

- Patients recovering from surgery or an injury
- Single adults needing assistance or companionship

April 8, 2019

Vol. 39, No. 29

Dog Census Conducted In Troy Each Summer

Troy residents should be aware that each summer the Oakland County Animal Control Division conducts a door-to-door dog census to ensure compliance with the Michigan State Dog Law of 1919. This law requires that all dogs have a license.

Licensing is an important public safety issue as it ensures that the dogs residing in your community have current rabies vaccinations. Remember, there has already been a reported case of rabies this spring, so protect your pets.

Troy residents that do not have a current dog license are encouraged to purchase their dog license online by visiting Oakgov.com/petadoption/. Dog licenses can also be purchased in person or by mail from the Oakland County Animal Control Division at 1200 Telegraph Road, Building 42E, Pontiac. In addition, licenses can be purchased at the Troy Police Department Records Division, 500 W. Big Beaver (at the back of City Hall) Monday through Friday from 8 a.m. - 4:30 p.m.

From January 1 until June 1, the price for a dog license is \$10.50 for a dog that has been spayed or neutered and \$18 for a dog that has not been spayed or neutered.

However, beginning June 2, people who have not purchased a current year dog license are considered delinquent. After June 2, all dog licenses cost \$33. These fees are set by the Oakland County Board of Commissioners. You will be issued a citation and if you don't comply, and you will be summoned to court for a civil infraction.

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THE FRIENDS OF THE TROY LIBRARY posed for a picture in front of the Children's Corner of the remodeled Bookstore in the basement of the Troy Public Library during a gathering of volunteers last Thursday evening. Pictured are (left to right) Troy Librarian Cathy Russ, Co-treasurer Laurie Church, Friends of the Troy Public Library Sue Matthews, Co-treasurer Jackie Ahlstrom, April Church, and Bookstore Manager Lynda Belian. In the back, that is hardworking board member Lou Wassel.

April Is Distracted Driving Awareness Month

Here's a statistic that might make you think twice before texting or talking while driving a car. According to the Michigan State Police, there were 20,115 crashes in Michigan during 2017 involving distracted driving, resulting in 72 fatalities. In 2016, there were 12,788 distracted driving crashes resulting in 43 fatalities.

"When you are behind the wheel, keep your phone out of reach," advises Michael L. Prince, Ohio State Police director.

"Studies show that texting while driving takes your attention off the road more than any other activity," said Prince.

Michigan saw a 57% increase in distracted driving crashes and a 67% increase in fatalities from those crashes from 2016 to 2017, according to the Michigan State Police (MSP) Criminal Justice Information Center (CJIC). That's why law enforcement agencies around the state are participating in a nationwide distracted driving mobilization period from April 11-

15, in the middle of Distracted Driving Awareness Month.

Michigan law prohibits a driver from reading, manually typing, or sending a text message while driving. Exceptions are in place for reporting crashes, crimes or other emergencies.

According to distracted driving facts, the Department of Motor Vehicles reports that nearly 3,500 deaths are consequences of driving distractions every year. Furthermore, polls indicate that

See DISTRACTED DRIVING, page 2

Renovated Library Bookstore Now Open

by CYNTHIA KMETT

The Friends of the Troy Public Library Board recently welcomed volunteers to a peek at the renovated Bookstore in the Troy Library's basement. Getting it all ready for this weekend's Grand Re-Opening was quite a task, as you might recall there were major changes going on the library's main floor, too. In fact, the entire building now has new carpeting.

The Friends paid for the entire renovation of their bookstore, so no taxpayer dollars were needed.

"We were able to pay for the makeover because of a wonderful gift a former patron left us," explained Friends President Sue Matthews. "We invested it and this helped us with this makeover," she added.

The renovation cost \$45,000 and included painting, carpeting, bookshelves, and furniture.

"We couldn't do what we do without our volunteers," Matthews stressed. "They're the best crew in the city."

Troy Librarian Cathy Russ came in to thank the volunteers for their support and observed that they had all worked very hard to get the Bookstore ready for Saturday's opening.

"You put a ton of time into this," she acknowledged.

See BOOKSTORE, page 2

All Your Home Improvement Projects Start Here!

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For more information visit YourHomeShows.com

Dine Out to Support Troy Schools

Restaurants throughout Troy are stepping up to help Troy schools in partnership with the Troy Chamber of Commerce.

From April 29 - May 3, participating Troy restaurants will offer 20% off food purchases to diners who bring in a "Step Up to the Plate," promotional piece, like a flyer, ad, or email about the event (or show them this article).

Then, people can submit their meal receipt to a Troy District

School of their choice. The school that collects the most amount of money in receipts will win a \$1,000 cash prize.

This year, as part of its 60th anniversary celebration, the Troy Chamber will also award a \$1,000 cash prize to the school that comes in second place.

To learn more about Step Up for Troy Schools, see participating restaurants, or download a flyer, visit Troychamber.com/.

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Friends of the Troy Library Bookstore Now Open After Remodel

BOOKSTORE, From page 1

The Friend's Bookstore is an important part of Troy's cultural climate. This bookstore and their main floor gift shop fund about 99% of all programming presented to the public at the library. In a good year, the Friends will earn about \$60,000.

In addition to the renovation, the Friends have bought furniture for the teens, the meeting room, and the youth area of the library. They also take books to community events to give away. How many copies of Dan Brown's "Da Vinci Code" do they need to stock? Take it home at Troy Family Daze and enjoy it again. Of course, they also come to community events laden with a generous supply of children's books.

And if a book isn't quite right for their shelves, you'll find more free books to your right as you head toward the library's offices. Take your pick; they're free, too. Paperback book donations are very welcome for the veterans and at nursing homes.

A look in the backroom where the sorting of donations is done



TROY LIBRARIAN Cathy Russ shows some of the secret finds shoppers at the Friends of the Troy Library's Bookstore often find during a weekend visit. If you were among those in line Saturday morning for their re-opening, you might've found something as collectible as this Marvel #1 comic book for a mere 50 cents.

shows just how many books are delivered on a daily basis, and it's a lot. Volunteers sort them and move them to the other side of the room in categories as they wait to find a place on the stacks.

The Friends are grateful for the contributions, but remind us that books that are ripped, torn, smell of smoke or are dirty can't be put on the shelves, and neither can those that have obviously gotten wet.

Sorry folks, the age of VHS tapes and cassettes are behind us now, and won't be accepted.

If you need the perfect gift for a special occasion, stop in the Friend's Gift Store, which is right on the main floor and has lots of items that are quite nice without paying department store prices. It could become your favorite shopping place.

As the store is run by volunteers, they're always welcoming an extra pair of hands that might want to help keep it open.

The Bookstore is now open as of Saturday, April 6.

Distracted Driving Endangers Us All

DISTRACTED DRIVING, From page 1

one in every five motorists admits to using some form of handheld device for sending or receiving electronic communications while

operating a vehicle. In addition, these accidents caused by distracted drivers cause various significant problems regarding Michigan motorists and public

streets, consequently causing property damage and serious injuries.

As a general rule, the Center for Disease Control considers texting while driving one of the most severe forms of distracted driving, as it involves elements of all three of the CDC's categories of distractions. Other common activities that may interfere with one's driving include visual, manual, and cognitive (think interacting with passengers or your children) distractions.

Sadly, 11 teenagers die every day from distracted driving. Texting and driving fines in Michigan cost \$100 for a first offense and \$200 for subsequent offenses. Moreover, state courts may impose additional costs on top of the fines established by law enforcement authorities. Distracted driving penalties for those using a cell phone while operating a vehicle are civil infractions that carry fines of up to \$100.

Court costs may raise that amount, but no demerit points are assessed on a driver's record. Comparatively, while commercial drivers incur fines of equal amounts, they are subject to incurring points on their driving records.

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HubWorX360 Selects Troy as Home

HubWorX360 recently cut the ribbon on their shared office working space in Troy, located at 360 E Maple Rd, Suite A.

The modern industrial office setting has large open space in the Book Cadillac Warehouse and the Detroit Bicycle Shoppe, or privacy



Small businesses looking for a place to operate without leasing their own office may find HubWorx360 as an alternative to consider, with tiered levels of membership available. Booking a room is as easy as visiting their website and checking on availability.

in the Fisher Conference Room. You can relax in the DIA Cafe and connect with other enterprising members while enjoying a fresh cup of HubWorX360 blend coffee. To learn more, visit Hubworx360.com or call 888-925-8800.

OMIDDD Seeks Declaratory Judgment Over Sinkhole

On April 4, the board of the Oakland-Macomb Interceptor Drain Drainage District (OMIDDD) authorized the filing of a lawsuit seeking a court ruling that it is not responsible for the Macomb Interceptor Drain Drainage District's (MIDDD) 2016 sinkhole in Fraser.

The suit, which was filed in Oakland County Circuit Court, asserts that the MIDDD "failed to operate, maintain and repair" a deteriorating sewer which subsequently collapsed in Fraser in late 2016 causing catastrophic damage of more than \$70 million.

Macomb County Public Works Commissioner Candice Miller, who chairs the boards of both the MIDDD and the MCWDD, also serves on the OMIDDD board. She did not participate in the meeting that led to the decision.

Notwithstanding the deteriorating condition of the MIDDD, Miller claims the sewer collapse was caused by OMIDDD and wants it to pay for the damage. OMIDDD officials dispute that. They say MIDDD's negligence and failure to inspect or adequately maintain its infrastructure not only caused the sewer to collapse, it negatively impacted OMIDDD resulting in

substantial costs associated with delays in completing work on the Northeast Sewage Pump Station.

Oakland County Water Resources Commissioner Jim Nash, who serves on the OMIDDD board, said the suit was filed to protect the OMIDDD ratepayers of both Macomb and Oakland counties.



TROY ATHENS CHEERLEADING visited Oakmont Manor Senior Community in Sterling Heights last month to have a game night with seniors. "We love game night!" the cheer squad said on their Facebook page with the above photo. "Thank you to the Oakmont Sterling Senior Community for having us!"



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Patterson Proclaims April "Fair Housing Month" in Oakland County

Oakland County Executive L. Brooks Patterson has proclaimed April as Fair Housing Month in recognition of the 51st anniversary of the signing of the Federal Fair Housing Law under the Civil Rights Act.

"Unlawful discrimination exists today, particularly in the case of families with young children – even with this landmark legislation that was passed as part of the Civil Rights Act of 1968 and signed by President Lyndon Johnson – so the fight against housing discrimination continues," Patterson said. "I hope the declaration of April as

Oakland County Fair Housing Month increases awareness of fair housing laws and those working to protect individuals in their search for housing of their choice."

Fair housing laws guarantee all citizens equal opportunity in securing housing of their choice regardless of race, color, sex, national origin, age, marital status, religion, disability or family status. Laws apply to the sale, rental, financing and advertising of housing nationwide.

Karry Rieth, manager of the Oakland County Community & Home Improvement Division, said the Fair Housing Law should be

celebrated for the impact it has had on communities.

"Increasing community awareness of fair housing laws and what can be done locally to address impediments to fair housing choices builds better communities with equal opportunity for all residents," Rieth said.

The Oakland County Community & Home Improvement Division can assist residents in cases of suspected housing discrimination.

All related inquiries may be directed to a housing counselor at 248-858-1891.

Top Shelf Painting: Trained to Care for Your Home

HOME SHOW PREVIEW

OAKLAND SPRING HOME SHOW
Oakland University, May 4 & 5, 2019

Peter Rinaldi, owner of Top Shelf Painting, doesn't think homeowners should waste time on bad paint jobs.

Since 1998, Rinaldi and his crew of painting professionals have provided interior and exterior painting services while holding themselves to a high standard of excellence.

Good painters, Rinaldi said, should keep customers' homes clean, do neat work, and be on time. For Rinaldi, prep work and attention to detail are key.

"It's not just throwing paint on the walls," he said. "I like to treat everyone's house like my own. I don't want to just say 'this is passable.'"

Rinaldi started his business out of high school. He was working with a different painting company and wasn't impressed.

"I saw all these people doing shoddy work," he said. "I knew I could do better."

Today, Rinaldi trains all of his painters in-house so that the company can consistently deliver on its high standards for a job well done. According to Rinaldi, training is important because it ensures that his customers are getting what they pay for.

"We actually care about everything we do. My guys care. They're trained to care," he said.

Typically, Top Shelf Painting takes on bigger jobs, which are somewhere between four and nine rooms. A crew of two to three painters tackles the project efficiently and professionally. They start by doing the prep work needed to get the room ready to paint, like repair work and covering and taping the room.

"My philosophy is getting the job done right the first time," Rinaldi said. "There's only so much time in this world... You can't get that time back."

Top Shelf paint crews cause as little disruption in customers' homes as possible, Rinaldi said. Every day before leaving, they put furniture back and reassemble the rooms where they've been working.

"These people need to live," Rinaldi said of his customers. "They're not just living in a construction zone."

Rinaldi said that he and his crew pride themselves on their efficiency and professionalism.

"It's going to get done, it's going to get done in that time frame, and it's going to get done right," he said. "We put every ounce of ourselves into every project that we do."

Top Shelf Painting is located at 50731 Wing Dr. in Shelby Township. To learn more about the company, or to get a quote, call 586-465-0867.

Top Shelf Painting is participating in the Oakland Spring Home Show, which is taking place May 4-5 at Oakland University's O'rena and is produced by Gazette Media Group.



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CITY OFFICIALS RECENTLY WELCOMED Consul-General of Japan Tsutomu Nakagawa to Troy City Hall. The City of Troy has 27 Japanese businesses and 403 Japanese nationals in our community. In total, there are 503 Japanese business facilities in the State (the majority located in southeast Michigan), primarily R&D, Engineering, Sales, and Service Operations. The Consul-General, second from right, is pictured with (left to right) Economic Development Specialist Glenn Lapin, Troy Mayor Dane Slater, and Troy City Manager Mark Miller. Photo by Cindy Stewart, City of Troy

Going Global Panel Discussion

Troy has become a center for foreign direct investment, with over 1,000 foreign firms representing 40 countries calling Oakland County their home. Troy is the largest city in the county that has welcomed foreign business from Canada, China, Germany, Japan, Korea, and the United Kingdom.

Next month, the Troy Chamber is hosting an event to explore the impact of foreign investment in Troy.

Going Global will take place on Wednesday, May 1 at Altair Engineering from 8-9:30 a.m. During the event, panelists Richard Hass, president and CEO of Mahindra NA; Bruce Thelen, member of Dickinson-Wright; and Scott Sneckenberger, partner at

Plante Moran, will discuss the intricacies of foreign direct investment.

The discussion will cover topics including how to expand your business globally, foreign market research and strategies, cultural differences, and the impact of trade sanctions on global expansion.

Chad Livengood, senior reporter at Crain's Detroit Business, will moderate the discussion.

Tickets cost \$29 for Troy Chamber members and \$36 for non-members. The price includes breakfast.

To learn more about the event, or to register, visit the chamber's website at Troychamber.com/.

Celebrate National Library Week

It doesn't get much better than books and pizza.

Celebrate National Library Week, April 7-13, with the Troy Public Library and MOD Pizza in Troy.

During National Library Week, Troy Public Library will be giving away prizes to three patrons every day. Prizes include all sorts of library swag, like mugs, yoga mats, and pocket-sized coloring books. A different prize will be given out each day.

To enter, people must go to the library and fill out a slip for that

day's drawing. Watch the library's social media channels and website for daily details. At the end of the week, the library will do grand prize drawing.

At MOD Pizza in Troy, people who show their Troy Public Library card will get 10% off their order during National Library Week. The offer is only available at the Troy location.

The Troy Public Library is at 510 W. Big Beaver Rd., and MOD Pizza is located in the Troy Market Place at 770 E. Big Beaver Rd.



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Radiothon Funds Distributed to Area Non-Profits

Representatives from nearly two dozen area charities received checks on Thursday, March 28 totaling more than \$1.25 million from donations raised at the seventh annual SAY (Super All Year) Detroit Radiothon,

FoodLab Detroit, Yad Ezra, and A Beautiful Me.

Mitch Albom, who founded S.A.Y. Detroit in 2006, presented the checks with Dr. Chad Audi, president of Detroit Rescue Mission Ministries.

generosity with other organizations, large and small.”

Since its first broadcast in 2012, the annual Radiothon has raised over \$5.7 million to help the poor, the homeless, families without houses, children and



broadcast on WJR-AM in December 2018 and held at Somerset Collection in Troy.

The distribution ceremony at the Fisher Building, an annual event since the Radiothon's inception, included many first-time recipients, including Building Better Men, Avalon Village,

“Today we share the generosity of the wonderful people and companies in Metro Detroit,” Albom said. “Thanks to them, we broke our previous Radiothon record. This enables us to operate our numerous S.A.Y. Detroit initiatives. And, as per our tradition, we share a chunk of this

mothers without medical care, students hoping to reach the college of their dreams, and veterans who have hit hard times.

S.A.Y. Detroit Initiatives included S.A.Y. Detroit Play Center at Lipke Park, S.A.Y. Detroit Family Health Clinic, S.A.Y. Detroit Tomorrow Fund, and more.



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- CAESAR SALAD
- ITALIAN TOSSED SALAD

- MAGGIANO'S SALAD
- CHOPPED SALAD

Starters - Choose One

- CALAMARI FRITTÉ
- PRINCE EDWARD ISLAND
- STEAMED MUSSELS - Tuscan or Diavolo Style
- CRISPY PEPPERONI RISOTTO BITES

- MOZZARELLA MARINARA
- STUFFED MUSHROOMS
- CRISPY ZUCCHINI FRITTÉ
- SAUSAGE & PEPPERS
- SPINACH & ARTICHOKE AL FORNO

MAIN COURSE

Entrées - Choose Three

Gluten-free pasta or whole wheat penne available for substitution

- CHICKEN - Parmesan, Marsala, Piccata
- OUR FAMOUS RIGATONI "D"
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- MUSHROOM RAVIOLI AL FORNO
- TUSCAN SHRIMP & CHICKEN

- SHRIMP SCAMPI
- LINGUINE & CLAMS - Red or White Sauce
- SHRIMP FRA DIAVOLO
- MEDITERRANEAN SPAGHETTI
- ORECCHIETTE CHICKEN PESTO
- RIGATONI ARRABBIATA - Grilled Chicken or Italian Sausage
- BRAISED BEEF AL FORNO

Brunch

- SMOKED HAM BENEDICT with Potatoes
- BRAISED BEEF HASH WITH OVER-MEDIUM EGGS

- CRÈME BRÛLÉE FRENCH TOAST
- SMOKED SALMON & SPINACH BENEDICT with Potatoes

FINISH

Desserts - Choose Two

- VERA'S LEMON COOKIES
- CHOCOLATE ZUCCOTTO BITES
- CHOCOLATE ZUCCOTTO CAKE
- APPLE CROSTADA
- NEW YORK STYLE CHEESECAKE

- SPUMONI • TIRAMISU
- GIGI'S BUTTER CAKE
- DOUBLE CHOCOLATE BROWNIE
- CRÈME BRÛLÉE

Spring has Arrived: Woodcock Walk at Stage Nature Center

Nature is full of signs of spring. According to Stage Nature Center, the “wonderful and slightly wacky” courtship display of the American Woodcock is a good indication that spring has arrived.

On Friday, April 12, join the nature center for a sunset stroll to

watch the courtship dance of these birds at the Stage Nature Center display area.

Those interested in attending should dress in layers and wear boots for wet trails. The walk begins at 7:30 p.m. and goes until 9 p.m.

The event is intended for people age 7 and up, and pre-registration is required. Tickets cost \$7 per person or \$5 for Troy Nature Society members. Children must be accompanied by an adult.

Those interested may register at Troyaturesociety.org.

Spring is Time for Kitchen Remodeling



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Springtime for Criminals and Thievery

POLICE PATROL



by
CYNTHIA KMETT

■ A LITTLE SOMETHING AND A LOT

MORE – This victim was working at 100 W. Big Beaver and discovered unknown suspects stole his Yeti Coffee Mug from his office. The victim is unable to provide any possible suspects but indicated within the past year, gift cards totaling \$300 have been stolen from his office as well.

■ **FITNESS CENTERS CONTINUE TO ATTRACT THIEVES** – This victim utilized the LA Fitness Center on Maple Road and locked his belongings in a locker. When he returned from his workout, he removed the lock and discovered his cellular phone had several messages on it from his credit card companies. He discovered four of his credit cards had been removed from his wallet with attempts to use them at the Apple Store at the Somerset Collection. The unknown suspect was able to fraudulently purchase a \$1,799.88 computer.

■ **COULD BE THE SAME THIEF** – This victim utilized the same fitness center at about the same time and locked his belongings in a locker. When he returned from his workout, he removed the lock and discovered his cellular phone had an alert of a purchase that was made at the Apple Store at the Somerset Collection. He discovered four of his credit cards had been removed from his wallet with the unknown suspect fraudulently completing purchases of \$1,323, \$2,400, \$2,966, and \$1,323 against three of them. It is unknown if the purchases were made at the store or completed online with pick-up at the store.

■ **STORES HAVE VIDEO CAMERAS** – This woman left her purse in a shopping cart after purchasing several items at Kohls on John R. The purse was later located in a bathroom stall minus \$250 in cash and her credit card. The card was used to fraudulently complete a \$95 purchase at the Designer Shoe Warehouse and a fraudulent purchase at Ulta Beauty for \$116. The victim is unable to provide any possible suspects.

■ **THIS KID STARTED TOO YOUNG ON THE WRONG PATH** – The Property Manager at Troy

Gables Apartments on Coachman Drive reported that \$241 in currency was taken from her unattended wallet when she left her office for a short period of time. The responding officers determined a 13-year-old resident of the apartment complex took the money and split it with his friends, which included a 15-year-old and another 13-year-old who were also residents of the complex. The money was returned and possible criminal charges are pending.

■ **SCRAP METAL STILL HAS VALUE** – An employee at Prestige on Rochester discovered unknown suspects stole approximately \$300 to \$500 worth of scrap metal kept in a dumpster located on the north side of the business. The employee is unable to provide any possible suspects.

■ **THAT'S A LOT OF COFFEE AND DONUTS** – A Tim Hortons employee at the Maple Road store reports an unknown subject came into the business, purchasing three \$50 gift cards and a box of Timbits. The subject produced a credit card and tried to insert it into the chip reader but the transaction could not be completed. The subject manually swiped the credit card and the transaction was completed. The subject then decided to purchase several gift cards for a total of \$902.29 worth of purchases. When the subject requested to purchase three more gift cards, the employee thought what he was doing was suspicious and walked away to contact the business owner. When the employee returned, the subject was gone.

■ **WHY TAKE THE MONEY?** The pen is supposed to stop counterfeit money from being used. This employee reported an unknown male subject purchased \$13 worth of food in the cafeteria and provided a \$20 bill for payment. The employee checked the authenticity of the currency with her counterfeit detection pen and noted a different color appeared. The employee provided \$7 worth of change and then took the currency to the supervisor's office and checked it again only to have the same result. The bill was turned over to security, who provided it to the responding officer. It was determined to be counterfeit and was taken into evidence to be forwarded to the United States Secret Service for their investigation.

■ **IT'S A SCAM** – Even real bill collectors are happy to have you pay with a real credit card. This business received a call from a subject identifying himself as

"Peter" from DTE and informed her he was about to shut off power to her business for a past due balance on her electricity account. The victim asked if she could pay with a credit card but was told no. She was instructed to purchase two pre-paid cash cards in the amount of \$495 and \$990 and provide him with the serial numbers which she did. She then contacted DTE and was informed that her account was already in good standing and that "Peter" did not work for DTE.

■ **THEY KNEW WHAT THEY WERE DOING** – This victim was recently released from three years of incarceration and discovered unknown suspects used his debit card account to fraudulently complete seven or eight purchases in the City of Troy. The account was used in the cities of Warren and Eastpointe to complete fraudulent purchases there as well, all over the past three years. The victim is unable to provide any possible suspects.

Note: If you have any information on the aforementioned crimes, call the Troy Police Department at 248-524-3477. If you wish to remain anonymous, you may call 524-0777.

Oakland Chamber Network Spring Mixer

Looking to be part of one of the 27 chambers that serves Oakland County? Perhaps you're just looking for an opportunity to network with like-minded area businesses.

On Thursday, April 11 at 5 p.m., the Oakland Chamber Network will host its annual

Spring Mixer at DoubleTree by Hilton, located at 39475 Woodward Ave in Bloomfield Hills.

Build your referral sources and prospective client base in a relaxed atmosphere. The cost to attend is \$10 in advance and \$15 at the door. Learn more at Royaloakchamber.com/.

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Senior Living

Better Made is Looking for Mother of the Year

Mother's Day is Sunday, May 12 and Better Made Snack Foods is searching for the 2019 Mom of The Year.

Write a short essay of 150 words or less and send it along with a photo by Friday, May 10 to info@bettermadesnackfoods.com. Participants can also send an entry to Better Made Mother's Day Contest, 10148 Gratiot Avenue, Detroit, MI 48213. All submissions will be posted on the Better Made website and the winner will be chosen on Saturday, May 11 and announced on Mother's Day, Sunday, May 12.

The mom that is chosen will receive a sampler box containing 15 bags of Better Made Snacks Foods.

"Moms mean the world to us and do so very much for us, even when we don't realize it," said Cathy Gusmano, Better Made Retail Store and Internet Manager. "They're like superwomen with all they do every day to keep the family going – they're the glue that keeps everyone together."

"We're happy to acknowledge all moms everywhere for everything they do," said Gusmano.



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What Happens to Your Hands As You Age

Taking care of your hands is important at any age, but especially as time takes its toll on your most worked skin. Here's how you can help your hands look and feel their best as you age.

Give Your Hands a Hand

You use your hands to do so many things, and it's hard to do much of anything without them, but as you get older, they can get weaker and less flexible. Some hand problems can even be signs of certain health conditions. Know what to look out for so you keep them in good shape.

Grip Strength

You can lose this naturally as you age, especially after 65, and that can make it harder to do everyday tasks. If your grip gets weaker over time, it's probably caused by brittle bones, arthritis, or muscle loss. If it happens suddenly, it might be a sign of a more serious problem, like diabetes, heart disease, or high blood pressure.

Grip Strength: Treatment

An occupational or physical therapist can test the strength in your hands and help you regain or

keep it. You also can do many exercises at home. For example, you might squeeze something like a tennis ball as hard as you can for 3 to 5 seconds, then rest briefly — do that 10 times with each hand. Start with once a day or once every other day, depending on how your hands feel.



Tremors

Your hands can shake for many reasons at any age, but it's more common after 50. Some medicines – like mood stabilizers and drugs that treat seizures and migraines – can cause it or make it worse. Anxiety, stress, low blood sugar, being tired, or having too much caffeine can, too. An "active" tremor happens when you try to use your hands. A "passive" tremor happens when your hands are at rest.

Ways to Treat Tremors

While it may bother you, an active tremor is usually harmless. Changes in diet and lifestyle can help, like drinking less caffeine, for example. But a passive tremor can be a sign of a serious problem, including a tumor or a brain disease, such as Parkinson's. See your doctor right away if you have these kinds of tremors.

Arthritis

This inflames your joints, and it's especially common in places where you've had breaks, sprains, or fractures, even if they were treated. You're more likely to get it as you age, and over time, it can lead to pain, swelling, and loss of movement.

Treatment for Arthritis

Your doctor will talk with you about how active you'd like to be, and how the pain and lack of flexibility affect your daily life. He might recommend anti-inflammatories or give you a steroid shot that can ease pain and swelling for weeks or possibly months. In some cases, splints that protect your joints and keep you from overusing them can help. But wearing them too long can lead to muscle loss.

Your Skin

We've all seen the liver spots, or "age spots," that can show up after years in the sun. As your skin ages and wrinkles, it's harder to keep moisture in, and that can lead to dry, itchy skin. Veins become more obvious with age because you lose soft tissue. This is especially true in your hands.

Treating Your Skin

Protect your hands against the sun's rays with a broad-spectrum sunscreen rated 30 SPF or higher. Wear cotton-lined gloves when you garden or clean, and choose a mild soap or cleanser that doesn't strip your hands of their natural oils. Moisturizers and a healthy diet with plenty of vitamins, antioxidants, and omega-3 fatty acids also can help keep your skin and nails healthy.

Skin Cancer

Over the years, the tops of your hands get lots of sun, which is a leading cause of this disease. A fair complexion, problems with your immune system, certain kinds of moles, and a family history of skin cancer can also raise your chances of having it.

Skin Cancer: Diagnosis and Treatment

A dermatologist (a doctor who specializes in skin care) can check any unusual spots and teach you what to look for. If she finds skin cancer, you'll need surgery to take out the cancer cells. You also may have radiation or chemotherapy to kill any that are left to keep them from spreading.

Bruising

When it's on the back of your hands and arms, doctors call it "purpura." A light knock can cause it, and it's more common on thin, wrinkled, or sun-damaged older skin. You're also more likely to bruise if you take drugs like aspirin or other blood thinners, or drink alcohol often. It starts as blotches of red that turn purple, then darken and fade. It doesn't usually hurt, but it can last longer than a normal bruise, often a few weeks.

Bruising Treatment

Protect your hands and arms when you think they're in the line of fire: Special sleeves can help with this, or your doctor might suggest a cream or lotion to keep your skin from bruising or help make your skin thicker. If you take blood thinners and think they're causing the bruises, talk with them about possibly changing your medication.

– WebMD

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Experience the Magic of the Movies: Spring Variety Show at OPC

Rochester's Older Persons' Commission (OPC) is giving the community the ole' razzle-dazzle with its latest show, Magic of the Movies. The 650 Players will perform song and dance hits from cinema's greatest movies beginning April 30. Lunch and performance shows run April 30, and May 1-3 at \$15 per ticket, with a special matinee-only finale on May 4 for \$10 per ticket.

Enjoy performances of La Vie En Rose, Ain't No Mountain High Enough, and All That Jazz. Every song promises to transport audiences into the silver screen.

Co-directors Taylor Morrow-Johnson and Asia Hicks will be making their OPC directorial debut with the Players, but neither are strangers to the stage. Morrow-Johnson has a master's in performing arts and leads a local high school drama department. Asia Hicks has directed countless variety shows and is an experienced actress. Musical director Michael Pacaholski is an accomplished musician, who leads the Players through each musical number.

Dianne Bubnar, Director of Enrichment and Performing Arts shared her excitement for this show, saying, "The players have worked tirelessly putting together a fun, exciting, and refreshed performance. Taylor, Asia, and Michael are great to work with and keep up the energy!"

Tickets can be purchased by calling 248-608-0251 or at the cashier's window 8:30 a.m. – 3:30 p.m. Monday through Friday.

The Players are always looking for individuals who have a passion for performing. For upcoming workshops and events, visit Opcseniorcenter.org/.

"Me & My Grand Get Messy" Kids Event

On Tuesday, April 16 at 4:30 p.m. kids and grandparents can forget about the mess and let Troy Parks & Rec handle the prep and clean up at the "Me & My Grand Get Messy" event.

The event is geared towards grandparents and grandkids, but parents, aunts, uncles, or friends are welcome. Must be accompanied by an adult.

Ideal for ages 3-6, the cost to participate is \$3 for residents and \$5 for non-residents. Register for Activity #8500-E in person at Troy Community Center or online at Rec.troy.mi.gov/registration/.

The event will be held at Troy Community Center, located at 3179 Livernois Rd.

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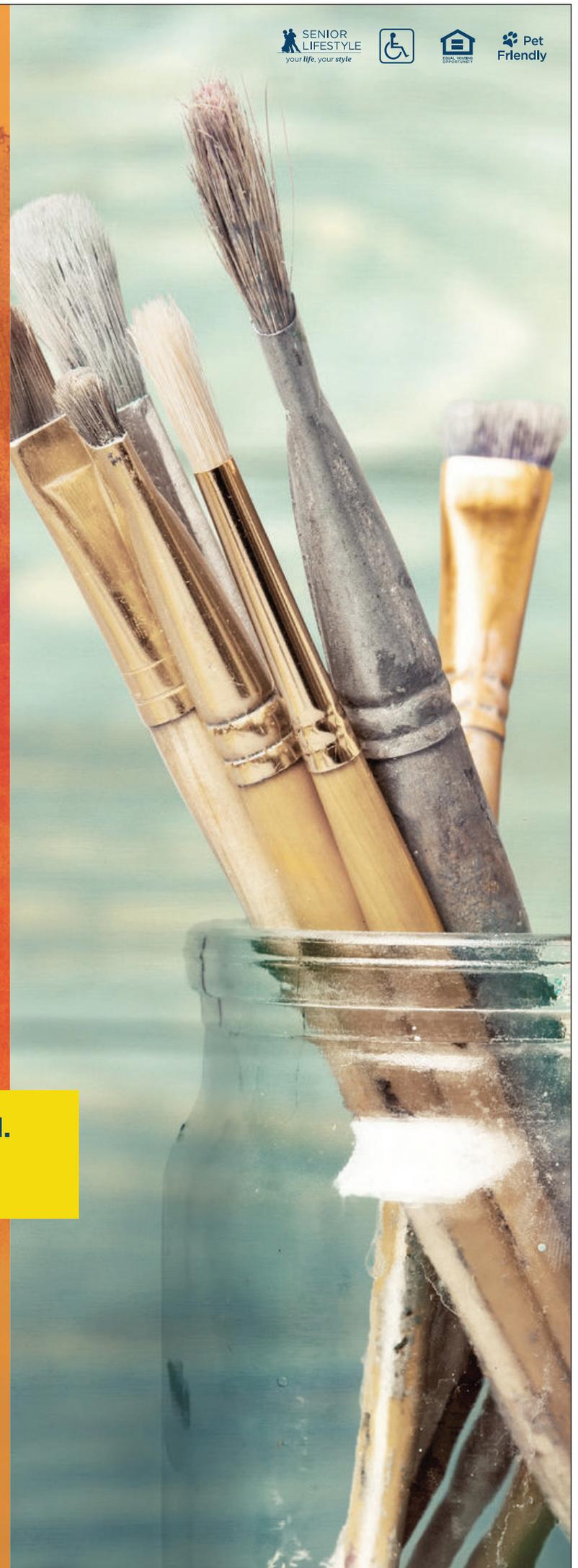
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New Beaumont Urgent Care Center Opens in Troy

Beaumont Urgent Care has opened a new center in Troy, located at 2078 E. Big Beaver Road.

The new Beaumont Urgent Care centers allow patients to access providers and facilities in the Beaumont Network quickly for minor injuries and illnesses at a reduced cost compared to a more expensive emergency room visit. Expanded services like an in-house lab, X-ray and fiberglass splinting are also available.

“Beaumont is working with WellStreet, a company experienced with running patient-focused urgent care centers. We are eager to serve patients and families in Troy by providing quality care on their terms, with

easy access at lower cost,” Bernice Sessa, M.D., medical director of Beaumont Urgent Care, said.

While services are not limited to Beaumont patients, the medical team at Beaumont Urgent Care centers can access the Beaumont Network electronic medical record to help doctors and nurses provide coordinated care. Patients are also encouraged to find a primary care physician, and staff can assist with coordinating necessary care for patients and physicians.

WellStreet’s CEO, Ron Lavater added, “Beaumont Urgent Care Center’s talented providers and staff are very focused on our patient’s experience. It is our goal

to have patients in and out of our centers within an hour or less. We are thrilled to serve the community of Troy.”

The new location is open every day from 8 a.m. to 9 p.m.

Urgent care centers are most appropriate for cough, cold, rashes or skin irritations, minor lacerations, mild intestinal illnesses, and more. Call your doctor if you have questions about your visit.

Always call 911 or go to an emergency room if you are experiencing severe or life-threatening medical symptoms.

To learn more about Beaumont Urgent Care, visit BeaumontUrgentCare.com/.

Fun Date Activities for Seniors



by AMY FORTUNE

It is always a wonderful thing when two people find romance with each other – and maybe even more so for seniors. As seniors, you can share stories about your lives so far, teach each other about your favorite hobbies, and discover new hobbies together. And if you are a retired senior, you likely have more time than ever to engage in fun activities with that special someone.

Six Great Dates for Senior Couples

You can, of course, always go with a traditional dating option. You can go out for a meal, see a movie together, or simply stay at home and enjoy one another’s company. However, to spice things up a bit, try one of these out-of-the-box ideas.

Visit a Local Bookstore or Library: This is a great way to share favorite authors and find new books to love in a pleasant and (normally) quiet environment. In addition, libraries typically offer current newspapers and magazines to peruse. And taking advantage of these offerings may spark a lively conversation about current events.

Plan a Picnic: When the weather is nice, pack a basket and head to the nearest park for a fun and relaxing afternoon filled with good food, good company, and the beauty of nature. After picnicking, you can take a walk, maybe feed a few ducks with some leftover bread, and breathe in the fresh air.

Attend a Wine or Food Tasting Event: There is nothing like discovering new tastes, especially if you share the experience with someone special. Just search your local paper for events near you, sign up and go. Watch out for events in your area that involve multiple restaurants or wineries to enjoy a variety of delicious foods and beverages.

Visit a Nearby Farmer’s Market or Fair: Farmer’s markets offer fresh and delicious vegetables, fruits, eggs, and other items like jelly, jams, and baked goods. Stock up on your favorites while enjoying a nice stroll with your date. Or, if you are feeling adventurous, catch the next fair that comes to your area (you can often find fairs at local churches) and share an Elephant Ear and possibly a Ferris Wheel ride.

Participate in a Charity Auction: If either of you have a favorite charity, attending an affiliated auction or volunteering at an auction is a good way to get involved. If you do not currently have a favorite charitable cause but would like an opportunity to give back to the community, participating in an auction will give you a chance to learn about a charity that interests you.

Sign Up for a Ballroom Dancing Lesson: For those who love dancing, signing up for a lesson gives you an opportunity to show off skills while getting some great exercise. There are plenty of classes out there for beginners and cutting a rug for the first time is an excellent way to escape your comfort zone and enjoy something new.

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April 8, 2019



Troy-Somerset Gazette

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Mark Nicholson

Managing Editor

Andrew Neal

City Editor

Cynthia Kmett

Editorial Contributors

Elena Durnbaugh
Drew Howard
Nathan Inks
Amy Fortune
Peter Maurer

Advertising

Pam Brown

Production

AJ White
Jane Warunek

Circulation

Melissa Leung

TO SUBMIT EDITORIAL:

News@GazetteMediaGroup.com

ADVERTISING QUESTIONS:

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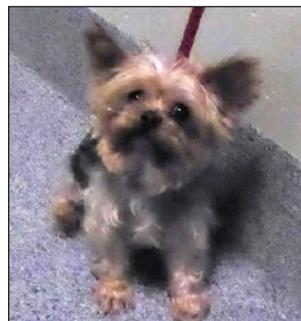


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Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to GetYourGazette.com to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email News@GazetteMediaGroup.com or call 248-524-4868 for editorial submissions.



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Meadow Brook's "Stick Fly" Offers Entertainment, Unique Perspective

PLAY REVIEW

by
SUZANNE ANGIO (member, American Theatre Critics Association) and
GREG ANGIO (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

The LeVays seem to have it all. They're from old money, well-educated and financially secure, with a fine summer home on Martha's Vineyard that's been in the family for generations. The two family scions, thirtysomething sons, are bringing their new girlfriends home to meet the folks and spend a pleasant and luxurious weekend at the seashore.

This rather bland upper-class setting serves as an effective backdrop for slicing through nearly every social and cultural expectation we have today: between parents and children, between blacks and whites, between the upper and lower classes, between romantic partners, and also what defines a

successful life. It's powerful stuff, sure to inspire spirited discussion afterward.

Written in 2006 by Detroit native Lydia R Diamond, this thoughtful, funny, provocative play seeks to present a view of African-American family life that's vastly different from what is usually seen onstage, in films and on TV. "Stick Fly" garnered LA Drama Critics Awards in 2010 for Best Production, Best Direction and Best Ensemble Cast. It premiered on Broadway in 2011 and ran a year to critical acclaim, produced by singer-songwriter Alicia Keys, who said "...it's relatable with universal themes that go beyond race and class. It's about family and the secrets that unravel. No matter where you come from, or what you look like, this is a story for you because it addresses the human experience."

The family patriarch, noted neurosurgeon Dr. Joseph LeVay (a charmingly effective Lorenzo Scott) is a strong and loving father, but he proves to be inflexible and judgmental when things don't go as he expects. He doesn't

immediately say why Mrs. LeVay won't be there, a mystery that has everyone wondering, like a buried incendiary bomb.

Kent (Tyrick Wiltz-Jones) is a disappointment to his father because he wants to be a writer instead of a lawyer. Wiltz-Jones gives a sympathetic and captivating performance as the conflicted Kent. His academic girlfriend Taylor (the outstanding Briana Gibson Reeves) is very direct and outspoken, bristling and bitter from rejection by her upper-class father, a famous author. She and her mother had to struggle to survive, and now she feels intimidated by her surroundings, afraid she doesn't fit in with her new beloved's upscale family.

Flip (smoothly played by Gary-Kayi Fletcher) is tall and handsome, a successful doctor and favored son. Kimber (Dani Cochrane), Flip's lady and the only

white person in the group, works with inner-city children and has a deep understanding of their needs, even though she comes from a privileged background. Cochrane has some wonderful moments, showing a talent for both pathos and comedy.

Cheryl (Kendra Holloway), a sweet and lively teenager, is helping out while her ailing mother, the family maid, recovers at home. Holloway as Cheryl provides much of the comic relief and, at a critical time, reveals an explosive secret that changes the family forever. At one point, the poor girl seems to desperately need a hug, and someone to say just one kind word.

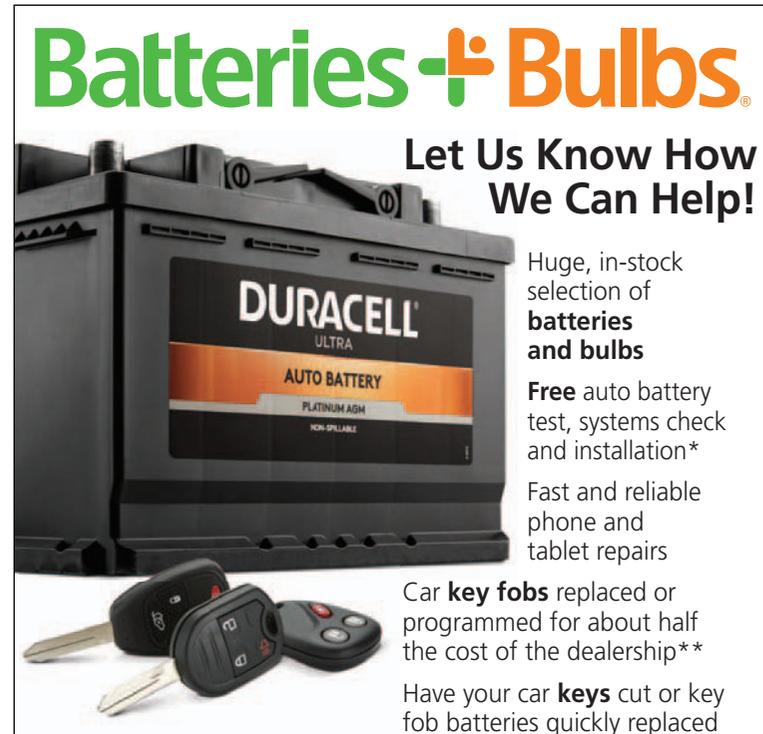
The ensemble cast is truly remarkable, but Reeves delivers, hands-down, the most compelling performance as the antagonistic protagonist Taylor. She reveals her character's inner soul so that anyone, anywhere, will instantly

understand her, and see themselves in her. This is the actor's gift to us, the audience.

Meadow Brook brought in guest director Benjamin Sterling Cannon from Washington College in Maryland, where he lectures on dance and movement. Cannon's direction is sure-footed, skillfully weaving the complex interactions between the characters as a sort of choreography of dialogue, a delicate dance on a powder-keg. The lovely set by Jen Price Fick and Scott Ross' true-to-life ambient lighting and well-placed spotlights help tell the story, with fantastic classical jazz music giving just the right atmosphere.

"Stick Fly" is an important and unforgettable work that should not be missed.

The play runs now through April 14. Performances are held at Meadow Brook Theatre. For tickets, call 248-377-3300 or visit Mbtheatre.com/.



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Easter Day Brunch

Italian Grille
Lunch • Cocktails • Dinner

Sunday, April 21 • 10:30 am - 7:30 pm

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

Featured Items Include:

- Gourmet Omelette Station
- Breakfast Station
- Leg of Lamb Carving Station
- Prime Rib Carving Station
- Pork Florentine
- Oven Roasted Chicken
- Chicken with Mushroom Sauce

- Fish of the Day
- Peel & Eat Shrimp
- Pasta Primavera
- Mostaccioli
- House Hand Made Beef Ravioli & Gnocchi
- Assorted Vegetables
- Assorted Salads
- Assorted Desserts

Monday & Tuesday Dinner Special

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

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

Wednesday Wine Special

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

Dine-in only. Available for lunch or dinner.

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

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