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October 21, 2019

Vol. 40, No. 5

Annual Simply Shopping Event with Troy Chamber

Troy Chamber's Simply Shopping event will be held on Friday, November 1 from 8:30 a.m. to 4:30 p.m.

Spend the day with The Troy Chamber at The Somerset Collection. With over 60 participating stores, this day-long event is a great way to support local retail businesses in Troy. During the event, look for the signature red-ribbon on the store's front and plot your course with a discount directory over morning mimosas.

Receive a Simply Shopping signature bag full of discount offers with a directory, free samples, and more. Exclusive discounts and giveaways throughout Somerset Collection will be available only to Simply Shopping shoppers.

Enjoy complimentary gift-wrapping and package retrieval throughout the day to lighten your load. And stick around for an afterglow at Cafe Nordstrom with complimentary appetizers and a cash bar.

The Troy Chamber and Women's Business Forum have partnered with Jackets for Jobs and Alternative for Girls. Attendees can bring any gently used business attire, including shoes, that they may have to support Jackets for Jobs. For Alternative for Girls, the most requested items include African American hair products, pads, toothpaste and toothbrushes, soap, and lotion.

The cost to participate is \$60 per shopper and you can sign up at troychamber.com/.

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TIM ROSS (THIRD FROM LEFT), CEO OF TROY-BASED ROSS MORTGAGE CORPORATION, poses with fellow Ross Mortgage employees and friends from the company's Birmingham, Brighton, Clarkston, and Bloomfield Hills branch locations during a fundraiser in honor of Breast Cancer Awareness Month on Thursday, October 10 at the Ross Mortgage Birmingham branch in partnership with Harp's Lingerie.

Slater Foundation Kicks Off at Melting Pot

by CYNTHIA KMETT

You may have missed the party of the year if you didn't attend the fundraiser for the new endowment fund started by Mayor Dane Slater and his wife Judy last Wednesday at The Melting Pot. Surrounded by many, many friends and members of the Troy business and residential communities, it was a delightful evening of seeing old friends, wonderful food, and giving the new endowment fund a head start on granting wishes through the Troy Community Foundation.

Mayor Slater will serve his last

council meeting this Monday after 10 years on council, a time that followed 35 years with the Troy Police Department where he retired as a captain.

He would like to see the Slater Family Endowment Fund used to meet unmet needs for the Troy Police Department and help residents who are unable to keep up the needs of their lifestyle in Troy without a little help.

Other endowment funds under the care of the Troy Community Foundation include The Troy Historic Village Endowment, Troy Library Endowment, Troy Nature

Society Endowment, Troy Senior Home Assistance Repair Program (SMART), and the Troy Community Foundation Operating Endowment. This last one supports the ongoing operations of the Troy Community Foundation and its mission of promoting volunteerism and philanthropy in Troy.

In the last two years, the Community Foundation has given \$46,600 in charitable grants to groups in Troy. They have raised \$205,000 for community endowments during those same

See SLATER, page 2

Council Moves Ahead With Questioning Themselves

by CYNTHIA KMETT

Apparently some members of Troy City Council don't believe that the FBI or the Plante-Moran Forensic Audit Team knew the right questions to ask members of Troy City Council regarding their interactions with the former city manager, Brian Kischnick, who is now in federal prison.

After several debates, Councilmembers Ethan Baker and Ellen Hodorek at a recent council meeting offered a resolution to retain Plante Moran for the purpose of conducting a City Council Investigation, "which is designed to guard against any future culture of complicity," according to the resolution.

Plante Moran will charge a blended hourly rate of \$275 to conduct interviews of all current City Council members. The resolution also notes that since Plante Moran has already completed interviews of city employees, it is not anticipated that they will need to interview any more employees, contractors, or vendors as part of this engagement.

The resolution directs Plante Moran to investigate knowledge of former City Manager Brian Kischnick's acceptance of bribery money, acceptance of a free driveway, and acceptance of free housing at Somerset from June 2016 to October 2018.

See INVESTIGATION, page 2

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Narrow Vote for New Investigation into "Culture of Complicity"

INVESTIGATION, From page 1

It also encourages the investigation to explore potential knowledge of any free or discounted services or goods from a contractor doing business with the city. This includes free food paid for by contractors.

Council wants to know of any intimidation of others to comply with illegal demands on behalf of Kischnick, and whether anyone knew of any other wrongdoing or

relationship with city employees or former employees.

This investigation will be done by Plante-Moran for \$275 per hour. The city's usual personnel attorney wanted \$200 per hour but Baker noted that Plante Moran seemed a better choice because they have already interviewed 16 employees and those employees had indicated to the city they did not want to do it again, and they certainly did not want to be taped.

The cost of yet another look at this situation and the cost of an estimated \$30,000 was a hang-up for Councilman Ed Pennington and Mayor Dane Slater.

As for Henderson — who with Hodorek had been interviewed by the FBI already — he wanted the interview on tape. Those three councilmembers would vote no on the resolution, but it passed 4-3. But don't expect anything until after the November 6 election.

Oakland County Seeks Input for Improvements From Residents

Oakland County wants to hear from residents to identify and address barriers that may exist to fair housing in the county.

The **Community & Home Improvement Division** (CHI) will host six public housing forums where residents can share their experiences and learn about their rights under the Fair Housing Act of 1968. There will also be a voluntary survey for those who cannot attend the forums.

"We are committed to improving affordable housing options for all Oakland County

homeowners and renters," Oakland County Executive David Coulter said.

"That's why we want your voice to be heard. The information residents provide will be invaluable in determining how Oakland County overcomes barriers to fair housing wherever they may exist."

Interested residents can take the survey at Oakgov.com/FairHousingSurvey/. Printed copies of the survey are available at various local nonprofit agencies, community

centers, and government offices. Completed surveys can be placed in return boxes where the survey was obtained or mailed to: County of Oakland, 1200 N. Telegraph Road, Suite 1, Pontiac, 48341-9901. No postage is required. They can also be hand-delivered to the Community & Home Improvement Office between 8 a.m. and 4 p.m. at 250 Elizabeth Lake Road, Suite 1900, in Pontiac.

The deadline to submit completed surveys is November 22.



**FRIDAY,
NOVEMBER 1ST
6:00 PM - 9:00 PM**



**TROY COMMUNITY CENTER
MAIN BALLROOM | TROY, MI**

Annual Fundraiser Benefiting:



TICKETS AND EVENT INFORMATION:

www.StageNatureCenter.org/NatureUncorked
or call: 248.688.9703

Slater Endowment Fund a Go



THANKING EVERYONE for coming, Mayor Dane Slater and his wife Judy seemed to really enjoy seeing so many old friends. He noted he was proud to have been able to serve the Troy Community for so many years.

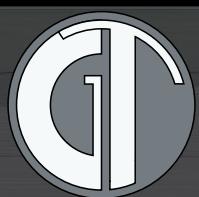
SLATER, From page 1

two years, and Foundation Chairman Doug Tietz wants to thank the 390+ donors to the Foundation for their contributions.

The evening was sponsored by: Allison Family Foundation, Al Papa Family, Dan Cornwall, Rami Fakhoury, Lisa Di Lorenzo Family, Michael and Deborah Savoie, and the Kamal Shouhayib Family. They

wanted all funds collected to go straight to the new Slater Endowment Fund.

If you missed this gathering, you can still make a contribution to this new endowment fund. Donors can write a check to the Troy Community Foundation, with Slater Foundation on the memo line. Send your check to: Troy Community Foundation, 1120 E. Long Lake Rd, Suite 207, Troy, MI 48085.



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GRAND TAVERN SALMON

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SEA SCALLOPS

Pan seared, charred sweet corn and scallion relish, roasted sweet pepper emulsion, jasmine rice.

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KIDS - \$9.99

SUNDAY

ADULTS - \$17.99

KIDS - \$9.99

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Financial Myths Debunked: "I Don't Earn Enough to Save"



by
TONYA DUPREE
VP of Retail Delivery
Cornerstone Community
Financial

Two weeks ago, we debunked the financial myth that you must carry a balance on your credit card in order to improve your credit score. We learned that it's more beneficial to your credit score when you pay off your balance each month and pay on time. Next, we move on to savings myths!

MYTH #2: I DON'T EARN ENOUGH TO SAVE

Savings should be the very first "bill" paid when the paycheck arrives. The problem is we intend to save with what is left over at the end of the month, but things happen, expenses pop up and we arrive at month's end with nothing extra. Auto debit a set amount of each paycheck into your savings the day your direct deposit hits and before you pay any bills.

It can be tough to save on a smaller income, but it is possible. I have seen low income earning consistent savers with lots of savings and high-income earners living paycheck-to-paycheck. It's all about paying yourself first and lifestyle choices.

Here is the hard truth – saving money is non-negotiable if you want to be financially secure. If there is no money to save, then

take a hard look at your expenses and determine where changes can be made. Here are a few ways to carve funds out of a packed budget.

Refinance your auto loan – At CCF, low rates mean you save more each month. Bring your auto loan to us or your local credit union to see if we can save you money. Is your car loaded with features that drive up the monthly payment? Next time skip pricy upgrades and go with a simpler model that will lower your payment, but still get the job done. Take that difference and set up an auto-debit into a savings account.

Refinance your mortgage – Mortgage rates have dropped, so now is a good time to check your rate and see if refinancing can save you money. Housing is usually the biggest monthly expense in any budget, but it also has the most potential for saving. Sometimes refinancing can even remove PMI, which could save you hundreds each month. Don't waste that windfall! Set up an auto-debit for the difference right away.

Downsize your lifestyle – It may seem daunting, but big changes can mean big savings. If you rent, look for a less expensive apartment/condo. If you have an extra bedroom, consider taking on a roommate. If you eat out too much, start meal planning and save the take-out for a weekly treat. If you have wasted gym memberships, streaming subscriptions, or monthly box subscriptions, cancel them. Fido doesn't really care about that Bark Box!

Changing your spending habits can open opportunities for lots of savings, like hosting friends at your home and have everyone BYOB instead of going to the bar, quitting smoking or evaluating other daily habits that are costing you money, packing a lunch for work instead of eating out every day, shopping the sale racks and end caps, hosting a kid's clothing swap with neighborhood moms – or even a costume swap to save money on one-time-wear Halloween costumes.

Saving money doesn't mean you have to live a boring life but making lifestyle changes to be more financially savvy could be the key to living the life you want – a life not overshadowed with financial stress and no safety net.

Look for another debunked myth in 2 weeks!

Call **Cornerstone Community Financial** today at **800-777-6728** or visit CCFinancial.com/.

*God be in my head, and in my understanding. God be in my eyes and in my looking.
God be in my mouth and in my speaking. God be in my heart and in my thinking.
God be at my end and at my departing.*

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Cathleen Russ Named 2019 MLA Librarian of the Year

The Michigan Library Association (MLA) has announced that Cathleen Russ has been named the 2019 MLA Librarian of the Year. Russ received the award during the MLA 2019 Annual Conference Awards Luncheon on October 17 in Novi.

Russ is a well-respected leader in the library community. Her letters of recommendation consistently state that she is a leader who inspires, embodies grace under pressure, and empowers others to reach their full potential.

"As we read through the letters of support for Cathleen's nomination it became clear that she has been a guiding force for Michigan librarians on both a

micro and macro level — she has mentored library professionals one-on-one, taught our profession's fundamentals and ethics in formal classroom settings, coached colleagues at statewide workshops, and advocated for all Michigan libraries on the Board of the Michigan Library Association," said Juliane Morian, MLA Awards Subcommittee member and Annual Conference Chair. "In short, Cathleen elevates librarianship from occupation to vocation."

Russ has served as Director of the Troy Public Library since 2007. She holds a Master's of Library and Information Science from Wayne State University and a

Bachelor of Arts, Honors, Communications from Loyola University Chicago. She currently serves on the Board of the Michigan Library Association.

For more than 30 years, the MLA Librarian of the Year Award has recognized a librarian's outstanding accomplishments and contributions to the library community. The MLA Librarian of the Year is a leader who inspires people. They provide innovative library service to their community and promote collaboration among libraries while showing evidence of personal and professional achievement as well as initiative and creativity.

For more information visit milibraries.org.



MLA 2019 AWARD HONOREES (left to right) Legislator of the Year Sen. Paul Wojno, Rising Star Danielle DiAmico, Heart of a Champion Donna Adams, Librarian of the Year Cathleen Russ.

Coalition Celebrates 24th Annual Dinner



WELCOMING the evening's emcee Karen Carter, Chief Forecaster at CBS 62/CW50, to the Troy Community Coalition for the Prevention of Alcohol and Drug Abuse last Thursday evening at the San Marino Club were (left to right) Troy Councilman Ethan Baker, Carter, Bethany Baker, and Coalition Executive Director Nancy Morrison.



IS THAT TROY CITY ATTORNEY Lori Grigg Bluhm photo bombing Jeff and Angie Hendry at the Kiwanis Club table? She's a Kiwanis Club member, too, so Lori's probably looking for the best place enjoy the evening's entertainment.

3RD ANNUAL
**WALL TO WALL
ART FAIR**

SATURDAY, OCTOBER 26
10 AM–4 PM

TROY COMMUNITY CENTER
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Shop from more than 50 local Michigan artists at Troy Recreation's 3rd annual art fair. This juried event is **one day only!** Free admission, concessions for sale.

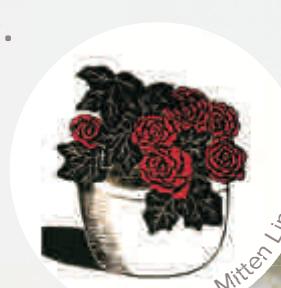

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Arts & Entertainment



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MISTRESS OF EVIL**
PG, Fantasy/Action



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Netflix Original/Documentary



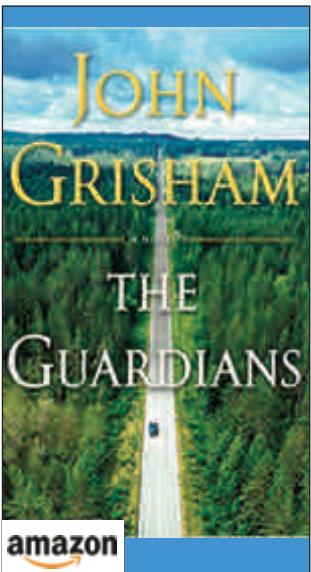
**LETTERKENNY:
SEASON 7**
TV-MA, Comedy



**ANNABELLE
COMES HOME**
R, Horror



BETTER HALF OF ME
Tom Walker



**THE
GUARDIANS**
John Grisham

"Nature Uncorked" Fundraiser for Stage Nature Center

The 2019 Nature Uncorked committee has been busy planning "Nature Uncorked," which will be held at the Troy Community Center Ballroom on Friday, November 1.

The committee has worked to plan a fundraiser that will be above and beyond any other event that has been planned in the

food and beverage offerings at the event.

The committee has announced the return of Black Horn Imports, host of the VIP "Pre-Glow" where full-size craft cocktails will be served. During the regular event, guests will find Black Horn on the Ballroom stage offering samples of some of their most popular

a prize.

The Nature Uncorked Committee is supported by the City of Troy for allowing the event to be held inside the Troy Community Center Ballroom. Approximately 300 guests from Troy and surrounding areas are expected to be welcomed. Local residents and area businesses can



2019 NATURE UNCORKED COMMITTEE MEMBERS (from left to right) Ann Neuser, Anna Romund, Dave Lambert, Rebecca Seguin-Skrabucha, Cindy Wymer, Dan and Karen Dombrowski, Scott Hunter, Fran Stage. Front row: Carla Reeb (Staff, Executive Director of Troy Nature Society), Jim and Shelly Green (Honorary Chairpersons) and Laura Taitt. Not Pictured: Tina Catron, Danielle Durham, and Roger Kowalski.

past. This year the committee welcomes honorary chairpersons Jim and Shelly Green, who have been big supporters of the Stage Nature Center over the past few years.

The committee has also received sponsorship commitments from some of the area's top food and beverage providers including Granite City and St. Julian Winery to provide

signature craft cocktails.

Guests will have the option of purchasing a VIP ticket which grants them access to the event at 5 p.m., a full-sized cocktail from Black Horn Imports, hors d'oeuvres, and a first look at the silent auction items.

Activities throughout the evening will include a \$20 wine pull, "spin the bottle" game, silent auction, and a 52 card raffle to win

support the event by purchasing ad space in the event program, sponsoring the event itself, or contributing items for the silent auction.

The Troy Nature Society is still seeking donations and sponsorships. Contact Carla Reeb at carla@troynaturesociety.org.

For more details on the event, visit TroyNaturesociety.org/.

Troy Native is in Alma College's Production of "The Music Man"

Daniel Barr of Troy is in the Alma College Theatre production of The Music Man. Barr, plays the part of Oliver Hix and is majoring in general studies.

First produced on Broadway in 1957, The Music Man follows the story of con man Harold Hill as he tries to sell marching band instruments and uniforms to the small-town residents of River City, Iowa. Hill wishes to leave town as soon as he receives the money; however, his plan is called into question as he develops feelings for the town librarian.

The theatre reached out to the

community to fill several spots. There are three Alma elementary students, eight local middle and high school students, and four additional adults.

"**Because The Music Man** is a classic audience favorite that requires a large cast, it gave us a chance to invite community members to be part of the company," says Scott Mackenzie, director and department chair of Theatre and Dance. "I am hoping that we can establish a good town/gown tradition for the future as we plan to produce large musicals every other year."



On October 10, the Troy Chamber of Commerce celebrated the company's 60th anniversary. Chamber members, Troy city officials, and past Chamber staff came together to reminisce on the 60 years of growth the Chamber has maintained. The Chamber thanks all who were able to attend and greatly appreciates the support of its members.

Halloween Week Fun with the Detroit Symphony Orchestra

The Detroit Symphony Orchestra (DSO) and guest artists will present Halloween entertainment including a horror film screening and children's programs at the Max M. and Marjorie S. Fisher Music Center.

The festivities begin on Halloween night with Nosferatu + Live Music. The classic Dracula adaptation by F.W. Murnau is brought to life with a new score played live by the Andrew Alden Ensemble. Melding the horror of the film with the sensibilities of classical chamber music, and the distinct edge of rock, audiences are treated to a new experience with a memorable favorite.

Nosferatu + Live Music takes place Thursday, October 31 at 7 p.m. at The Peter D. and Julie F. Cummings Cube.

On Saturday, The Max offers a morning of family performances, with all invited to come in costume! Festivities begin with a Tiny Tots show by Miss Paula and the Candy Bandits called Shake, Rattle, and Roll — a high-energy program featuring popular

children's songs set to a rock n' roll beat.

Later, the DSO presents The Ghost of Orchestra Hall conducted by Chelsea Gallo. This Young People's Family Concert, featuring pianist Gavin George and Actor Evá Sarai Vesprini, celebrates the centennial of Orchestra Hall through the tale of its friendly resident ghost. Program includes highlights from Dukas' The Sorcerer's Apprentice, Bernstein's West Side Story, Star Wars, and other favorites.

Both family events take place on Saturday, November 2 with Shake, Rattle, and Roll at 10 a.m. at The Cube and The Ghost of Orchestra Hall at 11 a.m. at Orchestra Hall.

A variety of kid-friendly activities will be on hand in the atrium beginning at 9:30 a.m. for audiences to both concerts, including balloon art, face painting, instrument trials, and more. And the annual costume contest is back, with winners announced during both the Tiny Tots and Young People's Family

Concert performances.

The DSO does not perform in Nosferatu + Live Music or Tiny Tots. Tiny Tots is designed for children ages 2-6 and their families. Audiences at Young People's Family Concerts are generally aged 6 and up.

Groups of 10 or more can save up to 30% on the price of a single ticket for most DSO concerts. Contact Group Sales Manager Jim Sabatella at 313-576-5130 or jsabatella@dso.org.

Tickets can be purchased at dso.org, by calling 313-576-5111, or in-person at the Fisher Music Center Box Office (3711 Woodward Ave., Detroit).

"Queen for a Day" Brings Pampering to Women with Cancer

Women currently undergoing treatment for any type of cancer are invited to enjoy a free day of pampering, perks and edible treats on Tuesday, October 22. The day of royal treatment will run from noon to 7 p.m. at Valentina's Posh Palace, 55107 Shelby Rd. in Shelby Township.

Hosting the event are WrappedInLove (wrappedinlove.com), which specializes in clothing and accessories designed to provide comfort, style and dignity for women with cancer; and Valentina's Posh Palace Boutique (valentinaspashpalace.com), offering casual and formal women's wear, gifts and accessories.

"Queen for a Day" guests will enjoy free mini-makeovers and mini-manicures from Studio 9 Salon's mobile salon. They'll also see individualized demonstrations will focus on how to create eyebrows and accentuate eyes for those whose treatment has left them with lost brows or lashes.

Guests will get soothing hand massages plus guidance on alleviating nausea, digestion problems, anxiety and more using doTERRA essential oils.

Presentations of fashionable headwear options will be done by WrappedInLove.com. Guests will receive 25% off an entire purchase

in Valentina's and in the WrappedInLove pop-up store within Valentina's, and one free pair of sassy sayings socks from WrappedInLove.com (while supplies last).

Entertainment will be provided by the students of Music Maker Studio. Enjoy complimentary edibles from Nino Salvaggio, Detroit Grille House, Jet's Pizza, and sweets from The Secret Ingredient.

"Queen for a Day" is also a family affair for WrappedInLove founder Karen Mac Donald. She and Valentina Kaspari, whose store is co-hosting the event, are cousins.

"Val and I wanted to host an event to celebrate the courageous women who are going through this challenging time," explains Mac Donald, "not just breast cancer, but all cancers. We know so many people who have, or have had cancer, including my mom who was the inspiration behind WrappedInLove."

Although this is the first such event for the cousins, Kaspari says she hopes to continue it for many years to come. "We hope that those that can attend will find it enjoyable, one in which they feel like they are being treated like a queen!"

For more information, contact info@wrappedinlove.com.

Fundraiser for Troy Colts Band



If you or someone you know is looking to replace a bed in your home, now is the time.

sizes in styles for customers to try, priced below retail. Adjustable power bases, premium pillows, bed frames, and mattress protectors will be available as well.

Brands like Simmons Beautyrest come with full factory warranties, are made to order, and will be available 2-3 weeks after the fundraiser.

Delivery is available. The Colt Bands benefit from every purchase.

For information about the sale, go to Bit.ly/beds4troy19/.



**THANKSGIVING DAY
DINNER PACKAGES TO GO
SERVING UP TO 20 PEOPLE
CALL FOR DETAILS**

Happy Thanksgiving!

**OPEN THANKSGIVING DAY
THURSDAY, NOVEMBER 28th - 12 NOON - 8PM
CALL NOW FOR RESERVATIONS 248-689-8050**

Thanksgiving Day Dinner To Go

Order Your Thanksgiving Day Dinner Package by Wednesday, Nov. 27th before Noon (Deposit Required)

Pick up on Thanksgiving Day before 1pm and ENJOY!

Thanksgiving Day Dinner Package 1 - \$239.50 plus tax - Feeds 10 - 15 Guests

Includes: 13 -15 lb Turkey • Mashed Potatoes and Gravy • Green Beans • Cranberry Sauce
Traditional Stuffing with Fresh Sage, Thyme, Celery and Onions with House Made Bread
Salad with Italian Dressing • 1.5 Dozen Rolls • Your Choice of 1 - Apple or Pumpkin Pie

Thanksgiving Day Dinner Package 2 - \$299.50 plus tax - Feeds 15 - 20 Guests

Includes: 18 -20 lb Turkey • Mashed Potatoes and Gravy • Green Beans • Cranberry Sauce
Traditional Stuffing with Fresh Sage, Thyme, Celery and Onions with House Made Bread
Salad with Italian Dressing • 2 Dozen Rolls • Your Choice of 1 - Apple or Pumpkin Pie

Sweet Potatoes and Other Side Dishes Available for Additional Charge

Picano's 3775 Rochester Rd. • Troy
248-689-8050 • www.picanos.com

Troy Youth Assistance and Troy Tech Talks Host Screening of New Documentary

Troy Youth Assistance and Troy Tech Talks are hosting a screening of the compelling new documentary "Like," about the impact of social media on our lives, on Thursday, November 14 at 7 p.m. at Troy High School Auditorium, 4777 Northfield Pkwy.

Technology makes our lives easier in so many ways, but what is the cost of our dependence and our children's reliance on screens? "Like" reveals the true effects of technology on the brain and uncovers the impact social media can have on our lives.

The goal of "Like" is to inspire and help equip us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care – but is that what is really happening in our lives and in the lives of our children and grandchildren?

The film is recommended for ages 10 and up. For more information, go to TheLikeMovie.com. Everyone is invited, but space is limited. Find the signup link on the Troy Youth Assistance Facebook page.

Childcare Now Enrolling

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Troy Police Investigate Fatal Pedestrian Crash

POLICE PATROL



by CYNTHIA KMETT

■ DRUGS NOT A FACTOR IN PEDESTRIAN

ACCIDENT – On October 4 at approximately 8:42 p.m., Troy officers responded to an injury crash involving a single car and a pedestrian on Coolidge Highway north of Maple Road, near Somerset Boulevard.

A 2009 Pontiac Torrent, driven by a 74-year-old woman from Royal Oak, was traveling northbound when the car struck a pedestrian attempting to cross Coolidge.

The pedestrian, a 37-year-old man from Royal Oak, was transported from the scene to Royal Oak Beaumont Hospital. He died on October 16, apparently as a result of injuries sustained in the crash.

The Torrent driver had the right-of-way, as there is no legal pedestrian crossing at the location of the crash. Neither alcohol or drugs are believed to be factors in the crash.

The driver of the Torrent was traveling with one passenger. Neither sustained injuries in the crash.

At the time of the crash, both north and southbound traffic on Coolidge traffic was rerouted to the northbound lanes due to construction. The two-lane road was separated by construction barrels.

This incident is being investigated by the Troy Police Department Traffic Safety Unit.

■ FIRE AT BEAUMONT

HOSPITAL – The Troy Fire Department received a call from the security office at Beaumont Hospital in Troy reporting a fire in one of the rooms located in the Emergency Center (EC). They were reporting visible smoke and a sprinkler activation. They were working to evacuate the area. Beaumont hospital is a large, 7-story, high-rise medical building and the EC is located on the first floor. The EC was busy at the time of the call, with patients in various stages of distress. Fire protection systems are installed to separate the EC from the rest of the hospital and contain any smoke and fire. Upon arrival, the fire department reported smoke in the EC, but the fire was reported to be out. Fire suppression sprinklers were active. The patients in the area had been relocated by hospital staff.

Once firefighters confirmed the fire was out, the sprinklers were turned off. Crews assisted to remove the sprinkler water from the area. One patient received first and second degree burns over 30% of her body as a result of the fire. She was transferred to

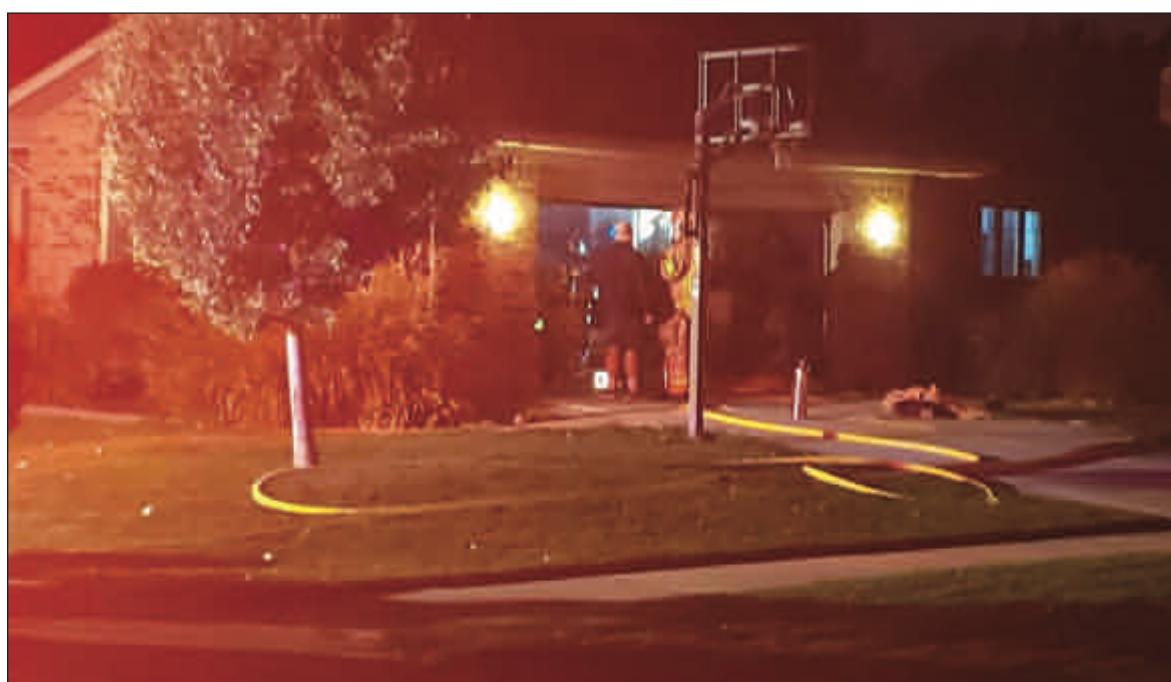
another facility to continue her treatment. Fire Investigators are continuing their investigation and have listed this fire as suspicious. Damage estimates are incomplete. But at this time, the EC is open for business and accepting patients.

■ **ATTIC FIRE** – The Troy Fire Department received a call from the occupant on Northpoint Drive reporting a possible electrical fire in the attic. They were reporting visible smoke and an odor inside the 1-story residence. All occupants were leaving the building at the time of the call. The initial assignment included: Engine 5, Ladder 5, Engine 2, Ladder 2, Rescue 4, Air Tender 3 and Alliance Mobile Health (EMS Provider).

Firefighters arrived and reported a fire inside the attic over the garage, with visible smoke. Firefighters quickly contained and extinguished the fire, and then conducted an overhaul of the immediate area to prevent the spread of the fire.

The source of the fire appears to have been a bathroom exhaust fan that may have malfunctioned. Damage estimates are incomplete. The occupants were allowed to return to the residence.

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.



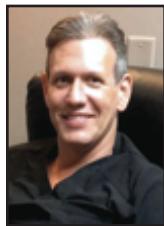
THE TROY FIRE DEPARTMENT responded to a house fire on Monday, October 14 on Northpoint Drive. The attic over the garage was on fire and was quickly contained. All occupants were accounted for and there were no reported injuries. Initial investigation suggests the source was a malfunctioning bathroom exhaust fan. The occupants were allowed to return to their home. Photo courtesy of the Troy Fire Department.

Health & Wellness

Clenching and Bruxing: What's Behind it and Why Patients Don't Believe They're Doing it

HEALTHY MOUTH

HEALTHY BODY



by
DR. DANIEL O'BRIEN

One of the most difficult oral health problems I encounter in my practice is helping patients who are clenching and bruxing (grinding) their teeth. The treatment is often simple – a removable oral alliance to wear during sleep.

The difficulty lies in the patient's acceptance of their condition. Even if that patient agrees to have an appliance made, they are often non-compliant.

As I write this article, it was only a few hours ago that a patient presented with a fractured molar on an otherwise healthy tooth. It was obvious to him that his tooth was cracked, but he didn't understand why or how. Teeth are harder than bone and can withstand great forces before they fracture, so extreme trauma or force must occur for it to happen. After further discussion, he finally accepted that the bite guard appliance we made for him a year earlier would work better if he

actually started wearing it.

It took having a crown procedure on this cracked tooth to keep it from injuring the nerve or worse; and because of it, I'm sure this patient will be more compliant. It's called learning the hard way.

What patients have a hard time understanding is that the bite forces which cause healthy teeth to break are so strong that it can only happen during sleep. We would be conscious of creating that much force when we're awake. We may notice we clench during the day, but we would certainly stop before exerting the 750-1000 lbs of force generated during sleep clenching. Snorers with signs of clenching and grinding are in disbelief because they swear they sleep with their mouth open. It only takes ten minutes of force each night to do damage.

Bruxing is a force that occurs when the lower jaw slides forward during sleep and the front teeth grind edge to edge. It's less difficult convincing patients they're doing this at night; we would be fully away if we were bringing our lower jaw far enough forward with great enough force to start chipping and wearing down the enamel of our front teeth. If you think you may be doing this, look in a mirror and slide your lower jaw forward till

your front teeth touch edge to edge. Do they fit perfectly, almost like puzzle pieces? If they do, you've ground your teeth into that fit.

Why do we do it? Most of us don't have the perfect balance between the muscles on the left and right sides which hold our lower jaw in position. Too many things in growth and development have to happen perfectly. So our jaw muscles work out of sync. When we're in dream sleep, our brains let our muscles try to find balance, allowing them to flex and stretch. The problem is these muscles don't care that out teeth our in the way. Over many years, teeth reveal visible signs of trauma by flattened cusps, shorter incisors, and notching at the gum-line. Accompanying these signs may include headaches, face, neck, and shoulder pain, and in advanced cases, there can be fullness in ears, ringing ears, and vertigo—full-blown TMD (temporomandibular disorder).

Clenching and bruxing are not infections, but they are a pathological process that destroys teeth and muscle balance.

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.



CORNERSTONE COMMUNITY FINANCIAL'S recent Cruisin' for a Cure campaign raised \$10,000 during September's Pediatric Cancer Awareness Month to purchase ride-on vehicles for local children's hospitals. The mini cruiser vehicles allow young patients to "drive" themselves to a medical test or procedure, helping them to relax and reduce stress during these challenging situations.

OCHN Promotes Disability Employment

Oakland Community Health Network (OCHN) promotes National Disability Employment Awareness Month (NDEAM). Observed annually in October, NDEAM celebrates the many and varied contributions of America's workers with disabilities, emphasizing the importance of inclusion and support. This year's theme, "The Right Talent, Right Now," reflects the commitment of developing a competitive and robust workforce.

"OCHN is extremely proud to endorse National Disability Employment Awareness Month," said OCHN Executive Director and

CEO, Annette Downey. "We value the ability of all individuals and strongly support the hiring and inclusion of individuals with disabilities in the community."

OCHN continues to be committed to helping people with disabilities find and keep employment, with several initiatives that promote supported employment, including programs for individualized placement, skill building, and customized employment choices.

To learn more about National Disability Employment Awareness Month, visit Dol.gov/ndeam/.

Joint Pain 101: Hip, Knee and Shoulder Pain

Visit Troy Beaumont on Tuesday, October 22 from 6-8 p.m. to get answers from the experts on hip, knee, and shoulder pain.

Join Beaumont orthopedic, physical therapy, and rehabilitation specialists as they host Joint Pain 101. Participants will have the opportunity to ask

the experts questions and learn about Mako Robotic Arm-Assisted Surgery technology.

The event will be held in the Qazi Auditorium, 44201 Dequindre.

To register, visit Bmntsystm/2I4jrCj/ or call 800-633-7377.

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Discussion Forum on End-of-Life Care

Join Beaumont Hospital at their upcoming forum for a screening of "Being Mortal," a Frontline documentary exploring the relationships health care providers have with their patients nearing end-of-life and the challenges they face in caring for these individuals. A panel discussion will follow the film.

The forum will be held on Monday, October 28 from 5-7 p.m.

at Beaumont Hospital Troy, 44201 Dequindre Road, in the Moceri Learning Center, Area F.

Enter the hospital from the north through the Emergency Drive. Continue straight and park in the northwest lot adjacent to the Moceri Learning Center outside entrance. The event and parking are free.

To register, call 800-633-7377 or visit classes.beaumont.org/.



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How to Live Your Best Keto Life as a Vegetarian

According to many doctors and nutritionists, there are many health benefits associated with a Keto lifestyle. However, for many vegetarians, a Keto diet likely seems counterintuitive. Vegetarian diets vary, but many of them include starchy legumes and grains that are rich in carbohydrates. And, typically, adherents to Keto plans consume heavy amounts of animal protein. Yet, most individuals who eschew meat can follow a Keto diet when enough attention is paid to the types of proteins consumed.

Five Tips for Vegetarians Who Want to Adopt a Keto Lifestyle

The following tips are for vegetarians who consume eggs and dairy products, as well as pescatarians who consume fish. Vegans who avoid all animal products may struggle a little harder with low (or lower) carbohydrate diets. However, for those who want to pursue this option, there are numerous resources available online. Now, for vegetarians who consume eggs and/or dairy products, here are five tips on how to follow a protein-heavy diet without eating meat.

Change your protein sources.

Instead of legumes, eat eggs and small amounts of tofu to stay Keto-friendly with your diet. You can also consume nuts in moderation and lean fish if you are a pescatarian. And if you normally eat yogurt, be careful about selecting lower-carb varieties while you are fully committed to a low-carb lifestyle.

Make a concerted effort to consume more protein.

Cutting down on

carbohydrates forces your body to rely more on protein for energy. So, plan your meals and snacks to include as much protein as possible. This may mean including protein powder to your morning smoothie or a sprinkling of nuts or seeds on your salad.

Eat the right vegetables.

Some vegetables contain more carbohydrates than others. So, when adhering to a Keto plan, you should focus on green leafy

When possible, choose beneficial olive oil and grapeseed oil when cooking or preparing salad dressings and sauces.

Make food interesting with the right herbs and spices.

Yes, carbohydrates taste good. But your low carbohydrate foods can be just as appealing when you season them with the right herbs and spices. So, keep your favorite flavorings handy, and do not be afraid to experiment with flavors



vegetables such as kale and spinach. You should also be cautious with fruits because they are often high in sugar.

Use healthy oils when cooking and preparing foods.

Just because a Keto diet likely includes more fat, that doesn't mean that you should give yourself liberty to consume large quantities of just any type of fat.

while preparing your keto-friendly masterpieces.

As always, if you have any doubts, please consult your doctor before adopting a new diet. And please ask this healthcare professional for advice when it comes to selecting foods that fit and support your unique lifestyle.

Oakland County Domestic Violence Prevention Awards Ceremony

On Wednesday, October 30 from 12-1 p.m., the Oakland County Coordinating Council Against Domestic Violence (OCCCADV) will hold its annual Oakland County Domestic Violence Prevention Awards Ceremony in the Oakland County Commissioner's Auditorium located in Pontiac.

The OCCCADV will honor community members who have demonstrated exemplary service to victims of domestic violence.

"The impact of intimate partner violence affects all facets of our community, which makes it necessary to have a coordinated community response," said Aimee Nimeh, LMSW, CEO & President of HAVEN. "On behalf of HAVEN, I am honored to celebrate the honorees from across our

community who have taken a stand against intimate partner violence and, through their actions, are creating a safer and healthier community for all."

This ceremony will also memorialize domestic violence victims who have tragically lost their lives in Oakland County.

Award Recipients are:

Lieutenant Timothy Willis, Oakland County Sheriff's Office; Deputy James Kavalick, Oakland County Sheriff's Office; Detective Teresa Young, Southfield Police Department; Detective Dawn Mullins, Oakland County Sheriff's Office; Investigator Dave Szlezyngher, Oakland County Prosecutor's Office; Assistant Prosecutor John Pietrofesa, Oakland County Prosecutor's Office; Angie Reid, 51st District

Court probation officer; Heather Herbert, Lakeshore Legal Aid staff attorney; Stacey Cauley, Madison High School counselor; Bonnie Girson, Madison High School social worker; and Reach the Moon Grant Team led by Bernadette White, Beaumont Hospital – Royal Oak.

Oakdale Academy Chorale, under the direction of Mrs. Juanita Kozak, will be performing during the ceremony. The public is welcome to attend and the event will be interpreted into American Sign Language.

Learn more about abuse, domestic violence, and sexual assault prevention at HavenOakland.org/.

CLASSIFIEDS

October 21, 2019



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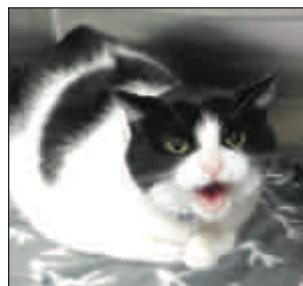
Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter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

ADOPT A PET

Punkie



Kera

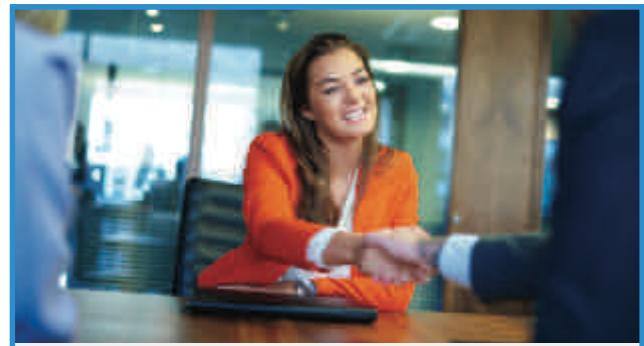


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First Presbyterian Church of Troy Celebrates 90 Years

Like many churches in Troy, First Presbyterian Church of Troy actually started a few years before it was officially a Presbyterian Church, long-time member and chairman of the congregation Jim Meinershagen explains. This coming Sunday, the congregation will celebrate its 90th anniversary and you're invited.

That anniversary dates from October 27, 1929, when the congregation was organized by the Presbytery of Detroit as the Troy Center Presbyterian Church with 47 charter members.

But those who favored the teachings of the Presbyterian Church first started meeting in March 1924. A weekly Presbyterian Sunday School was organized, consisting of six persons who met in the home of Mrs. Thomas Neal, on the corner of Wattles Road and Livernois in Troy. It was in the heart of what was then a good deal of dairy farming, and very rural.

By Easter Sunday 1928 the group had grown so large it moved temporarily to the Troy Township Hall, which is now the Troy Museum.

As luck would have it, the barn on Livernois built in 1911 by dairy farmer William Lakie was for sale. It was purchased by Joseph Grindly and Frederick Smith and donated to the Presbytery of Detroit as a future church site. The Presbytery made some modifications to the barn to convert it for use as a house of worship. This included removing the silo, adding a steeple and a new entrance, and transforming the hayloft into the chancel. It would serve as the church's home for many years.

But, in December 1956 times in Troy started to change. The name of the church was officially changed to "The First Presbyterian Church of Troy." The church and the community were growing rapidly. It soon became apparent the present building would not be able to keep pace with the growing congregation. To prepare for future growth, ten acres of land were purchased in 1971 and they moved to this new facility in 1972. It's just 200 yards north of the converted dairy barn. This is where it stands today, just south of the Troy School District's headquarters on Livernois, south of Long Lake.

"**Over the years**, Troy First has grown and expanded and offered a variety of activities," notes Meinershagen. "This includes a choir, a handbell group, youth ministry, GEMS-Senior Luncheon, a book study group and an adult Bible study group and Sunday School, among other

things."

The current pastors are Rev. Jasmine Smart and Rev. Dan Heaton. First Presbyterian is affiliated with Kirk in the Hills in Bloomfield Hills, which Meinershagen said has proven to be very mutually beneficial.

Rev. Smart wasn't always a Presbyterian. However, from age 13 she knew the ministry was her calling. She grew up in the Foursquare Church founded by Aimee Semple McPherson. In college Rev. Smart actually majored in English and philosophy. She started asking herself, "What would God want me to do?"

She decided to attend the

seminary and an internship landed her in a women's prison. The job, she recalled, was primarily to show up and listen to the hard times they faced in life. After a few more internships, she landed at Kirk in the Hills and in July 2018 she was sent to Troy, which she finds very friendly and inspiring.

You can hear her speak at the 90th Anniversary celebration on Sunday, October 27 at 10 a.m. This event is exactly 90 years after the church was chartered. Friends, former members, and current members are invited to the service and to stay for coffee and a luncheon afterward.



CELEBRATING 90 YEARS as part of the Troy community, First Presbyterian Church of Troy will host an honorary event on Sunday, October 27 at 10 a.m. Rev. Jasmine Smart, pictured here, invites everyone in Troy to attend. The church is on Livernois, south of Long Lake, is adjacent to the Troy School District's headquarters.



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