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January 20, 2020
Vol. 40, No. 18

2019 Winter Property Tax Payments Due

The 2019 winter property tax payments must be received on or before Friday, February 14 to avoid penalty charges.

Postmarks are not accepted. A 3% penalty must be applied to all unpaid winter tax bill balances after the due date for the month of February.

Several payment options are listed on the back of your tax bill. Payments made online through your banking institution may not be electronically submitted to the city but require that institution to create a paper check and mail it. Please allow 7-10 business days when mailing payments. Payments by check may be made at City Hall located at 500 W. Big Beaver anytime using the secure drop boxes located outside the east (walk-up) and west (drive-up) entrances to the building.

If you are responsible for paying property taxes but have not received your bill, contact the Treasurer's Office at 248-524-3333, Monday through Friday, 8 a.m. – 4:30 p.m. or visit the City of Troy's website at TroyMI.gov/. If you recently refinanced or paid off your mortgage and are not sure who is responsible for the payment, contact your mortgage company.

March 2 is the last day this year to pay 2019 tax bills at City Hall. Payments not received in the Treasurer's Office by 4:30 p.m. must be submitted with a revised statement including additional penalties to the Oakland County Treasurer – 1200 N. Telegraph, Pontiac, MI 48341.



Troy High Students Win Suburban's "Focus on the Road"

Congratulations to two teams of Troy High students winning 1st and 3rd place in Suburban Collection's "Focus on the Road" Distracted Driving PSA contest. The first-place team of Richard Li and John Dannug won \$2,500 for their video "Don't Take the Chance." The third-place team of Jennifer Won, Carol Zhang and Shannon Li (not pictured) won \$1,000 for their entry entitled "Make it Alive." Suburban has been running this contest for the past three years, and this year changed the entry criteria to pool all competing districts together instead of awarding winners in every district. Photo courtesy of Troy School District

Troy Police Investigate Fatal Four-Car Crash

Troy Police are investigating a fatal crash that killed one and injured two others Tuesday on John R near Orpington, north of Big Beaver. At approximately 4:15 p.m., a car traveling southbound on John R swerved into northbound lanes, colliding with another car going northbound.

After the first vehicle, a silver 2004 Jeep Grand Cherokee, collided with the second, it rolled over. The second vehicle was

subsequently hit by another car unable to stop in time, and that car was rear-ended by another car that was also unable to stop.

The passenger in the first vehicle, a 27-year-old female from Warren, was killed. She was treated by Alliance Mobile Health and pronounced dead at the scene. She was seated in the front passenger seat at the time of the crash and airbags were deployed.

The driver of the first car, a 28-

year-old female from Eastpointe, was injured in the crash for what appeared to be serious injuries. She was treated by Alliance Mobile Health and transported to Beaumont Hospital in Troy.

The driver of the second vehicle was also treated for suspected serious injuries by Alliance Mobile Health and transported to Beaumont Hospital in Royal Oak. The other drivers

See FATAL CRASH, page 2

Pennington Resigns Seat On Council

Weighs choices of "taking grief" or spending more time with family

by CYNTHIA KMETT

Last Monday as the city council meeting was ending, Ed Pennington made a request for the council to reconsider his request to continue as a city vendor. The decision had been postponed at the end of last year.

It has been 50 years since Pennington's Collision has been fixing cars for local drivers. You only get to do city work, even as a council member, if you're the low bidder. And, the rules are pretty strict on that question.

The council voted "no" 5-1, with only Mayor Ethan Baker voting to keep Pennington's Collision as a vendor for another year. It takes a unanimous vote by council for a council member to be a city vendor. Council had previously approved Pennington's as a vendor for the past four years.

He wasn't getting rich at that position, either. In 2017, the company did \$2,000 worth of work for the city. But he already knew the motion was going to fail

See PENNINGTON, page 3

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Classifieds

- STRENGTH IN NUMBERS -

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Maya Angelou



A FATAL ACCIDENT on John R last week took the life of a young woman from Warren when the vehicle in which she was a passenger rolled over after a collision. The Troy Fire Department arrived and had to use the Jaws of Life to rescue two passengers from the vehicle. Photo by Dan Jasina

Head-On Collision Claims One Life at John R and Orpington

From FATAL CRASH, page 1
involved in the crash were not injured.

The cause of the crash is currently under investigation, but

alcohol and drugs are not believed to be factors at this time.

The Troy Fire Department responded to the scene to extract the occupants of the first car. One

minivan was on its side with occupants still inside. A quick survey was completed to determine the number of people who needed to be removed, and the number of hazards at the incident. Motor vehicle accidents create hazards not only for the occupants, but also for responders. Leaking fuels, energized electrical systems, and high-temperature engine compartments that are not allowed to safely cool are just some of the hazards that responders face.

Firefighters requested Troy Police to re-route traffic away from the incident to protect those involved and to ensure a safe work area. In less than one minute, firefighters confirmed there were two occupants in the minivan. The minivan was on its side and both occupants needed to be disentangled. John R was closed for approximately four hours for the investigation.

Firefighters worked to stabilize the vehicle and initiate the removal process while paramedics from Alliance Mobile Health worked to stabilize the occupants inside the vehicle. Both occupants were disentangled by the fire department and were released to paramedics for additional evaluation and treatment. Their status is unknown.

After the hazards were abated, the incident was turned over to Troy Police for investigation. Firefighters were at the scene less than 40 minutes.

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Proposed Townhouses on Tollbrook Face New Criticism from Residents

by CYNTHIA KMETT

You may recall the many citizens who took to the microphone at city council to lobby against zoning changes and an apartment building proposed by Tollbrook LLC for the corner of Big Beaver and McClure, just west of Crooks.

There would be a second round of hearings when Tollbrook West asked for a straight rezoning for the land at both Alpine and Big Beaver, as well as McClure and Big Beaver.

Residents prevailed in all of those fights with Troy City Council voting no and Tollbrook not able to convince the Court of Appeals that the company's due process was being denied.

Now comes a new fight. This

time Tollbrook North LLC has put forth a proposal for Crooks Road Townhouses in a Neighborhood Node zoned site on Crooks, north of Wattles. This is a site plan approval question, and no rezoning is required. Tollbrook can build on this land "by right," and city council has no vote on the question.

But residents have now been out in force twice; first last September 17 and again this past Tuesday to let the Troy Planning Commission know they are almost unanimously opposed to the project.

When they came last September, their arguments were about people parking on their street, crowded schools, the height of the buildings, where

would the trash go, and not enough guest parking spaces, to name just a few. But last week, the developer had made some moves in hopes of quelling those arguments. First, they bought 3 acres of land to the south from a parcel owned by Choice Properties. This eliminated any tie to Carson Drive. But proposed is a 74-unit townhouse project in 13 buildings with homes that are three stories in height, with two-car garages. The townhouses are also very close to the backyards of the residents on Carson. Of course, the builder did increase the setback considerably to 40 feet. They also propose to lower the ground level of the

development so the new building's height is the same as the current homes.

While the density is now less, the number of homes is more. And, guests can have quite a party as the new layout calls for 31 guest parking spaces.

One reason the homes are against the Carson residents is because this property has some wetlands, room for a detention pond, and there's a creek that part of the Oakland County drain system on the site, as well as a 100-year floodplain. So 55% of the land will not be developed at all.

Ben Carlisle of the city's planning consultant Carlisle Wortman had a whole list of things

that still concerned him, and so did the residents.

Planning Commission Chair Carlton Faison, despite the fact that this plan had already had a public hearing, was willing to let the residents voice their concerns. They had many.

There was a distinct impression that residents believe the city Master Plan is law and if you don't do everything it says, you cannot build. Well, the Master Plan is a guidebook, maybe even a wish book, for how the writers hope the city will be developed in future years. It is not the law. The laws are in the city's Zoning

See TOLLBROOK, page 5

Pennington Resigns, Council Has 30 Days to Replace Him

From PENNINGTON, page 1

because Councilwoman Ann Erickson Gault told him that she believes the city charter doesn't want a councilperson to be a vendor and would vote against it.

"I am going to resign my position tonight," Pennington said after the vote.

members who wished him well. Pennington also said that he was still willing to take part in the coming forensic investigation to be done by Plante Moran, although he objected to spending more money on the Kischnick drama from last year.

Now the question is: Who will



He said he realized there was a cloud of suspicion that hangs over council that won't go away. From his point of view, his choices were to "stay on city council and take grief or spend time with my grandson." Pennington decided it was time to step down, as his daughter's family is moving to Flint.

Pennington had kind words to say about his fellow council members. He praised the city staff, noting the police and fire departments keep us all safe, adding he appreciates everyone in the city, including the council

replace Pennington and how long might they serve? Well, council has 30 days to replace him, according to the city charter.

However, the new person does not get to serve out Pennington's term. The new council member must run for the seat in the state primary in August. If you think it might be a good opportunity to get in the mix, get your resume polished and be ready to fill out a few forms that come with running for elected office.



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Chamber Breakfast at DoubleTree

The Troy Chamber of Commerce welcomes you to the CEO Series featuring Mary E. Corrado, American Society of Employers President and CEO on Thursday, January 23 from 8 a.m. to 9:30 a.m. at DoubleTree by Hilton, 39475 Woodward in Bloomfield Hills.

The event will feature a plated breakfast, a presentation on the topic of workplace flexibility, and a Q&A segment.

The cost is \$32 for chamber members and \$40 for future members. Go to Troychamber.com/events to sign up.



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Flemings Thanked for Years of Service to Troy



PAULA & WADE FLEMING THANKED FOR MANY YEARS OF SERVICE TO THE CITY OF TROY – At the Troy City Council meeting last Monday, Mayor Ethan Baker presented a proclamation of tribute to Paula and Wade Fleming who have given many years of volunteer service to the City of Troy. Photo courtesy of Cindy Stewart, City of Troy

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Paula and Wade Fleming moved to the City of Troy in January 1982. They have dedicated their years in this community by volunteering their time and talents for a variety of organizations as well as the City of Troy and the Troy School District.

Paula was elected to the Troy School Board in 2000, serving as Board President from 2007-2008, as well as serving as Vice President and Secretary during her 20-year tenure as a Trustee. During her service to the Troy School District, Paula attended the Michigan Association of School Boards and became Presidential Certified.

Wade ran for Troy City Council in 2005 and served nine years before being elected to serve as Oakland County Commissioner for four years.

Even though Paula and Wade's political service kept them very busy, they found time to volunteer throughout the Troy Community and beyond. Both have been very involved at Woodside Bible Church, Paula as a Deaconess and Wade as an Elder. They have coled young married bible study classes and were mentors counseling couples in preparation for marriage.

Wade served as Co-Executive Director of Friends of Troy Seniors

and previously served over 10 years as Chairman of the Board of Promise Village Home for Children. Paula also was a volunteer for Promise Village, served on the Advisory Board for Perspectives of Troy, and on the Troy Foundation for Educational Excellence Board of Trustees.

Both Paula and Wade were long-time members of the Troy Community Coalition donating their time and talents for this very worthwhile organization.

Troy City Council extended special recognition to Paula and Wade Fleming for their tireless service and dedication to our community.

Paula and Wade Fleming are moving to Rogers, Arkansas in the northwest corner of the state to assist their son Mark and his wife Nici and their family in opening a Goldfish Swim School franchise. Paula invites anyone interested to stop by when they're in the area.

The City of Troy wishes them continued success in all future endeavors as they enjoy this new adventure.

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Chimney Fire Appears to Be the Cause of a Troy Home Blaze

The Troy Fire Department received a call last Sunday afternoon through the 9-1-1 center reporting a chimney fire. The caller reported crackling in the walls and smoke filling the home. The caller was instructed to leave the home and wait outside for the fire department.

Upon arrival, Assistant Fire Chief Chuck Riesterer noted, firefighters reported a working fire on the second floor of a medium to large-sized two-story residence on Bristol Drive.

All occupants were reported to be out. After completing an exterior survey, crews stretched hand lines and prepared to make entry.

Firefighters entered the home and proceeded to the 2nd floor to extinguish the flames, and to prevent extension into the attic space. A second crew was assigned to conduct a search of the home to ensure all occupants had safely exited. As crews worked to douse the flames, ventilation tactics were initiated to remove the smoke. The attic space and surrounding wall cavities were opened to check for extension. All flames were quickly extinguished. The flames had exited the home at the second floor, but quick action by the firefighters prevented the fire from spreading any further through the attic and wall spaces.

The origin of the fire appears to be in the same area as the fireplace chimney, but the cause is still under investigation.



Damage estimates are incomplete, but are expected to exceed \$50,000.

No injuries or fatalities were reported. The Troy Building Department was notified and re-entry is not permitted until sufficient repairs are initiated to restore the safety of the home.

The fire department recommends that homeowners have their fireplace and chimneys inspected annually by qualified chimney sweeps. To locate a qualified chimney sweep in your area, go to Csia.org/.

Tollbrook Residents Take to the Mic

From TOLLBROOK, page 3

Ordinance Code, which allows housing on this land, by right. It also allows commercial development, which one could only believe would make the residents even more upset.

For well over an hour, residents took to the microphone and said that the townhouses looked “cheap, like army barracks” and “it’s just not right for the neighborhood,” and surmised that their houses will lose value.

But the observation that the development “is just not in conformity to the neighborhood” might actually make them winners in this case.

One thing that the planners (and city council) seem to struggle with is the rule that new development should be “compatible” with the residential neighbors. Planning trustee John Tagle, an architect by profession, said it’s a question both groups need to consider. Trustee Tom Krent, who was elected the Planning Commission’s new Chair at the end of the meeting, added that there needs to be “a reasonable transition” between sites.

Perhaps it will be a topic on the agenda when the two groups hold a joint meeting on February 4 at 7 p.m. at the Troy Community Center.

Oakland County Economic Developer Appointed Chairman of Michigan Asia Pacific American Affairs Commission

A project advisor in the Oakland County Department of Economic Development & Community Affairs has been appointed chairman of the Michigan Asia Pacific American Affairs Commission by Gov. Gretchen Whitmer.

Toshiki Masaki, 55, will oversee the commission in its role as a conduit between Asians and Pacific Islanders and the governor, state legislature, departments and agencies.

County Executive David Coulter congratulated Masaki on his appointment.

“Oakland County is blessed with a wealth of talent and we’re fortunate to have someone with Toshiki’s skills and experience on our staff,” Coulter said. “I applaud the governor on her choice.”



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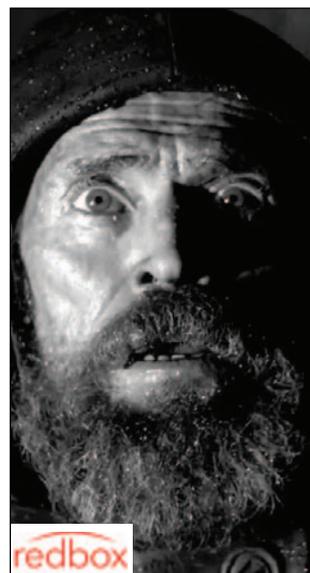
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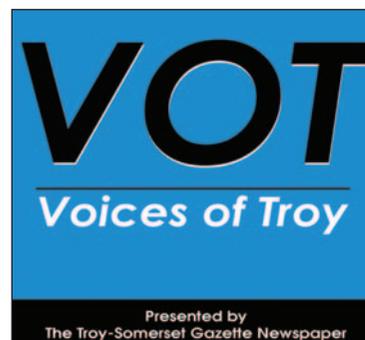
AD Feb. 23

Gazette Launches "Voices of Troy" Podcast

Gazette Media Group is proud to announce the launch of its newest digital project, the Voices of Troy podcast.

Editor Andrew Neal will host the weekly audio show where he will interview influential people in the community, recap the news of the week featured in the Gazette, and remind residents of any upcoming events that they won't want to miss.

The free podcast is available on Apple Podcasts, Google Podcasts, Spotify, and several other prominent digital outlets where listeners regularly go to hear their favorite podcast episodes.



The first episode, which premiered Wednesday, features interviews with Gazette Media Group owner and publisher Mark Nicholson, and Troy Mayor Ethan Baker.



GAZETTE EDITOR and Voices of Troy host Andrew Neal (left) interviewing Troy Mayor Ethan Baker during the first episode of the Gazette's new Voices of Troy podcast, available now at Anchor.fm/VoicesofTroy and anywhere you listen to podcasts.

"This podcast builds on the trust and legacy that we've accumulated with the residents of Troy over the last 40 years with the Troy-Somerset Gazette," said Nicholson.

"It allows them to listen to interviews with important people in the community at their convenience. They can hear that great interview anytime that's convenient for them. I've been a big consumer of podcasts for the last 10 years and that's been the number one benefit for me."

Voices of Troy will premiere a new episode every Wednesday. You can listen to the first episode now at Anchor.fm/VoicesofTroy or anywhere you listen to podcasts.

"Coming from a background in news radio, this new role as host of a podcast seems like it will be a great fit," said Andrew Neal, Editor-in-Chief of the Troy-Somerset Gazette.

"We're able to leverage the news of the week that we already feature in the Gazette and distribute long-form audio interviews with leaders in the community that people can access anytime. I'm excited to see what our readers think of this new venture and hope that we can capture a new audience of listeners that care about what's happening in Troy, Michigan."

If you have a suggestion for who you would like to hear on Voices of Troy, email Andrew at Andrew@GazetteMediaGroup.com.

Team Renegades Breaks New Ground By Adding Call of Duty Esports Team

Team Renegades, the professional esports team based at GameTime in Auburn Hills, is breaking new ground in the Call of Duty scene. This week, the team announced its roster for a new Renegades Call of Duty team, consisting of: Lincoln "Fighta" Ferguson, Daniel "Swifty" Hickey, Jayden "Setzy" Hewitt, Amer "Pred" Zulbeari and Kerrin "Crimzah" Turner.

"The recent growth of Call of Duty has been staggering. There couldn't be a better time for our organization to award contracts to these talented players than now,"

This opened the door for the acquisition of dominant young guns Pred and Crimzah who, having recently turned 18, makes them eligible to compete in the Pro Circuit. In turn, the base core of Fighta, Swifty and Setzy combine for more than 20 years of experience in the esports — and show no signs of slowing down as the CDC approaches.

They have resumed the competitive season strongly in Oceania and are currently bootcamping abroad, ahead of the Call of Duty Inaugural Launch Weekend in Minneapolis.



said Team Renegades Owner Jonas Jerebko. "The highly-competitive nature and skills of these hard-working players, combined with Activision and Blizzard's infrastructure of this game, are going to lead us into another tremendous year of esports success. We are honored to welcome them to Team Renegades."

Lincoln "Fighta" Ferguson added: "Our ultimate goal for 2020 is to continue to be one of the best Call of Duty Challenger teams while also developing the growth of our fan base under the Renegades organization."

The most dominant APAC challenger team through the bulk of 2019, the core squad under Mindfreak, blasted their way through the Oceanic region — 16 event wins, including local LAN events through international Opens qualifiers, cemented them as true challengers in the Black Ops 4 season.

The peak of the season came at both Anaheim and London, with the lineup taking out both CWL Open events with a remarkable 12-2 record across both events in grand finals. Following CWL Amateur Finals in Miami, long-time core members Shockz & Louqa departed the roster with both securing spots in CDL franchise Paris Legion.

Real Estate News: Home Sales See Mixed Activity

by DAN GUTFREUND,
Signature Sothebys International Realty

According to a recent report from The National Association of Realtors (NAR), existing homes sales had shown some varying activity across the major regions of the United States for the month of November.

Both the Northeast and Midwest saw some growth in sales while the South and West saw some dips.

The total existing sales of single families, townhomes, condos and coops had decreased overall despite some regional gains by 1.7% from the month before.

Even though sales were down from October, they were up by 2.7% over last year at this same time.

Lawrence Yun, NAR's chief economist, said the decline in sales for November is not a cause for worry.

"Sales will be choppy when inventory levels are low, but the economy is otherwise performing very well with more than 2 million job gains in the past year," said Yun.

Inventory

The amount of inventory was down from both the month before as well as last year. Specifically,



median home price for all housing types was up by 5.4%.

Days on Market

Homes were on the market on average for 38 days in November which was up by 2 days over October. This was actually lower than the 42 days that we saw in November of 2018. About 45% of the homes sold in November were on the market for less than one month.

Rates

Freddie Mac reported that the average rate for a commitment on a 30 year fixed loan was 3.70% in November which was up from 3.69% in October.

Dan Gutfreund is a Top Producer at Signature Sothebys International Realty in downtown Birmingham, Michigan. If you would like to contact Dan for assistance in either selling your current home, or buying your future home, you can reach him at 248-497-4646 or email him at dan@signaturesothebys.com.

inventory was 7.3% lower from the month before and 5.7% lower than the same time in 2018 according to NAR. Inventory now hovers at a 3.7 month supply at the current pace of sales.

Prices

Continuing the trend for now the 93rd month in a row, home prices are still on the rise. The

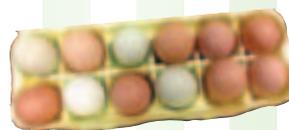
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Why It's Worth Giving Yoga a Try

Ever tried yoga? Right now, you're probably nodding emphatically or rolling your eyes. People who do yoga typically like yoga. Whereas those who've never done yoga probably think that its devotees like to twist themselves up into pretzel shapes and say "Om" a lot. And while this is an amusing image, it isn't quite accurate.

Yoga for Every Body

Not everyone who does yoga is a granola-munching, tree hugging hippie type. Yoga practitioners can be found in every walk of life and every age group, and not everyone practices the same type of yoga. There are, in fact more than 100 different kinds of yoga. Those who've embraced yoga primarily for its stress-relieving benefits normally do a low-impact version like Hatha yoga. Or, for individuals who want a more vigorous workout from their yoga sessions, there's Vinyasa and Power Yoga. There are even classes available where students can practice yoga in chairs, which is ideal for elderly or disabled people. If you really like to sweat, Bikram and Hot Yoga will do the trick. Love goats? You're in luck because Goat Yoga is a real thing - Seriously.

Goats and sweat – and sweaty goats – aside, why would you want to take up yoga? To put it simply, you'll look better, feel better, and be a healthier human. That may

sound like an exaggerated recommendation, but there are a lot of benefits associated with the practice of yoga.

The Benefits of Regular Yoga Practice

Most types of yoga include breathing exercises, meditation, and assuming poses (Asana) that stretch and flex various muscle groups. The relaxation techniques used in the meditation and breathing exercises can alleviate chronic pain caused by arthritis, lower back issues, headaches, and carpal tunnel syndrome. Many yoga practitioners have also reported lowered blood pressure and reduced insomnia.

With all of the stretching involved, you may not be surprised that regular yoga practice can lead to increased flexibility, as well as improved muscle strength and tone. However, you may not have known that adding yoga to your fitness routine can also increase your metabolism, promote cardio health, and greatly reduce the levels of destructive stress hormones in your body. Certain yoga poses can even allow you to massage internal organs in such a way that makes them function more effectively.

Getting Started with Yoga

If you look on line, you'll find plenty of tutorials and instructional videos on how to do yoga poses. But it's better for

newcomers to start out with an instructor who can show them firsthand how to safely practice Asana. A good teacher can show you how to get into poses without straining your muscles, get your breathing right, and move seamlessly from one pose to the next in a way that will allow you to get the most out of your yoga sessions.

Yoga studios are popular in Michigan, so it shouldn't be hard to find one nearby with a quick online search. Ask friends and family members for recommendations, and be sure to look at a few customer reviews before choosing a studio. If you don't want to spend a lot of money right up front, that shouldn't be a problem. Most yoga studios offer introductory specials for new students, and there are always Groupons available for beginner yogis looking for good deals.

You can purchase an inexpensive yoga mat at any sporting goods store, or you can more than likely rent a mat from your studio for a few dollars. As far as clothing is concerned, yoga attire is pretty simple. Almost anything will work as long as it is comfortable, non-confining, and allows you to stretch. And while a lot of yoga practitioners prefer to go barefoot, special non-skid socks are perfectly acceptable to wear in most studios.

How to Make Exercise Fun for Your Kids

Create an obstacle course in the backyard.

Of course, you'll want to make it safe, so your obstacle course shouldn't be too demanding – think summer camp, not boot camp. Old tires make great additions to courses, along with lawn chair that they have to wriggle under, and even kiddie pools to splash through. Get the whole family involved, and give a small prize to the person who completes the obstacle course with the best time.

Have a scavenger hunt in your neighborhood.

Make a list of items to find, then go out for a walk with someone's phone. Let the kids take turns at being the photographer who "captures" items when they're found. To make your scavenger hunt list,

just think of things that are easy to find along a certain route. Or, if you want to make the game a little more elaborate, you can hide items ahead of time.

Plan a snow day.

When winter weather strikes, bundle everyone up, and dig into a day of snowy fun. Have a snowman building contest, or just make one big project as a family. Next, build a fort, and lob a few dozen snowballs at your loved ones. Just make sure to have plenty of warm refreshments on hand like hot chocolate, apple cider, and maybe some fresh muffins right from the oven to wrap your hands around. Don't feel like baking? No problem. Premade muffins work the same magic after a few seconds in the microwave.

Just get out and play.

Okay, now it's time for you to put your phone down and pick up a soccer ball, basketball, jump rope, or bicycle. Your kids are much more likely to get excited about getting involved in outdoor activities if you're along for the ride.

Even your eye-rolling teenagers might be amused by mom trying to play basketball – especially if it turns out that mom is actually GOOD at basketball. Okay, they'll also have fun laughing at you if you're all thumbs and two left feet. But if all of you are out, burning off some energy, and enjoying some time together, it's definitely worth a few jokes at your expense.



Five Reasons Why You Should Always Make Time for Breakfast

If you're like a lot of people, you're in a rush to get ready and out the door in the mornings. In fact, you may be in such a hurry that taking the time to eat breakfast is literally the last thing on your mind. If so, you're definitely not alone. According to statistics, fifty percent of Americans skip breakfast at least once a week, and many of these people never eat a morning meal.

But, unfortunately, this just isn't healthy. There's plenty of research out there to support the case that breakfast truly is the most important meal of the day. Taking the time to eat a healthy breakfast, in fact, will probably help you feel more energized and ready to face the day. It might even prevent certain diseases and support your weight loss efforts.

Here are five reasons to take five minutes to nourish your mind and body in the AM.

Weight Loss

It may seem counterintuitive, but regularly eating breakfast can help you achieve and maintain a healthy weight. How? By offering your body fuel early in the day, you'll kick-start your metabolism and burn calories faster. Getting nourishment in the morning may also keep you from craving unhealthy snacks throughout the day.

A study conducted in Israel found that women who ate half their daily calories at breakfast lost an average of 19 pounds in three months without changing anything else about their diet. This is a pretty good endorsement for making breakfast your main meal if you have some pounds to shed.

Brain Function

After sleeping all night, your brain starts to run low on glucose, and this depletion can make it hard to think and focus on tasks. However, you can be more productive and keep your concentration levels high if you

feed your brain before starting your day.

Type Two Diabetes Prevention

Studies have shown that irregular breakfast consumption is associated with a higher risk of Type Two Diabetes in women. Why risk it, ladies? If nothing else, grab a protein bar while you're running out the door. Your body will thank you for it.

Getting More Nutrients

Good breakfast foods add essential nutrients to your diet, and who doesn't need more of those? Eggs are a great source of protein and lutein, and fortified cereals (hot or cold) can give you fiber, folate, and iron. Add a splash of milk or milk substitute for a good calcium boost.

Heart Health

Eating breakfast helps your heart by potentially lowering blood pressure over time. Studies show that those who skip breakfast have higher cholesterol levels and get less fiber in their diets than those who routinely eat breakfast. Also, breakfast skippers, on average, tend to eat more unhealthy snacks throughout the day, which can also contribute to heart disease.

Make-Ahead Breakfast Foods for People in a Hurry

Overnight Oats: Just put some old-fashioned rolled oats in a jar or bowl and add milk or your favorite milk alternative – yogurt also works. You can also throw fruit, sweetener, nuts, chia seeds, or whatever you desire. Cover and refrigerate. In the morning, you have an excellent cold cereal that's completely ready to eat.

Fruit and Yogurt Parfaits: To prep, just layer high-protein Greek yogurt with your fruit of choice in a mason jar. Add a sprinkle of nuts or granola on top if you like, and cover with plastic wrap. When you're ready to eat in the AM, all you'll have to do is grab a spoon and open the refrigerator.

A Better Understanding of Tooth Decay

HEALTHY MOUTH HEALTHY BODY



by
DR. DANIEL O'BRIEN

We are a sugar nation. Keto diet is the latest reaction to our propensity to ingest carbohydrates rich in processed sugar. (Thank goodness these diets have a payoff in helping us look good or else we wouldn't alter our eating habits.) We also love cold beverages filled with flavor. This flavoring, whether in the form of flavored water or diet pop, is very acidic. Tooth decay will be a problem for as long as people consume sugars and acidic food and drinks.

Poor oral home care—a lack of brushing and flossing—only adds to the prevalence of decay. Dental plaque sticks to teeth, burrowing harmful acids into the enamel of healthy teeth. Under these conditions, all the fluoride in the world won't prevent teeth from rotting. The word "rotting" may seem harsh, but that is exactly what happens when a cavity starts to erode a tooth. There's no sense in sugar-coating it (pun intended).

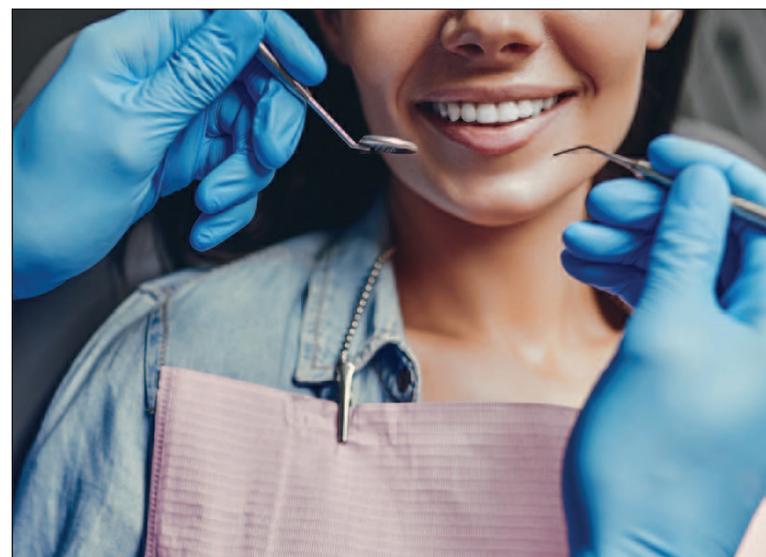
The active process of tooth decay is one problem; another issue is the fact that it is often left untreated, even after patients have been informed of the problem. Often there is no discomfort associated with a dental cavity. If there is no pain, it must not be so bad. Right? Here's the problem: The bacteria that is eating your tooth never loses its appetite. It will gobble up the tooth the same way an apple rots, destroying the tooth like a pyramid extending from the top to the base. Most of the time symptoms won't appear until

decay reaches the nerve. If you wait until you have pain, you are investing in a root canal or even losing the tooth.

And yet, after I've explained the consequences to my patients, many still curtail treatment. I attribute this to our strange tendency to view the mouth as a

medical from foot or kidney insurance. It's all part of the same bodily system. Physicians are understanding this fact as the science continues to identify the health issues related to the oral/systemic link.

Tooth decay is a health issue, not a tooth issue.



separate entity from the rest of our body. The health insurance industry seems to agree: there is 'medical' insurance and there is 'dental' insurance. But this idea is as much a falsehood as separating

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

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POLICE PATROL



by
CYNTHIA KMETT

■ TESLA DRIVING 130 MPH ON M-59 AND DOING

DONUTS IN PARKING LOTS – Officers were advised of a red 2019 Tesla S traveling southbound on I-75, East of Adams Road, at approximately 130 mph. As officers were attempting to locate the vehicle, additional reports indicated the vehicle was in the parking lot at 755 W. Big Beaver Road doing donuts. Officers located the vehicle on westbound W. Big Beaver, West of I-75 traveling at a high rate of speed. The officers initiated a traffic stop on Southbound Lakeview Drive, south of W. Big Beaver Road. The officers spoke with the driver, a 28-year-old man from Waterford, who was unable to produce a driver's license. He was asked to

step out of the vehicle and refused. The driver attempted to close the driver's door and laid down across the passenger seat with his hands folded. Officers were able to place him into handcuffs and removed him from the vehicle. He was arrested and transported to the Lock-up Facility. While being transported, he threatened to kill the transporting officer, his family, and his children. While in the lock-up facility, he threatened to burn down the police department when he was released. He was charged with Reckless Driving, No Operator's License on Person, Hinder and Obstruction of a Police Officer, and Intimidation – Threatening to Burn Police Facility.

■ **AT LEAST HIS ALLERGIES ARE UNDER CONTROL** – Officers responded to John R south of Maple on a property damage accident on Tuesday afternoon. The officers spoke with the at-fault driver of a red Honda Accord and noted his movements were slow, his speech was slurred, and he was unsteady on his feet. When asked, the 65-year-old male driver from Troy denied consuming any

alcohol. He was asked to perform several sobriety evaluations to which he did but the officers noted that he performed poorly. Witnesses indicated that when the driver was traveling on the road prior to the accident, he was swerving between multiple lanes and struck the curb on multiple occasions. The officers found a number of Benadryl pills in one pocket of his bag wallet and two pills which were later determined to be Xanax. He submitted to a Preliminary Breath Test with a result of .00%. He was arrested and transported to the Troy Lock-up Facility where he was read his Chemical Test Rights and he agreed to submit to a Blood Test. His blood was drawn by medical personnel and he was charged with Illegal Possession of Synthetic Narcotics and Operating a Motor Vehicle While Under the Influence of Narcotics pending laboratory results.

■ **OFFICERS GET A BONUS CRIMINAL IN THIS CASE** – Officers assisted the Loss Prevention Officers at Kohl's on John R in arresting a 29-year-old woman outside of the business who stole \$239 worth of merchandise for sale inside. The suspect was attempting to enter a black Mercedes Benz which was being driven by another subject. The officers spoke with that subject, a 34-year-old man, who had a valid Assault and Battery warrant out of the City of Ferndale. He was asked to step out of the vehicle to which he complied. When asked if he had any weapons on his person, he admitted he had a gun in his jacket pocket. A Sig Sauer 9mm Para Semi-Automatic Handgun which contained five rounds of ammunition was recovered from his left inside jacket pocket. The handgun was found to have been stolen out of the City of Southfield.

The owner of the handgun was contacted and said she did not know the individual who had her handgun nor did he have permission to have it. He was arrested and charged with Possession of Stolen Property.

■ **THERE APPEAR TO BE A NUMBER OF THIEVES GOING THROUGH CARS** – Make sure your vehicle is locked and take anything valuable inside your home at night. Just a note of warning: If something of value is stolen from your vehicle, it's your homeowner's insurance that is the protector of property, not the car's insurance. A Randall Drive resident reports finding the passenger door ajar to her black Chevrolet Tahoe K1500 and discovered unknown suspects entered it, stealing \$5 to \$6 in loose change and 20-30 CDs.

■ **COMPUTERS COPPED FROM CAR** – A Buckthorn resident reports unknown suspects entered his Buick Casada to steal a Dell Laptop Computer and an HP Laptop Computer. One laptop was taken from its computer case while the second was taken along with the computer case which was found discarded on the neighbor's lawn.

■ **I THOUGHT JUNKYARDS WEREN'T SUPPOSED TO TAKE THESE** – A Charter Drive resident discovered unknown suspects stole the catalytic converter off her gold Chevrolet Impala while the vehicle was parked in the apartment complex parking lot. A Winter Drive resident discovered unknown suspects stole the catalytic converter off his silver Chevrolet Malibu while the vehicle was parked in his driveway.

■ **REALLY DRUNK AND CAUSING SERIOUS PROBLEMS** – This officer discovered a property damage accident and while activating the patrol vehicle's emergency lights, noted the at-

fault vehicle, a silver Volkswagen Jetta, driving off Big Beaver near Rochester Road. The fleeing driver began traveling eastbound on E. Big Beaver and was involved in another traffic accident, this time west of John R Road. The driver left this accident and began traveling back on Westbound E. Big Beaver Road. Other officers observed the vehicle as it was about to turn south onto Charter Square Drive. The officers initiated a traffic stop and as they approached the driver, noted there was a fire in the rear passenger side of the vehicle. The officer ordered the driver to turn off the vehicle's engine but he just stared at the officers. One of the officers reached into the vehicle and turned the engine off while the other grabbed a fire extinguisher from the patrol vehicle and extinguished a fire that had occurred where the rear passenger tire had been. The tire had been dislodged from the vehicle during the accidents and was now missing. The officers spoke with the 41-year-old man from Troy and noted an odor of alcohol emanating from him. He was asked to perform several sobriety evaluations to which he did but the officers noted that he performed poorly. He submitted to a Preliminary Breath Test with a result of .279% – three times the legal limit. He was arrested and charged with Operating a Motor Vehicle While Under the Influence of Alcohol – 1st Offense, Failure to Stop and Identify at Two Property Damage Accidents, and Failure to Report Two Property Damage Accidents.

Note: If you have any information on any criminal offenses, call the Troy Police Department at 248-524-3477.

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To view the latest blood drives in your area, or to make an appointment to donate, visit RedCrossBlood.org or call 1-800-733-2767.

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Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter at 248-858-1070 OACAC is located at 1200 N Telegraph Rd Bldg 42E, in Pontiac.

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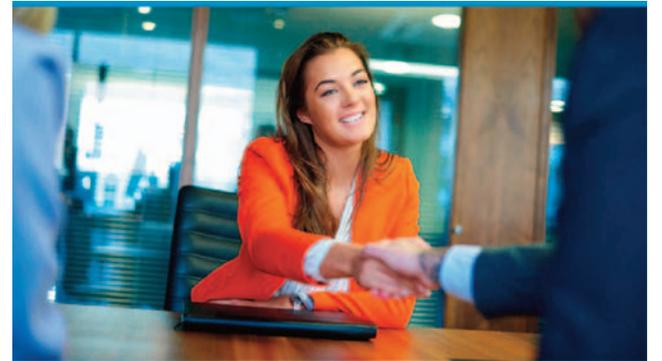


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	8		2	4				3
4		1				6		2
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9		5		8		7		
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BSP Law Celebrates New Headquarters in Troy



Bush Seyferth PLLC (BSP Law), a Michigan-based litigation firm, was joined by community officials and business leaders for a celebration of its new headquarters in Troy on Thursday.

A ribbon-cutting ceremony was held at the law firm's new home inside the Liberty Center at 100 West Big Beaver Road in Troy. Dozens attended the ceremony, including Troy Mayor Ethan Baker, leaders from the Troy Chamber of Commerce and other community dignitaries. An open house was held afterward where guests toured the 25,000-square-foot office while enjoying food, drinks, and live music.

BSP Law was founded as BSK Law in 2003 by Cheryl Bush, Patrick Seyferth, and Raymond Kethledge. The firm added Richard Paige as a member in

2004. In 2008, Kethledge was nominated to serve on the U.S. Court of Appeals for the Sixth Circuit. The firm, which has been honored by U.S. News and World Report as one of the country's top litigation practices, then changed its name to BSP Law.

On behalf of several Fortune 500 companies, BSP's team has handled business litigation and appeals in more than 30 states and several foreign countries. The leadership is excited to continue providing the same high-quality work from their new headquarters. The firm has also established a tradition of giving back to the community through various events, including the annual BSP Charity Golf and Tennis Classic. BSP has raised approximately 1 million dollars for charitable causes. At Thursday's event, BSP Law donated \$5,000 to

New Day Foundation, a local non-profit that helps families alleviate the financial burden of cancer.

"We've been able to add to our team in recent years and wanted to add more space while upgrading our technology to better serve our clients," said Cheryl Bush, BSP Law Founding Member. "This new space allows us to have our entire team on one floor in a modern, flexible design."

Approximately 70 employees work at the new Liberty Center office.

"While our workspace has changed, what hasn't changed is our commitment to providing our clients the superior service that they've come to expect, while supporting the community that we call home," said Patrick Seyferth, BSP Law Founding Member.

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Mark Twain

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Clarkston Resident Appointed to OCHN's Board of Directors

Oakland County's Board of Commissioners recently appointed Clarkston resident, Patrick Kemp, to serve a three-year term on Oakland Community Health Network's (OCHN) Board of Directors from January 2020 to March 2023.

Kemp is a former General Motors (GM) executive and dedicated advocate for people with special needs, spanning four decades. He is also the father of a young man living with autism. Following his career at GM, Kemp joined Autism Speaks as Executive Vice President of Marketing, Communications, and Corporate Fundraising. He introduced the "Light It Up Blue" campaign instrumental in building autism awareness and generating funds throughout the world.

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