

MorningSider

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DETROIT BUSINESSES COULD GET \$7,000 IN REBATES FOR LIGHTING FOR SAFETY



By Niraj Warikoo

Detroit officials and DTE announce plan for businesses to get potential rebates for Project Green Light

Teaming up with DTE Energy, the City of Detroit announced a program to give small businesses in Detroit up to \$7,000 in rebates to install better lighting for a new project that aims to deter crime with video cameras monitored in real time by Detroit Police.

Speaking Thursday evening at a Marathon gas station on West McNichols, Detroit Mayor Mike Duggan said the rebates from DTE can be used by businesses in Detroit to put up lighting that can better highlight criminal suspects and scenes to help police. The new lighting is also energy-efficient, which could help businesses save money and be more environmentally friendly.

The rebates are the latest part of Project Green Light, a program that started in

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MorningSide

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Long-Term Care Awareness Month

November is designated as national Long-Term Care Awareness Month to build awareness for the type of care needed by individuals who have a chronic illness or disability



Did you know that 70% of people over age 65 will require some type of long-term care services during their lifetime? This type of care can be tremendously expensive, but your finances aren't the only thing at risk. Long-term care situations can take a tremendous physical and emotional toll on your family members as well. Imagine your spouse, your children or your friends having to care for you, assisting with personal care activities such as bathing or feeding.

In recognition of Long-Term Care Awareness Month, here are a few facts about the sacrifices that caregivers often make: There are **45 million informal caregivers in the United States**, most of them relatives of the person needing care.

- **78%** of adults receiving care at home rely on family and friends as their only source of care. Source: National Family Caregivers Association
- The typical caregiver is a **46-year-old woman**. Source: AARP
- The average caregiver spends **21 hours a week** caring for a loved one. Source: National Alliance for Caregiving
- **92%** of family caregivers reported a major change to their work pattern. Source: Center for American Progress
- **41%** reported being forced to take a leave of absence. Source: Center for American Progress
- **37%** reported switching from full-time to part-time-work. Source: Center for American Progress
- **Nearly 50%** reported having to cut down or skip any vacation or social activities. Source: Volunteers of America
- **29%** reported using their own savings to provide care. Source: Volunteers of America
- **11%** reported moving close to a parent or family member in need of care. Source: Volunteers of America
- **10%** reported having their pay cut at work. Source: Volunteers of America

It's important to understand the emotional, economic and physical toll that care can have on loved ones who may be forced to care for you if you don't have LTCi. By understanding this you can better plan for your future so you aren't a burden to loved ones.

(Continued from page 2)

This can be challenging...especially for those who find it hard to see themselves needing help with the most basic daily activities, like bathing or dressing. Yet, taking accountability for their future care and planning for that day is something everyone should do.

Here are eight things they should consider when developing a plan for long-term care:

1. **Planning for long-term care is important.** Most people will tell you they plan to live a long life. But with age comes the need for help with some of the things they always did for themselves. According to the U.S. Department of Health and Human Services, 70 percent of people who reach age 65 will need LTC services at some point in their lives.
2. **LTC services are expensive.** Mutual of Omaha's cost-of-care survey revealed that just one year in a nursing home can cost nearly \$80,000 (based on national averages). Home health care is less expensive, but people still can expect to pay over \$36,000 per year on average for care they receive at home.
3. **You can't rely on Medicare.** Many people mistakenly believe their LTC needs are already covered. In reality, Medicare only covers services for a short time – typically just long enough to help people get back on their feet after an illness or injury.
4. **Medicaid isn't for everyone.** It's true. Medicaid does cover LTC services. But it's important to remember that Medicaid is a program for people with low incomes and limited resources. That may mean your clients would have to spend down their assets just to qualify. Not an attractive option for people who want to protect the assets they worked a lifetime to accumulate and leave a legacy for their children.
5. **There's a hidden cost to family caregivers.** It's easy to say, "My family will take care of me." But a spouse may not be physically able to provide all the care that's needed. And children have their own family and career obligations. The fact is family caregivers frequently suffer from stress and illness themselves. Not to mention lost wages if they have to give up a job or reduce work hours.
6. **The best time to start planning is now.** How will you pay for the care you need? Where will you live? Who will take care of you? These are questions people need to ask themselves now while they're young and in good health. The need for LTC services can arise at any time. Having a plan in place when that day comes can help alleviate the emotional strain many families face. It also can help ensure your clients get to make the

(Continued on page 10)

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(313) 226-6020
Debbie Stabenow
(313) 961-4330

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Governor

Rick Snyder
(517) 373-3400

State Senator

Coleman Young II
(517) 373-7346

State Representatives

(District 1) Brian Banks
(517) 373-0154
(District 2) Alberta Tinsley-Talabi
(517) 373-1776

SPARKLING PEAR PUNCH

Ingredients

- 2 cups pear juice
- Juice of 1 lemon
- 1/2 cup sugar
- 2 liters' ginger ale
- Sliced fresh pear



Directions

Pour pear juice into large punch bowl. Add lemon juice. Stir in sugar.

Mix in ginger ale and top with fresh sliced pear. *Refreshing sparkling punch using a favorite autumn fruit.

Recipes provide by Taylor One Gourmet Catering

GARLIC MASHED POTATOES



Ingredients

- 3 medium baking potatoes, peeled and coarsely chopped
- 1 teaspoon salt
- 4 tablespoons butter, at room temperature
- 1/4 cup sour cream, at room temperature
- 1 teaspoon finely minced garlic
- 1 tablespoon whole milk, plus extra, at room temperature or warmed

Directions

In a medium saucepan, cook the potatoes in salted water until tender, about 15 minutes. Drain the potatoes and return them to the saucepan. Add the butter, sour cream and garlic. Mash the potatoes with a potato masher or the back of a fork until the ingredients are blended. Add the milk, 1 tablespoon at a time, until the potatoes are the desired consistency. Taste and add salt and pepper, to taste.

Recipes provide by Taylor One Gourmet Catering

OVEN ROASTED BRUSSELS SPROUTS WITH BACON, CRANBERRIES AND WALNUTS



Ingredients

2 pounds Brussels sprouts
 1 tbsp. extra virgin olive oil
 3 bacon strips
 1/4 cup dried cranberries
 1/4 cup walnuts, roughly chopped
 salt and freshly ground black pepper
 1 tsp maple syrup (optional)

Directions

Preheat oven to 375F°. Clean and trim Brussels sprouts and cut them in half. Add Brussels sprouts to a cooking tray and drizzle extra virgin olive on top. Season with salt and pepper and toss using your fingers to coat evenly. Bake for 25- - 30 minutes until Brussels sprouts are tender. In the meantime, cook bacon strips until just short of crispy and transfer to a plate covered with paper towel. Keep the bacon oil! Add walnuts to the bacon oil and cook on medium heat for 2-3 minutes, until walnuts are golden brown. Add walnuts to the plate next to the bacon. Chop bacon into bite size pieces and toss in a bowl together with walnuts, dried cranberries and Brussels sprouts (and little maple syrup). Season with salt and pepper and serve.

Important Numbers

■ ■ ■

Wayne County

Executive

Warren C. Evans
 (313) 224-0286

Clerk

Cathy M. Garrett
 (313) 224-6262

Treasurer

Richard P. Hathaway
 (313) 224-5990

Sheriff

Benny N. Napoleon
 (313) 224-2222

Commission (District 1)

Timothy Killeen
 (313) 224-0920

Prosecutor

Kym L. Worthy
 (313) 224-5777

Register of Deeds

Bernard J. Youngblood
 (313) 224-5854

Important Numbers



Detroit

Mayor

Mike Duggan

(313) 224-3400

Clerk

Janice M. Winfrey

(313) 224-3260

City Council Member

(District 4)

Andre L. Spivey

(313) 224-4841

Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

(313) 236-3518

Asst. District Manager

Toson Knight

(313) 236-3520

DETROIT BUSINESSES COULD GET...

(Continued from page 1)

January with eight businesses and now has 52. It's a way to help make areas like gas stations, liquor stores, restaurants, pharmacies and other small businesses more safe for customers and employees.

Small-business owners have said they want to make their places more safe, but don't have the money for high-definition cameras and better lighting.

In September, the city announced it was working with Comcast to provide video cameras at an affordable price for business owners to participate in Project Green Light.

Joining Duggan at the news conference, Detroit Police Chief James Craig said there has been a 50% reduction in violent crime at places that use Project Green Light, which he called "one of the best partnerships." He said police in San Diego and Houston have contacted Detroit about the program.

"Green Light has been a deterrent," Craig said.

In the past, some of the security cameras used at small businesses were of poor quality that didn't capture well the faces of suspects.

"It was so grainy," Duggan said.

The better cameras with Project Green Light give better images and are also monitored by Detroit Police.

Nasser Baydoun, who owns some of the stores that use Project Green Light and is chairman of the Arab American Civil Rights League, said that customers should feel safe in Detroit while shopping and not feel they can only go to the suburbs.

With Project Green Light, "they can feel safe in the city of Detroit."

Nasser Mozer, a pharmacist, got \$4,000 in rebates for new lighting at his pharmacy near 7 Mile and Schaefer. He said the safety of his customers is a priority.

Trevor Lauer, president of DTE Electric, also spoke at the news conference Thursday evening, saying he hopes the program can help make "Detroit one of the greatest cities in America again."

Business owners interested in the rebates for the lighting can call 866-796-0512 and select option 3, or they can contact the city.



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Environmental

Dangerous Buildings

Division

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Property Maintenance

Division

(313) 628-2451

Fire Department

(313) 596-2900

Deputy Fire

Marshal

(313) 596-2963

Important Numbers

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Detroit

Police Department

Chief of Police

James E. Craig

(313) 596-2200

5th Precinct

Captain Mark Bliss

(313) 596-5500

Neighborhood Police Of- ficer (MorningSide)

Audrey Curtis

(313) 643-0202

ELECTION DAY IN DETROIT



On Nov. 8, Detroit will vote on whether to build a new transit system that could determine the city's collective success.

By Robert Puentes

On Election Day, Americans will make critical choices about the economic future of the country. I am not referring to the decision about who should be president. On Nov. 8, hundreds of measures and initiatives will be before voters asking them to support a range of transportation investments in their cities, regions and communities. By our count, there is over \$450 billion at stake.

This includes \$54 billion in Seattle for public transit, \$12 billion for highway projects in Broward County, Florida, and \$3.6 billion for a range of investments in Sacramento. There are also scores of smaller proposals, such as expanding a seaport in Rhode Island, a new airport terminal in Durango, Colorado, and bike paths in Grand Haven, Michigan.

But arguably the most important transportation measure to go before voters is in metropolitan Detroit. Residents there will decide on an ambitious \$4.6 billion plan to build out a rail and bus transit system for the largest American region without one.

Why does this matter so much for Detroit? It matters because metropolitan areas are labor markets, in that the vast majority of people who live within a given region also work there. Yet commuters routinely cross municipal and county borders within metropolitan areas on their way to work. Roughly 28 percent of workers in major metropolitan areas commute to jobs outside their county of residence. In metro Detroit, the figure is about 34 percent. Metropolitan areas are

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also housing markets, in that when households move, they tend to stay within their home market.

In this way, Detroit may be worse off than most. Currently public transit there is operated by four separate transit agencies. And despite the fact that they serve over 100 different routes, there are little to no transit links between all four counties and the city. In metro Detroit, buses stop at jurisdictional borders forcing riders off one bus and onto another to continue their journey. With 92 percent of jobs unreachable in an hour's ride by public transit, the region ranks near the bottom nationally. In Southeast Michigan, for a household to connect to work, school or other services they'd better have a car. The problem is that over 135,000 households have no access to a car, and the vast majority of these households are low income.

That is why it is disturbing that tired complaints from counties in the region about their "fair share" continue to surface. At its heart, the vote in Detroit is about the future of the region, not earmarking projects for individual jurisdictions. That may be how local officials and county leaders think but it's not the reality about how people travel, how workers get to their jobs and how people access economic opportunity.

A high quality public transit network can allow employers to benefit from the clustering of people and businesses, and thereby raise productivity in metro areas. This is important in metro Detroit where over three-quarters of jobs are spread out 10-35 miles from the central business district; by far the highest share in the country.

Of course, the success of a transit network in reaching workers and helping them to access jobs rises and falls on much more than the transit system itself. Transportation networks interact with the location of employment and housing in complex ways and those decisions take on complicated relationships between places.

Detroit's vote in November will send a strong signal about how ready it is to think

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Important Numbers



Detroit

Department of Public

Works

Collections (garbage, bulk, yard waste, or recyclables)

Rizzo

(866) 772-8900

Street or Alley Repairs

(313) 224-0033

Sidewalks

(313) 224-3954

Traffic Signs & Signals

(313) 224-1610

Illegal Dumping or Rodent Baiting

(313) 876-0974



Located Inside:
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LONG-TERM CARE...

(Continued from page 3)

important decisions about the care they receive and the setting they prefer.

- The cost of waiting can be high.** The ability to obtain an LTCi policy is based on age and good health. So it's important for people to understand that if something happens to cause a change in their health status, they may not be able to purchase LTCi at any price.
- Some coverage is better than none.** Many people who think they can't afford an LTCi policy neglect to consider what would happen if they didn't have one. Without a policy to help pay the bills for LTC services, they may have to liquidate assets, sell stocks, dip into savings or retirement accounts or sell property to come up with the cash they need. Even a modest LTCi policy offers some protection for their important assets.

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THE CASES FOR AND AGAINST COMMUNITY BENEFITS PROPOSALS ON DETROIT BALLOT

Which one is best for Detroit taxpayers and residents? Should voters approve both? Neither?

On Tuesday, Detroiters will have a chance to put their stamp on future development projects in the city, including deciding how many local workers are hired for major projects.

There are two competing proposals that would enforce community benefits agreements: Proposal A and Proposal B.

Which one is best for Detroit taxpayers and residents? Should voters approve both or neither?

From the Detroit Free Press:

If approved, Proposal A would require a community benefits agreement for projects worth at least \$15 million seeking tax breaks or a land transfer of at least \$300,000...

The competing measure — Proposal B — would be applied to fewer de-

(Continued on page 13)

Tim Killeen



Wayne County Commissioner – District 1

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Contacts:

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tkilleen@waynecounty.com

www.waynecounty.com/commission/district1

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Come and visit with your Commissioner at his monthly Chats

2nd Monday – 9-10:00 a.m. – Grosse Pointe Woods Community Center – in the jury room around back. 20025 Mack

3rd Monday – 9-10:00 a.m. – Grosse Pointe Park City Hall – 2nd level – 15115 Jefferson at Maryland

3rd Monday – 6-7:00 p.m. – Tim Horton's – 19353 Vernier across from Eastland

Last Monday – Noon -1:00 p.m. - Monteith Library – 14100 Kercheval at Eastlawn

Patronage

Pamela Pepper

RosAnn Barker

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MORNINGSIDE COATS FOR KIDS CAMPAIGN

Spread the Warmth – Give the Little Ones some Winter Hugs!

Clothing is one of the basic necessities. People need appropriate clothing not only to express their fashion sense but more importantly, to keep their bodies protected from extreme weather conditions. Christmas – the season of giving, is fast approaching. Many people dream of a white Christmas. Yet, not everybody can afford to buy clothing that will prevent them from freezing. This holiday season, spread the love with each virtual hug. Through MorningSide's community project – Coat for Kids, you can send coats sealed with love and warmth to let the kids of Ronald Brown Academy know that the world cares for them.

Ronald Brown Academy, the beneficiary of this project, is a Detroit Public Schools Community District elementary school. It is located in an area where more than 33% of residents are below the poverty index. These are families who are barely keeping up with their daily needs. This means that they would not have enough money to keep their children warm this coming winter. This year, the winter is predicted to be extra cold so who wouldn't mind having some extra layers of clothes?



For most children, winter is about playing in the snow – making snowmen, snow balls, and snow angels. Winter is about spending time bonding and catching up in front of the fireplace. It is about egg-nogs, hot chocolate, and a steaming cup of coffee. However, to the kids at Ronald Brown Academy, it is a scary thought of long, cold nights. They imagine winter as a time when they wish they had more. Although it may inspire them more to strive harder, a warm hug through donated coats, scarves, gloves, and hats will definitely touch their hearts and keep them motivated, knowing that love still makes the world go round.

There are two ways on how you can make these kids feel loved and cared for this winter:

- ◆ Share the warmth, donate clothes. You can donate coats, gloves, scarves, and hats suitable for children ages 4 to 14. All of these donated winter clothing will be given as your present to the most needy out of more than 800 students of Ronald Brown Academy. MorningSide aims to facilitate Coats for Kids to keep at least fifty kids warm this winter but it would be amazing if you can help them achieve more. You can drop your donations in Ronald Brown Academy from Monday to Friday, from 9:00 in the morning until 1:00 in the afternoon or in Bethany Lutheran Church every Wednesday from 4:00 to 6:00 in the afternoon from October 31, 2016 to December 5, 2016.
- ◆ Make them feel loved, donate money. You can also make monetary donations through PayPal ([tinyurl.com/ms-coats4kids](https://www.tinyurl.com/ms-coats4kids)), checks, Go Fund Me ([gofundme.com/ms-coats4kids](https://www.gofundme.com/ms-coats4kids)), or through donating cash. You can send your cash and your check donations to any of the MorningSide board members. You can

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(Continued from page 12)

also send check donations to MorningSide P.O. Box 24690, Detroit, Mi 48224.

These kids cannot stop winter from coming but you can definitely stop winter from leaving them frozen. Listen to your heart and send warm hugs to the kids at Ronald Brown Academy!

THE CASES FOR AND AGAINST...

(Continued from page 11)

velopment projects because its thresholds to trigger community involvement are higher.

Proposal B would affect projects with an investment of at least \$75 million seeking city subsidies worth at least \$1 million.

Supporters of each proposal join Detroit Today to make their case.

“There is no community benefit if the developers choose to go somewhere else,” says Mike Jackson, executive secretary-treasurer for the Michigan Regional Council of Carpenters and Millwrights, who opposes Proposal A and supports Proposal B. He says Proposal A creates too many uncertainties for developers.

But Sugar Law Center attorney and former state representative Rashida Tlaib says Proposal A is the only proposal that would actually bring about real benefits for Detroit residents.

“There are winners and losers in this whole so-called Detroit comeback - comeback for who?” says Tlaib. “If you get away from the islands of various developments, you see a huge increase of poverty, decay, and just a tremendous amount of need even in our education system. And we see that in community benefits agreements across the country addressing those quality of life issues.”



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DETROIT HIGH SCHOOLS WILL GET OWN ACADEMIC FOCUS

By Shawn D. Lewis

The Detroit Public Schools Community District plans to transform the district's high schools under a plan to create a targeted field of study for each.

The so-called "cluster career" schools are part of the a new long-term academic turnaround plan unveiled by district officials Friday.

Interim superintendent Alycia Meriweather said the plan also includes goals of having a 10 percent increase in the number of students meeting their individual student growth targets, 100 percent of instructional staff to be offered professional development and coaching focused on increasing student literacy and a 10 percent decrease in the number of students who are chronically absent.

Meriweather discussed the changes inside Ben Carson High School of Science and Medicine, which is a career cluster school focusing on science and medicine. It is where she said stakeholders have been meeting to offer input to the plan over the past several months.

The announcement comes just days before voters in Detroit will select seven school board members from a field of 63 and who will for the first time in seven years have power over a district that has been under the oversight of four emergency managers since 2009. The new board, smaller than the current 11-seat board, will have power over academics and will choose a superintendent, but finances still will be watched by a Financial Review Commission.

Emergency manager Steven Rhodes will leave office in January when the board is sworn in.

Meriweather said she's hoping the new board will be in favor of the transformative academic plan.

"It is my hope that the school board to be elected Tuesday will recognize that the plan is based on research, and that 160 people participated and were involved, and that they would stand behind it, but I'm sure there will be some discussion," she said.

Under Meriweather's plan, students would need to decide, well before high school, which of the career cluster schools they would like to attend.

"By seventh grade, students need to make a decision about high school," Meriweather said. "In the seventh and eighth grades, we would drill down to make sure they're aware of the possibilities."

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Student Oluwakemi Dauda, 16, who is in the 12th grade at Ben Carson has decided she wants to go to medical school and to become a behavioral development pediatrician.

“I chose that in my sophomore year,” she said. “But you should expose yourself to different careers to make the decision easier.”

Meriweather said the goal is to provide all students with an excellent education, and “we will no longer accept small, incremental growth.”

She also addressed her remarks to students from Ben Carson seated in the room. Many of them were dressed in scrubs, as though they were ready to go work in the medical field.

“If one student fails, we all fail,” she continued.

Some of Detroit’s high school, such as Ben Carson, already have an academic focus. Among them is Cody-Detroit Institute of Technology College Prep, Cody Medicine and Community Health Academy, Communication and Media Arts High School, Davis Aerospace Technical High at Golightly, Detroit School of Arts, Osborn Collegiate Academy of Mathematics, Science and Technology and West Side Academy of Information Technology and Cyber Security.

If a student lives near a career cluster school where they’re not interested in that particular career, they still can receive a general education at that school, according to Robinson.

The plan is organized around five Pillars of Excellence tied to specific objectives. The pillars include literacy, career pathways, innovation and family. The programs are expected to cost about \$1.9 million, according to district spokesperson Jacqueline Robinson. She did not have total figures for other areas of the plan, including curriculum changes.

The academic plan was created with input from the Academic Advisory Council, comprised of 160 district students, parents, teachers, principals, community members and faculty from the state’s leading universities.

“We have a lot of ground to make up for, and don’t have time to waste,” Meriweather said.

The plan is expected to guide the district for the next eight to 10 years, which the district says is the length of time needed for a system wide turnaround.

The academic plan will be available online next week at www.detroitk12.org

2016 DETROIT COMMUNITY DEVELOPMENT AWARDS

Thank you! Thank you! Thank you!!

Thanks to everyone who supported MorningSide by voting in the 2016 Detroit Community Development Awards. MorningSide is the People's Choice Award winner for District 4! We are humbly appreciative of the honor of being the recipients of such an esteem award. We will use the award prize to support our monthly newsletter.

Congratulations to all of the 2016 winners! The inspirational evening was a testament to the incredible work being done in Detroit by residents and committed organizations and developers who believe Detroit is a great place to live, work, do business and thrive.

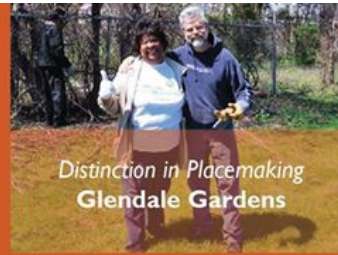




Excellence in Real Estate Development
Town Partners



CDC/Nonprofit Developer of the Year
Cody Rouge Community Action Alliance



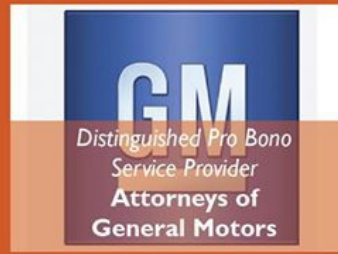
Distinction in Placemaking
Glendale Gardens



Bridget Vance Award for Outstanding Safety Initiative
Detroit Public Safety Foundation



Congratulations
Awardees!



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Community Strategy of the Year
Focus: HOPE Keep it 100!



Distinction in Placemaking
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Lupus Detroit

District 2
Word Restoration Ministries

District 3
Osborn Neighborhood Alliance

District 4
MorningSide

District 5
360 Detroit

District 6
United Community Housing Coalition

District 7
In Memory of Community Garden



DETROIT RECORDS 2ND-LOWEST ANGELS' NIGHT ARSON TALLY



MorningSide & MEC Radio Patrol at host location Spirit of Love Church

By Matt Helms

There were 59 fires over the 3-day period, up slightly from the record-low 52 in 2015.

Detroit recorded its second-lowest number of arsons during the three-day Angels' Night period, city officials said Tuesday.

Detroit recorded 59 fires Saturday, Sunday and Monday nights, up a bit from the record low of 52 set in 2015. The numbers were so low that Mayor Mike Duggan said volunteers shifted gears for Halloween night and focused on providing candy to trick-or-treaters and haunted house activities, including a haunted bus created by the Detroit Police Department's 11th Precinct in a 1965 Detroit Department of Street Railways bus.

Duggan said he didn't see a single fire as he volunteered to patrol and visit sites across the city Monday night, although he did see some in 2015.

"We really felt we've broken the back" of the city's Halloween-time arson

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sprees that peaked in 1984 with more than 800 fires over what used to be called Devil's Night.

More than 6,000 people volunteered to patrol; an additional 220 helped with activities for kids. The city also removed 269 abandoned cars from the streets to help reduce vehicle fires, said Ray Solomon II, manager of the city's council District 2, who coordinated the citywide campaign.

Detroit Fire Commissioner Eric Jones said of the 59 fires, 22 were labeled suspicious, compared with 23 last year. Dwellings accounted for 39 of the fires, with 20 occupied. There also were five garage fires, nine trash fires and six vehicle fires. In addition, six of the fires were what Jones called "rekindles," fires that were put out and then came back ablaze.

"It was a wonderful night, a very professional operation," Jones said.

Jones said many firefighters bought candy with their own money to hand out at fire stations citywide.

Among the organizations helping out over Angels' Night was Detroit 300, a local community organization that helps fight crime. Its vice president, Imhotep Blue, said the group fanned out across the city to urge people to adopt vacant homes and keep an eye on them during Angels' Night and year-round.

"It's been years since we've seen so many children out trick-or-treating," Blue said. "Everybody did a fantastic job."

Duggan said the decision to switch to focusing on children's activities was made earlier this year after 2015's low tally. Had the numbers spiked on Saturday or Sunday, the mayor said, the city would have reverted to more patrols. Officials said street patrols — with volunteers driving the streets in cars with yellow flashing lights on top — were reduced by about 50% on Halloween night.

Detroit Police Chief James Craig said he welcomed the reduced number of fires and the community-based effort to keep the city safe.

"This is about focusing on the children," Craig said. "Let's get away from what we had in 1984."



Diabetic Eye Disease month is selected to highlight diabetic retinopathy as “one of the most common and debilitating complications of diabetes” Diabetes also causes other complications in the eye including cataracts, a clouding of the lens, and glaucoma or damage to the optic nerve in the eye.

What is Diabetic Retinopathy?

Diabetes causes damage to the retina and the blood vessels in the retina from high blood sugar levels. The retina is like the film in a camera, the part of the eye that takes the picture that lets your brain know what you are seeing. There are two main types of diabetic retinopathy – nonproliferative and proliferative – with levels of severity within each type. Nonproliferative or background means no abnormal blood vessels and proliferative means retinopathy with new abnormal blood vessels present.

With diabetes, the high blood sugar damages the wall of the blood vessels, like poking holes in a garden hose, so that the blood vessels can start leaking blood, fluid and cholesterol into the retina. After some time, the retina is not able to absorb the oxygen it needs (or the end of the garden hose isn't getting any water) and produces a hormone to make new blood vessels to feed itself nutrients and oxygen. But these new blood vessels are dangerous and can fill the eye with blood, cause retinal detachments, severe scar tissue and painful glaucoma.

It is important to see your eye physician for regular appointments, especially if you have diabetes, to diagnose your level of diabetic retinopathy and set up for appropriate treatment if necessary. The American Academy of Ophthalmology recommends at least annual eye exams for all people with diabetes - with the first exam being within 5 years of diagnosis for Type 1 Diabetes, at the time of diagnosis for Type 2 Diabetes, and in the first trimester for pregnant women with Diabetes.

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What is diabetic macular edema (DME)?


Diabetic macular edema is a risk of diabetes that can occur with any level of diabetic retinopathy. DME is one of the most common reasons for vision loss in a diabetic patient. DME is when the leakage of fluid, blood and cholesterol occurs in the macula and significantly close to the fovea or the 20/20 center of your retina. The Early Treatment Diabetic Retinopathy Study (ETDRS) set the guidelines for the diagnosis and treatment of diabetic macular edema.

How is Diabetic Retinopathy and Diabetic Macular Edema treated?






If your level of retinopathy or macular edema needs treatment, your eye physician can discuss the appropriate treatment for you. Treatment modalities include laser retina surgery, injections of medications into the eye and retina surgery if you need it. Treatments are effective and can restore your sight depending on your level of retinopathy.

Maintaining a healthy diet, taking your medications, exercise and not smoking also help significantly in preventing and treatment diabetic eye disease.



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www.nei.nih.gov/diabetes

National Eye Institute
National Eye Health Education Program
A program of the National Institutes of Health

COMCAST BEGINS GIGABIT INTERNET SERVICE ACROSS DETROIT

By Ian Thibodeau

Comcast launched ultra-fast gigabit internet service in Detroit on Tuesday.

The company announced the new internet service with speeds up to 1 gigabit-per-second is available to residential customers over Comcast's existing infrastructure network. Comcast is the first to offer gigabit speeds to the entire city of Detroit.



The service will extend to Metro Detroit and other areas of Michigan in 2017, Collins said.

Comcast is charging \$139.95 per month for the service without a contract. The company is also offering promotional base pricing for \$70 per month with a three-year contract. Comcast will at some point introduce bundle packages including the gigabit service.

To get the benefit of gigabit services, customers need gigabit-capable devices. Customers will likely need a new cable modem and router.

Comcast has rolled out the new speeds in Atlanta, Nashville and Chicago. The company plans to launch in Miami by the end of the year.

The new service comes roughly a year after Detroit-based Rocket Fiber launched its fiber-optic gigabit internet service downtown. The company has over 30 miles of fiber cable installed throughout the city, and over 100 residential and commercial buildings in downtown, Midtown, Brush Park and New Center are currently online, according to a company spokesman.

Rocket Fiber does not have the advantage of pre-existing infrastructure like Comcast. Rocket Fiber has to lay hardware below ground before their gigabit service can launch in any neighborhood.

A Rocket Fiber spokesman said Tuesday the company is developing expansion plans for areas outside downtown in 2017. Rocket Fiber does not require a contract or router rental, the spokesman said.

In October 2015, Lansing-based LightSpeed Communications began offering 1-gig service to residents of Detroit Savings Bank Lofts in Capitol Park.

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The two Michigan startups sparked competition — and faster internet speeds — in Detroit, which had lagged behind other major metropolitan areas in terms of connectivity.

The average internet service in Metro Detroit household delivers 12.7 megabits of information per second (it takes 1,000 megabits to equal 1 gigabit), according to a study by Akamai Technologies, a Massachusetts technology infrastructure company.

For now, both Rocket Fiber and LightSpeed services are contained within greater downtown, the 7.2-square-mile area where the number of residents and businesses are steadily growing.

Rocket Fiber offers 1-gig service to residences for \$70 a month; 10-gig service is \$299 a month. Pricing for businesses is based on custom rates. LightSpeed charges \$65 per month.

Customers looking to sign up for Comcast's new service can go to xfinity.com/gig.

ELECTION DAY IN DETROIT

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and act like a region, rather than squabbling neighbors. At stake is its collective success. Other regions should pay close attention.

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