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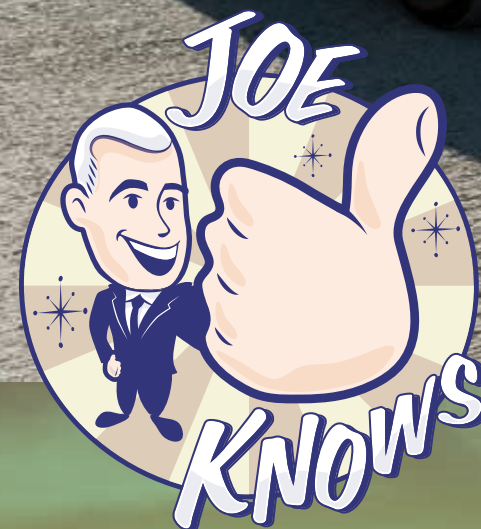


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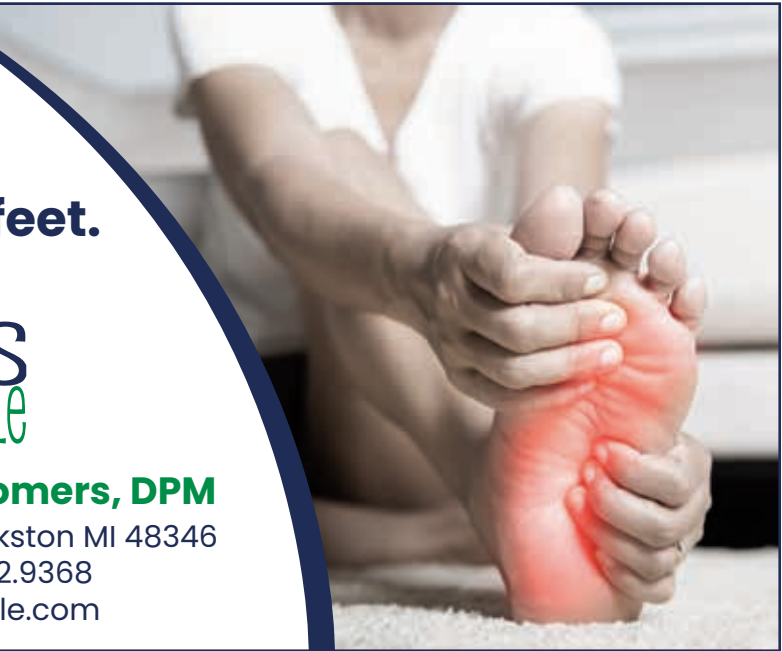
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WHAT'S INSIDE THIS ISSUE?

September is here with sunshine and school days falling into place. There's space in upcoming issues to share your family's summer adventures. Send to janalee.grainer@strollmag.com for your thank you gift for participating in our neighborhood magazine!

Photo credit: Janet Wieczorek, Resident Artist

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Contact us TODAY at janalee.grainer@strollmag.com or text 248-459-1713.



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SUBMISSIONS FOR OCTOBER ISSUE!
DEADLINE AUGUST 20, 2025

GET INVOLVED IN STROLL

This fall, we're looking for stories and photos celebrating family gatherings and holidays like Thanksgiving and Christmas. Send in your favorite to share today. Simply text it to (248) 459-1713 or email Janalee.grainer@strollmag.com. Every issue comes to life with your stories and photos!

A WORD FROM OUR BIGGEST SPONSOR

"I have come that they may have life, and have it to the full." - John 10:10

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Welcome to Stroll

Hello! If you're new to the neighborhood, I'm glad you took the time to open your Stroll and find out that it is truly written by, for and about those of us who call Oakhurst home. The purpose of every issue is to build relationships that build friendships and provide local businesses you can trust.

JANALEE GRAINER, OWNER AND RESIDENT PUBLISHER

Please welcome our newest Stroll Sponsors:

CLOVER AUTO SPA AND WINDOW TINT.

Owner Patrick Shivers grew up in the area and is excited to build his business in Oakhurst. His fiancé Christina and little Jackson are all in when it comes to making sure your car looks better than the day you drove it for the first time. If your car or truck is ready for some detailing, give them a call.

JENNIFER MONTANO HOMES LUXURY SERVICE REALTY.

Neighbor Jen Montano is our newest resident realtor. She joined the downtown Clarkston branch of Max Broock over

LOOKING FOR RESIDENT BUSINESSES

If you own a business and would like to be featured in an upcoming issue, reach out and let others know. Neighbors and friends make great clients and friends! Go ahead and give me a call at (248) 459-1713 or email Janalee.grainer@strollmag.com

the summer and is excited to help you or someone you know with your next real estate purchase. The Montano family has been so supportive of *Stroll Oakhurst* over the years. Welcome Jen!

BIG LAKE TREE SERVICE.

Max Salter is a homegrown, 2018 graduate of Clarkston High School and ready to share his love for tree care with all of us. Not new to the tree business, Max and his fiancé Taylor reached out in late July and we soon learned we had quite a few connections already. Let's take care of our oak trees with a little help from Max!

Include your Family in 2026: Choose your issue today! There's room for stories and photos about travels, pets, athletes and reasons to celebrate.



For those of you I haven't met, we're neighbors. I love what I do! It's my job to share our stories and photos and community good news. I also invite local businesses to advertise in what has become a valuable resource guide of businesses and services we can all trust. Frank and I have lived in Oakhurst since 2006 and all three of our kids graduated from Clarkston High School. Today we have two grandchildren and we're praying for more! Every day is a good day.

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What Community Banking is All About

A message from Oxford Bank

BY MATTHEW DEFINIS, SENIOR MARKETING SPECIALIST, OXFORD BANK

AT OXFORD BANK, we often say that community banking is more than a business model — it's a commitment. For over a century, we've had the privilege of standing alongside families, small businesses, and civic leaders as partners in progress. But what does that really mean? Let's talk about what community banking is all about — and why it matters now more than ever.

Rooted in the Community
Unlike large national banks, community banks like Oxford Bank are locally owned and operated. Our decisions aren't made in distant boardrooms or dictated by Wall Street. They're made here — by people who live and work in the same communities we serve. When you walk into one of our branches, you're greeted by neighbors, not just bankers. We know the names of our customers, not just their account numbers. That personal connection drives everything we do, from how we tailor financial solutions to how we invest in local initiatives.

A PARTNER IN GROWTH
Community banking is about shared success. When we help a local business owner secure a loan to expand operations or assist a young couple in buying their first home, we're not just closing a transaction — we're planting seeds for long-term prosperity. Our lending decisions are based on relationships and local knowledge, not just algorithms. That means we're often able to find solutions that national lenders might overlook. We believe that responsible, accessible lending strengthens the entire community.

STABILITY YOU CAN TRUST
In an era of uncertainty, community banks provide a steady hand. Because we focus on

sustainable growth and local investments, we're less exposed to the market volatility that can affect larger institutions. Our customers can feel confident knowing their money is managed with care, prudence, and integrity. At Oxford Bank, our roots go deep. **Founded in 1884, we are the oldest commercial bank headquartered in Oakland County, Michigan.** We've weathered economic cycles and industry changes, always staying true to our mission: to serve with strength, integrity, and heart.

A HUMAN APPROACH IN A DIGITAL WORLD
We embrace innovation and offer the digital tools our customers expect — from mobile banking to remote deposit — but we never let technology replace the human touch. Whether online or in person, our team is here to listen, guide, and support you. We're proud to combine the convenience of modern banking with the care and accountability of a true community partner.

SO WHAT DOES THAT MEAN FOR YOU?
Community banking is about relationships. It's about trust, accountability, and shared values. At Oxford Bank, we believe that when our communities thrive, we all do. That's why we're here — not just to serve, but to stand with you through every season of life. Thank you for being part of our community. Thank you for banking with Oxford.

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Reynolds & Juett Associates

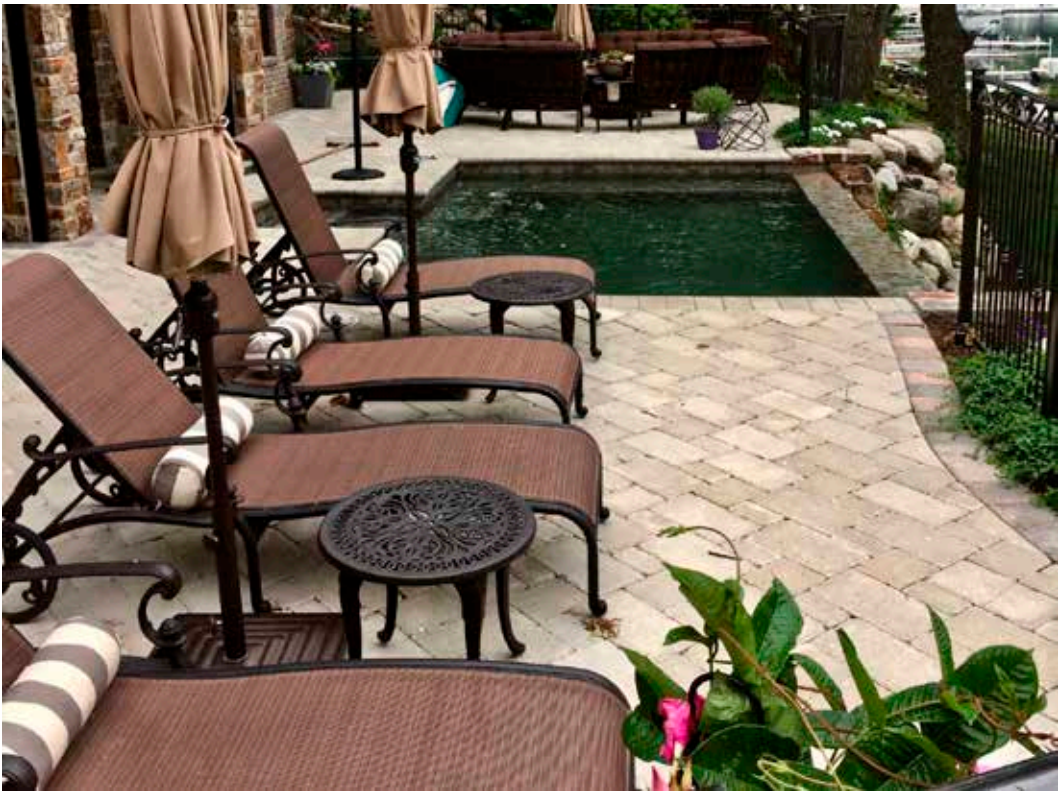
Hello, I'm Matt Reynolds, founder of Reynolds & Juett Associates, LLC—a company built on the belief that great landscapes can shape stronger communities.

My roots are in both landscaping and customer service, a combination that has given me not just the technical skills, but also the people-first mindset that drives everything we do.

For over 15 years, I worked hands-on in the landscaping industry, learning the craft from the ground up. That experience didn't just teach me how to shape outdoor spaces—it taught me the value of resilience, creativity, and showing up for clients with consistency and care. It was the perfect foundation for launching my own venture, where I could bring fresh ideas and a passion for innovation to an industry I love.

At the heart of everything I do are the values of hard work, integrity, and relationships. Those same values guide me at home, where I'm blessed to share life with my incredible wife, Janonne, and our two amazing children, Gavin and Isla. They're my greatest inspiration and the reason I strive to grow something meaningful every single day.

What's the history and mission of your business? What inspired you to start your business? Reynolds & Juett Associates, LLC is built on a legacy nearly five decades in the making. The roots of the business trace back 47 years to the work of Mark Juett, a state-renowned and award-winning landscaper whose designs have transformed spaces across Michigan—and even as far as Hawaii.



Mark established a reputation not just for stunning, high-quality landscapes, but for integrity, craftsmanship, and an unwavering commitment to excellence. Mark has been my mentor throughout my entire landscaping career. His guidance, paired with my own 15 years of hands-on experience in the field, inspired me to take the leap and build something new—something that honors the tradition of quality while bringing in a fresh, modern vision for what landscaping can be.

Today, I'm proud to call Mark my business partner as we blend legacy and innovation to serve our clients with creativity, care, and long-lasting results. Our mission is simple: to create outdoor spaces that are not only beautiful, but also meaningful—spaces that reflect our clients' personalities, enhance their environments, and strengthen their connection to the community around them.

What types of services does your business offer? Landscape Design & Planning- Custom residential and commercial designs, Site analysis and consultation Landscape



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“
My roots are in both landscaping and customer service, a combination that has given me not just the technical skills, but also the people-first mindset that drives everything we do.
”



landscaping, Pollinator gardens and green infrastructure.

What's unique about your business? What sets you apart from the rest? What sets Reynolds & Juett Associates, LLC apart is the rare combination of legacy and innovation. We're not just another landscaping company—we're the continuation of a 47-year tradition of excellence established by industry icon Mark Juett, now paired with a new generation of energy, creativity, and modern design thinking.

Our clients benefit from the best of both worlds: time-tested craftsmanship and fresh, forward-looking solutions. We bring deep knowledge of the land, materials, and Michigan's unique climate—along with a personalized, relationship-driven approach that ensures every project reflects the client's vision and values. We treat every property as a canvas and every client as a long-term partner. Whether it's a custom outdoor living space, a complete landscape transformation, or subtle enhancements that elevate curb appeal, our work is driven by a passion for detail, function, and beauty.

Most importantly, we lead with integrity. We show up, follow through,

and deliver results that speak for themselves—earning the trust of our clients, one project at a time.

How does your business connect with and contribute to the local community? We believe great landscaping does more than improve curb appeal—it strengthens neighborhoods, creates inviting spaces for families to gather, and fosters pride in the places we call home.

We're deeply rooted in our local community, and giving back is part of who we are. We prioritize hiring local talent, partnering with area suppliers, and mentoring the next generation of tradespeople, just as I was mentored throughout my own journey. We also actively support community beautification projects, local fundraisers, and volunteer efforts that align with our mission to enhance outdoor spaces and bring people together.

Whether we're transforming a residential yard or contributing to a public space, our goal is to leave a lasting, positive impact—helping build a more connected, vibrant, and welcoming community for all.

Every business faces challenges. Can you share insights into any challenges your business has overcome and the growth that resulted? One of the biggest challenges in launching Reynolds & Juett Associates, LLC was transitioning from a hands-on landscaper to a business owner and leader. After spending over 15 years in the field, I had to shift my mindset—from focusing solely on the work in front of me to building a brand, managing a team, and creating a vision for long-term growth. That change came with a learning curve, but it also sparked incredible personal and professional development.

Another challenge has been navigating labor shortages and supply chain disruptions that have affected the industry in recent years. Rather than compromise on quality, we doubled down on planning, communication, and building strong relationships with reliable partners and local suppliers. As a result, we've strengthened our operational processes and become even

more resilient and client-focused. Each challenge has helped shape our business into what it is today: a company that's agile, driven by values, and committed to excellence. Every obstacle has been an opportunity to learn, grow, and become better—for our clients, our team, and our community.

What's your vision for the future of your business? Please share any upcoming projects, milestones, or events you're excited about. The vision for Reynolds & Juett Associates, LLC is centered around steady, sustainable growth and continuing to deliver high-quality, personalized landscaping services. We aim to build on the strong foundation we've established by expanding our reach, refining our processes, and continuing to provide exceptional value to our clients.

Looking ahead, we're focused on growing our team, investing in new technology and training, and staying ahead of industry trends. We want to continue evolving with the needs of our

clients while staying true to the core values that have shaped our business—integrity, creativity, and a commitment to excellence. Whether it's residential or commercial work, our goal is to keep raising the bar in everything we do, and to build lasting relationships within the communities we serve.

Given your professional expertise and experiences, what advice do you have for our residents, if any? My best advice for residents looking to improve their outdoor spaces is to start with a clear vision and plan. Whether you're tackling a small garden or a full landscape makeover, thoughtful design and preparation make all the difference in creating a space that's both beautiful and functional. Investing in quality materials and plants suited to our local climate will save time and money in the long run, and don't underestimate the value of regular maintenance—it's key to keeping your landscape healthy and vibrant year-round. Lastly, don't be afraid to seek professional guidance.

GIVE US A CALL

Working with experienced landscapers can help you avoid costly mistakes and bring your ideas to life in ways you might not have imagined. Remember, your outdoor space is an extension of your home and lifestyle—make it something that truly reflects you. Give us a call and we can improve your outdoor space and make it work for you and your family.



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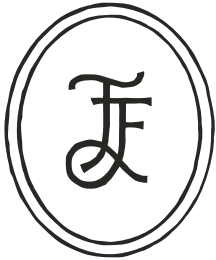





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THE NESBITT'S

A GM FAMILY FROM
THE VERY BEGINNING

LISA VILLELLA PHOTOGRAPHY



WE ARE THE NESBITT FAMILY

I'm Bryan Nesbitt, my wife is Denice, and our 14-year-old daughter is Sophia.

We purchased our home in 2007, during the early days of the Oakhurst development. At the time, we were searching for a gated, family-friendly community that offered a pool and true sidewalks — something surprisingly rare in North Oakland. Oakhurst stood out as the only neighborhood that struck the right balance: convenient freeway access and proximity to the charm of downtown Clarkston's authentic Main Street.

When Bryan was 10 years old, his father took him to visit the ArtCenter College of Design in Pasadena. He told Bryan that if he wanted to design cars professionally, that was the school he needed to attend. Bryan went on to graduate from ArtCenter with honors, earning a Bachelor of Science in Transportation Design. He completed his foundational coursework at the Georgia Institute of Technology after graduating from Milton High School in Alpharetta, Georgia — where his mother still resides. In 2002, Bryan was honored with the Automotive Hall of Fame's Young Leadership and Excellence Award. Bryan's father and two uncles were all born in Detroit and raised in Highland Park. His grandfather, born in Marine City, held a variety of jobs across Detroit and also worked as a steamboat captain on Lake Michigan. Bryan's great-uncle served as a firefighter in downtown Detroit. Today, Bryan's father and uncles are retired and living in Phoenix — though they remain loyal Detroit Tigers and Lions fans. Bryan's father, Larry, bought him his first Corvette at age 19 — a black 1963 split-window — and he has been a Corvette loyalist ever since. In many ways, the Nesbitts have been a GM family from the very beginning.

Bryan and Denice met in Phoenix while both were visiting their parents for the holidays. Coincidentally, both of their families reside in Phoenix. Denice is originally from Los Angeles, and Bryan is originally from Phoenix, where much of their extended family still lives. Both Bryan and Denice still have close family in Southern California and make regular visits to stay connected.

Bryan is the Vice President of Global Design at General Motors. As a car designer, career opportunities in North America are largely concentrated in Detroit or at satellite studios on the West Coast, with international roles primarily located in Western Europe or China. Wanting to stay close to family while working for a company that places a high value on design, Bryan chose to make Detroit his home. Bryan has



Some of our best memories come from hosting family during the summer months, enjoying the pool, gym, grill, and other amenities together under the warm weather.



also completed multi-year international assignments, serving as Head of Design for Opel/Vauxhall and Saab in Germany, and later as Vice President of International Design in China.

Denice is a self-employed stylist with a passion for fashion, home decorating and travel. She’s visited nearly all of the

world’s great wonders — with the Taj Mahal still on her list. Always up for a new adventure, she especially enjoys exploring new culinary experiences. She also loves hosting family and friends and creating memorable gatherings.

Sophia just finished eighth grade. She enjoys volleyball, spending quality

time with family and friends, horseback riding, and Bible class. She’s eager to get her learner’s permit and loves exploring new places — and, of course, playing Roblox.

Celebrating holidays is a special time for our family. It gives us the opportunity to reconnect with loved

ones, take a break from the busyness of everyday life, and spend meaningful, uninterrupted time together. Whether we’re gathering at home or exploring a new destination, holidays allow us to create lasting memories, share traditions, and enjoy the simple joy of being together as a family.

We’re regulars at Honchos and occasionally enjoy the live music at The Fed — not to mention their delicious Soleil & Sel appetizer (yum!). We also have a soft spot for Culver’s burgers and their cashew caramel sundaes.

Some of our best memories come from hosting family during the summer

months, enjoying the pool, gym, grill, and other amenities together under the warm weather. Ultimately, we value the safety and security of the community, the beautiful landscaping, and the convenience of the clubhouse amenities.

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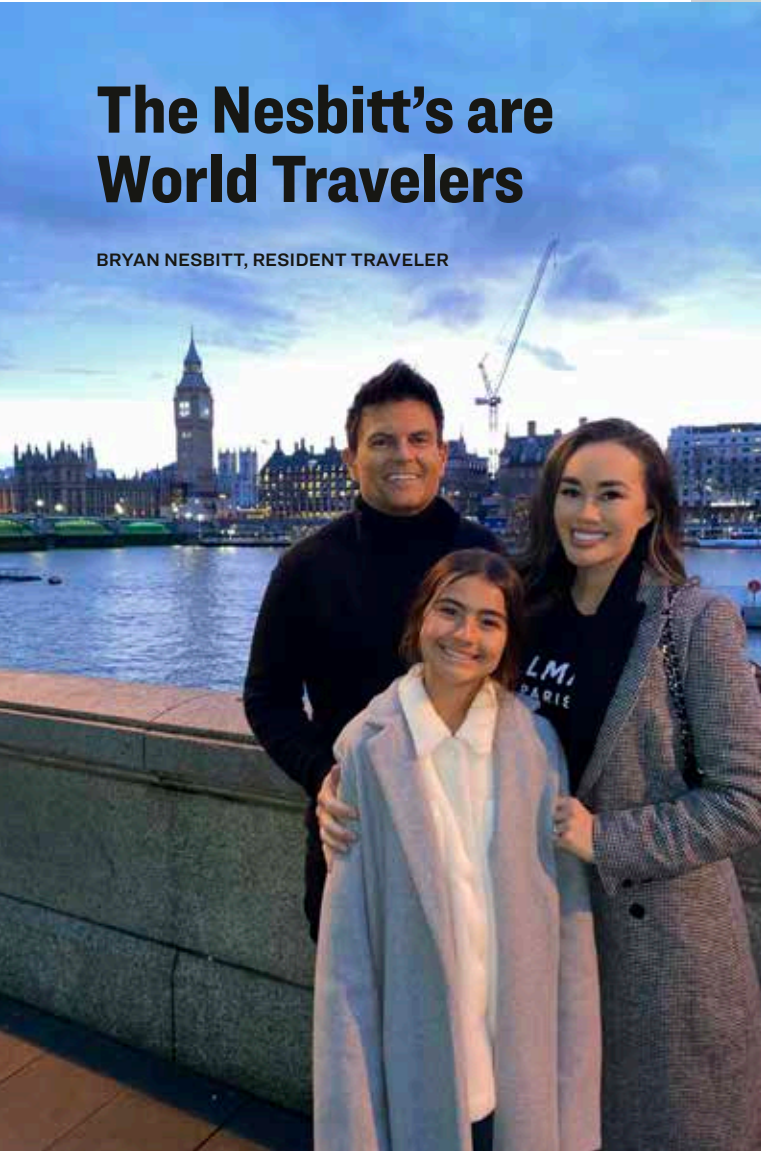
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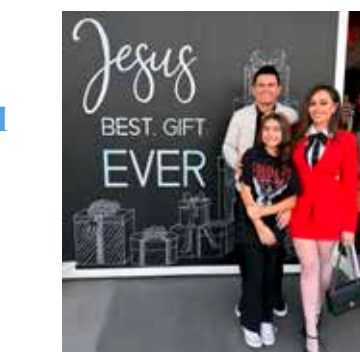
BRYAN NESBITT, RESIDENT TRAVELER



Whenever we have the opportunity, we prioritize new experiences as a family.

We've found that there's still so much to explore within the U.S., and we genuinely enjoy the road trips that come with it. At the same time, we immensely value traveling abroad. We've ventured through Western Europe, the Mediterranean, and the Far East—drawn to the vibrance of modern cities like Shanghai, the rich history and serene beauty of Japan, the energy of Seoul, and the coastal charm of Mallorca.

We strongly believe that international travel offers invaluable education for our daughter, fostering greater understanding, inclusion, and appreciation for different cultures.



“

We've found that there's still so much to explore within the U.S., and we genuinely enjoy the road trips that come with it.

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Pretty Penny Makes Sophia Nesbitt Smile

Sophia appreciates how completely devoted Penny is to her. She follows her everywhere, sleeps in her bed, and never leaves her side—her tiny little shadow, always wanting to be near, to be close, and to protect her clearly suffering from a severe Napoleon complex.

BRYAN NESBITT, RESIDENT DAD



Sophia with her Mom and Dad, Denise and Bryan, and Penny



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This photo is Oakhurst Resident, Nolan Crockett, Childhood Cancer Survivor



COCKTAILS FOR A CAUSE

Tuesday, September 9th from 6:00 - 9:00 pm

Cocktail Hour for a Cause is more than a fundraiser — it's an invitation for neighbors to come together, raise a glass, and offer hope to one of their own and so many others!

Oakhurst Mom Hosts Fundraiser During Childhood Cancer Awareness Month

When your neighbor and mine, Dione Crockett, learned that her son Nolan had been diagnosed with Ewing's Sarcoma, a rare and aggressive pediatric bone cancer, her family's world changed in an instant. The treatment protocol for Ewing's Sarcoma hasn't advanced in nearly 40 years — still relying on some of the oldest and most toxic chemotherapy drugs available. Despite enduring this aggressive approach including surgery and radiation, the prognosis remains unacceptable for these children.

"In the race for a cure, our kids are being left behind," Dione says.

While major strides are being made in adult cancer research, those advancements are not trickling down to children. Pediatric cancer receives just 4% of federal cancer research funding, compared to 96% for adult cancers. That staggering disparity leaves families and communities to carry the burden of funding progress themselves.

On Tuesday, September 9th from 6-9pm, Dione will host Cocktail Hour for a Cause at her home — 4584 Oakhurst Ridge Rd — to raise funds for a brighter future. Guests are invited to enjoy cocktails, mocktails, light bites, and conversation. A \$25 donation per guest includes entry into a raffle for a beautifully curated gift basket.

100% of donations will go directly to The Little Warrior Foundation to fund a groundbreaking vaccine trial at Cleveland Clinic designed specifically for Ewing's Sarcoma. If successful, the therapy could be applied to other devastating childhood cancers like Rhabdomyosarcoma.

"There are bright spots on the horizon — emerging therapies that promise to be both more effective and less brutal for our kids," Dione explains. "But we can't wait for government funding. These advancements are being funded by families, friends, and communities like ours."

Questions? Contact Dione Crockett at 248-321-8618. To learn more about Little Warrior Foundation or the SupraVax trial at Cleveland Clinic visit www.littlewarrior.org



CAN'T ATTEND?

Even if you can't attend, your support can help bring real change to children fighting cancer. Donations can be made in person or online via Venmo: @Dione-Kay-1

We're Having a Toy Drive!

The Bottomless Toy Chest brings toys, joy and hope to sick kids. Created in 2008 by a mom who spent a lot of time in the hospital with her son while he was going through cancer treatment. Inspired, she started a program to empower other patients with toys in the same way they'd helped her son.

LAST DECEMBER, I attended Waterfall Jewelers holiday event on a very chilly Sunday afternoon. I brought a gift for The Bottomless Toy Chest and soon learned what they were going to do with all the toys they were collecting. I said hello to Chris Strong, one of our favorite Stroll Sponsors and a caring community supporter of so many wonderful causes, and made my way to the semi truck that was filling up with toys.

Fast forward to July, I made a call to see if I could learn more about having our own toy drive and soon met with founder Mickey and her caring team that help collect, wrap and deliver toys all over the country. Neighbor Dione Crockett contacted me in early July to let me know September is Childhood Cancer Awareness Month and that was it for me. I am sharing The Bottomless Toy Chest with all of you so that we can have our very own toy drive to help bring toys, joy and hope to so many children who will appreciate a toy from The Bottomless Toy Chest.

So, join me in planning to participate in this toy drive set. I will figure out the rest of the details, whether we collect toys at my home and maybe have a drop off at the clubhouse. There will be a wrapping party at my home and then if anyone would like to help me deliver them to the Troy warehouse the first Friday in December, just let me know. Just think about all the toys, joy and hope we could collect together!

You can start anytime. Drop off until further notice is my home: 6682 Weston Ct near the exit gate. Reach me at (248) 459-1713.



THE MISSION

The Bottomless Toy Chest's mission is to lift spirits and promote a positive state of mind in young cancer patients by providing them with empowering and engaging activities while they are going through cancer treatment. Michigan hospitals and others across the country receive gift wrapped toys and activities for their young patients. In addition, toys are also delivered to outpatient kids who come in for needle pokes and other anxiety causing procedures.

WE'RE ONLY BOTTOMLESS BECAUSE OF YOUR SUPPORT!

To find out more about getting involved, please contact us at bottomlesstoychest.org or give us a call at (248) 646-8931.

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Magical

Hello, My Name is Ruby Rose. Today I live with the Miller family: Aaron and Stacey, and their two boys, Gates and Charlie. My family found me on Pet Finder on a Tuesday, like the song “Ruby Tuesday.”

RUBY ROSE, SUBMITTED BY LAURA JAGER,
RESIDENT PAWSITIVE PET REPORTER



I was found wondering the streets of River Rouge downriver, south of Detroit, MI. A nice lady found me and called many shelters, but all of them were full, and then something magical happened. The NBS Animal Rescue in Troy was able to find me a foster home in West Bloomfield Hills where I lived with my temporary loving family Jennifer and Steve for two months. I was under weight, so they fed, spayed, and vaccinated me.

When the Miller family found me on PetFinder, they fell in love with my coloring. I am a female Corgie Terrier Mix. You see, they already have Teddy Fruitsnacks, a five-year-old male dog and we looked a lot alike. Stacey had never had a female dog before, and not only loved my face, but loved that now she could pick out purple and pink stuff. I was perfect!

Becoming Family

They were excited to see the difference in personalities between a boy and girl, Yah! They were looking for a small dog, and I was small. Now I am only 16 pounds. I think they also loved that I am so young too. I am about a year old and a perfect playmate for Teddy. It's safe to say that I give Teddy purpose and companionship. We're quite a pair! Gates and



Ruby Rose



Ruby Rose and Teddy with Charlie

A nice lady found me and called many shelters, but all of them were full, and then something magical happened.

Charlie make me feel so happy and I see the entire family is happy. Truth be told: I won the lottery when they picked me!

Although I love everyone, I seem to follow Stacey around everywhere she goes, like a shadow. Referring back to winning the lottery, I am lucky because me and Teddy get to sleep with Aaron and Stacey - in their bed! Teddy and I get lots of love and get to eat snacks together and play all the time. My family allowed me to visit Camp Bow Wow in Clarkston, and of course I took Teddy as my security blanket. I passed the interview with flying colors. This experience has allowed me to be more secure, since I started out all alone on the streets of Detroit.

I Am Getting Better At Sharing

To be honest, I like to take Teddy's toys. It's hard to give them back. Gates and Charlie love me, but when I take Teddy's toys, they help Teddy get them back. I guess that's fair. I like to play with Teddy, and maybe because I am younger, I never get enough play time. Teddy always makes time to play with me. He's my big brother, after all, even though I've heard my family say I am the boss in the house now. Is that because I'm a girl? When they say that, they laugh. I like things my way, and I'm getting better at sharing, especially when I don't get what I want.

Favorites

One of my favorite things to do after breakfast is to go on our walk with Stacey and Teddy around Oakhurst Ridge Road. It's not too long and not too short: three fantastic miles! It's just right. We do this about four times a week. If we're talking about favorites, I also like to nip at Stacey's ankles because it makes Gates and Charlie laugh. I love when they laugh! When the family takes a short vacation up north, they let me stay with my foster parents, Jennifer and Steve. It is always wonderful to see them. I get to play with five dogs, and this makes me feel a part of a large pack. I can't forget to tell you Teddy and I have five beds that we share and while Teddy doesn't really like to play with balls, I do! As much as I love the three small balls Stacey (can I call her mom?) got me, playing with Teddy is my favorite toy of all!

Enough Love To Go Around

The entire family makes sure Teddy and I both get the same affection, because let's face it, I am the newest member of the family and no one wants Teddy to feel left out. It's ok with me, because Teddy is my hero. He makes me feel secure and relaxed because he is always teaching me how important balance can be in life. My family warms my heart and soul, and to prove it, I like to settle in along the edge of the backyard fire pit when we're all outside warming up beside it together. Yes, they laugh. Even when I snuggle under their patio chairs. I just want to be near them.

To end my story, I must say memories of wandering the streets of River Rouge have been erased from my memory, and now I have wandered into the hearts of this amazing Miller family. I wish all dogs were so lucky.



Ruby Rose

LOOKING FOR YOUR VERY OWN RUBY?

I would suggest you give The NBS Animal Rescue a call in Troy at (248) 633-8627 or check out their website at www.nbsar.com. Their mission: To foster, love, and adopt homeless dogs one by one until there are none.



Ruby Rose and Gates



Teddy



Ruby Rose and Teddy on a walk

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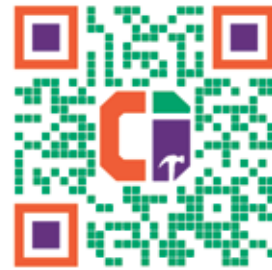


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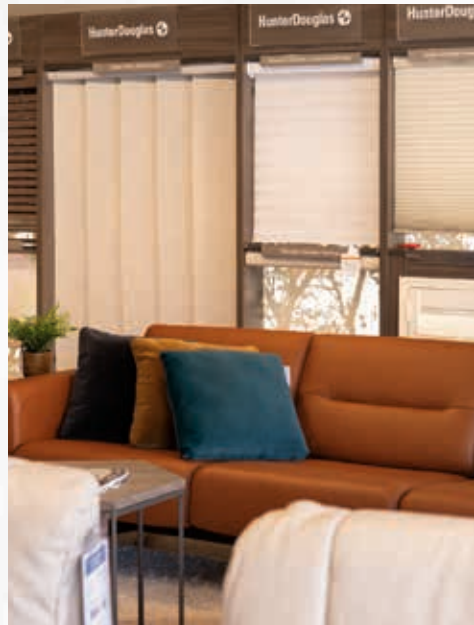


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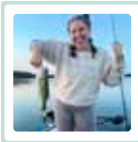


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SAM KIMBALL, CLINIC MANAGER AND
CERTIFIED HOLISTIC NUTRITIONIST



As we welcome September, there’s a quiet shift in the air—cooler mornings, golden light, and the craving for routines that feel grounding. It’s the perfect time to lean into seasonal rhythms and nourish our bodies with meals that are both comforting and functional. This Anti-Inflammatory Chicken Soup does just that—offering warmth, flavor, and ingredients that actively support your health from the inside out.

WHY ANTI-INFLAMMATORY INGREDIENTS MATTER
Inflammation plays a central role in many chronic conditions—from joint pain and digestive issues to autoimmune flares and fatigue. But nature has gifted us with some incredible foods and herbs that help calm the inflammatory fire.

THIS ISN’T YOUR AVERAGE CHICKEN SOUP.
Infused with anti-inflammatory herbs and spices like ginger, turmeric, and garlic, this cozy bowl is designed to soothe digestion, reduce inflammation, and support immune resilience as we move into the cooler months.

**LET’S BREAK DOWN A FEW
ALL-STARS IN THIS SOUP**

Garlic
Garlic contains allicin, a compound with powerful anti-inflammatory, antimicrobial, and immune-supportive properties. It helps modulate the immune response and supports detox pathways, making it a must-have for both flavor and function.

Ginger
This warming root does more than add a zing—it contains gingerols, which have been shown to reduce inflammation, ease nausea, and support digestion. Ginger is especially helpful for calming the gut and easing joint pain.

Turmeric
Thanks to curcumin, turmeric is a top-tier anti-inflammatory spice. It supports liver detoxification, reduces oxidative stress, and helps regulate inflammatory pathways. Pair it with a pinch of black pepper to enhance its absorption (yes, we do that in this recipe!).

The Recipe
**ANTI-INFLAMMATORY CHICKEN SOUP
WITH GINGER, GARLIC & LEMON**

- Ingredients:**
- Drizzle of avocado oil
 - 2 pounds boneless, skinless chicken thighs
 - 1 medium onion, diced
 - 1 large leek (white and light green parts only), halved lengthwise and thinly sliced
 - 1 bag matchstick carrots
 - 3–4 stalks celery, thinly sliced
 - 1 head garlic, chopped
 - 1 teaspoon turmeric
 - 2–3 inch knob of ginger, grated or thinly sliced
 - 1 teaspoon poultry seasoning
 - Zest and juice of 2 lemons
 - 2–3 bay leaves
 - 6 cups chicken broth (no added sugar)
 - 1 (13.5 oz) can full-fat coconut milk
 - 1 teaspoon Celtic salt (adjust to taste)
 - tsp black pepper
 - 1/4 cup chopped fresh parsley
 - Optional:
 - 1/2 cup wild rice
 - 1 (10 oz) bag frozen peas

- DIRECTIONS:**
1. Sear the chicken: Heat a drizzle of avocado oil in a large soup pot over medium heat. Season the chicken with the poultry seasoning. Sear chicken thighs for 3–4 minutes per side until golden brown (they don’t need to be fully cooked through). Remove and set aside.
 2. Sauté the veggie base: In the same pot, add diced onion, sliced leek, matchstick carrots, and celery. Sauté for 5–7 minutes until softened and fragrant.
 3. Add garlic, spices, and lemon: Stir in the chopped garlic, turmeric, ginger, lemon zest and juice, and bay leaves. Cook for 1 minute to bloom the spices and let the lemon gently caramelize into the base.
 4. Build the broth: Pour in the chicken broth and coconut milk. Stir well to combine. Return the seared chicken to the pot, and add Celtic salt.
 5. Simmer low and slow: Bring the soup to a gentle boil, then reduce heat to low. If using wild rice, stir it in now. Cover and simmer for 30 minutes, or until chicken is cooked through.
 6. Shred and finish: Remove chicken from the pot, shred with two forks, and return to the soup. Stir in frozen peas (if using) and let cook for another 5 minutes until warmed through.
 7. Final touch: Remove bay leaves and stir in fresh chopped parsley. Taste and adjust salt or lemon to your liking.

TRY THESE OPTIONAL ADD-INS: Seasonal veggies like carrots, parsnips, kale, or mushrooms for more fiber and phytonutrients. Or stir in a handful of cooked wild rice or quinoa for a heartier version.



WHY THIS CHICKEN SOUP STANDS OUT
Whether you’re coming down with a cold or just looking to eat intentionally this season, this anti-inflammatory chicken soup is a comforting, nourishing staple to keep in your rotation.

Not only is this soup gut-friendly and immune-supportive, it’s also designed to be easy to digest, full of flavor, and ideal for batch cooking. Bone-in chicken (or bone broth, if you prefer) adds collagen and amino acids like glycine and proline—both supportive for gut repair and reducing inflammation in connective tissues.

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- SPICES THAT HEAL**
A warming spice blend is more than just flavor—it’s medicine. Here are a few of the spices you’ll find in this cozy soup and why they matter
- **Black Pepper** – Enhances the bioavailability of turmeric’s curcumin.
 - **Bay Leaf** – A soothing, aromatic herb that aids digestion and supports detoxification.
 - **Celtic Salt** – Rich in minerals and less processed than conventional salt.






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Janalee introducing Stroll Sponsor Mark Gertzberg (Ride with Mark) to Jenny.



Janalee with sisters and owners, Donna and Victoria



Dr. Wolak connecting with new friends.



Summertime Networking at Trio Eyecare

Summer Sip & Strolls give us a chance to take a moment to make new friends and find out more about the business partners who make our Stroll Oakhurst possible. After all, if we didn't have their support, we wouldn't have a neighborhood magazine celebrating 10 years in print!

LISA VILLELLA PHOTOGRAPHY



On Thursday afternoon in late June, you were all invited to stop by the grand opening of TRIO EYECARE on Sashabaw Road. This family owned and operated optical practice and boutique shoppe is run by sisters, Donna Tarnas and Dr. Victoria Wolak. Together with Donna's husband Paul, they welcomed us into a colorful and vibrant, upbeat and friendly space where we gathered for some tasty treats and good conversation. Some of us had eye exams, others picked out some cool new frames for everyday or just for fun. There was even an option to pick out some new eye shadow!

The event was an opportunity to meet Donna and Victoria and to take a moment to build a relationship and make a new friend. Conversations were light hearted and connections were made and renewed. Some of us picked out whimsical boutique items creatively displayed throughout the space and left with them wrapped up with pretty paper and ribbon.

While helping Donna prepare for the event, I introduced her to one of my new friends, Deborah Johnson, a longtime Mary Kay Beauty Consultant and new Stroll Sponsor. She was there too, with a table full of pink Mary Kay goodies, sharing new lipsticks and of course, summer shades of eye shadow!

Like always, Sip n Strolls are short and sweet, and time well spent, providing opportunities to build relationships that build business and friendship. Ask about the next event and come join us!

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If you missed joining us, stop in and say hello. Trio Eyecare is easy to find - next door to Starbucks on Sashabaw Road.



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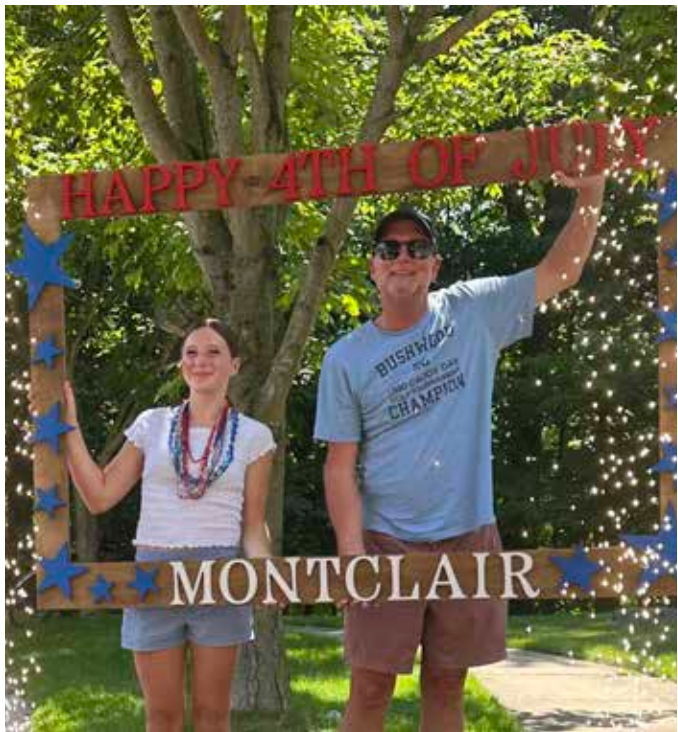


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STROLL Oakhurst 41



Montclair Knows How to Celebrate Independence Day!

Montclair residents gather every Independence Day to celebrate our country's birthday with a bike parade, sidewalk chalk contest, water balloons, games, prizes and treat bags. Here's a peek at this year's fun!

PHOTOS PROVIDED BY ERIN KELCH, MONTCLAIR RESIDENT

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Women's Invitational Winners 2025

In July, 60 golfers swung a club for 54 holes (including their practice rounds) on a few of the most beautiful days this summer. This year's Oakhurst Womens' Invitational theme was "The Tradition" and the winners of the three flights are to be celebrated. Congratulations ladies!

PHOTOS PROVIDED BY MICHAEL SAROLI, PRO GOLF ASSISTANT / OAKHURST GOLF & COUNTRY CLUB



Zaharias Flight
(Flight 1) Winners:
Lauren Macy and
Ashley Thomas



Wright Flight
(Flight 2) Winners:
Rachelle Valdez
and Anna Thomas



Suggs Flight (Flight
3) Winners: Kim
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UNIQUELY YOU MAGAZINE is a free monthly publication created for and by individuals and families in the special needs and disability community in Michigan. Founded by a local special needs mom, the magazine exists to **celebrate stories, build connections, and inspire impact** across Michigan. Each issue features personal narratives, community resources, nonprofit highlights, and opportunities for businesses and organizations to share their support. *Uniquely You* is a free, monthly, powerful platform for awareness, inclusion, and meaningful collaboration.

Explore past issues, share your story, find resources, upcoming events and ways to get involved: <https://linktr.ee/uniquelyyoumichigan>

Thanks so much!

Jamie Olson

Uniquely You! Publisher/Area Director
jamie.olson@n2co.com
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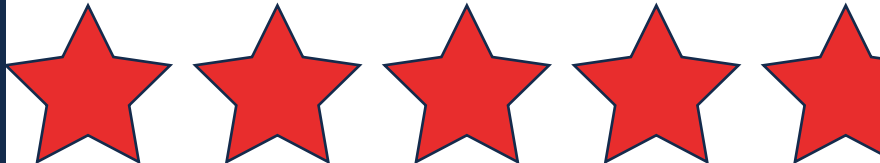
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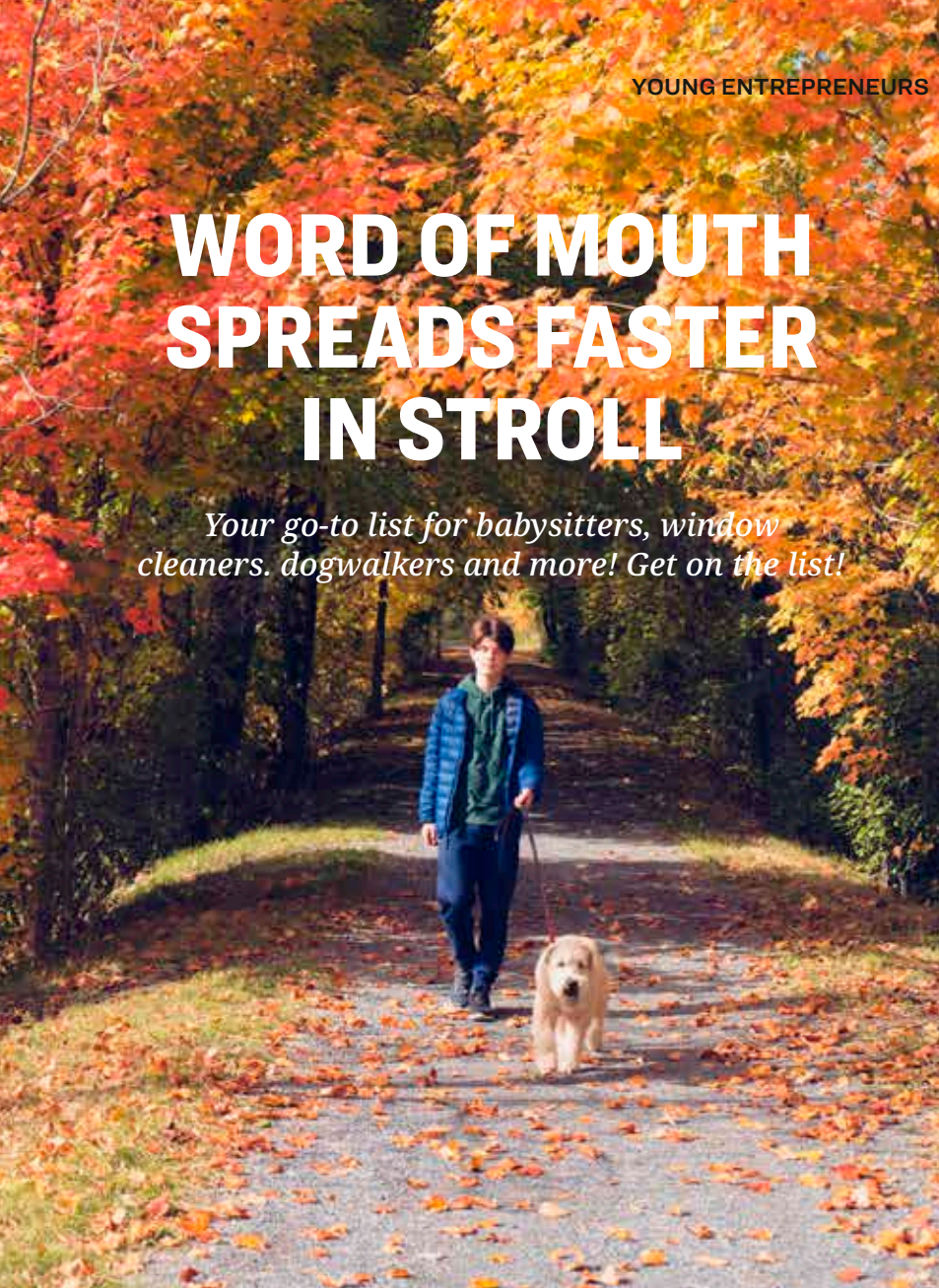
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