed up. The Berry Blast smoothie doesn't disappoint.

One new feature at the Troy location is an online ordering service. People can order food from the Mr. Kabob website – MrKabob.com – and then come to the side door to pick up their order from the cubbies along the wall.

Now, about that next picnic or party. Call 248-649-5555 to get started. Mr. Kabob Xpress provides a variety of options to fit

your catering needs. Delivery and beverages are available, and, if needed, they can also provide plates, cups, napkins, and serving utensils.

There are three basic catering menus: preferred, deluxe, and superior. Preferred offerings include meats, hummus, fattoush salad, rice, falafel, garlic sauce, pita bread and pita chips, and mixed pickles. Then, if you like, you can add on deluxe offerings like filet kabob, tabbouli, another hummus offering, and couscous. Still hungry? Add the grilled veggies, vegetarian grape leaves, and baklava.

Just want dessert? Add

baklava for \$1 per person to your order.

With Memorial Day, graduation, Father's Day, and many family and corporate picnics coming up, this is the perfect offering for any celebration or gathering.

When you think 'fast food,' you're probably not thinking of the type of fresh, quality ingredients you'll find at Mr. Kabob.

To place your order online, to mrkabob.com and choose the Troy location. Mr Kabob is open from 10:30 a.m. to 9 p.m., Monday through Friday, and 11 a.m. to 8 p.m. on weekends.



AT THE NEW LOCATION, Mr Kabob owner Sam Gulli has more space to accommodate hungry customers looking to order Mediterranean selections.



WE KNOW HOW TO HOST A PARTY!

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Celebrate Moms, Dads & Grads With Our Delicious Catering



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Troy Location Only.
One coupon per customer/party. With coupon only.
Not valid with any other offer or specials. Expires 7-31-19
*Restrictions apply see store for details.

2036 W. Big Beaver Rd. • TROY • Call (248) 649-5555 to get started

Troy Residents Take to the Stage in “Chicago”

Troy residents Paul and Pam Messano are featured in the Heart of the Hills Players spring production of “Chicago.” The Messanos will act, sing, and dance in the show. Pam Messano is also the musical’s costumer.

Performances will be held at the Warren Community Center on June 6-7 at 2 p.m., June 8 at 7 p.m., and June 9 at 2 p.m.

Tickets are available online or through the Warren Community Center and cost \$15 in advance or \$16 at the door. Groups of 20 or more who buy tickets in advance can get them for \$10. Call 586-268-8400 or go to hohplayers.org to learn more.

Heart of the Hills players is a theatre group for adults 50 and older.

New Hotel Coming to Rochester & I-75

PLANNING, From page 1

building material which they really don’t like, as it doesn’t hold up like brick or stone.

Consultant Ben Carlisle of Carlisle/Wartman expressed “overall support of the demolition of underutilized properties for the proposed development and finds the site plan to be a workable solution for a very challenging site.”

In addition, hotels now require special use approval from the planners. They continue to ask, “How many hotels can Troy handle?”

Jimmy Asmar of Stellar Hospitality observed that the large hotel chains – like the Hiltons, Holiday Inns and Marriott – are very careful about selecting sites that need more rooms. He

noted there had been a lack of new hotels in the last ten years by these chains adding new venues – there was a recession and he thought they had been catching up and might have enough new rooms now that cities like Troy will see the ending of this building cycle.

Planning member Michael Hutson did not believe that a five-story building would look good here since all the surrounding buildings are just one story.

But, as Planning Director Brent Savidant noted, if this was an apartment building and not a hotel that requires special use approval, they could building this high and taller, by right, In addition, he pointed out that the city’s traffic engineer and the city’s traffic consultant, OHM,

believe that when the entrances and exits at I-75 and Rochester are completed, and another lane of traffic is added, movement in the area will improve. Plus the Planning Director added, the one-story buildings across Rochester Road are 40 feet high.

The developer only wanted one real change from the Big Beaver zoning, and that was to be 30 feet from the road, so they could have outdoor seating. This is a provision the planners can grant and it is not a variance that must be sought from the Zoning Board of Appeals.

The approval for the Springhill Suites Hotel was granted by a 7-2 vote, with Hutson and Sadek Rahmao voting no.

But they’re already breaking ground.

Grand Opening Celebration



Gilden Woods

EARLY CARE AND PRESCHOOL

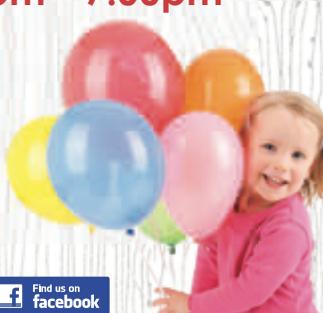
Open House

June 13, 2019 5pm - 7:00pm

Now Enrolling

Troy School

5164 Rochester Rd Troy, MI 48085
Contact our Corporate Office
at (616) 226-8716



Visit gildenwoods.com or  Find us on facebook

Over 45 Summer Camps Available Through Troy Recreation

Looking for a summer camp? This summer, the Troy Recreation Department is offering more than 45 day-camps for ages 3-18. Registration is now open.

New this year, for ages 6-14, kids can explore the exciting world of Snapology with a series of interactive camps designed to build confidence in your child

with STEM learning. Choices include Amusement Park Adventure, Planes, Trains & Automobiles, Minecraft Advanced, Animation Studio, Science of Superpowers, Adventures with Star Wars, Real World, Robotics, Combat Robots, Superstructures, and Escape Snapology.

Looking for camps that combine sports and swimming? Check out the Fun with Water Camp, Backyard Adventure Camp and Animal Adventure Camp (ages 5-7). Consider the Summer Blast Camp, Aquatic Warriors Camp, and new this year – Challenger Camp, which will focus on team building and competition (Ages 8-12).

If you child is interested in science, explore the Robot/Science Camps for ages 6-13. Kids can experience the world of Harry Potter, discover archaeology in the Egyptian Dig for Buried Treasure, hone their engineering skills in Model Airplanes-Bridge Building-Electronic Gadgets, build a robot in Follow Me Robot, learn the effects of electronic components in Arcade Electronics Galore, and launch to outer space in Mission to Mars.

For the little ones ages 3-5 who are potty trained, Rainbow Preschool is offering a variety of preschool camps as well. Themes include: Let’s Go Camping, Music and Movement, Outer Space Fun, Bug Bonanza, Messy Business, Dinosaur Explore, and Superhero Camp.

The ever-popular Safety Town camps are back, with two levels depending on whether your child is entering Kindergarten or 1st

Grade. These programs will make a difference in the safety of your child, by presenting topics in a kid-friendly mock town.

Does your child like to sing and dance? The Fame Performing Arts Camp is a week-long odyssey into the world of jazz, dance, theatre, music, and art. Children in grades Pre-K through grade 9 master the foundation of performing arts discipline and then combine these disciplines into an exciting finished product.

Does your child aspire to be a doctor or veterinarian? Check out the Little Medical School and Little Veterinary School for children ages 6-11. Each of these camps will provide hands-on activities that will teach children about anatomy and medical care using role play and real tools.

And finally, for the ultimate adventure, enroll your child in Skull Island. Each morning, kids will take a boat ride to a real private island campground on Pontiac Lake for a fun-filled day of activities such as zip lining, fishing, paddle boating, swimming, water trampolines, rock climbing and a variety of other sporting activities.

Camps are conveniently located throughout the city, and programs are offered to fit into every budget and schedule, including half-day, full-day, and before-and-after care options.

Visit Rec.troy.mi.gov/camps or check out the Troy Recreation Guide for full descriptions of all the Troy Recreation Department Summer Camps. Call 248-524-3484 for more information.

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5 Financial Numbers Every Adult Should Know

by **STEVE FLORES, VP of Operations,** Cornerstone Community Financial

1. FICO Credit Score – This seems like a no-brainer, but financial professionals can tell you how often their clients have no idea about their credit score range. Everyone is entitled to a



STEVE FLORES

free credit report yearly at Annualcreditreport.com/. Often credit card companies or banks will offer customers their FICO score, as well. Free sites like Credit Sesame and Credit Karma can also help, although they do not guarantee the number. Even if you think the score will be bad, pull off that band-aid and find out your score. Then visit your bank or credit union for help improving it.

2. Monthly Income – Again, seems like a no-brainer, but people often don't see their pay stub due to direct deposit, so they don't know the exact amount of their monthly take home pay. They might know their gross annual income, but minus taxes, premiums, payroll deductions and healthcare costs, the monthly number will be much different. For example, a person making \$50,000 a year will likely take home around \$33,000 after taxes and deductions. If you're making budget choices on your gross annual income, there will always be more money out than in.

3. Your 401K Contribution Percentage – What percentage of your paycheck goes to your retirement accounts? If it's below 10%, you may need to reevaluate your spending to increase your contributions. Ten percent is the very lowest percentage advisors want to see. A much more comfortable percentage is 15-20%. These contributions lower your taxable income, give you the power of compounding interest and set you up for a well-funded retirement.

4. Total Debt, Minus Mortgage

– Credit cards, student loan, home equity loans, personal loans, car loan... anything you owe, minus your mortgage. Keeping this number top of mind will help keep spending and new debt to a minimum. High-interest debt like credit cards should be addressed first. And remember, never sacrifice 401k contributions for the sake of debt payoff. For debt payoff, you can cut back spending, sell unwanted items online, cook more at home, pick up a side hustle, but don't cut into your retirement savings.

5. Net Worth – Calculate your

net worth by taking all your assets (cash, savings, 401k, CDs, home value) and subtract any debt from that number (mortgage, loans, credit cards, any financial liability). The number you have left is your net worth. It may be a negative number, but hopefully that number is moving in a positive direction month-over-month as you pay down debt, add to your 401k and keep spending in check. If your net worth is heading down, it's time to review spending habits and look for ways to increase income.

Oakland County Captures Big Landscaping Award

Oakland County was recognized by the Michigan Nursery and Landscape Association for its efforts to plant wildflower beds at the county government campus when it was awarded the Community Landscape Beautification Award on Friday.

The county is one of only 14 recipients of the statewide award. Only two of the other award winners are in southeast Michigan. The achievement recognizes excellence in improving the physical and aesthetic environment, as well as promoting positive environmental impacts. The wildflower beds are intended to enhance the county campus for employees, visitors, and wildlife.

"Our government campus is our home away from home—we want it to be a memorable place to

visit," County Executive L. Brooks Patterson said in a statement.

Deputy County Executive and CIO Phil Bertolini, who oversees the facilities management department, said that Oakland County's groundskeeping crews have done an outstanding job implementing Patterson's vision for a beautiful and sustainable government campus.

Facilities Management Director Art Holdsworth also gave credit to groundskeeping employees.

"Every day our facilities management team makes a real difference and takes great pride in the work they do," Holdsworth said.

The Oakland County Publics Work Building is at 1 Public Works Dr., off of Watkins Lake Road in Waterford.

"I do think it's important, if you're going to be very creative, to be a seeker."

– Walter Isaacson

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Kuppa Announces Community Office Hours

State Rep. Padma Kuppa invites residents to meet with her at the Troy Public Library on Monday, May 20, from 4-5:30 p.m. This event allows residents to interact with the Democratic lawmaker in an informal setting. Constituents are welcome to share

their concerns, ideas, and questions about legislation or issues facing their community. The Troy Public Library is at 510 W. Big Beaver Rd. Rep. Kuppa can be reached by phone at 517-373-1783 or by email at padmakuppa@house.mi.gov/.



TROY MAYOR Dane Slater, a member of Kiwanis, chatted with Councilman Dave Henderson. The local leaders said they were talking golf, not politics.

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Troy Kiwanis Club Turns 50-Years-Old

Distinguished guests and longtime members of the Troy Kiwanis Club gathered last Wednesday at Maggiano's to celebrate their 50th anniversary as an organization. Politics and planning were put aside for the day as the group honored past and present members, thanking those who have dedicated countless hours to the club.



TROY KIWANIS CLUB celebrated its 50th Anniversary last Wednesday at Maggiano's Little Italy, where the club meets for lunch. From left, Becky and Jim Stoitsiadis, Michelle Dunn, and Maureen Mitchell.



STATE REP. PADMA KUPPA (left) who represents Troy and Clawson in Lansing, stopped to chat with Jack Hartig (right) and his friend Peter Andres (center) at the Kiwanis Anniversary Party at Maggiano's Little Italy last Wednesday.



STEVE TOTH desperately wanted the Tringali trash can, and he thanked Judy Lewis for all the work she did organizing the silent auction.

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Health & Wellness

Late Start on Your Summer Beach Body? Try These Exercises

by **AMY FORTUNE**

It is never too late to look at least a little better in bathing suits, shorts, tank tops, and sundresses. Whether you have an incredible beach vacation planned, you are getting ready for fun days in and around the pool, or you simply anticipate leisurely afternoons on the back porch with friends and family members, you can get toned quickly with a few strategic exercises. Just keep in mind that these exercises provide short-term results unless repeated frequently, over time. Also, for long-term results and optimal health benefits, it is important to adhere to a healthy diet and a consistent, but realistic fitness routine.

Five Exercises that Yield Almost Immediately Noticeable Results

If done correctly, the following physical activities force blood into the power fibers (sometimes times called fast-twitch fibers) of muscles, causing them to temporarily bloat. This type of bloating is the positive kind that can make you look more toned and beach ready when you want to sport your summer best.

1 – Deadlifts

Get better, rounder, higher-sitting glutes with dumbbells! Just grab a bar and attach two round weights (use weights that feel challenging but not painful to lift). Stand with your feet hip-width apart and use an overhand grip to hold the weighted bar in front of your thighs, arms extended. Bend your knees slightly and bend at the hip until the dumbbell is nearly touching the ground. Repeat for 15 reps.

2 – Bicep Curls with Resistance Bands

Get the arms you have always wanted with resistance bands! These indispensable fitness tools are used by many devotees to sculpt muscles all over the body. Here, to quick results with your biceps, stand in the middle of the resistance band, holding the handles at your sides with your elbows at your waist. Now, curl hands up to your shoulders while intentionally flexing your biceps. Repeat for 15 reps.

3 – Sumo Squats

Get great thighs fast by channeling your inner sumo wrestler! Stand with your feet spaced slightly wider than shoulder-width, toes turned out at 45-degree angles. Now, extend your arms in front of you at chest-

height to maintain your balance. Next, using your thighs to bend from the knees, lower your glutes toward the floor. How far can you get while still controlling the movement? That is where you should be working. At the end of 15 reps, hover in your squat and pulse up and down for 30 seconds.

and control. Perform 10-15 reps before maintaining a steady up and down pulse in your squat position for 20-30 seconds.

5 – Low Belly Crunches

Think beyond classic crunches to target hard-to-tone muscles in your low belly. Just lie down on your back with your



4 – Regular Squats

Continue to work thighs and squats by shifting your feet and moving your body into a “regular” squat position. Here, your feet are parallel, with toes pointed straight, and exactly shoulder-width apart. Extend your arms in front of your chest to steady your movements and lower your glutes as close to the floor as you can get them while retaining your balance

hands resting under your neck, elbows bent. Now, bend your knees and lift your feet until your legs are bent at a 90-degree angle in a “table top” position. Lower this shape until your feet are hovering just above the ground, then repeat the process for 10-15 reps. Try to straighten your legs and hover your feet just above the ground for 15 seconds. Gently release.

Talk With Your Family About Kidney Health

(NAPSI) Family reunions are a great way to reconnect with loved ones, celebrate your family’s heritage and make new memories. Family reunions are also an opportunity to talk about family health history.

You may have family members who have diabetes, high blood pressure or both. These are conditions that often run in families and are risk factors for kidney disease. That’s why it’s important to talk to your family about risk factors for kidney disease.

Kidney disease is a serious and common health problem, affecting an estimated 30 million adults in the United States. Kidney disease means your kidneys are damaged and can’t filter blood the way they should. The sooner you know about your family history of kidney disease, the sooner you can make changes to help protect your kidneys.

To get you started talking with your family about kidney health, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), a part of the National Institutes of Health, created the Family Reunion Health Guide. This guide offers basic information about kidney disease and suggests approaches you can take to connect with your family about kidney health. You can use this

guide to help make kidney health a family reunion affair.

Diabetes and high blood pressure are the two leading causes of kidney disease. You are also at risk if you have a family history of kidney failure or have heart disease.

Many people with kidney disease don’t know they have the disease until their kidneys begin to fail. This is because you can have kidney disease without any symptoms. The good news is that when kidney disease is found early, there are ways to protect your kidneys by managing your blood pressure, eating a healthy diet and being active. There is no cure for kidney failure, but dialysis or a kidney transplant can help you live longer and feel better. This is why it’s important to talk with your family about the need to get tested.

You can reduce your risk for developing kidney disease by taking steps to live a healthy lifestyle. Diagnosing and treating the disease early can slow or prevent the progression of kidney disease. The Family Reunion Health Guide shares ideas for how you can encourage family members to take steps to protect their kidney health.

For more information access the Family Reunion Health Guide at Niddk.nih.gov/.

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What Newcomers Can Expect from their First AA Meeting

Those struggling with alcohol addiction may also struggle with the idea of walking into an Alcoholics Anonymous (AA) meeting for the very first time. For most people, it takes a profound act of courage to take the leap that allows them to openly confess (to a group of strangers) that they have a problem. However, many individuals find a path to recovery through AA participation.

Granted, there is a lot of work that goes into the 12-step recovery process associated with Alcoholics Anonymous. However, most AA members find a great deal of freely given support and guidance at their meetings.

Depending on the group of individuals involved and the meeting facilities, AA meetings can vary from place to place. However, there are a few factors that are universal. For example:

You will find nice and helpful people there – Expect to be greeted warmly and made to feel welcome. In fact, if you have the tendency to be stand-offish, you may be a little overwhelmed. However, with a little patience, you will likely find the support you need to tackle your addiction.

You will find talk of “a higher power” – Many “non-believers” are thrown off by the AA concept of submitting to a Higher Power, but this higher power does not have to be any recognized deity. It can be any positive person, place, thing, or idea that you recognize as more powerful than yourself.

You will find resources – Most AA groups offer brochures and other types of informative and/or inspirational literature. And, if you are receptive, you will likely learn a lot from other members.

You will have opportunities to share your story – Some AA meetings are more about listening, but others focus on group discussions. At these meetings, those in attendance divide into smaller groups and sit at separate tables.

You will be invited to come back – Any alcoholic who sincerely wishes to stop drinking is welcome at AA meetings, so you do not have to worry about “fitting in.” Because, while getting and staying sober takes dedicated effort, simply showing up at meetings (frequently – in some cases, every day) is a big help to a lot of people.

Your Dentist is Your Mouth Doctor: Differences Between Mouth Doctors and “Tooth Beauticians”

HEALTHY MOUTH HEALTHY BODY



by
DR. DANIEL O'BRIEN

Ten to fifteen years ago, Extreme Makeover was a hit show that featured cosmetic dentistry as part of a person's beauty transformation. During that time, Zoom Whitening and Lumineers were featured in commercials. Aesthetic dentistry was the rage – signs on dental practices utilized the words “smile” with adjectives such as “elite,” “enhanced,” and “perfect.” My own sign is no different: “smile” is in the title. Cosmetic dentistry is still in demand and can improve a person's quality of life.

Still, too much has changed in our knowledge of the oral-systemic health connection to keep the primary focus of dentistry on appearance. Our physical health is directly affected by the health of our mouths. Patients still have trouble taking this connection seriously. We dentists have not helped because of the way we've placed appearance far above health.

However, the tide is changing, as it should. Physicians are now telling patients they should see their dentists to address other underlying health concerns.

Physicians are trained to diagnose and treat an endless number of illnesses in our body, but, when it comes to oral health, no one is more qualified than a dentist. Physicians understand and respect the vital role that dentists have in providing and maintaining complete health. That is why patients who enter the emergency room for oral health problems are told to see their dentist.

Medical doctors can detect swollen tonsils and other bodily illnesses that show a strong prevalence in the mouth, but gum disease, tooth decay, and oral cancer screenings aren't going to show up on their diagnostic radar.

If you rely only on a physical to get a clean bill of health, but haven't seen a dentist to examine your mouth for oral infections or inflamed gums, then you don't yet know that you are completely healthy. The barrier between your mouth and the rest of your body is non-existent.

Along the same line, if you are treated for hypertension, heart

disease, or diabetes and have poor oral health, your progress is limited; gum inflammation impacts them all.

Likewise, there are patients who come to see me every six months but haven't had a medical check-up in years.

If I am concerned that what I find in the mouth is a result of a larger problem in the body, I send the patient to their physician.

Fortunately, physicians and dentists are now partnering up to ensure the community is more aware of what it takes to have complete health.

The mouth affects the rest of the body, and the reverse is true as well. Complete health is the purpose of all healthcare providers, and the link between oral health and systemic health is irrefutable.

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.

Village Walking Group Travels to Paint Creek Trail

The Troy Historic Village will bring their walking group to Rochester's Paint Creek Trail on Thursday, May 30 from 6-7:30 p.m.

Visiting walkers can park at Paint Creek Cider Mill, 4480 Orion Rd. From the Paint Creek Cider Mill parking lot, walkers will pick up the trail and head south for an out-and-back route with options to turn around at 0.5 miles or 1.5

miles for a total distance of 1-3 miles. All ages and levels of fitness are welcome.

For details or to sign up, email apd@thvmail.org or call: 248-524-3570.

To learn more about the Troy Historic Village and the variety of events hosted both at the Village and around town, visit Troyhistoricvillage.org/.

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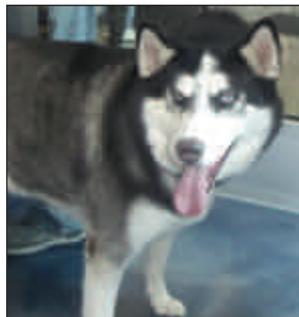
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		4	7				2	
8		5			6		4	
	6			5			9	
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	9				3	1		
4			8			9	7	
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The Road Funding Conversation Needs a Complete Reset

PERSPECTIVES



Op-Ed by
NATHAN INKS

Multiple studies on Michigan road funding have confirmed that the state needs approximately \$2.5 billion in additional road funding in order to get 90% of the state's roads in good or fair condition. For reference, as of the end of 2018 only 78.9% of Michigan's roads are in such condition; since the turn of the century, this 90% goal has only been achieved during a period of four years ending in 2011. While the state should certainly do more to increase the lifetime of roads, simply increasing the quality of materials and reducing wasteful spending will not get the state anywhere to where it needs to be. There is no reasonable dispute that increased road funding is necessary—whether that is achieved through increasing revenue or taking funds from other budget items.

Governor Gretchen Whitmer's road funding plan, a \$0.45 gas tax increase, has been met with significant public opposition. An April poll of likely voters by Marketing Resource Group found opposition at 75% and support at 21%; even 58% of self-identifying Democrats were opposed. However, that same poll found that a plurality of respondents, 44%, rank roads and infrastructure as their number one concern.

This mismatch ultimately comes down to poor planning by the Whitmer administration prior to the rollout of her proposal. Perhaps the biggest flaw in Whitmer's plan is that she failed to explain to Michiganders why a gas tax increase is necessary before proposed it. Residents will naturally be opposed to any tax

increase if they do know or understand why it is necessary.

This lack of understanding is widespread. One popular allegation recently circulating social media claimed that lottery revenue, the 1994 sales tax increase, and casino tax revenue had been promised to go toward roads, yet the roads are still bad; therefore, the state should not impose an increased gas tax when it has not used other money as promised in the past. These claims are completely false, as road funding was never a part of those tax increases; however, if Michiganders are under the false impression that money is not being spent where it was promised to be spent, they will undoubtedly be mistrustful of a tax increase pledged toward fixing the roads.

Recognizing the unpopularity of the proposed gas tax increase, the Senate Republicans' proposed transportation budget did not include the tax increase. Instead, a measly \$132 million would be spent on roads sooner than previously allocated. Governor Whitmer has threatened to veto any budget that does not meaningfully address road funding, while Republicans in the legislature wish to pass a budget first and deal with the issue of roads separately.

Neither Whitmer's swift response with a veto threat nor the Republicans' unwillingness to address roads as part of the regular budget process instills much confidence that the two sides will be able to reach an agreement to actually fix the roads. While some Michiganders may bristle at such a hasty veto threat, the Governor has little ability to negotiate when Republicans do not plan to come to the negotiating table until the summer. Objections to new taxes and calls to decrease wasteful spending may resonate with the GOP base, but actually finding \$2.5 million to cut will prove to be next

to impossible. The Republican plan will need to at least partially rely on a revenue increase.

The entire roads conversation needs a reset. Before a meaningful conversation can take place, both Republicans and Democrats in Lansing need to commit to educating voters about the current state of road funding in an honest and objective manner. Political posturing will not fill the potholes, and any alternative to Whitmer's gas tax increase is likely to be just as unpopular if Michiganders do not fully understand why additional revenue is necessary to address the state's crumbling infrastructure.

Add your voice to the conversation by sending a letter to the editor to Andrew@GazetteMediaGroup.com.

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