



Health & Wellness Inside

# Troy-Somerset Gazette



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November 18, 2019

Vol. 40, No. 9

## Leave That Yard Waste at the Curb, For Now

The Refuse and Recycling Division provides refuse collection by a private contractor, Tringali Sanitation, once per week servicing over 30,000 single-family homes, condominiums, mobile homes, duplexes, and small commercial businesses. Refuse from 3,284 apartments is also collected on a weekly basis.

The city of Troy provides curbside recycling services to about 28,000 households. Troy residents recycled over 4,100 tons of materials including newspapers, glass, plastic, and metals.

**Yard Waste Collection** is canceled this week due to weather, November 11-15, and will resume next week following the normal pick up schedule. Residents may leave their bags and cans at the curb until collected next week.

Yard Waste Collection ends the week of December 16.

**There are upcoming collection delays.** For Thanksgiving Day, Thursday, November 28, pick up will be delayed to Friday. On Christmas Day, Wednesday, December 25, pick up will be delayed one day beginning Wednesday. And on New Year's Day, Wednesday, January 1, pick up will be delayed one day beginning Wednesday.

The Waste Wizard search tool will assist you in determining which items can be reused, recycled, composted or disposed. Try it out now or download the free mobile app "SOCRRA Waste Wizard" from your app store. Also, visit [Socrra.org](http://Socrra.org) to learn more.

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THE SNOW WAS FAST AND HEAVY when it fell Monday, keeping the Troy DPW crew busy until late Tuesday evening, salting and clearing the roads. Photo courtesy of Cindy Stewart, City of Troy

## How Troy Plowed the Roads After Monday's Snow

by ANDREW NEAL

It snowed nine inches in metro Detroit on Monday, setting a new November record; The old record held strong for 94 years.

**Troy's DPW crew** got to work before sunrise and would continue working in 12-hour shifts – clearing major roads, school routes, and local streets – until midnight Wednesday.

Scott Carruthers is the city's streets and drains operations manager at the Department of Public Works.

"**Every storm is different,**" Carruthers said. "This time, we began accumulating snow right at

morning rush hour so it was really difficult to get ahead of this storm. But as soon as the guys could, we got a coat of salt down to try to prevent the bond from snow to pavement, and that did help. I think the main roads are looking really good compared to other areas outside of Troy."

**During emergency snow events like Monday,** the city utilizes its DPW crew and recruits help from the water and parks departments, and contractors.

A lot of the seasonal contractors also work in construction and had equipment tied up in other jobs, as they are

rushing to get work done before... winter hits.

"It was difficult for them to collect their equipment and get it back into Troy to help us out," Carruthers said.

**Overall, Carruthers said the city responded swiftly.**

"We put about 16 drivers out and everybody has a main road and there's a school bus route attached to most of those roads."

After a snowstorm, their main priority is clearing major roads, then industrial roads, then school runs, and local roads and subdivisions.

See SO MUCH SNOW, page 5

See COUNCIL, page 2



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— Frank Lloyd Wright

## Haley Stevens Visits Troy City Council Bearing Gifts

COUNCIL, From page 1

signs we saw. "But today we rebounded and have an incredible story to tell America," she added.

**She reminded council** that the work of keeping the economy strong rests on their shoulders and the work they will have to do. She promised they would always have a champion in her and wants to work with them to make that strong economy continue.

To that end, Rep. Stevens serves on the House Education and Labor Committee and says the committee is working on helping revitalize the middle class, pension reform and higher education, as well as protecting health care for individuals. She is also on the Science, Space and Technology Committee, which offers many opportunities for Michigan, as we have 75% of R&D happening here, according to Stevens. She noted the National Science Foundation pours millions of dollars in grants in our state and universities. She is also chair of the Research and Technology Subcommittee, which has oversight of the National Institute of Standards and Technology and the National Science Foundation, which Stevens said is "a grant-making entity."

**If you're looking for a federal grant,** Stevens says she wants to work with you to make it happen. She seemed particularly interested in seeing that our children have access to good STEM (Science, Technology, Engineering, and Math) education

for the future.

**And, yes,** Michigan and the 11th Congressional District are a bit overlooked in receiving grants. Perhaps, Stevens said, it's because we're so self-sufficient. She called that state of things

swearing-in the new councilmembers, Ann Erickson Gault and Dr. Theresa Brooks, along with returning councilmember Edna Abraham and new Mayor Ethan Baker. Council also appointed



CONGRESSWOMAN HALEY STEVENS presented Mayor Ethan Baker with a flag that has flown over the U.S. Capitol during her visit last Monday to Troy City Council. Photo by Cindy Stewart, City of Troy

"unacceptable." She added that she will be working to make sure we get our fair share of those federal grants.

Congresswoman Stevens also presented newly-elected Mayor Ethan Baker with a flag that has flown over the U.S. Capitol.

**In other business,** Monday's city council meeting started with

councilmember David Hamilton as Mayor Pro Tem for the coming year.

**Council adopted all the standard rules** a new term demands, but on the question of changes in the rules of ethical standards, they made it clear it was an issue they would continue studying.



IT WAS WARM at this year's Veterans Day Remembrance when that snow moved the ceremony into City Council chambers. The guest speaker was Brigadier General (Ret.) Donald F. Schenk, pictured here with Troy Police Lt. Russ Harden (who also serves as a Lt. Col. in the U.S. Army Reserves), Police Officers Carlo Pizzorni and Brenna Yunkari. Photo by Cindy Stewart, City of Troy

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## Martell Teacher and Veteran Supports Honor Flights to D.C.

Army and National Guard veteran and Martell 3rd grade teacher, Scott Binford, hosts a fundraiser each Veteran's Day to raise awareness and funds for "Talons Out" Honor Flights in order to purchase plane tickets for veterans to travel to Washington D.C. to visit their respective memorials.

**World War II veterans** waited for over 65 years for a memorial that recognizes their service and accomplishments, and it is

estimated that in 3-5 years almost all WWII veterans will be gone. The World War II Memorial also recognizes the ultimate sacrifices of their friends who never made it home. Similarly, Korean and Vietnam Veterans have been waiting for years to see their memorials as well.

**Mr. Binford is pictured with students in this 3rd grade class:** Connor Lloyd (standing), Chinmay Kandula, Fatima Osman, Maryam Hidic, Arika Coffer, Christian Awad

(Michigan shirt), Swetha Sudhakar (standing light blue shirt), Jayden Stroup (standing blue shirt).

If you want to contribute to "Talons Out" Honor Flights, you can do so by going to the Talons Out Honor Flight website, [Talonsouthonorflight.org/](http://Talonsouthonorflight.org/).

"Through the website, for a \$500 donation, you can volunteer to escort a veteran on this trip," Binford said. "Being a guardian and going on the trip is an incredibly rewarding opportunity."

"Love is like a virus. It can happen to anybody at any time."

— Maya Angelou

## PLUMBING? SEWER? DRAIN PROBLEMS?



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**The Piano Place** is located in the Maplewood Commons at 1307 E. Maple Road, Suite A, Troy, MI 48083 / (248) 619-9027 / [www.thepianoplace.com](http://www.thepianoplace.com)  
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## Troy Dentist Collecting for Gleaners Food Bank

Dr. Keith Kelley and his staff at the Center for Family Dentistry are collecting non-perishable food items this month to support Gleaners Community Food Bank.

"Our office is collecting for Gleaners because hunger is a very real issue in the Detroit metropolitan area," said Cathy Tomlinson Wood, RDH, BS, MAT – a Dental Hygienist at Dr. Kelley's practice. "In this season of giving, we invite everyone to please drop off non-perishable food items to our boxes located just inside our

front door, and in the office front desk area during business hours."

**Dr. Keith Kelley's Center for Family Dentistry** is located at 1913 W South Blvd in Troy, with regular hours of Monday, Tuesday, and Wednesday from 8 a.m. to 5 p.m. and Thursday 10 a.m. to 7 p.m. The office will be collecting donations through the end of November.

To contact Dr. Kelley's office, call 248-828-3185.

**To learn more about Gleaners Food Bank, visit [Gcfb.org/](http://Gcfb.org/).**



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## A Cooper's Hawk Lands on the Golden Corridor

Tim McEmery, founder and CEO of Cooper's Hawk Winery and Restaurants, promises, "We passionately believe that food and wine hold the power to forge lasting connections, setting the table for a life well-lived. We invite you to join us for an experience filled with memorable moments built upon food, wine, and friendship."

Oakland County, and especially Troy residents will have that opportunity this come spring, as a new Cooper's Hawk eatery which is under construction on Big Beaver just east of Livernois will open. Not sure where to look? Principals in the land's development company, Anndale, David Sawyer, Ann Sobey, and Nathalie Garrett, commissioned a sculpture of a Cooper's Hawk for the front of the building. It's been done by renowned New York sculptor James "Jay" Seaman.

**Jay Seaman** specializes in metal and wood sculptures. As an artist, he consistently hones his technique and perfects his methods. With his sculptures, Jay pushes the aesthetic envelope with his creation of forms. The work he has created for Cooper's Hawk Winery and Restaurant in Troy is done in what he calls "Origami" style and is crafted in stainless steel so it will hold up to the winter weather in Michigan, and stay shiny, too.

Jay and his wife Kelly drove the new and majestic hawk across the country in their pickup, but needed the help of a lift to put it

on its perch at the eatery. Jay also spent quite a bit of time attaching the bird to the base so it wouldn't fly away. You might actually see the real live Cooper's Hawk as they are at home across America, and can have a wing-span up to 35 inches, as the birds in the East are usually larger than those out west.



This Cooper's Hawk is undoubtedly bringing smiles to the faces of Troy Planning Commission, which has been asking developers for a little more high-end architectural details to their buildings, and please could we have some public art, especially along the Golden Corridor.

You will be pleasantly surprised when you walk through the front entrance in the spring.

You'll be greeted to a wine shop. Cooper's Hawk Winery and Restaurants is a Chicago firm that not only sells wine, and invites you to join their wine club, but it is a vintner that makes its own wine. Wait until you see the wine list; it's extensive and tempting. Interestingly, all the Cooper's

Hawk eateries are corporate-owned and operated, so if you're in Florida this winter, try them as there are seven in that state.

**There's food, too,** an upscale casual selection for lunch, dinner, the kids, or catered events, and whether you're vegan or gluten-free they have offerings for you. You're going to welcome this Cooper's Hawk to Troy and the Golden Corridor.

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## Troy Student Named Coca-Cola Scholars Semifinalist



Troy High Senior Amogh Gowda has been named a semifinalist for the 2020 Coca-Cola Scholars Program. Gowda was selected from among over 93,000 applications nationwide for his commitment to his community and school.

**After Regional Finals,** Gowda will compete to move up to the finalist category, where if selected, he will be eligible to win one of 150 scholarships of \$20,000.

## Snowplow Crews Brace for Extended Winter After Early Storm

**SO MUCH SNOW**, From page 1

"We only go into the subdivisions if we have greater than four inches of snow accumulated, and if there's freezing temperatures forecast," Carruthers said.

Based on the radar and predictions from the National Weather Service, they knew they'd be going into the neighborhoods this time.

**The DPW staff really did a fantastic job** and stepped it up and we did get it done."

After the initial rush to clear the roads, the rest of the week was spent maintaining areas that pose the most threat, also known as HICs – hills, intersections, and curves.

### A lot of snow means a lot of salt

"Obviously, if money wasn't a factor, we would salt everything," Carruthers said, "but we have a lot of roads in Troy and we would throw all the salt we have budgeted for the year."

Like most surrounding communities, Troy buys into a cooperative with Detroit Salt, and using figures from previous years and future forecasts, the city ordered 8,000 tons of salt for this season. They have the option of using 20% less or more, depending on the severity of the winter.

**If we have a heavy winter** – and if this continues on this trend we may have one this year – maybe we would need that extra 20%, Carruthers said.

The last two years, the city has been able to fill up its salt dome at the previous years' price while their contract was still good, and both years the price of salt has gone up, so they've been able to save on cost.

When asked about alternatives to salt, Carruthers said those options are either too expensive or not as effective. "Right now, for the bang for the buck, and with the equipment we have that utilizes salt, it's the best option for Troy because it's so effective."

"In the past, we've looked into beet juice," Carruthers said, which happened before he was in his current position. To his understanding, the city considered it but ultimately decided to stick with salt as the primary ice melter.

### When will your street get plowed?

Troy has 364 miles of road to maintain, and of that, 250 miles are local roads, which usually take about 24 hours to clear after a snowstorm passes.

In the northwest corner of Troy, there are four zones of local roads that always take priority because of their hills and curves. "The rest of Troy is fairly flat and we do rotate the rest of them every time," Carruthers said.

**The order in which they clear the local roads rotate** after every storm, so if you were the first zone this time, you'll be at the end of the list the next time.

### How to stay informed during a storm

For accurate updates on when your street will be plowed, residents can go to Troymi.gov under Departments – Public Works – Streets & Drains, and click on Snow and Ice Control. There you'll find an interactive map that provides status updates on residential snow-plowing.

**In addition**, a Citizen Request Portal can be found on the city's homepage, or residents can download the My Civic App on their phone. Both systems send messages to the appropriate departments in realtime to help address issues quickly. Carruthers says they get calls all the time and depending on the severity of the issue, the city can quickly inform and dispatch the right crew to take care of the situation.

### Who is behind the wheel?

Troy's snow crew consists of 18 drivers and two supervisors, and Carruthers said they consistently do great work and provide a vital community service to the residents.

**These guys are really where the rubber meets the road** for what DPW provides. Without our employees, this town wouldn't be what it is."

But not everybody is always happy with snowplow people.

"We put a little snow at the end of people's driveway and some people absolutely lose their minds over that."

As a former city snowplow driver himself, Carruthers remembers having snow shovels thrown at him, ice balls hurled through his windows, even people scaling the running boards of the truck threatening him.

"It's kind of hard to figure out because you're out there, away from your family in the middle of the night, losing out on sleep, but you're there to provide a public service," Carruthers said.

**He's quick to note** that it's probably less than 1% of people who act out angrily at snowplow drivers.

"There are far more people that are happy, and every now and

then we get those kudos emails and I like to put those up so the guys can see them."

**In a normal snow event**, like the one that happened Thursday morning with about an inch of snow coverage, crews will throw salt down on the major roads, bridges, and focus on the HICs, and that's about it. This can be done with anywhere from five to 10 drivers.

In a major event, like Monday, crews work in 12-16 hour shifts.

So, please be kind to the city's snow crew.

**After all, there are approximately 144 days until the last snowfall of the year.**

## Register for the Mighty Gobbler Charity 5K

Along with roast turkey, cranberry sauce and football, the annual Mighty Gobbler 5K Run/1-Mile Walk has been a favorite Thanksgiving tradition since 2015. Hosted by Lutheran Church of the Master, the family event will take place in Troy on Thanksgiving morning, from 8-11 a.m.

**The Mighty Gobbler** is Oakland County's largest USA Track and Field-certified run held on Thanksgiving Day.

"Where else can you run through the world-famous Tunnel of Turkeys?" asks Pastor Paul Walters. "Families have a good time together and they get to engage in a little physical activity

before the holiday feast – all while raising important funds to help the community."

**The cost to pre-register** is \$30 for the 5K and \$25 for the 1M until November 25, and then fees increase by \$5. Proceeds will benefit Micah 6 Community and Interfaith Volunteer Caregivers, two local non-profit organizations serving people in need. Runners are also encouraged to bring canned goods to help stock the food pantry at Troy People Concerned.

**To register, visit** [Mightygobbler.com](http://Mightygobbler.com) **or call 248-643-0176 for more information.**

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**Includes:** 18 -20 lb Turkey • Mashed Potatoes and Gravy • Green Beans • Cranberry Sauce  
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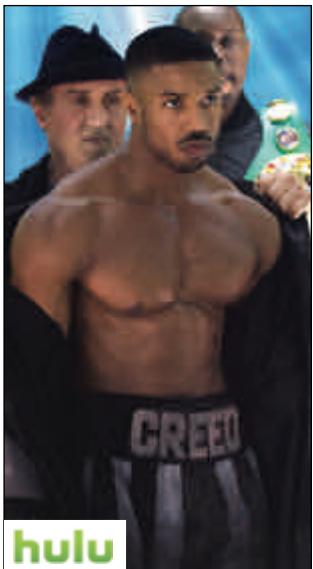
# Arts & Entertainment



**HARRIET**  
PG-13, Drama



**A YOUNG DOCTOR'S  
NOTEBOOK**  
TV-MA, Comedy/Drama



**CREED II**  
PG-13, Drama/Sport



**HOW TO TRAIN YOUR  
DRAGON: THE HIDDEN WORLD**  
PG, Fantasy/Action



**ROOTING FOR YOU**  
Alessia Cara



**THE BIG SICK**  
R, Romance



Athens' Newsies cast. Photo courtesy of the Troy School District

## Don't Miss "Newsies" at Athens High Theatre

The excitement is building for the opening night of "Newsies," the Athens Theatre Company's fall musical, which plays this weekend and next.

**Newsies the Musical** is inspired by the real-life Newsboys Strike of 1899 in New York City and tells the story of Jack Kelly, a rebellious newsboy who dreams of a life as an artist away from the big city. Newsies the novel was

written by Harvey Fierstein, and the show's score features music by Alan Menken with lyrics by Jack Feldman.

Newsies the Musical performance dates are Saturday, November 16; Friday, November 22; and Saturday, November 23 at 8 p.m., and a matinee on Sunday, November 24 at 3 p.m.

For tickets, call 248-823-2923 or visit their website at

[Athenstheatrecompany.weebly.com](http://Athenstheatrecompany.weebly.com) to download the order form.

Tickets are \$15 for adults, \$10 for students and TSD employees, and \$5 for seniors and special patrons. Return ticket order forms to the Athens Theatre Company, 4333 John R. Rd., Troy, MI 48098, ATTN: Director Krista Manfredi.

For questions, call 248-823-2923.

## "Blue Stockings" Now Playing at Oakland University's Varner Hall

Witness the intellectual excitement of 1896, when gender and love become part of the equation as Oakland University's School of Music, Theatre and Dance presents the play *Blue Stockings* from November 14-24 at the Varner Studio Theatre in Varner Hall.

young women and their teachers who are fighting for recognized degrees at the end of their studies against the larger backdrop of women's suffrage.

The performances on Sunday, November 17 at 2 p.m. and Saturday, November 23 at 8 p.m. will be shadow-signed for the Deaf



by Synergy on Stage. Learn more about shadow signing at [Synergyonstage.com/](http://Synergyonstage.com/).

**Blue Stockings** tickets are \$15. To purchase tickets, visit [Etix.com/](http://Etix.com/). For more information, call 248-370-2030 or email [smtd@oakland.edu](mailto:smtd@oakland.edu).

Written by Jessica Swale, the play takes place at Cambridge University in 1896 and follows four

## PLAY REVIEW: Funny Business at the Baldwin Theater

**Reviewed by Suzanne Angeo** (member, American Theatre Critics Association; Member Emeritus, San Francisco Bay Area Theatre Critics Circle) and **Greg Angeo** (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

If your idea of a good time is watching gentlemen cavort onstage with their trousers

(Casey Coulter), and assistant stage manager (Brooklyn Nicole). Stagecrafters veteran Dilly delivers an intense and memorable performance as the wise-cracking, world-weary director Lloyd Dallas, who, as it turns out, has quite the active love life. Making a show-stopping entrance is Jeff Weiner as the

with Gilda's Club of Metro Detroit for the production of *Noises Off*. Gilda's Club provides an environment of free support for men, women, teens, and children living with cancer as well as their families and friends. Stagecrafters is collecting donations for Gilda's Club throughout the run of *Noises Off*.



Photo courtesy of Stagecrafters

around their ankles, ladies clad only in their (very pretty) underwear and seeing eight different doors slam at regular intervals, then "Noises Off" is for you.

You may have guessed that this show is intended to be a farce, but it is more than that. In its West End and Broadway beginnings in the early 1980s, it was a broadly-textured sophisticated comic spectacle that was acclaimed by critics and audiences alike. On the Baldwin main stage, it's a pleasant-enough comedy that, as one audience member put it, "has its moments."

"*Noises Off*," by English playwright Michael Frayn, uses the popular play-within-a-play theme. It tells the story of a less-than-competent troupe of actors who are struggling through the final dress rehearsal of a British sex farce called "Nothing On." Opening night descends upon them in less than 24 hours' time, and it's not going well. Lines are dropped, errant plates of sardines (yes, sardines) go AWOL and tempers flare between director and cast. Secret romances and wardrobe malfunctions abound.

**There is a cast of nine**, with six playing the actors in "Nothing On." The others play the director (Jason Dilly), stage manager

eccentric senior actor Selsdon Mowbray, who also happens to be playing the Burglar in "Nothing On." The rest of the cast is enjoyable in their dual roles, including Julie Fuller, Scott Welborn, Tara Makar, Kenyaada Davis, and Erica Gunaca.

The flexible set by Obie Burch is a marvel of moving parts. With some simple stagecraft maneuvering, it transforms from the audience-facing set of "Nothing On" to the backstage view of the same set, so we can observe the shenanigans from behind the scenes.

A key source of laughs is (or should be) watching the "Nothing On" actors swing wildly back and forth between exaggerated histrionics during their rehearsal of the farce, and a more typical comic style when they are dealing with "real life" as they move in and out of character. This much-needed contrast seems to be missing much of the time, although most of the cast has a good grasp of basic comedy and carries it off well.

Director Vince DeRita and his assistant Tony Battle have made this show a simple comedy of errors and nonsensical silly bits, which is a lot of fun as it is. But it could have been more.

Stagecrafters has partnered

*Noises Off* runs now through November 24 and tickets range from \$23-\$27. Baldwin Theatre is located at 415 S. Lafayette in Royal Oak. For more information, call 248-541-6430 or visit [Stagecrafters.org/](http://Stagecrafters.org/).

## Mark Your Calendar for Winter Wonderland

The 7th Annual Winter Wonderland will take place at the Civic Center Campus on Friday, December 6 from 6:30-9 p.m. The free event returns with Santa, Sgt. Sugarplum from the Troy PD, the Snow Sisters, and new special features. All ages are welcome.

The night kicks off at the south entrance of City Hall for the annual Christmas Tree Lighting at 6:30 p.m., including the Troy High Colts Drumline, Athens High Concert and Treble Choirs, as well as hot cocoa and Timbits from Tim Hortons Troy.

Santa will visit with all the boys and girls under a tent on the north side of City Hall immediately following the Christmas Tree Lighting. And special carolers from the J-Ro School of Music will be strolling close to Santa's Tent providing more festive holiday music.

"Winter Wonderland is so much fun, my family looks forward to this every year," Mayor Ethan Baker said. "I hope that everyone will come out and enjoy the festivities. It's definitely a fabulous family event to celebrate the holiday season and there's something for everyone!"

After the Christmas Tree Lighting ceremony, guests can walk along the Storybook Trail to the Troy Public Library, where activities geared for ages five and under will take place, and to the Troy Community Center, where fun for ages five and above will be located. A Holiday Unicorn will be outside of the Library and felt play, igloo building, and more will be happening inside of the Library for ages 0-5 years.

Families with children ages

five and above are welcome to head to the Community Center for open swim, inflatables, and a performance by the Snow Sisters. Visit the Candid Detroit Photo Booth to take fun and festive photos, and enjoy food for sale at nominal prices at the Community Center.

The Library is a stroller-free zone, but a stroller self-parking will be available outside of the main entrance of the Library. Parking is available at City Hall, Library, Community Center, Court House, and Troy Family Aquatic Center parking lots. Shuttle buses will be running from the Troy Library and Community Center throughout the evening.

Use the Winter Wonderland checklist to ensure fun for all. The checklist includes warm clothes and jackets, socks for the little ones to use the inflatables at the Community Center, swimwear for those who plan to partake in open swim at the Community Center, and a camera or phone to take pictures with Santa. Don't forget to bring cash for purchasing food and refreshments.

Sponsors of Winter Wonderland include Genisys Credit Union, DMC Physical Therapy and Sports Medicine, Friends of the Troy Public Library, Troy Auto Care, and Tim Hortons.

Locations for Winter Wonderland include Troy City Hall, 500 W. Big Beaver Road; Troy Public Library, 510 W. Big Beaver Rd., just NE of City Hall; Troy Community Center, 3179 Livernois.

For more information, visit [Rec.troymi.gov/winterwonderland/](http://Rec.troymi.gov/winterwonderland/).

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  - THURS - ANY BURGER, FRIES & SOFT DRINK - \$9
  - 3 PRETZEL BUN SLIDERS & FRIES (5-10PM) - \$6.50
  - SAT - BURGER & FRIES (11AM-3PM) - \$7
  - 1/2 OFF APPETIZERS\* (12PM-5PM) - \$7
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## Financial Myths Debunked: "I'm Young, So I Don't Need to Save for Retirement Yet"



by  
TONYA DUPREE  
VP of Retail Delivery  
Cornerstone Community  
Financial

Thank you for following this column over the past two months as we debunked popular financial myths together.

Today is our final one, debunked myth #4.

### MYTH #4: I'M YOUNG, I DON'T NEED TO SAVE FOR RETIREMENT YET

Today we will be debunking the myth that you can put off saving for retirement. When you're young, retirement seems so far off, and your paycheck is probably already smaller than you'd like it to be. However, time

is on your side!

**Compounding interest** can take those early dollars and turn them into big savings over your working years, even if you eventually leave the workforce to raise kids, go back to school, change careers or whatever path your life takes. The dollar you contribute at 20 years old will be worth almost \$6 when you retire, while the dollar you contribute at 35 will only be worth about \$3.25

(Investor.vanguard.com/).

Even with student loan debt, retirement savings should always be a priority for young people, and here's why:

**You can't take loans out 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. Dedicate at least 10% of your

paycheck to a 401k or IRA before you pay off debt. If you can't swing 10% right now, then do 5% until your student loans are paid off...anything is better than 0%.

**The earlier you start saving, 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. If you work fulltime and do not have a retirement savings account, ask your HR department about 401k or IRA options. 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. For example, 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.

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

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

Please consult a tax professional or your preferred retirement specialist for specific information to suit your financial situation. If you have a financial question that you'd like us to cover in a future column, please email marketing@ccfinancial.com.

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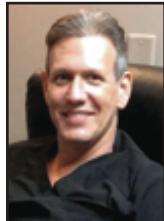
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# Health & Wellness

## The Truth About Fluoride. Why Do We Use It?

### HEALTHY MOUTH

### HEALTHY BODY



by  
DR. DANIEL O'BRIEN

Fluoride helps prevent tooth decay by making enamel more resistant to erosion from harmful acids; the acids are released by both bacterial plaque and sugars (sugar, because it breaks down into acids; diet drinks are full of acids as well). Fluoride also reverses early decay before it moves from the protective enamel layer and eats into the dentin – only a dental hand-piece (we don't utter that ugly word, "drill") can stop it at that point.

**In children under six years of age,** fluoride becomes embedded into the development of permanent teeth, making it much more difficult for acids to demineralize protective enamel. Regarding fluoridated water, studies show a decline in decay rates anywhere from 30 to 50 in various fluoridated regions

around the world, compared to non-fluoridated areas. Even adults have lower decay rates where fluoridated water is used.

**Much has been made** about fluoride toxicity. It runs in tandem with anti-vaccination concerns. I won't delve into the vaccine controversy; regarding fluoride, the science doesn't back claims that FDA-approved levels of fluoride administration are harmful. What's clear is there is enough evidence linking harmful dental bacteria to systemic diseases such as high blood pressure, diabetes, and Alzheimer's to outweigh the risks of avoiding fluoride altogether. In a perfect world, uninterrupted hygiene visits and exceptional brushing and flossing, along with zero intake of any acidic foods whatsoever, can prevent a good deal of tooth decay. However, facts show that if we aren't getting fluoride into the enamel of developing teeth (before age 6), the cards are stacked greatly against avoiding tooth decay.

Currently, the best application of effective fluoride is in the form of a varnish that is 'painted' on the tooth in the dental office. Unlike the fluoride of my youth—the syrupy goo that seemed to run everywhere, making you wonder if

it missed your teeth altogether—varnish sticks to the teeth and doesn't run into other areas of the mouth. This may make it more palatable to those who are uncomfortable with ingesting fluoride. And unlike foam-based fluoride, varnish has a greater enamel fluoride uptake because the enamel mixes with the fluoride for up to 90 days. Studies show fluoride varnish reduces recurrent decay in adults with one or more restorations in their mouth by 75%.

**When considering fluoride** for preventive dental care, the data shows fluoride makes a significant difference in decay reduction. Decay reduction means less harmful bacteria in the bloodstream that can affect our overall health. There is much fear-based pseudoscience pumping through the Internet; if you're going to entertain it, please give equal time to reading actual scientific data from peer-reviewed studies.

**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](http://www.theartofsmiles.net).*

## Puzzles a Top Gift at American House Holiday Bazaar

We have a group of residents, called the "The Piece Makers" at American House Village, who are completing jigsaw puzzles, gluing and mounting them to a backing and sealing in a permanent format for display, which will be available for purchase. All proceeds will go to the American House Foundation according to Alyse Wagner, American House Communications Manager.

**The American House Foundation** is a 501(c)3 committed to helping local seniors in need through grants and research funding. No money goes toward helping residents at American House Senior Living Communities.

The original goal was 50 puzzles but The Piece Makers have exceeded their goal - 68 puzzles have been completed and still counting...and 21 of the 68 puzzles have already been reserved for purchase.

The remaining puzzles will be available for sale to the public at the American House Village Holiday Bazaar to be held on

Saturday, November 23, at 3617 S. Adams Road, (just north of South Blvd.), Manor 5 in Rochester Hills. Admission is free.



**Puzzles will be sold for \$25, \$30 or \$35 each** depending on the puzzle size and complexity. Pricing was also decided by supplies needed to mount the puzzles, cost of purchased "to-do" puzzles and the amount of time needed to complete a puzzle. (Some puzzles are more involved than others requiring more time and effort)

A very special story resulted from this project, Wagner continued.

One Piece Maker was a 93-year-old resident who was a very

experienced puzzler! He was known for his puzzle skills and could be found doing puzzles in his own apartment, in the lobby of his Manor, as well as helping with puzzles in Manor 5 all at the same time. He finished two puzzles and had one in the process before he became ill and passed away.

**Members of the group** took one of his puzzles to the family, which they happily displayed at his viewing.

The same members completed his "in process" puzzle only to find that one piece was missing - this puzzle will also be gifted to the family with the message that "he took that last piece to Heaven with him."

**Another interesting outcome** was that while working on puzzles you might only find in the end that one puzzle piece was missing. The Piece Makers decided to still mount these puzzles and sell them as "missing piece puzzles!" They will likely be hung on a wall like a poster; It adds an element of surprise for the viewer and becomes a topic of conversation.

## Cabaret for the Claus Fundraiser

A group of local actors, singers and dancers will perform together on Saturday, November 22 at Cabaret for the Claus, a holiday event featuring a musical show, visits with Santa, cookies, cocoa, and a craft station.

**Admission to the event** is one new toy per person to be donated to The Bottomless Toy Chest, an organization providing toys and comfort to children in local hospitals.

Thirty-five local professional and community performers will present a family-friendly holiday show, featuring hit songs and childhood favorites such as "All I Want for Christmas is You," "Mary Did You Know?" "Rockin' Around the Christmas Tree," and "Where Are You Christmas?"

**The performance**, beginning at 6:30 p.m., will be held at Bishop Foley Catholic High School, 32000 Campbell Rd. Doors open at 6 p.m.

"Each year friends of mine hold a toy drive in memory of their daughter who passed away

very suddenly from cancer," said Michele Colosi, event creator and organizer. "Our hope is to make this the biggest and best toy drive ever in memory of her, and in honor and memory of all those children and families battling cancer."

Admission to the event is only one new toy per person, or a minimum \$10 monetary donation (toy preferred). Proceeds from the event will go to The Bottomless Toy Chest. The event is sponsored in part by the Bishop Foley Catholic National Honor Society and Warren Civic Theatre.

**The Bottomless Toy Chest** is a 501(c)(3) non-profit organization devoted to delivering toys, craft projects, and interactive activities to hospitalized pediatric oncology patients. Their mission is to lift the spirits and promote a positive state of mind in young cancer patients.

**For more information, visit [Bottomlesstoychest.org/](http://Bottomlesstoychest.org/).**

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## Hospital Receives "A" Grade for Patient Safety

Leapfrog Hospital Safety Grades, which assigns A through F letter grades to hospitals nationally for patient safety, announced that St. Joseph Mercy Oakland recently received an "A" ranking on its Fall 2019 scorecard.

"**A**' hospitals show us their leadership is protecting patients from preventable medical harm and error," said Leah Binder, president and CEO of The Leapfrog Group. "It takes genuine

commitment at every level – from clinicians to administrators to the board of directors – and we congratulate the teams who have worked so hard to earn this A."

The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

*To see St. Joseph Mercy Oakland's full grade details, visit [hospitalsafetygrade.org/](https://www.hospitalsafetygrade.org/).*



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## Born Before 1955 or Living with a Disability? Here are 5 Questions to Help You Choose a Medicare Plan

by Kathie Mancini, Humana's Regional President of Medicare for Michigan

If you're one of 56 million Americans eligible for Medicare, it's important to understand coverage options when selecting your health plan for 2020. Research can take time, and many people find working with a licensed health insurance agent helpful when deciding between Original Medicare, Medicare Advantage plans, Prescription Drug Plans and Medicare Supplement plans. Answering these five questions can help you make an informed choice during the Medicare Annual Election Period, October 15 to December 7:

**Are my doctors, hospitals and specialists in network?** Most Medicare Advantage plans offer online tools to help you find doctors and hospitals that are in a plan's network. A licensed agent can also help you look up hospitals and doctors to see if they're in a plan's network and taking new patients and confirm what's in network if you're a seasonal resident.

**Which plans will cover my prescription drugs?** Original Medicare does not cover most prescription drugs. Many Medicare Advantage plans include

prescription drug coverage, or you can sign up for a Part D Prescription Drug Plan separately. A licensed agent can look up the medications you would like covered and help you estimate what the cost of each drug would be on a plan.

**Are there new, innovative benefits I should consider?** Beyond vision, hearing and dental coverage, if you aim to become healthier, look for fitness program benefits as many Medicare Advantage plans offer a gym membership. If you travel or appreciate technology, virtual doctors are helpful services when you can't see a doctor right away. Most Medicare Advantage plans now offer transportation to doctor appointments and the gym.

**Will a zero monthly premium plan save me money?** Private insurers help keep premiums down through programs like disease and chronic care management, which help people better manage health conditions and, in turn, reduce medical costs. You'll still need to pay your Medicare Part B premium, which covers medical services and preventive care. You might want to use the additional premium dollars you save for out-of-pocket medical costs, such as co-pays.

**Do I need to sign up for Medicare Parts A and B if I'm still working?** If you or your spouse have health insurance from an employer, you can delay enrolling in Medicare until the employment or the coverage stops. At that point, you're entitled to a special enrollment period of up to eight months to sign up for Medicare without incurring any late penalties.

Resources are available to help you in this process, including licensed sales agents, local seminars, and websites such as [medicare.gov](https://medicare.gov) and [humana.com/Medicare/](https://humana.com/Medicare/). You can also call 1-800-MEDICARE 24 hours a day, seven days a week, or call Humana at 1-800-213-5286 8 a.m. to 8 p.m. local time seven days a week.

As with any major decision, proper research will go a long way toward making the best plan choice for your personal health care needs.

**Humana is a Medicare Advantage HMO, PPO, and PFFS organization, and stand-alone prescription drug plan, with a Medicare contract. Enrollment in any Humana plan depends on plan renewal.**

## Meatless Meat Stirs a Bit of Controversy

by Debbie Koenig, WebMD Health News

Next-generation vegan "meat" like the Impossible Burger and Beyond Meat has become so popular, it's available or being tested at more than a dozen chain restaurants ranging from Burger King and Dunkin' to KFC. Now, some industry groups and others are pushing back.

**A pair of congressmen** – one Democrat and one Republican – have introduced the Real MEAT Act of 2019, which would require faux-meat companies to use the word "imitation" on packaging.

"A growing number of fake meat products are clearly trying to mislead consumers about what they're trying to get them to buy," Jennifer Houston, president of the National Cattlemen's Beef Association, says in a statement.

And even the CEOs of some leading natural-foods companies have raised concerns.

Last week, the food industry-backed Center for Consumer Freedom ran a full-page ad in The New York Times with the headline, "What's Hiding in Your Plant-Based Meat?" The ad blasts vegan

meats as "ultra-processed imitations with dozens of ingredients." This echoes concerns voiced by John Mackey, CEO of Whole Foods, in an August interview.

"The [brands] who are capturing the imagination of people – and I'm not going to name these brands because I'm afraid I will be associated with the critique of it," Mackey told CNBC Make It, "but some of these that are extremely popular now that are taking the world by storm, if you look at the ingredients, they are super, highly processed foods."

**These newfangled veggie burgers** do have longer ingredients lists than a burger made with nothing but ground beef and maybe some salt. And a recent study out of the National Institutes of Health found that people who eat ultra-processed foods tend to take in more calories. But does that automatically make meat substitutes suspect? Not necessarily, says Debbie Petitpain, a registered dietitian and a spokesperson for the Academy of

Nutrition and Dietetics. Nutritionally, plant-based meat is lower in fat and offers fiber that red meat doesn't have, without any of beef's cholesterol. It also won't have antibiotics or animal hormones, often found in beef.

"It's similar to other processed foods in sodium content, and it has the potential to crowd out real vegetables, real grains. But the meat analogues definitely have their place," she says. "At the ballpark, a meat analogue burger is a great way to get a vegetarian meal that isn't nachos with cheese sauce."

**Beyond the question** of nutrition, fake-meat burgers offer a larger benefit: A recent study says beef has an environmental impact 20 to 100 times higher than plant-based foods.

So, should you eat a faux-meat burger every day? Probably not, just as you probably shouldn't eat a beef burger daily. But if you love the taste of meat and want to eat less of it, they can be a place to start, experts say.

– WebMD Health News  
Reviewed by Brunilda Nazario, MD on November 05, 2019

# CLASSIFIEDS

November 18, 2019



## Troy-Somerset Gazette

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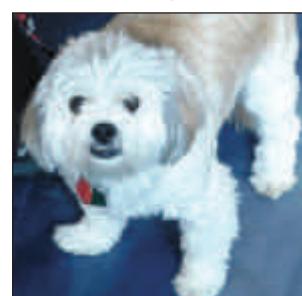
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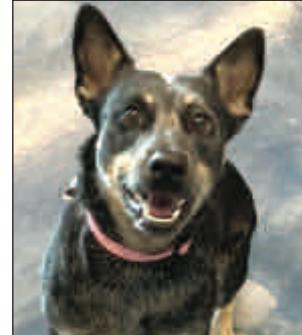
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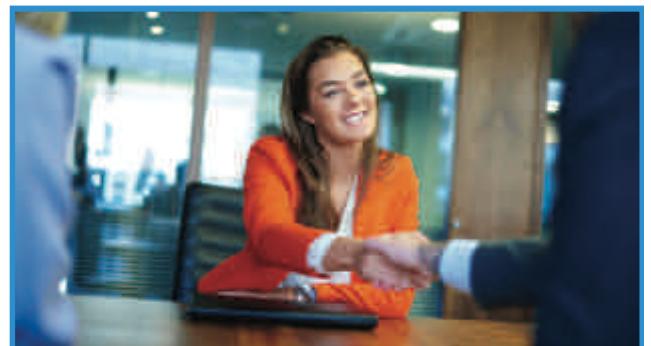
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Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes two local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to [GetYourGazette.com](http://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](mailto:News@GazetteMediaGroup.com) or call 248-524-4868 for editorial submissions.



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### Sudoku

7	6					1		8
			6	3	8	9		
8	4				7		5	
	7				3	4		5
	5		7		2			
4	2	9				6		
	9	5				8	3	
	4	3	8	6				
3	6					4	1	

## Driving Without a License Might Seem Like No Big Deal. Just Remember, Getting Arrested and Going to Jail Sucks

### POLICE PATROL



by CYNTHIA KMETT

#### ■ ADVICE FOR THE DAY, IT'S A SCAM —

The police, the bank, and the IRS are never going to call you and ask for your social security number. Never give it out over the phone, no matter who caller ID says is calling. And never take all your money out of the bank to buy some cards that they ask you to send the codes to them.

■ WHO LEAVES THEIR 6-YEAR-OLD ALONE? An officer initiated a traffic stop on Berwyck Drive for a driver driving on the shoulder of the road in order to pass other stopped vehicles in traffic. The officer spoke with the driver, a 39-year-old man from Troy, who informed the officers he was taking his two children to school because they had missed the bus. He also informed the officer that he did not have vehicle insurance nor did he have a driver's license but was in the process of obtaining it.

While speaking with the driver's children, the officers learned that there was another child, a six-year-old, at his Troy home alone. The driver provided the name of his own mother who resided in Sterling Heights who agreed to meet other officers at her son's home to check on the six-year-old child's welfare and take custody of her. The driver was arrested and charged with Contributing to the Delinquency of a Minor, Michigan Operator's License Never Obtained, and No Vehicle Insurance.

■ WHY EXACTLY WERE YOU BEHIND THE WHEEL? An officer initiated a traffic stop on the driver of a Saturn Vue for a traffic violation on Big Beaver, west of Rochester Road. The officer spoke with the driver who was unable to provide her Operator's License, verbally providing a false name. When advised the officer would be checking on the validity of the name she provided, the driver stated her real name and indicated that she knew she should not be driving. The officer determined that her State of Michigan Operator's License was 'Suspended' by the Michigan Secretary of State and the vehicle

did not have any insurance coverage. She was arrested and charged with Driving While License Suspended, No Vehicle Insurance, and Hinder and Obstruction of a Police Officer.

■ OKAY, DOES ANYONE HAVE A LICENSE? Officers responded on report of a possible domestic dispute about to occur on Colony Drive. The caller indicated her ex-boyfriend may be on the way over to her residence and may be armed. Officers nearby observed a silver Ford Fusion drive into the parking lot and park outside the residence. The officers approached the vehicle and spoke with the driver who was unable to provide his Operator's License. He verbally provided his name but stated he did not have to provide his date-of-birth. The driver was arrested and the officers determined his true identity, which was not the name he provided. It was discovered that the 23-year-old man from Detroit's Operator's License was 'Suspended' by the Michigan Secretary of State. He was charged with Driving While License Suspended - 2nd or Subsequent Offense and Hinder and Obstruction of a Police Officer.

■ AGAIN, THE LICENSE THING IS IMPORTANT. A Troy police officer initiated a traffic stop on the driver of a black Mazda 5 who was driving erratically. The officer spoke with the driver, a 32-year-old man from St. Clair Shores, and noted an odor of alcohol emanating from inside the vehicle. When asked, the driver admitted to consuming alcohol but stated "not much." He was asked to perform several sobriety evaluations to which he did but the officer noted that he performed poorly. He refused to submit to a Preliminary Breath Test and was arrested. While searching the vehicle, the officer located an open container of alcohol inside a grocery bag. The container was approximately 60% full of alcohol. He was transported to the Troy Police Lock-up Facility where he was read his Chemical Test Rights but refused to submit to a Breath Test. A search warrant for a Blood Test was drafted and signed by a local Magistrate. The search warrant was executed and the driver's blood was drawn by medical personnel. It was also determined that his State of Michigan Operator's License was "Suspended" by the Michigan Secretary of State. He was charged with Driving While License Suspended, Transporting an Open Container of Alcohol in a Motor

Vehicle, and Operating a Motor Vehicle While Under the Influence of Alcohol - 2nd Offense, pending laboratory results.

■ AND THIS IS WHY HE'S HER EX - Officers responded to Mon Jin Lau Restaurant on the report of an altercation with a patron and security officers. The officers determined that a 36-year-old man from Sterling Heights became involved in a verbal disagreement with his ex-girlfriend that he ran into at the business. At one point, the subject violently pushed the woman who was caught by one of the security officers, preventing her from falling over. Security officers attempted to escort the subject out of the business who began to resist their attempts. At one point, the subject dropped to the ground and began to aggressively kick at any security officer who attempted to get control of him. The security officers were able to remove the subject from the business, but not before one of them received an apparent injury to his thumb. The subject was arrested by the responding officers and charged with Domestic Assault and Assault and Battery.

■ THEY SELL LOCKS AT THE GYM - When this victim utilized the LA Fitness center, she placed her belongings in an unlocked locker. When she returned from her workout, she noticed her car keys were missing from her jacket pocket. The victim checked her black Cadillac SUV and discovered that someone had entered it, stealing her purse, two Apple iPhone 7+s, and a Galaxy Tab S4. The victim's purse contained approximately \$300 in cash, credit cards, a cash card, and a work card. One of the credit cards was used to complete a \$500 fraudulent purse at a Target store in Warren.

■ FIGHT BREAKS OUT AND THEN THEY DINE AND DASH - Officers responded to Ruth's Chris Steakhouse on the report of a fight-in-progress. When the officers arrived, management said they were able to calm things down and some of the combatants had left. While speaking with the officers, the business manager realized that six patrons involved in the melee had left without paying their \$689 bill.

*Note: If you have any information on the aforementioned crimes, or any other offenses, please call the Troy Police Department at 248-524-3477.*

## Police Investigate Fatal Crash on John R

A man operating a personal mobility scooter in the roadway on John R near Isabell was killed Thursday night when he was hit by a Ford Taurus. The incident occurred around 7:30 p.m.

Police say the scooter operator was crossing improperly and was not within a crosswalk at

the time of the incident. The deceased has not yet be identified. Drugs and alcohol does not appear to be a factor. This is an open and active investigation.

*Witnesses are asked to contact the Troy Police Department Traffic Safety Unit at 248-524-3477.*

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