



Health & Wellness - Inside

Troy-Somerset Gazette



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New Starbucks At Sports Center To Have a Drive Through Lane

by CYNTHIA KMETT

This new cluster development on 8.69 acres of land at the corner of Square Lake and Willow Grove Roads might just be what the planners and council have been hoping for during the past two years. Ashton Parc will have 29 single-family homes, with first-floor master bedroom and bath suites in a home that does not exceed 1,500 square feet in size. They'll also have a two-car garage and a basement, which are not counted in square footage calculations.

Despite using the "site condominium" phrase in the application, that has more to do with the site's layout than ownership. These are not condominiums.

The plan protects 1.4 acres of wetlands on the site, saves 11 regulated trees and preserves 30 percent open space. It complies with the Master Plan, doesn't need any variances and can be served by city services. As Troy's planning consultant, Benjamin Carlisle, noted: it provides a unique housing option that is underprovided in the market.

There was a little discussion about switching some of the garages to the right side so they aren't all lined up down the street, which is pretty common in many subdivisions. It seems that some garages will, indeed, be switched

See PLANNING, page 6



Garden Walk a Perennial Favorite for Green Thumbs

LAST WEDNESDAY'S high temperatures didn't keep people from exploring local gardens, like the Colombelles Art Studio and Garden on Parkview Court, during the Troy Garden Club's 45th Annual Garden Walk.

ER Nurses Assaulted With Little To No Justice

by ELENA DURNBAUGH

In May, a patient with a history of substance abuse came into the ER at Troy Beaumont. The hospital did not give her any narcotics and the patient demanded a private room. No private room was available, so the patient became angry and lashed out at a pregnant nurse.

"We were not giving her what she wanted, and she out-and-out, closed-fist punched this pregnant woman - this pregnant nurse - in the belly," according to Beaumont ER Nurse Naomi Ishioka.

The nurse, who was 38 weeks pregnant, was taken up to labor and delivery. Fortunately, the baby was not hurt. The charge nurse on duty during the incident was also assaulted by the same patient. That nurse had to be seen in the emergency room.

The police were called and charges were filed, but the patient was not removed from the ER.

"She didn't get taken out in handcuffs. She got to stay in the ER," Ishioka said.

Under federal law, if someone believes they have a medical

emergency and shows up at an ER, they cannot be turned away.

Ishioka said that the hospital frequently calls the police, but the cases rarely go any further than filing charges. She claims that some officers have discouraged staff members from filing charges because they "wouldn't stick."

The Michigan Emergency Nurses Association is working to pass legislation to provide greater protection for Emergency Room personnel. Senate Bill 80 and House Bill 4327 seek to increase

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Site Size & Traffic Are Stumbling Blocks for Development

by CYNTHIA KMETT

Things did not go well for the proposed development of Sylvanwood Court Condominiums at the intersection of Rochester Road and Sylvanwood. While two dozen residents took the microphone to tell council this 10-unit condo site would ruin their quiet country lifestyle and endanger their children (as Sylvanwood is a 22-foot street with no sidewalks), that probably wasn't council's biggest concern.

This development called for 10 units on 1.249-acre site, pretty small for this amount of housing. While the city's Master Plan does call for this multiple-style of housing on Rochester north of Wattles, the idea seemed to come as a surprise to residents. Nor did residents want the new site to empty onto their street. They wanted the cars to go out directly onto Rochester. That is not something the city wants. New curb cuts into a street carrying 40,000 cars and trucks a day are not the city engineer's idea of a "best practice." The new construction south of Long Lake does empty into the side street, not the main road.

Of more concern to council

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ER Nurses Seek Stronger Protections Against Frequent Assault and Violence

NURSES, From page 1

the penalties for assaulting healthcare workers.

In another incident in May, a patient came into the emergency room at Troy Beaumont Hospital, angry and seeking narcotics. The man had a history of assaulting and injuring ER staff and was becoming increasingly agitated, according to Ishioka, who witnessed the scene.

Hospital staff stepped in to deescalate the situation and warned the patient that if he did anything to threaten them, hospital security and the police would be called, but the man did not back down.

"This guy literally goes, 'Well, nothing ever sticks because I was intoxicated last time, and I'm intoxicated this time,'" according to Ishioka.

Under current Michigan law, assaulting an ER worker is a misdemeanor, just like assaulting a teacher, restaurant worker, or other professional. However, there are often fewer repercussions for people who assault ER workers because they are patients seeking care and prosecutors don't bring charges against them. Nurses also don't have the option to turn patients away, even if they have a

history of violence against hospital staff.

This isn't the first time bills to protect nurses have come before the state legislature.

Similar bills have been brought before the House and the Senate, including four House bills just last year, and four in the Senate since 2013. None of the bills were signed into law, and in fact, only two Senate bills ever made it out of committee, both of which died in committee after being passed over to the House.

Currently, House Bill 4327 is in the House Judiciary Committee, and SB 80 is in the Senate Judiciary Committee.

Democratic Sen. Mallory McMorrow, who represents Troy, is a cosigner on SB 80.

"Troy Beaumont is the number one employer in my district, and after having gotten to know a number of nurses and medical professionals, I think it's been pretty shocking to me that assault and violence against medical employees – nurses, doctors, and particularly emergency room personnel is on the rise," she said. "This is an issue that has come up numerous times... Every year that we do nothing... it's just getting worse."

McMorrow said that she hoped the Senate bill would get a hearing this year, but that decision was up to the committee chairperson, Lucido.

Republican Sen. Peter Lucido, who represents Michigan's 8th district, is the Chairman of the Senate Judiciary and Public Safety Committee this session. He is also a cosigner on SB 80.

Lucido said one of the challenges for passing bills like this is the volume of legislation committees have to review.

"You've got almost half the bills coming through Judiciary and Public Safety, so we've got to be very concerned on which ones we need right away. The fact that we already have laws on assault, that is telling me we've got something in place," he said.

For this bill, Lucido wanted to hear discussion in committee to determine whether it was a good idea to increase penalties for assaulting a nurse.

"I don't have a problem stiffening penalties for people who are trying to take advantage of those who are trying to make us better," Lucido said. "Stiffening penalties doesn't mean giving carve-outs, and here's why. Will we sit there having carve-outs for everything? What are we going to go to next, gas station attendants?"

Other emergency responders are more protected. Michigan Penal Code makes it a felony to "assault, batter, injure, resist, or endanger a law enforcement officer, firefighter, or emergency medical service worker."

Lucido was concerned that a law protecting nurses or medical personnel could be too broad.

"At the end of the day, do we carve out the entire medical profession, and then do we carve out in the office of medical professions? I mean, we're talking about a big lift here as far as the dialogue is going to be concerned," he said.

According to the most recent data from the Bureau of Labor Statistics, violence experienced by registered nurses is at a five-year high. For every 10,000 full-time RNs, there were 8.8 cases of intentional injury caused by another person. The national average for all occupations in 2017 was 1.9, and for EMTs and paramedics, the rate was 7.6. According to statistics from the Emergency Nurses Association, one in five healthcare workers is assaulted while on the job every day.

Naomi Ishioka, an ER nurse and past president of the Michigan Emergency Nurses Association, said this is the third legislative

session where she's worked to get a workplace violence bill to protect ER nurses signed into law.

"Violence is getting a lot worse in emergency rooms around the country, not just in Michigan," Ishioka said.

"We bear the brunt of that every single day. It's worse this year than it was last year. It was worse last year than it was the year before. And not just in the number of incidents, but in severity as well."

Multiple factors contribute to the increase in violence, according to Ishioka. One reason is that it's more difficult for people to use the system to abuse prescription drugs. Hospitals now have wider access to a patient's medical records. If staff refuses to fill a prescription because they suspect abuse, the patient may become violent. Ishioka said she has noticed a correlation between the rise of the opioid crisis and the increase in ER violence.

Overcrowding is another contributing factor, as more people are turning to emergency rooms for non-emergency care. The ER is also treating more psychiatric patients, because Ishioka said there aren't enough beds for psychiatric patients. Finally, general practitioners will often refer anxious patients to the ER for treatment if they don't have any available appointments.

More people coming to the emergency room means longer wait times. This can lead to people getting impatient and reacting violently.

The proposed legislation isn't aimed at solving the underlying causes of violence, but Ishioka said that people are working to solve those problems at other levels.

"There's a lot of different groups working on the different pieces. In the meantime, there are nurses that are getting hurt," she said.

"A lot of time these cases literally are thrown out, or they don't go anywhere," Ishioka said. "We love the police officers, don't get me wrong. We have a lot of respect for them. We have a very good working relationship with the police – and I don't think it's necessarily the police. I feel like it's just not taken seriously."

According to the Troy Police Department, officers have been called to Troy Beaumont 197 times since July of 2018, though that number does not factor in what triggered the call.

Troy Police Sergeant Meghan Lehman said that the department responds to calls at the hospital like anywhere else.

"If anything, we would take in more seriously. This is someone trying to do their job," she said. "It being in a hospital, it's an even bigger public safety issue."

According to Lehman, the police are responsible for taking the report and investigating to see if a crime has occurred. She added it is not a department practice or policy to discourage anyone from filing charges. After police conduct an investigation, the case is turned over to a prosecutor and is out of their hands.

Despite the legal challenges, Sen. Lucido said he thought the bill was important.

"I have a true appreciation for nurses, I think they are God's gift to humans," he said. "Do I think they should be assaulted? Hell no... These are individuals that are out to make the public better."

As violence continues to rise, more nurses are leaving the field. According to a Montana State University study published in 2015, the number of nurses leaving the field each year has gone from around 40,000 in 2010 to a projected 80,000 by 2020. It also found that nearly 40% of RNs are over the age of 50.

Ishioka said she hoped that more awareness would lead to legislative action.

"We just want the same protection that is afforded to other people... but because it's a pregnant nurse who gets punched in the belly, somehow it's part of our job. Somehow it's part of our job to get injured."

Sen. McMorrow said that she hoped the bill would be heard by the committee this session.

"Far and away, I hope we get a committee hearing," she said. "My advice back to anybody in the field is to send letters to their representative, their senators, the committee chair, so that we can hopefully get a hearing in committee."

To learn more about the violence faced by emergency nurses, visit ena.org/

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Council Denies Dense Housing Cluster

CITY COUNCIL, From page 1

might have been traffic. Sylvanwood is a street a driver can cut through to avoid waiting for the light at Rochester and Long Lake and make a left-hand turn to go north on Rochester. Although why you would want to take your life in your hands to make a left on Rochester Road, especially after 3 p.m. is hard to imagine, as one resident noted. She did point out that the only way to get out is to get in the turn lane on Rochester, which she correctly noted is against the law.

There's also a speeding problem, residents pointed out. All residential streets have a 25 mph speed limit. Unfortunately, Mayor Dane Slater warned the residents that most of the speeders, when caught, turn out to be their neighbors. There were some "nays" from the audience, but the mayor was a Troy Police Officer for 35 years and undoubtedly worked a number of neighborhoods plagued with speeders.

While it wasn't a hot topic, Rochester Road is slated for widening and a median, right up to

Sylvanwood. The city has already purchased the land just south of the site wanted for this condo development. The money has been secured from the federal government and MDOT and the construction project will end just like it does now north of Wattles. It was anticipated to start next year when John R was finished. That seems to be on hold because of the massive project underway on I-75. Needless to say, many of the cars that would have been on either John R or I-75 are now on Rochester Road, especially if they want to get to M-59.

The vote on this project was 7-0 against building on this site, at least for this many units.

In other business, council presented Certificates of Recognition to honor members of the Troy Police Department. Recognized were Detective Todd Gustke, the 2018 Police Officers of the Year; Sgt. Meghan Lehman, 2018 Command Officer of the Year; and Peter Guest, the 2018 Non-Sworn Police Department Employee of the year. In addition, SAFEbuilt presented scholarships to Madeline Purvis and Heather Durfee.

Troy Nature Society Receives Grant to Support Outdoor Education



ITC MICHIGAN contributes to Troy Nature Society initiative. Presenting and accepting a \$6,000 grant to the Nature Center to help at-risk students included, from left, TNS Board Member, Arnie D'Amore Braver, TNS Executive Director Carla Reeb, TNS Board Member Steve Sprague and Charles DeVries Manager of Customer Relations & Community Relations ITC Michigan.

Troy Nature Society was recently awarded a \$6,000 to support its "Youngsters, Education, and Healthy Activities" Initiative. The ITC Michigan grant will underwrite a series of three educational, nature, science and environmental programs for up to 160 at-risk students.

The nature society's program is designed to help disadvantaged children meet high academic standards by participating in targeted assistance program. Administrators and educators

from nine schools chose 160 students identified as at-risk to participate. These students are failing or most at risk of failing to meet the district's core academic curriculum standards.

Troy Nature Society is a nonprofit organization managing the educational programs and activities of the Stage Nature Center. To learn more about programs and activities, visit stagenaturecenter.org or call 248-688-9703.

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He is a member of several professional societies and sits on the Cardiology Peer Review Committee. Dr. Renard will be rounding at both Beaumont Royal Oak and Troy hospitals and is seeing patients at our Troy location.

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Troy Student Earns Gold Medal at USA Biology Olympiad Finals

Troy High School student Jason Zhang was one of four students to win a gold medal at the 17th Annual USA Biology Olympiad National Finals hosted by UC San Diego June 22-July 3. Nearly 10,000 students from 498 schools and 45 states registered in the nationwide high school competition.

During the ten days of the National Finals, students participated in intense theoretical and practical tutorials.

The high school students studied with leading U.S. biologists, who are experts in the fields of cellular and molecular biology, plant anatomy and physiology, animal anatomy and physiology, genetics and evolution, ecology, ethology, and biosystematics.

The young scholars were mentored by Kakoli Mitra, Ph.D., Manager, USABO and Kathy Frame, Consultant/Advisor USABO and Special Projects.

Zhang and the other gold medalists will participate as Team USA in the 30th annual International Biology Olympiad, this year held in Szeged Hungary from July 14- July 21.

“CEE is so proud of Team USA that worked so hard to compete at the USABO Finals,” CEE President Joann DiGennaro said. “They are recognized as the highest achieving biology students in this nation.”

Make Retirement Savings a Priority

by **TONYA DUPREE**
VP of Retail Delivery
Cornerstone Community Financial



Always consult a tax professional or your preferred retirement specialist for specific information to suit your financial situation.

When you work in the financial industry, people ask a lot of the same questions, but one question I hear all the time is, “Should I save for retirement, pay off debt or save for my kid’s college?” There are only so many dollars available, but so much to do! In my experience, retirement savings should always be first on the list for many reasons. Here’s why...

You Can't Take Out Loans for Retirement

Hopefully, Social Security will be available to you when you retire, but it likely won't be enough to fully support your

lifestyle. You will need additional savings to cover the difference. Junior can take out student loans for college, but there are no retirement loans. This doesn't mean you can't save for Junior's college, but you shouldn't sacrifice retirement savings to do so. Make sure at least 10% of your paycheck goes into a 401k or IRA before you save for college or pay off debt.

The Earlier Start, The Better

Albert Einstein once described compound interest as the eighth wonder of the world and said, “He who understands it, earns it; he who doesn't, pays it.” Saving early on in your career gives you decades to earn compounding interest. As soon as you or your recent college grad starts that first professional job, 10-15% of each paycheck should be deposited into a 401k or IRA. If your employer doesn't offer one, talk to your credit union or bank about their retirement accounts. You can always roll the account over to a new employer in the future.

Don't Miss the Match

If your employer offers a 401k match, make sure you are meeting the requirements to earn that match. If your employer offers a 5% match and you're only deferring 3% into your 401k, that lost 2% could mean tens of thousands of dollars in the long run. Double check with your HR department that you're receiving the full match. Don't leave free money on the table. If your employer doesn't offer a match, apply at Cornerstone. We offer a great 401k match as well as a \$500 hiring bonus! Apply at CCFinancial.com/careers.

Retirement Savings can Lower Your Tax Bill

Retirement savings are usually tax deductible, which lowers your taxable income and allows you to save even more. Why pay more tax than you must when those dollars could be funding your retirement?

So, what about paying off debt? Well, hopefully your debt balance is decreasing every month as you pay it off. If you find yourself adding to that balance through excessive credit card use or lots of loans, then addressing spending habits might be needed.

Overall, if 10-15% of your paycheck is going to your retirement accounts before you even see it, you can use remaining funds to pay down debt instead of sacrificing retirement savings. Whatever you decide to do, make retirement saving a priority. Future you will thank you!

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Fire Breaks Out in Apartment Kitchen

The Troy Fire Department responded to a report of smoke coming from under an apartment door at 2950 Coolidge in the Somerset Apartment complex last Wednesday, just before noon, according to Troy's Assistant Fire Chief Chuck Riesterer.

Upon arrival, smoke was visible from the exterior of this large, two-story, 20-unit apartment building. Troy Police assisted by knocking on doors and alerting occupants in the adjoining units.



THIS KITCHEN will definitely need repairs after a fire last Wednesday literally blackened everything.

All occupants had safely exited the building prior to the FD arrival. As this was a residential fire, equipment including Engine 3, Ladder 3, Engine 6, Ladder 6, Rescue 4, Air Tender 3 and Alliance Mobile Health was called to the scene. Firefighters advanced a hose line through the front door and made entry to the 1st-floor apartment.

Once inside the building, firefighters had to force entry to the apartment door and make their way to the kitchen. It was there

they discovered a fire had nearly self-extinguished, but the kitchen and surrounding area of the apartment was still hot and filled with smoke. The small amount of remaining fire was extinguished and the immediate area was cooled with water, Riesterer added.

The walls and ceiling were opened to check for fire extension where a small amount was found in the ceiling space above the kitchen. A primary search was conducted in the rest of the building to confirm that no other occupants were inside. As the firefighters conducted an overhaul of the immediate area to confirm the fire had not spread, ventilation was initiated to remove the smoke from the building.

Due to the high heat and humidity outside, firefighters were rotated through rehabilitation measures with Alliance Mobile Health – the City's EMS provider – who monitored firefighters' vital signs and provided water.

Smoke alarms were noticed inside the apartment, but it is unknown if they were activated. No one was in the apartment at the time.

The origin of the fire appears to have been in the kitchen, but the investigation to determine the cause is ongoing.

Damage estimates are incomplete at this time. The City of Troy Building Department was notified of the fire, and is denying re-entry to the four nodes of this apartment building until repairs can be affected that will return the apartment to a safe condition. Riesterer notes that a structural engineer will have to determine that the upstairs apartments were not impacted by this fire before the tenants can safely return.

No injuries or fatalities were reported.

Troy Police Investigate Fatal Crash

Troy police officers are investigating a two-car crash that left one driver dead last Monday at approximately 2:15 p.m. on eastbound Big Beaver east of John R.

Killed was 74-year-old Diana Zaccagnini of Macomb Township.

Several witnesses report seeing a cream colored 2008 Mercury Mountaineer, traveling westbound on Big Beaver, cross over the median and strike two trees before entering the eastbound lanes. The Mountaineer then struck a maroon 2011 Ford Taurus, the car driven by Zaccagnini, that was traveling eastbound.

The Mountaineer was driven by a 53-year-old man from Troy. The cause of the crash is currently under investigation.

Both drivers sustained serious injuries from the crash and were transported by Alliance Mobile Health to Troy Beaumont Hospital. Zaccagnini died from the injuries sustained in the crash.

There were no other passengers in either vehicle at the time of the crash, and no other vehicles involved. Both drivers were wearing their seat belts at the time of the crash.

All lanes of eastbound Big Beaver were closed at John R for approximately two hours and 15 minutes while officers from the South Oakland County Crash Investigation Team (SOCCIT) conducted the investigation.

Witnesses are asked to contact the Troy Police Department at 248-524-3477.

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Planning Approves Housing Proposal at Square Lake & Willow Grove

PLANNING, From page 1

because of drainage on the site. But buyers won't be able to make that decision, so they'll have to pick a home with the garage already switched. The homes are expected to be priced in the low \$300,000 range and be nicely finished throughout.

The developer Jim Polyzois of Wolverine Building Company, noted they have built similar projects and they were just a bit bigger, at 1,675 square feet. This prompted the planners to recall that they have discussed the size of the house needed in the cluster zoning for a developer to be allowed a few more homes on the site. Several planners had said

that 1,500 square feet is too small. They can be expected to reconsider the required size in the future.

Planning Trustee Ollie Apahidean called Ashton Parc a "win-win" for Troy. "The city is finally getting what we requested." Planning Trustee Sadek Rahman agreed. He called this site plan a "poster child project" and "a good offering from the applicant."

Builders have liked the cluster zoning and been willing to save a lot of trees, but for smaller homes. They say that the price of land in Troy dictates the colonial style with large square footage, and perhaps a price tag that made them not readily available to

people downsizing from a home built in the 70s.

This proposal was unanimously approved by the planners.

Starbucks is seeking restaurants with drive-throughs these days and they asked, and received permission from the Planning Commission, to put one in an out lot in front of the Troy Sports Arena complex on Big Beaver, west of John R. The 5,300 square foot building will also have room for some kind of future eatery. Starbucks will be 2,300 square feet. If you're coming from the east on westbound Big Beaver, you will enter the driveway you'd normally take to the drug store or

Kroger, and Starbucks will be just to your left. City engineers were a bit worried about drivers knowing where to go, and where to park, so they have asked for some additional directional signs. They also wanted a curb at the back row of parking to keep a car from flying out on to moving traffic.

It was also pointed out that despite being on Big Beaver, this is not within the Big Beaver Form Based Zoning. It's in the Community Business district and does not require a business to be basically at the curb of the street. That means Starbucks can have a row of parking in front of the new facility. It will, in fact, be surrounded by parking. It also

means they can have an outdoor seating area in front of the building.

The Starbucks in the regular part of the shopping plaza, directly behind this site, will eventually be closed.

Planners, naturally, considered moving the refuge site and asked what it would look like. It will look like the modern building planned and it isn't moving, as they don't want employees taking out the trash from either occupant to have to cross the traffic in the drive-through lane.

A drive-through also requires a special use permit with the site plan. Both were unanimously granted by the planners.

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New Mediterranean Grill Now Open in Troy

The Great Greek Mediterranean Grill has opened its first Michigan location in Troy as of this week. The new restaurant is at 708 West Big Beaver Road, Ste. 6.

The Great Greek in Troy is owned and operated by a group of friends and family discovered the

brand during a trip to Las Vegas, where the restaurant brand was founded. The new restaurant is managed by local resident Lama Plyler.

For more information about The Great Greek of Troy, visit Thegreatgreekgrill.com or call 248-833-1000.

CITY OF TROY PUBLIC HEARING

A Public Hearing will be held by and before the City Council of the City of Troy at City Hall, 500 W. Big Beaver, Troy, Michigan, on Monday, July 22, 2019 at 7:30 p.m. or as soon thereafter as the agenda will permit, to consider a Rezoning Request to rezone the following described property from R-1B (One Family Residential) District to BB (Big Beaver) District:

The subject property is located on the West side of Alpine, North of Big Beaver.

The area proposed to be rezoned is approximately 1.65 acres in area. The subject property parcel number is 88-20-20-401-019, & -020.

Comments can be expressed at the Public Hearing, or written comments can be directed to the attention of the Planning Department, City of Troy, 500 W. Big Beaver Road, Troy, Michigan 48084, or by e-mail to planning@troymt.gov no later than 3:00 p.m. one day prior to the date of the meeting. If you have questions you may contact the Planning Department by e-mail or by phone at (248) 524-3364.

The application on file can be viewed and/or copies can be purchased at the Planning Department, City of Troy, 500 W. Big Beaver Road, Troy, Michigan 48084.

Notices and information for public hearings will also be posted on the City website at <http://o.troymt.gov/PublicNotices/>.

Aileen Dickson, MMC, CMMC
City Clerk

NOTICE: Persons with disabilities needing accommodations for effective participation in this meeting should contact the City Clerk by e-mail at clerk@troymt.gov or by calling (248) 524-3317 at least two working days in advance of the meeting. An attempt will be made to make reasonable accommodations.

CITY OF TROY PUBLIC HEARING

A Public Hearing will be held by and before the City Council of the City of Troy at City Hall, 500 W. Big Beaver, Troy, Michigan, on Monday July 22, 2019 at 7:30 p.m. or as soon thereafter as the agenda will permit, to consider a Rezoning Request to rezone the following described property from R-1B (One Family Residential) District to BB (Big Beaver) District:

The subject property is located on the east side of McClure, north of Big Beaver.

The area proposed to be rezoned is approximately 2.48 acres in area. The subject property parcel number is 88-20-20-476-007, -008, & -009.

Comments can be expressed at the Public Hearing, or written comments can be directed to the attention of the Planning Department, City of Troy, 500 W. Big Beaver Road, Troy, Michigan 48084, or by e-mail to planning@troymt.gov no later than 3:00 p.m. one day prior to the date of the meeting. If you have questions you may contact the Planning Department by e-mail or by phone at (248) 524-3364.

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Riverblast Brings Summer Concerts Back to Belle Isle

Riverblast, presented by Music on Belle Isle Group, is in full swing for a second season of live concerts on Belle Isle at Sunset Point near the Fountain. Sunday night concerts featuring community concert bands performing at 6:30 p.m. are July

Barber, who remember with great fondness the wonderful summer concerts at Remick Band Shell performed by the legendary Detroit Concert Band under the direction of Leonard B. Smith. Their goal is not just to enrich the area with great music, but also to

skyline.”
 “Many of the people in the community bands have a similar story. They play for a while, take time off for work and family, and then come back to it. And they enjoy it so much, they all play for free.”



21-August 25. All concerts are free and attendees should bring their own lawn chair.

This location is near the original Remick bandshell, which the group hopes to restore or build anew. There are bathrooms and food trucks nearby, and people are allowed to bring food in. Concerts feature music for people of all ages.

Music on Belle Isle Group, or MOBIG, is the brainchild of musicians Craig Strain and Fern

bring the elegant band shell back to life or build a new one.

“We started MOBIG about two years ago with the idea of bringing back the summer concert series to Belle Isle,” Strain. “It was a struggle getting permission to play near the band shell at first, but now that we’ve shown how well the concerts are received by the public, we’re welcomed by Belle Isle officials. It’s really a very nice location as attendees are looking at the downtown Detroit

“We remember how beautiful the band shell was and how terrific the bands sounded. It was quite an event to listen to music on Belle Isle. Our goal is to revive this tradition and either renovate the existing bandshell or construct a new one somewhere in the park.”

For more information about Riverblast and the Music On Belle Isle Group visit Mobigmusic.org/.

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”
 — Henry David Thoreau



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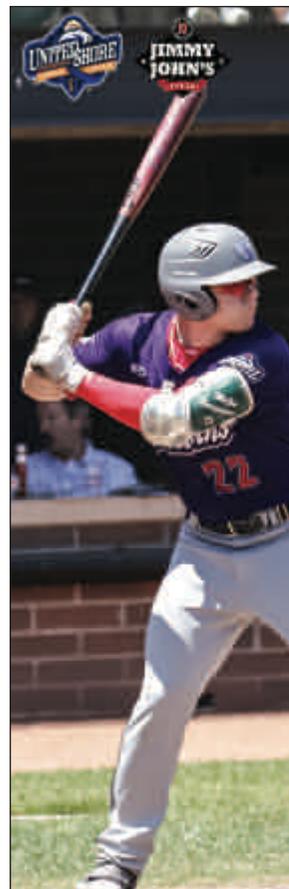
Troy School

5164 Rochester Rd Troy, MI 48085 | (248) 688-9536

Program Director: Ms. Krista

Troy_Director@GildenWoods.com

GildenWoods.com



Wednesday, July 17

First Responder's Night presented by PROVISION
 2-for-1 Wednesdays
 First Pitch 7:05PM, Gates Open 6:00PM

Thursday, July 18

Comic Con Night
 Thirsty Thursday
 First Pitch 7:05PM, Gates Open 6:00PM

Friday, July 19

Fat Tire Friday
 Fireworks Spectacular
 First Pitch 7:05PM, Gates Open 6:00PM

Saturday, July 20

Motown Night presented by Quantum Forklift
 Denise Davis and the Motor City Sensation Band
 First Pitch 7:05PM, Gates Open 6:00PM

Sunday, July 21

Marvel Superheroes
 First Pitch 1:05PM, Gates Open NOON

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Health & Wellness

Feeling Good From The Inside Out

(NAPSI) The U.S. Census Bureau estimates that more than 15 percent of all Americans are over 65 years old. If you're among them, or hope to be someday, here's news that could be good for you.

Healthy aging starts with your cells. One way to keep cells healthy is to give them what they need to function properly—from the inside out. And one of the most important ways of doing that is with a co-enzyme called nicotinamide adenine dinucleotide (NAD).

Scientists say all human cells naturally produce and use NAD to maintain healthy mitochondrial function—an important component of healthy human aging. Over time, however, the body's supply of NAD starts to decrease.

Recently, a scientific breakthrough by Dr. Charles Brenner, at the University of Iowa Carver College of Medicine, isolated nicotinamide riboside (NR), a supernutrient thought to be key to boosting NAD.

In the early 2000s, a Dartmouth College research team discovered NR was not only an

effective way to increase NAD, but to improve health in general.

The team, led by Dr. Brenner, found that NR could increase NAD in mice and that those mice experienced many health benefits such as improved blood sugar levels and cholesterol levels, reduced nerve damage and resistance to weight gain. Dr. Brenner found that when NR gets to work in the cell, it helps form NAD and gives sirtuins — the cellular repair-promoting proteins — a “pep talk,” to work overtime so cells stay strong.

Studies are under way on the positive effects of NAD levels on other age-related health problems including fatty liver disease, weight gain, insulin levels and brain function.

To live your best life, it would seem, you should think cellular.

Essentially, NAD is the key that enables the mitochondria — the “power station” within the cell, to undergo cellular energy production.

NR has been proven to boost NAD levels in humans.

To learn more, visit Aboutnad.com/.

The One-Week Way to Help You Quit Smoking Now

By MORGAN BENJAMIN

Like most smokers, you know the dangers of it and want to quit smoking, and everyone around you wants you to quit, too. The media bombards you with tactics and medicines for quitting, but quitting is hard — almost too hard. There are drugs to help but they make you sick. There is quitting “cold turkey” but you struggle to get beyond 12 hours on your own. Therapy is fine, but then you're on your own again for the rest of the week and electronic cigs don't taste the same or feel right in your hand. So, what is left?

I finally discovered the easiest way for me to quit smoking, and it only requires a commitment of one week. Since that week, I have been smoke-free for nearly a month and it gets easier every day.

I was one of those who couldn't get beyond 12 hours cold turkey and Chantix gave me a terrible migraine. I enjoyed smoking, but my doctor told me I had to quit. I knew I had to do something, but I could not do it on my own.

Then, I found ‘Smoking Cessation Wellness Retreats,’ a program that combined group

therapy and Reiki at a spa resort on the gulf coast of Florida, and I was amazed. This seemed exactly what I'd spent years searching for. The program uses Reiki, a Japanese technique for stress reduction that promotes healing, addiction therapy techniques, and group and individual counseling.

When I called for information, I felt an immediate rapport with the woman who answered, a former smoker who understood my misgivings. She was a credentialed counselor specializing in addiction therapy, as well as a Reiki Master. Reiki is administered by a ‘laying on of hands’ to modulate the flow of life force energy to clear, heal, and straighten energy pathways. It treats the body, mind, and spirit, and helps create feelings of peace, relaxation, and well-being.

We were warmly greeted on our arrival and settled in with a meet-and-greet with our counselors and retreat-mates. We listened to information that many of us have never heard before. We heard facts, figures and results of scientific studies. We were warned of the changes we would experience during our week of quitting and the support we would receive. We were advised of the importance of staying busy and the necessity of resting when our bodies told us to. We were told that 3 days (or 72 hours) were all

that were required to cleanse our bodies of the poisons contained in cigarettes and that everything else was habit.

We met for breakfast daily where group schedules were disclosed and individual meetings were affirmed. Every meal was educational and entertaining. Some of us were blindsided by irritability and fatigue, and a few became distracted and forgetful. While the degree varied, moodiness was widespread so we tried to stay busy and forget about smoking. We took yoga classes together and spent hours in the sauna, steam room and pools. Some spent mornings in the gym and afternoons exploring on foot or by bike.

We met with counselors during the afternoons and capped every evening off with a lengthy healing session. Every day was easier until the week was gone and we discovered we were all nonsmokers and that each of us had 11 new best friends.

Our group ranged in age from 33 to 64 and traveled from as far away as Canada, and as nearby as 30 miles. Our group continues to support each other and is always there to offer help when things get tough.

Quit smoking now. Every ‘quit smoking’ blurb or ad on television catches your attention because you know it's what you should do.

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Growing Group of Universities Require Vaccine to Protect Students from Meningitis B

Oakland University is one of nearly 30 universities across the country to require incoming students to be vaccinated against meningitis B. Several colleges made the vaccination mandatory for the first time this year.

The growing number of universities requiring students to get vaccinated comes on the heels of a school year which saw 11 confirmed cases of meningitis B on campuses across the country. One student at Florida Community College died from the disease.

While meningococcal diseases are still considered rare, infection can be devastating. One out of every 10 people who get infected will die. Of those who survive, 1 out of every 5 people will suffer loss of limbs and/or other serious complications.

Students have long received the meningococcal conjugate

vaccination which covers strains A,C,W, and Y, but leaves them unprotected from the B strain of meningitis. Meningitis B has been responsible for 100% of all meningococcal outbreaks on college campuses in the U.S. since 2011, and the MenB vaccine has only been available in the U.S. since 2014.

Research shows that universities can be breeding grounds for infectious diseases like meningitis B. The typical environment that comes with co-ed life — living in close quarters, sharing drinks and utensils, kissing, coughing — are just a few ways meningitis B can be spread. University students are at a heightened risk for contracting the debilitating and sometimes fatal illness.

Building a Better Profile: Is Chin Augmentation Right for You?

by
ANDREW COMPTON, MD; SUZANNE FORMAN, DO



When most people inquire about plastic surgery they tend to focus on their nose or wrinkling of the skin. Chin abnormalities are not always considered. A weak chin, however, can have a significant impact on your overall facial appearance. Aesthetic balance of the face requires congruency between the upper, middle and lower thirds of the face. Surgical correction of a small chin can improve your facial balance and the appearance of your nose and lips.

What is Chin Augmentation?

Chin augmentation is a procedure designed to improve the appearance of the chin by adding volume to push the chin point forward. It can also be used to thin or widen the chin on the front view. This is typically done in one of two ways, it can be done by cutting and moving the bone (sliding genioplasty) or by placing an inert, solid silicone implant to create the desired shape. Dr.

Compton favors the implant since it can be placed under local anesthesia in the office, has less downtime and more predictable and customizable results. In the preoperative consultation, different implant shapes will be evaluated to find your ideal chin shape and size. This can build a better profile and help eliminate the “chin-less” look.

How do I know if I would benefit from chin augmentation?

The people who would benefit from chin augmentation notice that the chin is recessed and flat on profile view (side view). This can give the appearance of the lower jaw being too small for the face, the neck being fat and the nose being too large. This facial disproportion can range from mild to severe and may include the teeth not coming together correctly. If the teeth do not fit together properly, this is a functional issue that would benefit from an oral surgery evaluation for re-aligning the jaws and teeth. However, if the teeth fit together properly and it is simply an appearance issue, a chin implant can be the perfect solution.

How is chin augmentation performed?

Chin augmentation with an implant is safe and comfortable to do in the office with oral sedation or operating room with general

anesthesia. The implant procedure is a straightforward, 30-minute procedure done through a small incision under the chin. A small pocket is created, the implant inserted and stabilized with suture. It is often combined with a rhinoplasty, liposuction or a face/neck lift.

How long does it take to recovery from chin surgery?

Chin implant surgery requires a few days off from work as mild swelling, and bruising can occur and a dressing will be worn for 3-4 days. Temporary numbness is common and postoperative pain is generally mild. If the surgery is done with other procedures, the downtime will vary.

When will I notice results after chin augmentation?

If done in the office, patients can witness the immediate results. Postoperatively, it does take 1-2 months for the swelling to resolve.

I'm interested in learning more about chin augmentation. How do I out if I'm a candidate and how do I find a surgeon?

It is important to find a facial plastic surgeon who is comfortable with chin surgery. Dr. Andrew Compton is an expert on facial analysis and double board certified facial plastic surgeon. He works to tailor treatment to each of his patients individually to create a natural appearance.

Call 248-267-5004 today to make an appointment for a consultation. You can also visit Dr. Compton's website at AndrewComptonMD.com or his Facebook page to view before and after photos and patient testimonials.

Troy Beaumont Invites Veterans to Free Wellness Fair

The Heart and Vascular Services department at Beaumont Hospital in Troy will host its first Veterans Wellness Day Fair on July 31.

“As a team, we promote heart-healthy lifestyles as well as preventive care,” said Jenna Mallard, exercise physiologist, Cardiac Rehabilitation, Beaumont, Troy.

“With so many returning troops coming home to America, we thought it would be an excellent idea to provide a free health screening for them as well as veterans of all ages.”

The free event will be from 9 a.m. to noon, Wednesday, July 31, at Beaumont Health Club, 1555 E. South Blvd. in Rochester Hills, near Beaumont Troy.

Veterans can expect baseline vital checks, education about nutrition, stress and exercise, and a consultation with a Beaumont Health Club nutritionist or Heart and Vascular exercise physiologist.

Registration is not required. For more information, contact Mallard at 248-267-5656 or jenna.mallard@beaumont.org.

Join Us to Learn More About a Treatment Option for Adults with Moderate to Severe Ulcerative Colitis and Crohn's Disease.

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Is It Seasonal Allergies or Dry Eye?

(NAPSI) Two of the more common eye-related problems are dry eyes and eye allergies. While the symptoms are similar, there are differences between the two conditions. Sometimes they can occur at the same time, compounding the problem.

It's important to have a medical eye exam to determine the cause of your symptoms so you can get the appropriate treatment.

Seasonal eye allergies can include symptoms that are like dry eye, but itchiness is more common. Allergens, including mold, pollen, dust, or grass, release histamine, which causes itchy, red eyes that tear or burn. Over-the-counter medications are often effective. You can also take the following steps for relief:

Limit exposure to the outdoors on high-pollen count days. Wash your face and hands after being outside to reduce the amount of pollen on the skin. Don't rub your eyes; it may increase the irritants and make symptoms worse.

Dry eye is a complex disease that has many causes that often overlap and interact. Dry eye can

happen when the eye doesn't produce enough tears or when the quality of the tears can't keep the surface of the eye adequately lubricated. It frequently occurs with other health conditions.

People tend to make fewer tears as they get older due to hormonal changes. Both men and women can get dry eye. However, it is more common in women, especially after menopause.

Common symptoms of dry eye disease may include sensitivity to light, dryness and itchiness, the feeling that something is in the eye, fluctuating vision, eye fatigue and excess eye watering.

Ophthalmologists will prescribe a variety of treatments based on the cause of the dry eye. For many people, a few simple lifestyle changes can resolve the problem:

Try adding moisture to the air with a humidifier. Protect your eyes from drying wind by wearing wraparound glasses outside. Add omega-3 fatty acids to your diet for dry eye relief. And use artificial tear ointment just before bed.

If your eyes remain red and irritated after trying these tips, see your ophthalmologist.



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www.RealSelf.com



Hospital to Host Summer Kids and Teen Cooking Classes

Henry Ford West Bloomfield Hospital will host a series of kids cooking classes this summer designed to teach kids and teens the importance of making healthy meal choices. Each class includes fun, interactive cooking, delicious samples, and take-home recipes where students will learn about nutrition and how to prepare a delicious meal for the whole family.

Course offerings include "Sensational Sleepover Snacks," "Teen Cooking 101," "We're Going on a Road Trip," and "Simple Meals from Sunrise to Sunset." All classes are two hours long and

will be held in the Demonstration Kitchen. The first class will be on Saturday, July 20.

This year, Henry Ford West Bloomfield is offering separate classes for kids ages 6-12 and teens ages 13-16. The cost is \$25 per student. Registration is required and closes 24 hours before the class. Space is limited. To learn more about the series or to register for a class, call 248-325-3890 or email dk@hfhs.org. People can also register online at henryford.com/dk/. Henry Ford West Bloomfield Hospital is located at 6777 W. Maple Road, in West Bloomfield.

Free Vision and Hearing Screenings

The Oakland County Health Department is offering free vision and hearing screenings this month for children between the ages of 3 and 18. Vision screenings will take place on July 15 and July 22. Vision screenings are state-mandated for children entering kindergarten.

Hearing screenings will take

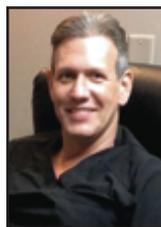
place on July 18, July 23, and July 30. Most screenings are held at the South Oakland Health Center in Southfield.

Appointments are available for children who reside in Oakland County or attend and Oakland County school.

To make an appointment, call 248-424-7070.

Acid Mouth: No, Not That Kind

HEALTHY MOUTH HEALTHY BODY



by
DR. DANIEL O'BRIEN

If it were the late 60s, one might read the title "Acid Mouth" and think I was writing about LSD. But what I'm referring to as "acid mouth" is the pH drop in the oral cavity when citric acid is consumed frequently throughout the day.

Even with all the information out there on what causes enamel erosion, I still find patients shocked upon discovering they have a mouth full of cavities. These are often serious tooth-brushers sporting the latest electric handle with the built-in timer. I don't fault them for their meticulous oral hygiene. But brushing three or more times a day will do nothing to alter the harmful effects of acidic drinks. The real problem is that a good

portion of these unfortunate patients don't realize they are drinking the wrong stuff. I often hear, "But I only drink diet pop", or "I only drink Gatorade," or even more perplexed are the ones who tell me they only drink water.

'Sugar' has been the evil word over the decades when it comes to tooth decay – "avoid sugar at all costs if you don't want cavities." But sugar is just one of many ways a mouth can become acidic. I've done my homework and found nearly every cold drink which isn't pure water has some degree of citric acid in it. And citric acid is the main ingredient that, when washed against our teeth on a regular basis, causes the neutral and natural pH in our mouth to drop from about 7 down to the dangerous pH of 5.5. That 5.5 is the critical number where enamel begins to break down. This makes diet drinks just as dangerous as those with sugar, because if you stick a litmus paper in both drinks, the pH will be well below 5. And getting back to the patients who are scratching their heads because they drink only water: a little more questioning and I discover they do drink only water

– with a big wedge of lemon in it. There's your culprit. With this in mind, even all-natural juices will cause tooth decay.

But there is a catch. Any of the beverages I've mentioned can be ingested in a way which doesn't cause tooth decay – drink them quickly, at least by the end of a meal, and then have a glass of water right after to neutralize the acidity. Also, don't drink citric acid with every meal. Have a glass of water with a meal.

A few other points: Some people are more prone to oral acidity than others, whether it's due to acid reflux or some other dynamic. I've seen siblings who drink the same stuff and one gets all the cavities while the other lucks out. Also, dental plaque is acidic; someone with a healthy liquid diet and poor oral hygiene will still be susceptible to tooth decay.

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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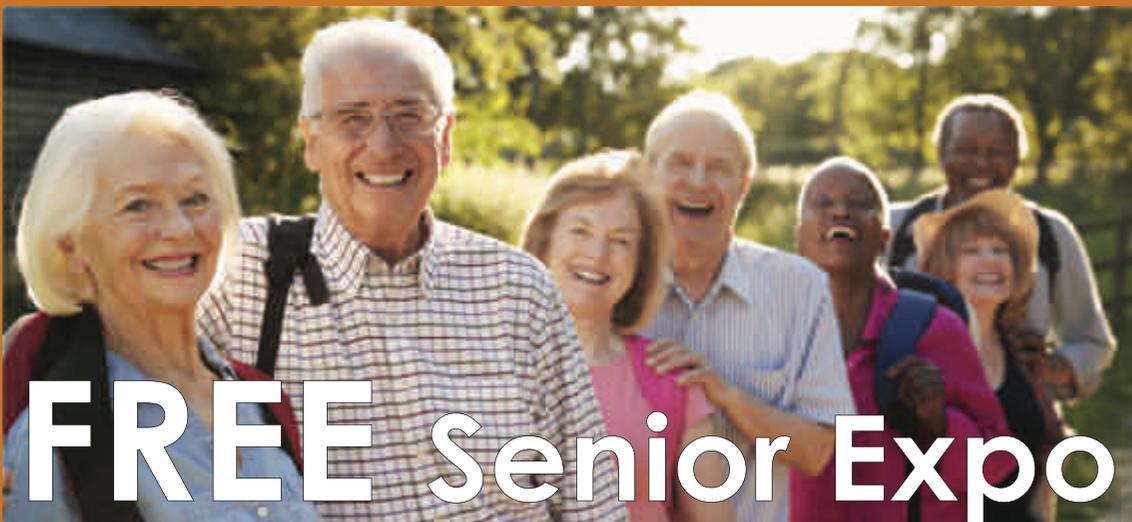
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Troy-Somerset
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July 15, 2019



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**To view the latest blood drives in your
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2			1				9
	2				7	1	5
8				9			7
1		7	3				9
9					6		8
	7	2	9			6	
	8				2	9	4

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15 words for \$12.00, each additional word 25¢ • Phone numbers and hyphenations count as 2 words, abbreviations count as 1 word
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Dehumanizing Rhetoric on Immigration and Border Crisis Divides Us All

PERSPECTIVES



Op-Ed by
NATHAN INKS

Earlier this month the U.S. Customs and Border Protection (CBP) agency faced increased criticism after it was revealed that some CBP agents participated in a private social media group where xenophobic and misogynistic comments were posted frequently. This came after the agency has faced recent criticism for conditions at its detention centers.

The comments were horrific and wholly inappropriate. While the majority of CBP agents are undoubtedly doing their best to serve their country, as with any law enforcement agency, a few bad apples can spoil the whole bunch — and the actions of a few have placed a black mark on the entire agency. Unfortunately, this scandal is just a small snapshot in a bigger picture of how some in the country view those living in the U.S. illegally.

Make no mistake, illegal immigration is a crime, and the federal government must make it a priority to secure the border and decrease the number of people coming here and living here illegally. But that can and should be done without dehumanizing

those living in the U.S. without permission. When politicians use words like “animals” and “illegals,” that does nothing to solve the problem; instead, it polarizes the electorate and ignores the reality that the U.S. immigration system is both complex and broken. After all, improperly entering the United States is a misdemeanor with a punishment similar to that of petty theft or drunk driving, yet few politicians refer to petty thieves or drunk drivers as “animals” or “illegals.”

On the flip side of this coin is the vilification of honorable civil servants doing their best to fairly enforce the nation’s immigration laws. Just as making xenophobic comments does nothing to solve the illegal immigration problem, lumping good CBP agents with the bad and making unrealistic calls to “abolish ICE” are not realistic methods of effectuating change to the nation’s immigration laws.

America’s immigration system is broken. It is too restrictive, relies too much on arbitrary quotas, and is too dependent on the whims of the executive

branch. On the other hand, enforcement of the nation’s borders has been far too lax for decades. The result is that some conservatives have resorted to xenophobic arguments to support border enforcement while some liberals — although not quite there yet — seem to be on a path to advocating for open borders. Neither of these extremes is conducive to an effective immigration policy.

Politicians in the nation’s capital have avoided tackling the complicated issue of immigration reform for decades. The result is dissatisfaction on both sides of the aisle with the status quo. As immigration reform and enforcement are continued to be discussed, it is important to remember that this issue impacts the lives of millions of human beings. Dehumanizing immigrants and xenophobia have no place in that discussion or enforcement of our immigration laws.

Add your two cents. Send a letter to the editor: Andrew@Gazettegroup.com

Monthly Contra and Square Dancing in Troy

Oakland Traditional Dance Society’s monthly contra and square dance will take place on Saturday, July 27.

Live music will be performed by the Pittsfield Open Band. The

dance starts at 7:30 p.m. and is located at First United Methodist Church of Troy, 6363 Livernois.

The cost to attend is \$12, students are \$10. For more information, visit Octds.org/.

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Aquatic Center Discount Passes

The Troy Family Aquatic Center is offering discounted passes on Tuesday, July 16 on admission after 5 p.m.

As part of its Twilight Tuesdays event series, once a month, residents have the opportunity to buy \$5 passes for the aquatic center. Passes for non-residents are also discounted and cost \$7. Normally, the cost for day passes starts at \$10.

Discounted passes are good from 5 p.m. to 7:30 p.m.

This is the second Twilight Tuesday of the summer. The third and final event will take place August 20.

To learn more about the aquatic center, visit rec.troy.mi.gov/.

The aquatic center is located at 3425 Civic Center Dr. in Troy.