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March 18, 2019
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Better Safe: Two Troy Elementary Schools Placed on Lockdown

Two Troy elementary schools were placed on a soft lockdown Tuesday morning after police received reports of the sound of gunshots.

According to Kerry Birmingham, Troy School District director of communications, police received two reports of what sounded like gunshots in the neighborhoods near the intersection of Wattles and Livernois Roads. Both Leonard and Wattles Elementary were put on a soft lockdown, during which no one was allowed to leave or enter the buildings.

Police called in an Oakland County Sheriff's helicopter and spoke to nearby DTE construction crews, but found nothing suspicious in their investigation.

"It is possible that the noises heard were related to construction work, but investigators wanted to be sure," Birmingham said in an email Tuesday morning.

The lockdown was lifted shortly before 10 a.m. and lasted less than 10 minutes in total.

Coffee with Troy City Manager Mark Miller

Stop by the Troy Community Center on Wednesday, March 20 from 10-11 a.m. for free donuts and coffee at an informal meet and greet with Troy City Manager Mark Miller.

As the City's Chief Administrative Officer, Miller is appointed by the Mayor and City Council and is responsible for directing the administration of City government.

Register at the Troy Community Center or online at rec.troy.mi.gov/registration/.

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Health & Wellness



Rep. Stevens Reads to Students at Boulan Park

CONGRESSWOMAN HALEY STEVENS, who represents the 11th District of Michigan in the US House of Representatives, visited Boulan Park Middle School in Troy last Friday in honor of March is Reading Month. Stevens visited a few classrooms, met and talked with students, and read one of her favorite historical books, "In Harm's Way: JFK, World War II, and the Heroic Rescue of PT-109" by Iain Martin.

Notes of Encouragement Make Athens Students Feel Lucky

Students who were expecting a typical day of learning at Troy Athens got treated to a surprise on Thursday, March 14.

Principal Lara Dixon, Troy Athens staff, student leadership, and PTO organized a spring surprise by hand-writing notes of encouragement and delivering bagels to every student in the building.

Dixon wanted to connect with students in a personalized way and asked her staff to help make it happen.

"The prospect of dividing over 1,550 student names among 100 staff members and making sure no one was left out was daunting," Dixon said. "But we were up for the challenge."

Working in secret, each student's name was cross-referenced to a staff member, and the giant handwriting exercise began. Shamrock-shaped postcards, which read "We are lucky to know you! Sincerely, Athens Staff" on one side, had a blank space on the back to be filled with the personalized message.

On Thursday, Dixon, along with teachers Hannah Nagi and Sue Syme, and a special student group Dixon named the "SWAT Team of Joy" unveiled the surprise. Aided by counselors, social workers, teachers, parents, and administration, the group took carts loaded with bagels and the postcards to classrooms.

"At first there was surprise at seeing all of the bagels, but as students' names were called and they began reading their cards, it

See ATHENS, page 2

Apartments And a Hotel Denied by Planning

by CYNTHIA KMETT

There won't be any luxury apartments on the site next to Kroger on John R and Big Beaver, nor will there be a new hotel on the Rochester Road site north of I-75 that you might recall as a Halloween store, at least not immediately. And they might not get approved at all.

Both were up for approval at the Troy Planning Commission last week, and both were postponed for changes the planners considered necessary. The developers noted they had been working with city staff for over a year to bring these projects to fruition.

The applicant for the luxury apartments, John R Commons, is Troy Sports Center, LLC & JSD Real Estate, LLC, which seeks a conditional rezoning of the subject parcel from MF (Multiple Family) District to UR (Urban Residential) Zoning District. The petitioner, Dennis Bostick, who owns the land and the Sports Center, which his family lived on starting in 1957, said it was necessary to have this many units to build the kind of luxury apartments he envisioned.

Bostick promised the planners, "We don't intend to do anything that is not top notch."

But the planners and some Raintree Village residents said the problem was two-fold. First, the new zoning would allow 247

See PLANNING, page 2



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DAVID LAMBERT was sworn-in on Wednesday, March 13 as the newest member of the City of Troy Planning Commission. Lambert most recently served on the Zoning Board of Appeals and was a city council member from 2001-2007.

Higher Hopes Starts Year-Round Food Program

Due to the generosity of people in Metro Detroit, more kids and families will be able to have nourishing food this year.

Higher Hopes, a charity that serves families with kids enrolled in the Head Start Program, recently announced that its food program will now run year-round thanks to the contributions of individuals, organizations, corporations, and foundations.

The organization will provide 1,000 meal kits each month for 11 months of the year and 1,000 food kits that feed 12-15 people at Thanksgiving. This year, Higher Hopes will provide over 400,000 pounds of food to people in need, the organization said.

"In all, Higher Hopes will distribute 12,000 meals kits to the families in the city, which is over 200,000 healthy meals...Receiving these kits frees up much needed money to pay other bills, and buy

clothes and other needed items." Bill Birndorf, founder of Higher Hopes said in a statement.

For the past five years, the Order of the Fishermen Ministry Head Start Program has partnered with Higher Hopes to get families the food they need.

"If children arrive at school hungry, they often fail to thrive in their physical, social, and emotional development, which is a deterrent to our mission," said Tonia Franks, the assistant director at The Order of the Fishermen Ministry Head Start Program.

Higher Hopes provides fresh vegetables, fruits, grains, proteins, milk, and everyday staples to families in need. To donate or learn how to volunteer, visit highertopesdetroit.org. The website also hosts a complete listing of distribution sites.

Is a Five Story Hotel Too Tall for I-75 and Rochester?

PLANNING, From page 1

apartments, when the current zoning only allows 118 units, which is just too many they told the planners.

Second, the traffic study indicated that The John R Commons development will add a modest amount of trips to the area roadways. Since only North Lake Drive and Crimson leave that subdivision to John R, and that's not easy now, they told the planners this looks like a looming problem for Raintree residents. They think that there will have to be a light on Nancy Bostick Drive (which we think of as the driveway to Kroger), and Orpington residents directly across John R from Kroger agree.

The apartment site is projected to generate 101 new trips during the morning peak hour and 125 new trips during the evening peak hour. Troy's traffic consultant, OHM, however, stated in its report that they didn't like to recommend traffic signals when the only warrants (requirements) that are met are in peak hours.

Safety in getting out of the proposed site was yet another concern. It is estimated that 45 percent of new residents will want to go to Big Beaver, either east or west. Yes, to go west they could come out of Nancy Bostick Drive and turn right at the light. Or, they

can cut in front of Kroger and go out as they pass the drugstore. There is also a light at the other end of the Sports Center, and you can easily reach it by driving around the ice rink.

This center has lots of traffic all day long, residents pointed out, and at the back of the Sports Center is where parents drop off their kids for ice skating. It's not safe for cars or people they told the Planning Commission.

As long as they had concerns, they added the already-crowded Barnard Elementary School. They said more students would probably mean converting art and music rooms to classrooms. They were reminded that the Troy School District is currently building a new Early Learning Center on Square Lake behind Niles to relieve all the elementary schools of daycare obligations and programs for preschoolers.

There really was no concern among the planners or residents on the proposed architecture for the John R Commons, as they are very attractive. They just think there are too many of them proposed.

Springhill Suites by Marriott on Rochester Road, between Henrietta and Owendale, was up for consideration, too. It is proposed as a five-story, 123-room hotel. It originally was laden with E.I.F.S.

(Exterior insulation and finish system), as all Marriotts are when they are first presented in Troy. Stellar Hospitality Troy noted that all been replaced except for a bit of trim. That did not, however, make the planners like its looks. It was, as several planners pointed out, plain and boring.

"This just doesn't do a thing for me," Planning Commissioner Tom Kent said of the building.

Height was another big issue. Five stories seemed a bit much for the planners, especially when the streets impacted were part of older neighborhoods with homes averaging under 1,000 square feet.

This is a particularly difficult site to develop, as it has three front yards, and in the Big Beaver form-based zoning, the building needs to be just 10 feet from each of those roads.

Traffic was another consideration here. No one really knows exactly how the I-75 entrances and exits on Rochester will work when reconfigured. Of course, there is a light now at I-75 that has a no turn on red sign, but will it stay or will it go?

This project, too, was postponed for revisions and pictures that showed how it would look in the intersection where the tallest building at the intersection is now just two stories.

Athens Students Surprised with Well Wishes from Staff

ATHENS, From page 1

became apparent what was happening," PTO president Danielle Buser said.

Tenth-grader Alisa Voyevidko appreciated the notes.

"It was a really nice surprise to

start the day," she said. "The handwritten notes were so special."

SWAT Team member senior Penelope Rampazo was grateful to be part of the morning's activities.

"It felt good because I was part of something special by spreading joy to my classmates," she said. "Although it was really hard to keep the secret from everyone."

Dixon was happy with the way the school responded to the project.

"Student feedback has been great and profuse. Kids are walking around, holding their cards, saying thank you in the halls and smiling," she said. "As one teacher said, you could instantly feel the mood change in the school."



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IT WAS SHAMROCKS AND BAGELS at Athens High last week as they celebrated St. Patrick's Day by sending encouraging notes to students. Leadership students helped deliver the surprise. From left, Penelope Rampazo, Aria Meli, guidance counselor Jackie Cheyne, Romina Nuno, and Riley Frazier. Photo courtesy of the Troy School District.

Middle School Students Solve Problems at Model UN

Middle school students are taking on the world's problems and coming up with real-world solutions at Model UN.

two years. He said he loves the club because it is interesting and has taught him valuable public speaking and research skills.

important part of what we do in Model UN. We have to agree on our final recommendations, and that takes negotiation skills," Majar said.



SOLVING THE WORLD'S PROBLEMS takes study and insight, and that's what our future world leaders are learning at Boulan Middle School's Model UN. Members from the Boulan club were recognized at a recent competition. From top left: Hrudya Peela (8th) - Honorable Mention and Advisor Phil Lewan; from middle left: Hajra Ahmad (7th) - Best Delegate, Yuktha Gowda (7th) - Honorable Mention, George Majar (8th) - Best Delegate, Ray Zhang (8th) - Verbal Commendation; in front is Alex Shamoun (8th) - Honorable Mention. Photo Courtesy of the Troy School District.

At Boulan Park Middle School, kids have the opportunity to collaborate with peers and be mentored by high school students in this popular after-school club.

"We currently have about 50 members," teacher advisor Phil Lewan said. "I started it several years ago, and now, have invited members of the Troy High club to mentor our students." Students research global issues and compete in simulated sessions of the United Nations.

Eighth-grader George Majar has been doing Model UN for the past

"The issue I chose was the shortage of drinkable water in Africa," he said. "We had to divide up into committees, like the real UN, research the root of the problem then brainstorm different ways to solve it."

Teams work together to come up with a "no compromise solution," where everyone has to have input and support the final proposal. Students pitch ideas to each other and have to be prepared to address other team's criticisms and concerns.

"Teamwork is a really

Twenty-eight members of the Boulan Team recently competed at the Red Cedar Model UN competition, held at Michigan State University, and placed admirably with two Best Delegates, three Honorable Mentions, and one Verbal Commendation.

The skills students are learning now are preparing them for leadership roles in the future.

"Every year has been better than the last," Lewan said. "It's really impressive to see students grow and take the reins of these leadership roles the way they do."

MiCareerQuest Southeast Kickoff Meeting

Career possibilities are endless for high school students. MiCareerQuest Southeast helps them learn about the wide range of careers available after they graduate. Last year, the organization hosted over 8,000 students at the inaugural student career event at the Suburban Collection Showplace in Novi. This year, organizers hope to reach even more people.

MiCareerQuest Southeast is seeking partners to help cover the cost of staging the event, which is expected to attract more than 10,000 students from around southeast Michigan. A kickoff meeting is scheduled for March 20 from 1:30-3 p.m. at the L. Brooks Patterson Executive Office Building Conference

Center.

"The kickoff meeting is critical to building excitement and commitment from sponsors and exhibitors," Oakland County Executive L. Brooks Patterson said in a statement. "This innovative regional event was a resounding success with plenty of positive feedback from the students chaperones, exhibitors, volunteers, and special guests in attendance. We expect the 2019 event to be even better."

Sponsorships cover expenses for the event, and multiple sponsorship levels are available. This year's career event is scheduled for November 8 at the Suburban Collection Showplace. Organizations

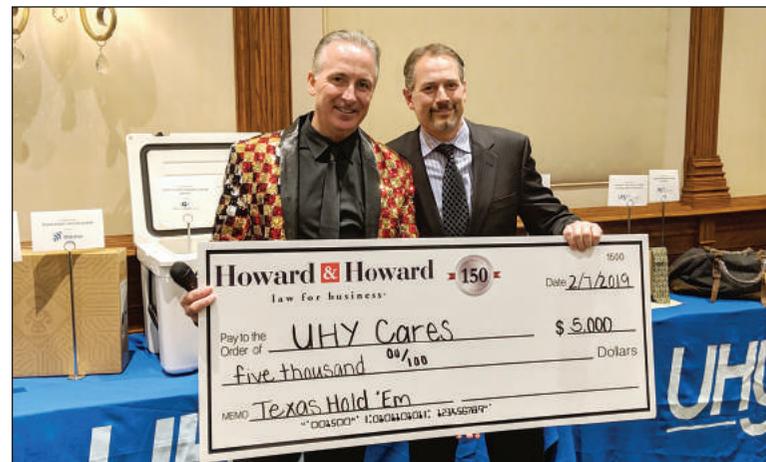
interested in exhibiting this year are also encouraged to attend the March 20 kickoff meeting.

According to Oakland County Michigan Works manager Jennifer Llewellyn, those who attend the kickoff meeting will receive important information about how MiCareerQuest will impact students.

"We look forward to seeing returning organizations as well as new faces at this year's kickoff," she said.

To learn more about MiCareerQuest Southeast visit oakgov.com/micareerquestse/.

The L. Brooks Patterson Executive Office Building Conference Center is at 22100 Pontiac Lake Rd. in Waterford.



UHY LLP, certified public accountants, in conjunction with UHY Cares, celebrated their 12th annual Texas Hold'Em tournament in February. The charity poker event was held at Petruzello's in Troy and was packed with over 175 players who helped raise funds for several local nonprofit entities.

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Arts & Entertainment



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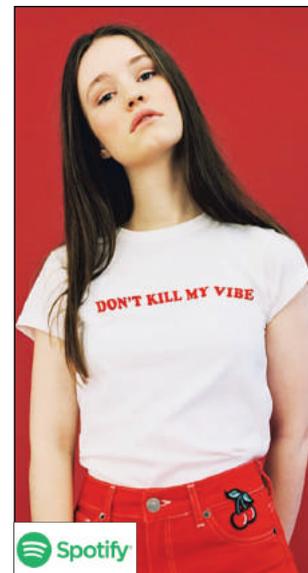
QUEER EYE: SEASON 3
Reality, TV-14



SHRILL: SEASON 1
Comedy, TV-MA



MORTAL ENGINES
Action/Adventure, PG-13



"SUCKER PUNCH" - SIGRID
Pop, Universal Island



LANDFILL - TIM DEE
Science/Nature

Music

Graham Nash Wednesday, March 20, 7 p.m. Royal Oak Music Theatre

People's Blues of Richmond Thursday, March 21, 9 p.m. Otus Supply, Ferndale

Honey Monsoon Friday, March 22, 8 p.m. The Loving Touch, Ferndale

Experience Hendrix Saturday, March 23, 7:30 p.m. Fox Theatre, Detroit

The Brothers Cortez Saturday, March 23, 10 p.m. New Way Bar, Ferndale

Brandon Miller Sunday, March 24, 7:30 p.m. Callahan's Music Hall, Auburn Hills

Bon Iver Monday, April 8, 7:30 p.m. Fox Theatre, Detroit

ON STAGE

West Side Story March 22-23
Athens Theatre Company

Boeing Boeing March 22 - April 7
Stagecrafters, Royal Oak

Steven Wright Saturday, March 23, 8 p.m. Royal Oak Music Theatre

Gary Gulman Thursday, March 28, 8 p.m. Magic Bag, Ferndale

Demetri Martin Friday, March 29, 7 p.m. Royal Oak Music Theatre

Monty Python's Spamalot Sunday, March 31, 2 p.m. & 7:30 p.m. Macomb Center for the Performing Arts

Indoor Recess with Mr. D Saturday, April 6, 7:30 p.m. City Theatre, Detroit

NIGHTLIFE

Wood Sign Party Tuesday, March 19, 6:30 p.m. Eats & Crafts, Troy

NCAA Tournament Specials Tuesday, March 19, CK Diggs, Rochester Hills

Cheboygan Brewing Mini-Tap Wednesday, March 20, Clubhouse BFD, Rochester Hills

Sangria Fridays March 23, 10 p.m. SCL, Royal Oak

Short's Brewing Beer Dinner Tuesday, March 26, 5 p.m. Sedona Taphouse, Troy

Trivia Night: Game of Thrones Tuesday, March 26, 7 p.m. Eats & Crafts, Troy

LIBRARY

All events take place at the Troy Public Library, located at 510 W Big Beaver Rd., unless stated otherwise. For more information on the events, or to register in advance, visit Troypl.org/.

Meet the Author: Anna Clark, "The Poisoned City" Tuesday, March 19, 7 p.m. Troy Community Center

Meet the Author: Jeremy McCarter, "Hamilton: The Revolution" Thursday, March 21, 7 p.m. Community Center

Meet the Author: Gregory Sumner, "Michigan POW Camps in WWII" Thursday, March 21, 7 p.m.

Custom Kitchen Design with EW Kitchens Monday, March 25, 7 p.m.

Back to Work: Rejoining the Workforce Tuesday, March 26, 6:30 p.m.

Epic Air Traffic Control Wednesday, March 27, 2 p.m.

Enjoying Birding Through the Year Wednesday, March 27, 7 p.m.

What Can Your Google Account Do For You? Thursday, March 28, 6:30 p.m.

KIDS & TEENS

DIY Amusement Park Wednesday, March 20, 6 p.m. Troy Public Library

YA Book Club: "Louisiana's Way Home" Wednesday, March 27, 5 p.m. Troy Public Library

Tamil Storytime Saturday, March 30, 11 a.m. Troy Public Library

Spring Break Days April 3-4, Two-Day Mini-Camp for Ages 6-11, Stage Nature Center

SAVE THE DATE

Buddy Guy Thursday, June 13, 7:30 p.m. Meadow Brook Amphitheatre, Rochester

Queen & Adam Lambert Saturday, July 27, 8 p.m. Little Caesars Arena, Detroit

Jimmy Buffett Tuesday, July 16, 8 p.m. DTE Energy Music Theatre

To submit an event, email News@gazettegroup.com. Submissions run in the paper space permitting. To advertise an event, email Advertising@gazettegroup.com.



THE BALLAD OF BUSTER SCRUGGS

The Cohen Brothers deliver a unique take on telling classic Western stories in the Ballad of Buster Scruggs. The film tells six tales of life and violence in the old American West, following a singing gunslinger, a bank robber, a traveling impresario, an elderly prospector, a wagon train, and a perverse pair of bounty hunters.

— Andrew Neal, Editor

Freep Film Festival Announces 90-Film Lineup

The full schedule and final film lineup for the sixth annual Freep Film Festival, which will be held April 10-14, has been announced as individual tickets are now on sale.

Nearly 100 programs, parties and performances will highlight the five action-packed days. In addition to documentaries announced earlier, there will be nearly 90 that will be featured in this Year's Freep Film Festival lineup.

Miles Davis: The Birth of Cool – Director Stanley Nelson's epic biopic collects the strands of a creative life and weaves them together for us to understand one of the great modern American artists like never before. Using words from Miles Davis' autobiography, newly released archival material, alongside interviews with pre-eminent historians and personal friends like Quincy Jones, the film illustrates a man of intensity and devotion to his craft.

Detroit Tigers: The Roar of '84 – In time for the 35th anniversary of the Detroit Tigers' historic World Series championship 1984 season, "Detroit Tigers: The Roar of '84" offers an entertaining and informative retrospective on the team and season that we'll never forget.

Dare To Struggle, Dare to Win – Detroit continued to burn long after the fires of the '67 rebellion were extinguished. Black Detroiters continued to suffer the effects of economic disenfranchisement and fought to survive under the oppressive thumb of racist policing practices disguised as law enforcement. This is the story of a heroic struggle in a city that was far too willing to trample the rights of its black citizens.

I am Richard Pryor and Blue Collar – A new documentary about Richard Pryor is paired with a classic Detroit-set film that co-starred the legendary comedian. "I Am Richard Pryor" examines the life of the mercurial actor-comic through interviews with Pryor's family, those who worked with him and the comedians he influenced. In the 1978 crime drama "Blue Collar," Pryor plays one of three Detroit auto plant workers who decide to steal from the safe of their union local.

The Freep Film Festival is a five-day documentary-focused festival with World, US and Michigan film premieres in downtown and Midtown Detroit. Beyond the boundaries of the City, the Freep Film Festival reaches to Emagine Theatres in Royal Oak, and for the first time, the Patriot Theater located at the War Memorial in Grosse Pointe Farms.

More information on the as well as Freep Film Festival nearly 90 films that will be tickets can be obtained at featured in the Freep Film Festival Freepfilmfestival.com/.



Pound Pro Training at Community Center

Become a certified Pound fitness instructor at the Pound Pro Training Class on Saturday, March 23 at the Troy Community Center.

Pound is a group fitness format inspired by drumming. The training session is 10 a.m. - 6 p.m. and check-in starts at 9:30 a.m. The class costs \$289 through March 22, and day-of purchase costs \$315. The training includes an official pro training guide, six tracks of choreography, one month of free access to Pound's online instructor network, a set of Ripstix, and a certificate of completion.

To register or to learn more about the training, visit bit.ly/2SLKRCE/.

Arborsong to Perform At SALT Church in Troy

Arborsong, the chamber choir from Concordia University, Ann Arbor, will perform at SALT Church in Troy on Saturday, April 6.

The group will sing anthems during the 5 p.m. worship service, which will be followed by a cookie and punch afterglow.

The event is free and all are welcome to attend the service, though seating is limited.

Donations will be accepted at the event to cover the cost of travel and dinner for the group.

To learn more, call SALT Church at 248-879-6400. The church is at 5475 Livernois in Troy.

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Twenty Police Officers Disciplined For Stealing Snacks from Fire Dept.

Police and fire departments often have a friendly rivalry, but recently, things got serious in Troy.

This week, the Troy Police Department released the results of an internal investigation centering on police officers entering a locked room containing snacks at a Troy fire station.

In January, Troy Fire Department administration informed police administration that several officers were entering a locked walk-in pantry at one of the fire stations. The police department began an internal investigation and, in the interim, discontinued police officer access to all fire stations.

During the investigation, 20 officers admitted to entering the locked room to take snacks and meal break supplies.

Police department personnel have key fob access to all fire stations within the city, which officers use for meal and restroom breaks. The fire department has long welcomed in Troy police officers and invited them to take snacks available at each fire station.

Recently, however, the fire station in question was remodeled and snacks were moved from an open area in the kitchen to a locked pantry. The officers involved said that they believed they were allowed to access the snacks as they had in the past.

“The Troy Police Department holds our police officers to the highest standards, and entering an unauthorized area of another city department, no matter what the rationale, is unacceptable,” the police department said in a statement.

All officers involved in entering the locked room were disciplined and the matter is considered closed by police and fire department administration, according to the joint statement released by the Troy Police and Fire Departments this week.

“The Troy Police and Fire Departments continue to enjoy a positive work relationship,” the statement said. “The police and fire departments look forward to moving ahead with the same outstanding working relationship.”

Suspicious Encounter at Beaver Trail Entrance

POLICE PATROL



by CYNTHIA KMETT

NOT EVERYONE DESERVES YOUR TRUST

If this happens to your child, call 9-1-1 immediately. The Troy Police response time is very fast. An incident occurred with one Troy resident's children this week when her kids were riding their bikes toward the entrance of Beaver Trail Park and they stopped at the entrance to wait for their mom to catch up. An older couple was exiting the park alone and when the mother eventually caught up, her daughter said the older man was gesturing and asking her to come with them and kept insisting even though she refused. The parents of the child have filed a police report and urge everyone to be safe.

■ DON'T FALL FOR THIS – Social Security is not going to call and they're certainly not going to ask for cards of any sort. These demands are always a scam. This

victim received a call from an unknown subject who identified himself as an employee of the United States Social Security Administration. The caller informed the victim that her social security number had been compromised and her accounts needed to be transferred in order to protect them. The victim was instructed to move the money into Google Play Cards, which she did, emptying her checking account of \$1,200. The victim provided the serial numbers to the caller and then maxed her credit line of \$4,000 and forwarded those funds to him as well.

■ LOOKING FOR FREE PARTS – A guest at the Marriott hotel discovered unknown suspects stole his rented black 2019 Ford Edge while it was parked on the first floor of the parking structure. The vehicle was recovered by officers from the Detroit Police Department, which noted the vehicle was missing the hood, fenders, wheels, and radiator.

■ ONE DRINK DOES WONDERS APPARENTLY – A witness observed a subject driving a black 2008 Ford Escape erratically in a parking lot on E. Big Beaver. The driver drove through a red traffic signal and then drove through a parking lot, nearly striking several children who were walking nearby. The driver parked the vehicle after driving over a parking block which nearly caused her to strike the building. The witness took the driver's keys from her and contacted the police department. The responding officers spoke with the driver, a 48-year-old woman from Rochester Hills, and noted an odor of alcohol as she spoke. When asked, she admitted to having consumed one drink that contained alcohol. She was asked to perform several sobriety evaluations to which she did but the officers noted that she performed poorly. She submitted to a Preliminary Breath Test with a

result of .23%, almost three times the legal limit. She was arrested and charged with Operating a Motor Vehicle While Under the Influence of Alcohol.

■ BLOODSHOT EYES MAKE POLICE SUSPICIOUS – An officer initiated a traffic stop on the driver of a black 2007 Cadillac Escalade for a traffic violation on southbound Rochester Road at Big Beaver. The officer spoke with the driver, a 30-year-old man from Imlay City, and noted he had difficulty in keeping his eyes open and they were bloodshot. He was asked to perform several sobriety evaluations to which he did but the officer noted that he performed poorly. He submitted to a Preliminary Breath Test with a result of .00%. It was also determined that his State of Michigan Operator's License was 'Denied' by the Michigan Secretary of State. He was arrested and transported to the Troy Lock-up Facility where he was read his Chemical Test Rights and he agreed to take a Blood Test. His blood was drawn by medical personnel, and he was charged with Driving While License Suspended – 2nd Offense and Operating a Motor Vehicle While Under the Influence of Narcotics pending laboratory results.

■ RELATIONSHIPS DON'T ALWAYS END WELL – This Troy resident broke off a relationship with a 30-year-old man from Troy. The victim decided to move out of the apartment but told police the ex-boyfriend had taken the keys to her rented Nissan and would not return them to her. Maybe he'll return them if the police ask him.

Note: If you have any information on the aforementioned crimes, or any other offenses, please call the Troy Police Department at 248-524-3477. If you wish to remain anonymous, you may call 524-0777 and leave a message.

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DID SOMEONE TRY TO GO OUT THE IN-DRIVE, or in the out-drive at Sylvan Glen Golf Course? It certainly made a mess on Rochester Road on Friday night around 11 p.m. At least it wasn't during rush hour. The light at this stretch of Rochester Rd. stops working at 10 p.m. – perhaps someone was looking for a break in traffic. Police confirmed there were no fatalities in this crash, besides the two totaled vehicles. Photo by Nowshin Chowdhury

Marian High School Senior Named National Merit Finalist

One Marian High School senior has achieved National Merit Finalist standing in the 2019 National Merit Scholarship Program. Daughter of Kim Toma Giessler and Paul Giessler of West Bloomfield, Jacqueline Giessler is one of 15,000 finalists and represents less than one percent of U.S. high school seniors.

Jacqueline Giessler has an opportunity to continue in the competition for some 7,500 National Merit Scholarships, worth more than \$35 million. All winners are chosen from the finalist group, based on their abilities, skills, and accomplishments. Academic records, activities and leadership, and the finalist's own essay are also considerations for granting an award.

Located in Bloomfield Hills, Marian High School is a Catholic college preparatory high school



for young women sponsored by the Sisters, Servants of the Immaculate Heart of Mary. The school aims to enable young women to value human diversity and live responsible lives of leadership and action based upon gospel values.

Hat Moments in History at the Troy Historic Village

It's hats off to history this month at Troy Historic Village's Thursday Tea at Two.

Linda Hannah of Hat Moments, LLC will give a fashion history presentation at the village

on Thursday, March 28, from 2-3 p.m. She will discuss the history behind fabulous hat styles, and people will be able to view gorgeous, vintage headwear.

Tickets cost \$7 for Troy

Historic Society members and \$8 for general admission. People can purchase winter season tickets starting at \$24. To learn more, visit troyhistoricvillage.org, or call 248-524-3570.



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Local Kids Win Big at Soccer Tournament

FOUR BOYS FROM ROCHESTER AND TROY were crowned champions of the U6 age division at the Disney 3v3 National Soccer Championships held at the ESPN Wild World of Sports Complex in Florida in late January. Isaac Hover (Rochester), Preston Guitar (Troy), James Bostick (Rochester), and Christian Schmidt (Rochester) made up the All Stars Soccer Academy team that did not lose a single game in the tournament. During the championship game, the All Stars Soccer Academy team won 5-2 against the Philadelphia Union Youth Academy. Preston Guitar was the top goal scorer in the age group scoring an impressive 39 goals over six games. Congratulations on the big win!

Euchre Tournament to Benefit Troy Firefighters

The Troy Firefighters Community Fund is hosting a euchre tournament on Saturday, March 23, as a fundraiser for the organization.

The Troy Firefighters Community Fund is a nonprofit dedicated to serving underprivileged children and families in Troy and neighboring communities. The charitable organization is comprised of Troy volunteer firefighters and their families.

The event will be held at the Knights of Columbus Hall at 870 N. Main, south of 14 Mile in Clawson. Registration begins at 6:15 p.m. and the tournament will begin at 7 p.m. The cost is \$25 per player, and includes beer, soda, snacks, and pizza. A cash bar will be available for wine and mixed drinks.

To learn more, email TroyFirefightersCommunityFund@gmail.com, or call 248-840-3610.

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Health & Wellness

Free Dodgeball Tournament to Promote Healthy Communities

The Alliance of Coalitions for Healthy Communities (The Alliance) in collaboration with the City of Auburn Hills Teen Council is hosting a free dodgeball tournament to help teenagers “dodge stress and drugs.”

The tournament will be held at the Auburn Hills Community Center on Saturday, March 23 from 2-5 p.m. and is open to all youth 7th through 12th grades.

In addition, students from the Oakland Schools Technical Campus Northeast (OSTC) Advanced

Marketing class, led by Elizabeth Diehl, will present a social norms campaign regarding vaping. Participants will be allowed to create a poster campaign regarding underage vaping with the winner of the poster contest receiving a gift card and having their poster featured as a social norm campaign by The Alliance.

“The strength of our youth in Oakland County is strong and very collaborative as we battle the many issues that they face,” said Julie

Brenner, President and CEO of the Alliance. “We support them and encourage them to get involved. This will be a fantastically fun event!”

Students will enjoy free pizza and pop along with gift cards for the winners of the dodgeball tournament. Registration is required of all participants. Students participating in the tournament can register as an individual or as a team. Visit Achcmi.org to register.

Tried and True Ways to Remedy the Symptoms of a Common Cold



by
AMY FORTUNE

Unfortunately, there is no known cure for the common cold.

However so-called remedies are abundant. From echinacea to warm lemon water, herbal teas to even whiskey, if you sneeze, it is likely that someone will recommend something that is “guaranteed to work.” However, research and studies indicate that certain remedies alleviate common cold symptoms better than others. So, the next time you feel the sniffles coming on, here is a handy list of treatments that are most likely to deliver some relief.



Eight Remedies for Common Cold Sufferers

Again, none of these remedies will make a cold disappear entirely. Yet, they will likely make your time under the weather a little more manageable.

Hydration: Juice, warm tea, lemon water, clear broth, and just plain water loosen congestion and keep your body hydrated so that it can heal itself faster. Just avoid coffee and other caffeinated beverages when you have a cold because they increase the risk of dehydration.

Rest: Sometimes even the most ambitious and hardworking people just need to take it easy when they are sick. Snuggling up with a blanket and absolutely no other agenda will help you feel better and give your body an opportunity to fight off the bug.

A Saltwater Gargle: Dissolve a little salt (one-fourth to one-half of a teaspoon) in eight ounces of water and gargle with the solution to get temporary relief from a scratchy or sore throat. But do not try this remedy with young

children who often do not understand the concept of gargling.

Over-the-Counter Nasal Drops and Sprays: These easy-to-find saline solutions can relieve congestion and “stuffiness.” Even infants can benefit from this treatment if an adult uses a medicine dropper to apply a few drops to each nostril than gently sucks out mucus with a bulb syringe.

Over-the-Counter Pain Relievers, Fever Reducers, Decongestants, and Cough Medications: Acetaminophen, ibuprofen, and aspirin are all fine for adults. However, children under six-months-old may only safely take acetaminophen, while children over the age of six months can take both acetaminophen and ibuprofen. And while aspirin is considered safe for children over three, parents should use the drug sparingly with children of all ages (even teenagers).

Vitamin C: Some study results support the fact that taking Vitamin C can shorten the duration of common cold symptoms. It may also bolster the immune systems of those who face frequent exposure to cold viruses (individuals who work in medical offices, teachers, children who attend school or preschool, and anyone else who works with the public).

Echinacea: Clinical studies of echinacea’s benefits to cold sufferers have yielded mixed results. Some researchers claim that echinacea does indeed lessen the severity and shorten the duration of cold symptoms while others have stated this is not true. It appears that healthy adults can safely take echinacea so it is likely that the herbal supplement can do no harm. However, you should probably avoid echinacea if you are taking prescribed medications or over-the-counter remedies because it may negatively react with certain drugs.

Zinc: Like echinacea, there are mixed results associated with the effectiveness of zinc. Most individuals who believe in the benefits of zinc take it to prevent getting sick. However, because zinc can cause unwanted side effects in some individuals, you should ask your doctor before adding a zinc supplement to your wellness routine.



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“If you would have told me six months ago I could **lose 26lbs, drop my A1C score, eliminate diabetes medication**, and run up a flight of stairs without stopping to catch my breath, I would have thought you were crazy.” - Janice S.

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Heart & Vascular Focused on Continuity of Quality Care

Heart & Vascular Care, under Dr. Jay Pradhan, M.D., FACC, has been providing high quality, friendly, efficient service for patients at their Rochester Hills location for nearly 10 years. The center also services Macomb, Oakland, and other surrounding areas.



DR. JAY PRADHAN, M.D., FACC

Dr. Pradhan, a board-certified cardiologist, has extensive experience in diagnosing and treating a wide range of cardiovascular conditions.

"In the office here, we do vascular and cardiac testing, echocardiogram, stress testings, EKGs, arterial and vein ultrasounds, as well as laser ablation for varicose veins," says office manager Valerie Cantu.

Heart & Vascular also provides pre-surgical clearances, standard consultations, blood pressure monitoring, and more.

And since all of the ultrasound and stress testing is done in-office, Cantu says the results are typically available to the patient's primary physician that same day.

"It's nice for patients to be able to come in, be seen by Dr. Pradhan, who recommends the next step, and it's convenient to have the in-house testing we offer because we can have the patient have that test done right here in the office on the same day," says Cantu.

The multitude of in-office testing and services provided is beneficial to both the patient and the practice. The patient receives results faster and doesn't have to make as many visits to the office, and the practice is more efficient with both time and cost.

"We try to get everything done together as it's needed, that way they don't have to come back as often – especially if they're coming

from a way's away," says Cantu. "It's a convenience factor that we are proud to offer our patients."

The team Heart & Vascular Care go above and beyond to not only provide the highest quality medical care, but also a welcoming environment that makes patients feel like they're part of the family.

"It's our goal to provide the highest quality of care for our patients. We provide a warm, caring environment here, and we are very welcoming here," says Cantu. "We want to make sure our patients are being taken care of, in that everything is streamlined with them in mind."

"In the truest sense, we are a patient-centered medical facility."

Heart & Vascular also ensures that all information and testing is transferred securely to their patients' primary care physicians and other providers in a timely manner. Cantu says this helps keep everybody on the same page and focused on providing the best care for each patient.

Dr. Pradhan is an interventional cardiologist, meaning that he does cardiac cath, coronary angioplasty, and stenting at the hospital if and when it is needed. These are some of the many benefits of having a relationship with a doctor who has hospital affiliation, as Dr. Pradhan has with Beaumont. Heart & Vascular is able to provide inpatient treatment and continuity of care at the office.

"Our patients have an established relationship with Dr. Pradhan, and when needed, he can be consulted or visit them if they're admitted to the hospital. It's a great benefit, in addition to post-procedure follow-ups and close monitoring of care throughout the entire process," says Cantu.

Heart & Vascular Care is located at 75 Barclay Circle, Suite 230, in Rochester Hills.

For more information, call 248-246-1127 or email heartandvascular11@gmail.com.

The team at Heart & Vascular Care will be participating in the Early Bird Senior Expo on Thursday, April 4 from 7-9:45 a.m. at the Somerset Collection of Troy, north side center court. The expo, produced by Gazette Media Group, is free to attend, with complimentary bagels and coffee. To learn more, visit Gazetteevents.com or call 248-524-4868.

Oakland County Medical Apprenticeship Recognized in Lansing

Henry Ford Health System, Oakland Michigan Works, and Oakland County resident Talisha Williamson were recognized for their involvement with a new medical apprenticeship program by Gov. Gretchen Whitmer, local

During the program, apprentices perform a variety of tasks to help provide quality patient care, which combines classroom instruction and on-site training. Funds from the Workforce Innovation Opportunity Act cover

graduates this year, Robinson will be a certified medical assistant, which will allow her to earn good wages and benefits. Her ultimate goal is to become a physician's assistant.

"Programs like this



lawmakers, and statewide talent development officials at the Michigan Works Impact Awards in Lansing on Wednesday.

The new medical assistant apprenticeship program provides classroom instruction, on-the-job training, and an hourly wage to qualified candidates who enroll in the year-long program at Oakland Community College or Henry Ford College.

"Medical assistant are among the top 10 in-demand jobs in healthcare in our county," Oakland County Executive L. Brooks Patterson said in a press release. "This innovative apprenticeship will help alleviate the shortage of these certified medical professionals and provide a rewarding career path for many people."

the cost of on-the-job-training. Oakland County Michigan Works pre-screens candidates and helps Henry Ford Health Systems and the colleges coordinate entry into the apprenticeship.

"Michigan Works has opened us up to a great opportunity to continue to be involved in the community," said Dawn Robiadek, manager of clinical care services at the Henry Ford Medical Group. "Without this partnership, we would not have had an MA apprentice pilot program."

Talisha Robinson was selected for the apprenticeship program in 2018. She heard about the program while working at Henry Ford as an admitting clerk and wanted to apply so she could advance her career in the healthcare industry. When she

apprenticeship program are literally changing the lives of people like Talisha who just need a little assistance to achieve their dreams," Sen. Rosemary Bayer (D-Beverly Hills) said in a press release. "Congratulations to Talisha and everyone involved in making this program a reality."

The Impact Awards are hosted by Michigan Works Association and recognize success in economic development in communities across Michigan. During the event, lawmakers present tributes to dozens of honorees from across the state.

To learn more about the medical apprenticeship program, contact Sherry Kless at MI Works at 248-691-8437 or visit Michiganworks.org/.

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Dinner in the Dark with Leader Dogs for the Blind

Guests were dining under blindfold at the Leader Dogs for the Blind annual Dinner in the Dark fundraiser on March 8, hosted by MGM Grand Detroit. The night included auction items and a presentation featuring Leader Dog clients. Pictured above, 13-year-old Joe Johnston meets a future Leader Dog in-training. Photo courtesy of Paula Rea-Johnston.

If you missed the Dinner in the Dark fundraiser, Leader Dogs will be the beneficiary of another

event on Saturday, June 1 from 10 p.m. The Bark & Brew fundraiser is an outdoor, family-friendly event that allows guests to support Leader Dogs while enjoying Griffin Claw food and drinks, live music, a kids play area, and more. Meet and greet current and future Leader Dogs and see them in action with training demos.

For the first time this year, there will also be a Bark & Brew 5K run/walk. To register and for more information, visit Leaderdog.org/.

The Reason Dental X-Rays are So Important

HEALTHY MOUTH
HEALTHY BODY



by
DR. DANIEL O'BRIEN

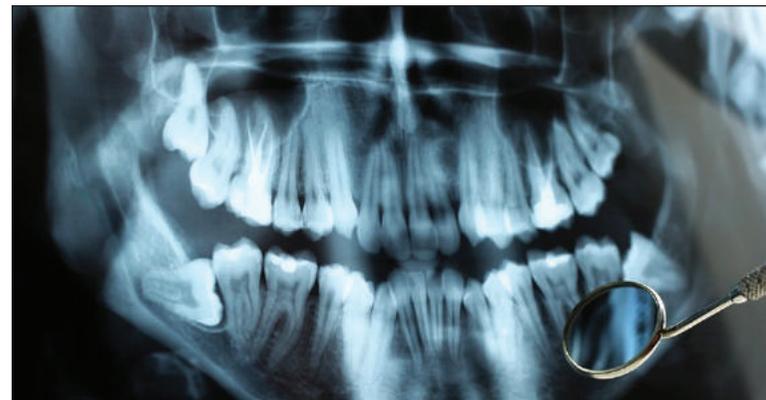
Most of my patients have no issues receiving yearly dental x-rays. They understand the purpose they serve to diagnose disease and predict treatment outcomes. Still, there are those who fear the radiation exposure to x-rays. Some of these patients have undergone radiation treatment for cancer; it is understandable that they have concerns about even more exposure.

Let me first say that I agree that too much radiation is bad. That's why nuclear weapon testing came to an end in the Sixties (on the extreme end of the spectrum). An excessive amount of radiation treatment for cancer can lower salivary production and enhance dental decay. Then there are the facts about the risk of a dental x-ray. In comparison to these other forms of exposure, it isn't even on the same playing field.

If you have concerns about dental radiation having a negative impact on your health, let me put it in perspective: when you travel by plane, do you worry about the radiation? Odds are that you don't. A plane trip from New York to Los Angeles emits far more

radiation than a set of dental x-rays (due to less shielding of cosmic radiation at higher altitudes). And even that exposure is extremely minimal.

knows the status of her health. A yearly set of dental films tell me the following things which only an x-ray can detect: smooth surface decay between teeth



From my experience I believe patients who refuse dental x-rays, for any reason, are not convinced they are necessary unless they have a toothache. I don't know why they have this perception; it may be the dental community needs to do a better job of educating our patients. When patients are hesitant, I ask them a fair question: "Do you want me to remain as uninformed about the health of your mouth as I was before you came in?" Usually they say 'no'. (If they say 'yes' then we have a discussion about whether or not I am the right dentist for them.)

Not having x-rays to determine if there is decay in areas of teeth that can't be seen orally is like a physician examining half the body of a patient during a physical. The patient is in the same boat she was before the doctor visit; neither she nor her physician

which can result from acidic beverages or not flossing; root abscesses which can spread to other areas of the head and neck; and the height and condition of the jaw bone surrounding the teeth.

Without this information, there may be hidden oral disease that will only be detected long after advanced decay and infection could have been avoided – not only saving a patient from more invasive treatment, but also saving their lives. The bacteria in an unhealthy mouth can be detrimental to other areas of the body.

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 learn more at Theartofsmiles.net/.

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Troy Author Traveling Country to Give Advice on Addiction

Troy author Terry Stretten is traveling the country, doing what he can to raise awareness about addiction.

Stretten, who has a degree in psychology from Oakland University, is embarking on his "Caffeine, Alcohol, and Painkillers, Oh My: Educate Our Young," tour to promote his substance-awareness, social-intelligence home study course for people wondering how to help their

children and grandchildren avoid the cycle of substance abuse.

Stretten began developing the course when he lived in Troy and continued to work on it in Ohio, the epicenter of the opioid crisis.

Stretten plans to book presentations in towns and villages to show parents how to teach parents how to use his course to help their kids.

"The home study course comes from observations of

family, relatives, and clients unaware of the elephant in the room: Addiction to overuse of caffeine, alcohol, and painkillers blinds us to root causes of personal, family, and business problems," Stretten said.

Those interested in learning more or booking a stop on the tour for their family, school, hospital, or another group can email Stretten at Tstretten@gmail.com.

Upcoming Spring Mindfulness and Self-Compassion Courses

Beaumont is offering courses on mindfulness and self-compassion this spring.

Lucy Sternburgh, Ph.D., is offering an 8-week course on mindfulness-based stress reduction beginning April 15. Classes will be held on Mondays from 6-8:30 p.m. at the Dharma Gate Zen Center in Troy. A free

orientation meeting will be held on March 25 and April 1 from 6-8:30 p.m.

Beginning on April 25, Sternburgh also will offer an 8-week course on mindful self-compassion. The class will meet at the Dharma Gate Zen Center on Wednesdays from 6-8:30 p.m.

Both courses include a retreat. Each course costs \$350, which includes course materials and 25-30 hours of instruction. Scholarships are available for those in need. To learn more about the courses, call the Beaumont Center for Mindfulness at 947-522-1674. To register, go online to classes.beaumont.org/.

CLASSIFIEDS

March 18, 2019



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Our daughter, First Name: **Sandra**, Last Name: **Stephen Raj Kumar**, D.O.B.: **06, JAN, 2011**, Residing at Sterling Heights, MI, shall henceforth be known as First Name: **Sandra**, Last Name: **Stephen** 2/2

VOLUNTEER

Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol. A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month. To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

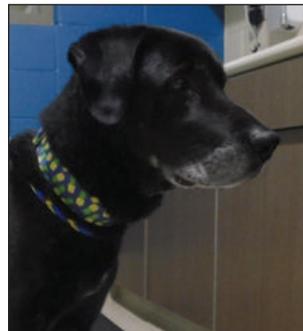
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Bear



Sven



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



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Benson's Campaign Finance Reforms Are Sensible and Deserve Support

PERSPECTIVES



Op-Ed by
NATHAN INKS

Transparency in campaign contributions and enforcement of the state's campaign finance laws are crucial to protecting the integrity of our state's elections and government. Unfortunately, both major political parties, candidates, and donors try to skirt the rules – often successfully. Michigan's new Secretary of State, Jocelyn Benson, hopes to change that and has proposed reforms that could have a meaningful impact on campaign finance transparency.

Under the state's current laws, political parties are not required to disclose donors to their administrative accounts. The original exemption was designed to allow political parties to be able to purchase items like office supplies without having to disclose donors and expenditures; a similar exemption exists at the federal level. Over the past few decades, groups run by both Republicans and Democrats have used their administrative accounts to influence elections, running ads featuring or benefiting candidates; however, the groups are prohibited from using such accounts to coordinate with or contribute directly to candidates, and their ads cannot directly support or oppose a candidate up for election. Although compliant with the letter of the law, it certainly violates the spirit of the law.

Benson hopes to change that and has advocated for legislation similar to that in a majority of other states requiring campaign finance disclosures for all political ads run within a certain time period prior to an election.

Republicans in the legislature had previously expressed opposition to such a bill; however, Sen. Ruth Johnson (R-Holly), who served as the state's previous secretary of state, supported a similar regulation during her secretary of state term. She currently serves as chairwoman of the Senate Election Committee and has expressed support for legislative action on the issue; her support could go a long way in getting such legislation passed.

The second area in need of reform is enforcement of the state's campaign finance disclosure laws. There are

currently around \$1.5 million unpaid campaign finance violation fees that candidate committees and political action committees have racked up from either filing campaign finance reports late or failing to file them at all. When a candidate fails to file a required report, the secretary of state's office is required to eventually report the matter to the attorney general's office; however, such referrals often do not result in any prosecution.

When filing to run for office, candidates are also required to affirm under penalty of perjury that they have filed all necessary reports and paid all fines, but violations are hardly ever prosecuted. A quick search of the state's campaign finance system would reveal numerous candidates who have repeatedly ignored the reporting requirements and filed inaccurate affidavits, and many of them have never been prosecuted—despite the secretary of state's office performing its duties by notifying the attorney general of the violations.

Since Benson's office has no ability to prosecute violators itself and has to turn collections over to the Department of Treasury, adding real teeth to the state's reporting laws is a bit trickier and will likely require cooperation across multiple departments.

When it comes to elections, there is little that Republicans and Democrats generally agree on, but support for transparency and enforcement of the rules is hopefully something the two parties have in common.

The voters of Michigan deserve to know who is using money to influence elections in the state.

The only way to ensure that voters can access that information is by eliminating the administrative account "dark money" loophole and adding real enforcement teeth to campaign finance laws. Benson's proposals are good, common-sense reforms, and they deserve support from the governor and those in the legislature.

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