



Health & Wellness - Inside

Troy-Somerset Gazette



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September 16, 2019

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Council Questions “Culture of Conspiracy” Conclusion

At the latest Troy city council meeting on Monday, September 9, council debated yet again whether or not to investigate themselves concerning the former city manager’s behavior.

The interviews with city employees done by Plante Moran indicated that the firm thought there might be a “culture of conspiracy” involved at city hall.

But what does that mean? Councilman Ethan Baker wanted to know. He asked City Attorney Lori Grigg Bluhm to ask Plante Moran how they arrived at that conclusion, and what made them think it was happening. Then how much more would they charge us? The city paid about \$67,000 for their fiscal audit where we discovered Troy hadn’t suffered the large financial losses of Somerset Apartments at \$54,000, which no one had any idea he wasn’t paying rent on until the FBI report.

Perhaps the biggest fault pointed out by Plante Moran was that an employee had nowhere to turn to complain except the city manager. The city immediately changed that to include the City Attorney Lori Grigg Bluhm and any city council member.

Bluhm will talk to Plante Moran about what made the report say a “culture of conspiracy.” She had prepared a report for the September 9 agenda on hiring an attorney to do an investigation. You can read Bluhm’s report at Troymi.gov on the September 9 agenda at I-5.

No action was taken on the investigation this week.



IT'S OFFICIAL: This is the 50th celebration of the Troy Family Daze Festival. Doing the ribbon-cutting honors last Thursday evening in the Entertainment Tent were (left to right) State Rep. Padma Kuppa, Councilman Dave Henderson, Councilman David Hamilton, Councilwoman Edna Abraham, Troy Community Foundation Chairman Doug Tietz (the Foundation is sponsoring the festival), Mayor Dane Slater, AT&T President Davis Lewis (a major festival sponsor), Councilman Ethan Baker, peeking from the second row is City Manager Mark Miller, Councilwoman Ellen Hodorek, and Oakland County Commissioner Penny Luebs. The Festival continues at the Civic Center until 9 p.m. on Sunday, September 15. Photo courtesy of Cindy Stewart, City of Troy.

Troy Police Department Partners with Ring by Amazon

by ELENA DURNBAUGH

It’s described as a digital neighborhood watch.

According to recent reporting by the Washington Post, the doorbell-camera company Ring has forged video-sharing partnerships with more than 400 police forces in the United States, and the Troy Police Department is one of them.

By partnering with Ring, police

are granted potential access to homeowners’ camera footage. Using the Neighbors app, police can view public posts from within their jurisdiction and see the same interface that public users do.

Law enforcement can also request video that has not been publicly shared by designating a case number, time range, and local area. Ring then sends out an official request to users, asking

them to share footage with law enforcement. People can then accept or decline the request. According to its website, Ring will not release user information without express permission or a “valid and binding legal demand properly served.”

“We are proud to have partnerships with many law enforcement agencies across the

See RING, page 7

Troy Joins Beaumont’s Healthy Communities

by CYNTHIA KMETT

Beaumont Health has launched an initiative in hopes of building health and wellness, one community at a time. Last week, the City of Troy voted to join this program. The program’s representative from Troy will be Communications Director Cindy Stewart.

Beaumont’s Healthy Communities initiative is a bold vision with a focus on promoting, supporting, and sustaining healthy lifestyles.

In inviting communities to join them, Beaumont Health notes that we face a crisis in our country due to the burden of chronic conditions that cost us 75% of the annual \$3.3 trillion spent on health care each year.

The targets in the new initiative include fighting conditions to include: heart disease, cancer, stroke, obesity, and arthritis. These are “diseases of lifestyle” that affect work, family, and quality of life. They can be prevented or reversed through the promotion of healthy lifestyles.

Healthy Communities will be a place where the city encourages us to live a healthy lifestyle and provides residents with the resources to help integrate these changes into our lives. They will encourage residents to take an

See HEALTHY COMMUNITIES, page 2

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Classifieds



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City Encourages Healthy Living

HEALTHY COMMUNITIES, From page 1

active role in becoming, and staying, healthy.

Stewart will lead to form a Healthy Community Coalition with membership including residents, and representatives of schools, business, health care, social service, the faith community, and other local organizations.

In order to develop a strategic plan for promoting healthy eating and active living, each Healthy Community Coalition forms external "Action Teams" that work together to develop unique goals and objectives. These teams will implement strategies aligning with the coalition's mission and vision, and their community's needs.



The new committee will begin its goal of becoming a Healthy Community by addressing community health needs through partnerships and implementing large scale intervention in multiple settings. They will also look to reach diverse population groups in order to promote health equality.

To learn more about Beaumont Health's Healthy Communities initiative, visit Beaumont.org/community/beaumont-healthy-communities/.

To learn more about Troy's community coalition, contact **Cindy Stewart** at Cindy.stewart@troymi.gov.

April Lynch Named Deputy County Executive

Oakland County Executive David Coulter has appointed April McGrath Lynch deputy county executive. McGrath, who has served as associate vice president of human resources and payroll at the University of Detroit Mercy since March, is the third woman in Oakland County history to be appointed to the role. She will oversee human resources among other duties.

"Oakland County and my administration will benefit from April's 23 years of public sector leadership experience," Coulter said. "She was an exceptional city manager in Ferndale when I was mayor. I will value her expertise on my team."

Lynch, who became Ferndale's city manager in 2011, plans to build on Oakland County's strengths and identify areas for improvement when she begins her new job on Monday, September 23.

"I am excited for this rare and unique opportunity to contribute to the success of Oakland County. I look forward to working with Dave Coulter again," Lynch said. "We were a great team in Ferndale. I believe our shared passion and

energy around building communities will be a driving factor in our success."

Prior to becoming Ferndale's



APRIL LYNCH

city manager, Lynch was the director of administrative services/assistant city manager for the city of Ypsilanti from 2007-2011. She also worked for the city

of Monroe as the director of human resources from 2005-2007. Finally, she was the assistant to the city manager/director of human resources for the city of Grand Haven from 1996-2005. She is an adjunct professor at Oakland University who teaches graduate-level introduction to public administration, a position she has held since 2014.

Lynch, who is a certified senior professional in human resources, has an MBA in human resources from Baker College in Muskegon and a Bachelor of Arts degree in communications from Grand Valley State University. She was a member of the Michigan Municipal Executives (MME) where she served on the board from 2015-2017, the Professional Development Committee from 2013-2019, and the Nominating Committee from 2018-2019. She also was a regular presenter on leadership and human resources topics for the MME's Next Gen Committee.

Lynch lives in Walled Lake with her husband and children.

Kuppa Bills Look to Help Diversify Police

Legislation would offer grants to local departments to support diversity

State Rep. Padma Kuppa (D-Troy) introduced House Bills 4944 and 4945 this week to create grant programs to diversify the police force of local departments throughout Michigan. A 2017 report released by the Michigan Commission on Law Enforcement Standards recommended the diversification of local police forces as a key way to foster and encourage public trust in law enforcement. This legislation mirrors Senate Bills 501 and 502 simultaneously introduced by state Sen. Winnie Brinks (D-Grand Rapids).

"While many local police departments recognize and actively pursue workforce diversity, these efforts are often limited by the ability to attract qualified candidates," said Kuppa. "My bills are designed to enhance this ability by offering grant programs to attract and actively recruit women, minorities and other historically underrepresented groups to local police departments. I am proud to work alongside my colleague in the Senate with local law enforcement agencies so they can achieve their goal of better reflecting the communities they serve."

Extensive research has concluded that interacting with colleagues from different backgrounds, life experiences, worldviews and social identities in non-confrontational settings improve decision-making abilities, with the potential to positively impact public trust in law enforcement. Kuppa's and Brinks' bills would provide local police departments with matching grants to encourage the development of recruit scholarships and career awareness programs for members of historically underrepresented communities looking to pursue work in law enforcement.

"Diversity makes our state stronger, and it is important that the law enforcement agencies protecting our communities reflect the people they serve," Brinks said. "When police officers of different backgrounds, life experiences and social identities build relationships, they learn from one another, emerging with wider worldviews that enhance their ability to evaluate diverse situations and to keep our neighborhoods safe."

The Department of Technology, Management and Budget would serve as the lead state agency for the scholarship and grant program. State funds would be matched on a one-to-one basis by the local government.



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New Americans Sworn in at Naturalization Ceremony

The United States welcomed 15 new citizens at last Thursday's Naturalization Ceremony at the Troy Family Daze Opening at the Civic Center. After the ceremony, they were treated by the League of Women Voters to pie and cookies. They also could register to vote with Troy City Clerk Aileen Dickson. Taking their citizenship vows were (left to right) Maxim Stolyarov from Russia, Tahmina Samia of Bangladesh, Maryna Burge from the Ukraine, Rana AlSahli of Canada, and Marian Azikouska of the Ukraine. They are all now Americans.



Pictured above is the Syed family, with mom and dad, Samreen and Mohammed taking their citizenship vows, while Hafsa (6) and Maryam (1) just smiled and delighted everyone.

Troy Election Information: Who's Running and How to Register

Troy will hold its General Election on Tuesday, November 5. Polls will be open from 7 a.m. - 8 p.m.

Current Council Members Ethan Baker and Dave Henderson are running for mayor.

Six candidates are running for the three open seats on City Council, including current Council Member Edna Abraham, Daniel Aguas, Olimpiu Ollie Apahidean, Theresa Brooks, Ann Erickson Gault, and Sunil Sivaraman.

Beginning Monday, September 23, absentee ballots will be available in the city clerk's office, Monday through Friday, from 8 a.m. - 4:30 p.m. Ballots will be available until Friday, November 1.

In the last election, Michigan voters passed a proposal that makes all registered voters eligible to apply for an absentee ballot with no reason necessary.

The last day to register to vote by mail is Monday, October 21. After that, registration must be done in-person at the city clerk's office.

On Saturday, November 2, the clerk's office will be open for in-person absentee voting from 8 a.m. to 4 p.m. The last day to vote absentee is Monday, November 4.

The clerk's office will have a pop-up location at the Troy Public Library on Saturday, September 21 from 12-2 p.m.

At the pop-up event, people can meet Troy City Clerk Aileen Dickson and get their election questions answered.

Are you looking to support the city in its efforts for a smooth and successful election day?

The clerk is in need of election inspectors for the upcoming vote. Any registered voters in Michigan can work as an election inspector, and students ages 16 and 17 can sign up to work if they are U.S. citizens.

It's a paid position. Election

inspectors are paid \$12 an hour, plus paid training, with a bonus for chairpersons.

Working as an election inspector is another way Michigan residents can exercise their civic duty.

To learn more, contact the city clerk's office at 248-524-3316 or email clerks@troymi.gov/.

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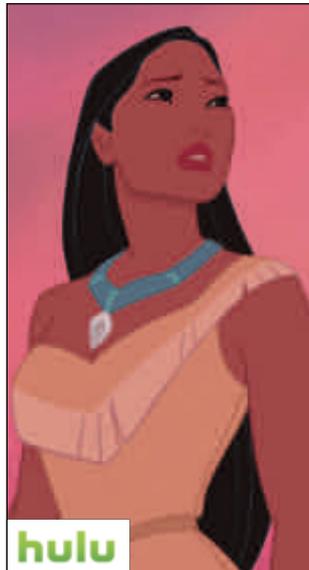
Arts & Entertainment



HUSTLERS
R, Drama



UNBELIEVABLE
TV-MA, Netflix original Drama



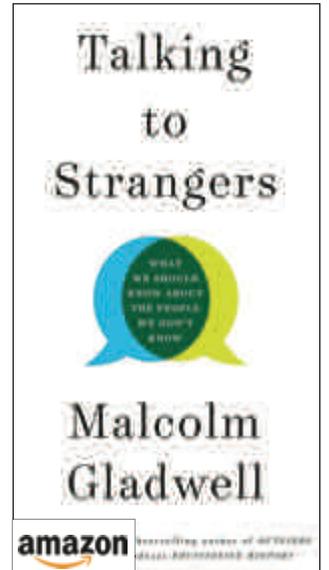
POCAHONTAS
G, Disney cartoon



JOHN WICK 3
R, Thriller



HOLLYWOOD'S BLEEDING
Post Malone



TALKING TO STRANGERS
Malcolm Gladwell

Music

Patti Smith September 16-17, Royal Oak Music Theatre

Rancid Wednesday, September 18, 5:30 p.m. Royal Oak Music Theatre

Roger Clyne Wednesday, September 18, 8 p.m. The Magic Bag, Ferndale

Two Door Cinema Club Thursday, September 19, 7 p.m. Royal Oak Music Theatre

Fork & Cork Festival September 20-22, Downtown Utica - Three days of live music, food, and fun. Located in Memorial Park. Free admission.

Rube Goldberg Sunday, September 29, 7 p.m.

ON STAGE

Hollywood Arms Now through September 29, Ridgedale Players, Troy - Tickets at RidgedalePlayers.com

Mamma Mia! Now through September 21, Avon Players, Rochester Hills - Tickets are sold out, but call the box office in case of any last-minute cancellations.

Lady Sarah's Magic Soiree Saturday, September 21, 6:30 p.m. Camp Ticonderoga, Troy

Ragtime Now through October 6, Stagecrafters, Royal Oak

AROUND TOWN

Troy Farmers Market Friday, September 20, 2 p.m. Troy Public Library parking lot

Volunteer for Clean-up Day Saturday, September 21, 9:30 a.m. Stage Nature Center, Troy

Trivia & Brews: The Office Monday, September 23, 7 p.m. Eats & Crafts, 1950 E Square Lake Rd, Troy

Detroit Then & Now with R.J. King & Frank Venegas Wednesday, September 25, 11:30 a.m. Rotary Club Of Troy - Lunch \$25, Pre-register at Conta.cc/2Zcr0zz/ - Event held at Bank of America Plaza, 2600 West Big Beaver

Detroit Chapter - Retirement Plan Sponsor Roundtable Thursday, September 26, 8:30 a.m. Walsh College, Troy

Artist Market at Oakland Mall September 28-29, Oakland Mall, Troy - Free Admission

Succulent Container Garden Workshop Saturday, September 28, 10 a.m. Telly's Greenhouse, Troy

STEAM + Learning Fair Saturday, September 28, 12 p.m. Troy Community Center

LIBRARY

All events take place at the Troy Public Library, 510 W Big Beaver Rd, unless stated otherwise. To register, visit Troypl.org

Italian Opera in America: Stories, People, Places Tuesday, September 17, 7 p.m.

Flicks with the Family Thursday, September 19, 6 p.m. All Ages

J.L. Hudson Company, Detroit's Legendary Department Store Tuesday, September 24, 6:30 p.m.

Howell Nature Center Presents 'Lords of the Sky' Wednesday, September 25, 2 p.m.

What's Your Brand?: A Personal Branding Workshop Thursday, September 26, 7 p.m.

KIDS & TEENS

All events take place at the Troy Public Library, unless stated otherwise.

Coding for Kids- An Introduction for Parents Wednesday, September 18, 4 p.m.

Precious Prints Friday, September 20, 10 a.m. Pottery Barn Kids Somerset Collection, Troy

Meet Nature Cat Friday, September 20, 4 p.m. Oakland Mall, Troy

SAVE THE DATE

The Chainsmokers Thursday, October 3, 7 p.m. Little Caesars Arena, Detroit

Matt and Kim Monday, October 21, 7 p.m. Royal Oak Music Theatre

The Get Up Kids Sunday, December 15, 7 p.m. The Loving Touch, Ferndale

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

GAZETTE RECOMMENDS...

FORK & CORK FESTIVAL

FORK & CORK FESTIVAL

The Fork & Cork Festival descends upon Memorial Park in downtown Utica next weekend, September 20-22. The free event will feature over 20 live bands throughout the weekend on two stages. Headliners include Big Sherb, Paddlebots, The Sun Messengers, and Laura Rain & The Caesars. Proceeds from local craft beer and wine sales benefit the Humane Society of Macomb.

- Andrew Neal, Editor

REVIEW: Take a Chance on “Mamma Mia!” for Nonstop Fun

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

Surely you've heard of “Mamma Mia!,” unless you've been living in a monastery in Nepal for the past 20 years. Since this crowd-pleasing juggernaut of a show opened in 1999 on

form the sparkly framework around which the gossamer-thin storyline is loosely draped. This show is a real love-fest and feel-good nostalgia trip for fans of pop music of the 70s and 80s.

You could say this is another version of My Big Fat Greek Wedding, as told by single mom Donna, an independent-minded American who has lived for many years on a Greek island with her

Harte's choreography consists mainly of simple disco-style dance moves, with the possible exception of the dancing Flipper Men (!) which has to be seen to be believed. Costumes by Anne Curtis and Michelle Kaiser range from sleekly colorful to downright gaudy. The eight-piece orchestra led by Matt Kush is more than up to the task. There are also some interesting off-stage chorus effects, directed by Deierlein, that nicely complement the performers onstage. The set by Brad Holoday is spartan and consists of two revolving pieces made to resemble small Mediterranean guest houses. It depends on effective lighting by the many-talented Deierlein to help change the scenes.

The success of this show rests squarely on the capable shoulders of the cast, who display talents of varying degrees, but the result is nothing short of delightful. The real standouts are Tracy Murray as Donna and Johannah Steinbrecher-Booker as her snarky gal-pal Tanya. Also highly watchable: Salvatore Sbrocca as Sophie's beloved Sky, Mackenzie

McIlroy as Sophie, and Bill Davenport as Bill Austin, one of the would-be dads. Some of the better numbers include: “Chiquitita,” “Dancing Queen,” “Voulez-Vous,” “Does Your Mother Know,” and the flashy finale, which has everyone on their feet.

Will we ever know who Sophie's father is? Who cares? They are all having so much fun up there and are so enthusiastic. There's something about the music and the story that just reaches out to the audience and invites us to join in the singing and dancing. Heads-up: Non-ABBA fans may be overwhelmed by the disco-pop and dizzying cuteness.

There must be a lot of ABBA fans in Oakland County, though. The entire run of this show, through September 21, is sold out. There may be a chance for tickets if there are cancellations, so it's worth a call to the box office.

Avon Playhouse is located at 1185 Washington Rd in Rochester. For more information about Avon Players, call 248-608-9077 or visit Avonplayers.org/.



PHOTO BY BRYAN CLIFFORD

London's West End, it's been seen by over 60 million people in 50 countries and grossed more than \$2 billion worldwide. It's also the longest-running jukebox musical in history.

How to explain its enduring appeal? The story is an irresistible mashup of soap-opera-meets-sitcom laced with hilarious high jinks, sweet romance and a few moments of serious reflection. The book is by British playwright Catherine Johnson, with music by ABBA songwriters Benny Andersson and Bjorn Ulvaeus, who worked with the producers from the very beginning of the show.

Many, if not most, of the superstar pop group's biggest hits

20-year-old daughter Sophie. The two run a successful taverna that caters to tourists and scuba divers. Sophie's wedding to the man of her dreams is coming up, but she has no dad to walk her down the aisle. After some snooping, she discovers three likely paternal candidates her mom had flings with - two Americans and a Brit - and invites all three to her wedding without telling mom. Big surprises, lots of drama, and laughs ensue, all to the danceable beat of 25 ABBA tunes. It's silly. It's absurd. And it's fun.

Director JD Deierlein keeps the pace fast and furious, richly textured with elements of slapstick and farce. Maritoni

Fork & Cork Festival to Feature Sherwood Brewing Company

Sherwood Brewing Company is one of several local breweries that will be serving up suds at the Fork & Cork Festival on September 20-22 in Downtown Utica.

Sherwood is a full-service microbrewery, founded in 2006, that offers beer, wine, mead, hard cider, and hard seltzer, in addition to a full food menu.

Ray Sherwood said that keeping things as local as possible was important to Sherwood Brewing because it's a local company.

“We're a local company ourselves,” he said. “We know how important it is to get people focused on local businesses.”

On top of Fork & Cork's local connection, Ray Sherwood said the brewery was glad to be able to

help support the Humane Society of Macomb because the humane society is a local charity and the Sherwoods are animal lovers.

“We definitely wanted to be involved, and on top of that it supports a great cause,” he said.

Sherwood Brewing hosts several events throughout the week, including trivia and game nights, a walking club, and performances for local musicians.

“We're just trying to be the local neighborhood bar in a place where people aren't used to that,” he said.

Sherwood Brewing Company is located at 45689 Hayes Rd. in Shelby Township. To learn more, go to Sherwoodbrewing.com or call 586-532-9669.

Volunteers Needed for Fork & Cork Festival

The 2019 Fork & Cork Festival presented by Crest Lincoln of Sterling Heights returns to downtown Utica for three days of music, food, and fun September 20-22. Volunteers are needed to assist the non-profit Humane Society of Macomb in festival operations.

For more information on volunteering email HSOMVolunteer@gmail.com.

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— Oscar Wilde

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3:15 pm – 4:45 pm

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(Can access from I-696 Orchard Road Exit)

In Social Hall

3:15-4 pm Confession

4-4:45 pm Rosary, Veneration Relics from the Capuchins: pair of St. Pio's gloves, a bandage, and a Vatican medal for St. Pio's Beatification. Big-screen video of 2016 Pope Francis' private audience with worldwide Padre Pio Prayer Groups and relics in St. Pio's Museum in Rome.

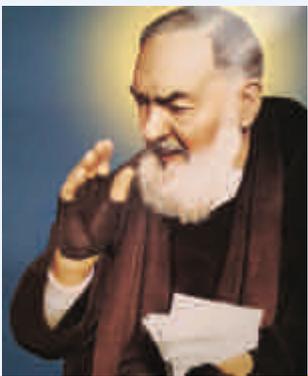
In Church

5:00 pm We will join Sunday Vigil Mass

6:45 pm at Steven Lelli's Inn On the Green, 27925 Golf Pointe Blvd. Located in Copper Creek Golf Course in Farmington Hills for a Feast Celebration Italian dinner to honor St. Pio's Italian heritage. Please RSVP at 248-996-9061 before September 18th.

Diners will pay for their dinner orders.

No phone calls to St. Fabian's Parish Office please.



Saint Padre Pio 1887 - 1968

A miracle healer, a confessor, a bilocator, Saint Padre Pio (Father Pio) was an Italian priest who bore 50 years the 5 wounds of Jesus before he died in 1968. He was also spiritually gifted with reading souls and the presence of fragrance.



BATTLE OF THE BADGES: The Troy Community & Troy Rotary Club hosted Troy Firefighter and Police Departments at the 1st annual Battle of the Badges Charity Softball Game on September 6 at Flynn Park. Both teams played great, but the Troy Police won 10-9. All proceeds benefit the Firefighters Memorial Project. Photo courtesy of Cindy Stewart, City of Troy.



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Troy Bids Fond Farewell to Kim's Restaurant



PHOTO COURTESY OF CINDY STEWART, CITY OF TROY

Troy Mayor Dane Slater took to Facebook this week to bid farewell to a well-known Troy eatery, Kim's Restaurant.

"The entire Troy community has been so sad about the closing of Kim's Restaurant. The Yee family has served delicious food and given back to this community for close to 45 years. We congratulate them on their retirement," Mayor Slater said. "I also want to thank them for their generosity after they closed their doors. Last Friday and twice this

week, Margaret and her brother Larry (Kim's Chef) cooked a lot of food and generously donated it to the Baldwin Center, feeding more than 225 homeless men, women, and kids at each of the three sittings. Thank you so much and special thanks to Retired Troy Police Sgt. Mike Kerr for making the deliveries to Pontiac and Community Affairs Director Cindy Stewart for setting this up. Troy is so fortunate to have a community of people who truly care about others!"

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Ring Home Security Partners with Local Police Departments – Here's How It Works

RING, From page 1

country,” Ring said in a statement on its website. “When new law enforcement agencies come on board, we announce the partnership in-app via a regional announcement so users are aware. We’ve also taken care to design these partnerships in a way that keeps users in control.”

The Troy Police Department began using the program in June 2019. So far, the technology hasn’t had a major impact on the department.

“We’re kind of using it as supplementary to our other social media and other forms of communicating with people,” Sergeant Meaghan Lehman of the Troy Police Department said.

Ring was launched in 2013 and was purchased by Amazon last year for \$1 billion.

When Amazon announced the acquisition, the company claimed that a Los Angeles Police Department pilot program in 2015 found that Ring’s doorbells reduced burglaries in neighborhoods “by as much as 55%.”

“Our mission to reduce crime in neighborhoods has been at the core of everything we do at Ring,” CEO and Chief Inventor of Ring said in a press release.

Ring has been very proactive in getting police departments across the country involved.

According to the Troy Police Department, the department was approached by Ring about setting up an account.

“They came to us. Ring approached us about signing on, and it would create an agency account,” Lehman said.

Troy is not the only community Ring recruited. According to reporting by Motherboard, Ring courted local governments and police departments around the country to advertise, distribute, and use its products. Some cities, such as Arcadia, California, even paid Ring to subsidize the purchase of surveillance cameras for private residents. For every dollar the city paid toward purchasing the cameras, Ring would match it.

Troy is not involved in any such arrangement.

“We haven’t gone out and tried to recruit people to get on there,” Lehman said. “I think that this Ring program is obviously sort of a marketing thing to sell those Ring devices, so that’s not part of our protocol to endorse a private company. So, where it can benefit

the people of Troy, great, but we’re not going to go out there proactively and try to sell these things.”

How Ring Works with Local Police

Ring has also worked closely with police departments on how to engage with the community about their products. Documents uncovered by Motherboard show that Ring gives scripts to police that dictate how they should talk

people should question the company’s motives.

By partnering with police, Amazon has created a broader system of demand for their surveillance products, according to one expert. The app then amplifies fear of crime in the community and creates more demand for the product.

Giving customers a sense of control over their safety is an important part of the language Amazon uses to market its products.



about the company, including sample social media posts to announce the partnership between Ring and the department.

“Important: Be sure to include the Neighbors app download link and simple text codes info included below in all social media and other outreach material involving the Neighbors app as a way to continuously drive app downloads and engagement,” the document says.

When the Troy Police Department announced their use of the technology on Facebook and Twitter on June 11, they generally followed the Ring sample script. The department has not made any other posts promoting or concerning Ring since the initial announcement, though.

“We’re not the ones that are initiating these people asking for cameras, and we’re not proactively asking people to buy cameras,” Lehman said.

“We’re not taking an extremely proactive approach to it. It’s just something that’s out there, and we’re happy to use it if we need it.”

Privacy and surveillance experts expressed concern with the Ring, especially the way the company worked behind closed doors to get cities to sign on. Although nothing about the program is illegal, one expert familiar with the topic said that

“Neighbors experience the power and impact of the Ring Video Doorbell every day,” one press release said. “Ring has contributed to keeping neighborhoods and neighbors safer— from helping people with disabilities more easily see who’s at the door and respond, to helping prevent activities like package theft or home burglaries.”

Although Ring and Amazon have touted the technology’s success in reducing crime, few independent studies have been done to back up that claim. According to an article in the MIT Technology Review published in October 2018, one independent study and a review of public crime data found that neighborhoods without Ring doorbells were less likely to suffer break-in than those with them.

Potential Privacy Concerns

Privacy and surveillance experts have also expressed concern over the impact this technology has on people of color, who are more often perceived as suspicious. By creating a platform for people to engage with and broadcast their fear, one expert believes that groups can be turned against one another to the benefit of the company and the detriment of the community. Similar patterns have been

exploited on Facebook and Youtube, which have come under increased scrutiny since 2016.

People, including some U.S. senators, have also raised concerns about how Ring technology could be combined with Amazon’s work on facial recognition technology, which has been shown to be less accurate for people of color. Similar concerns have also been raised about the use of video surveillance and facial recognition technology as part of Project Green light in Detroit.

For the Troy Police Department, Ring is just one of many tools the community can use to connect with the police.

“These are people who are into home safety more or less and are offering up any evidence they have to us, so that’s great, but we understand if people have concerns about privacy. It’s completely voluntary,” Lehman said.

“They will be on there sharing information potentially about crime anyway, so we can kind of monitor more or less... We would just encourage people to connect with the police department, whether it’s us, or you live somewhere else, via social media - Facebook, Twitter, etc.”



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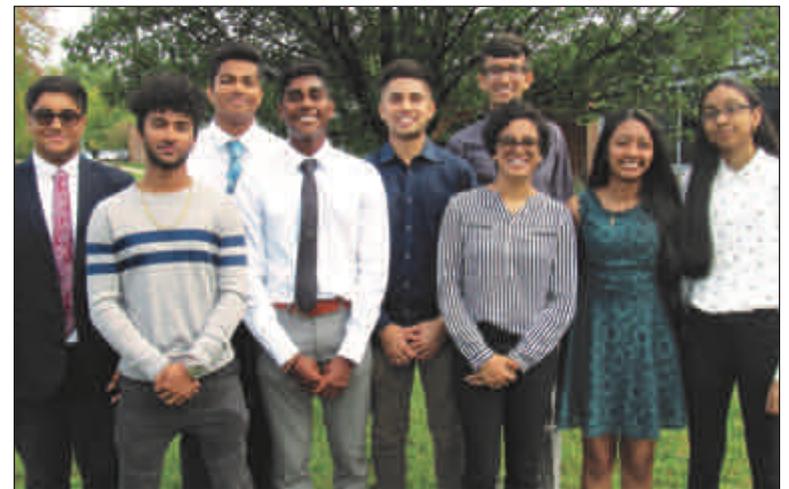
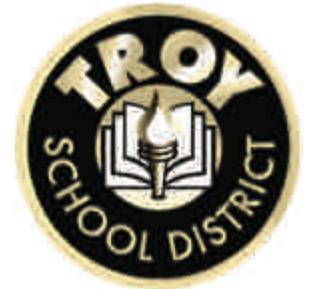
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City Boasts 56 National Merit Scholar Semi-Finalists

Fifty-six Troy School District students have been named National Merit Semifinalists by the National Merit Scholarship Corporation. This honor is bestowed to less than one percent of students nationwide, based on their scores on the Preliminary SAT. About 1.5 million students take the PSAT every year.

"We are extremely proud of our National Merit Semifinalists," said Troy School District Superintendent Rich Machesky. "It's clear that their hard work has paid off. Their achievements are a shining example of what can be accomplished with a strong public school system, dedicated teachers, and a supportive community."

These academically talented high school seniors have an opportunity to continue in the competition for 7,500 National Merit Scholarships worth about \$31 million that will be offered next spring. The Troy School District will hold a reception for the 56 semifinalists on Tuesday, October 30.



INTERNATIONAL ACADEMY EAST: Rohit Bollampally, Balraj Dhanoa, Sreya Gogineni, Aakas Menon, Dixsheta Muralikrishnan, Danyal Raza, Krishay Sridalla, Apurva Vaddamani, and Mahimna Vyas



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ATHENS: Fareeha Baig, Jimming U He, Nithya Jaisankar, Shrutee Rakshit, and Laya Shathyan

Health & Wellness

OU Project in Malawi Aimed at Combatting Malaria

This summer, Oakland University Professor Jon Carroll went to Africa to explore the role drones can play in combating the spread of malaria. The project, which is funded by the United States Agency for International Development, uses precision agriculture to support public health, environmental protection, food security, and other efforts.

feet,” he said. “With drone imagery, the smallest object you can detect is about 3 inches. So, in terms of distinguishing objects from each other and detecting different landscape features, drone imagery is far superior.”

Carroll and fellow researchers, Michigan State University faculty April Frake and Brad Peter, centered their efforts on Malawi’s

intensive crops, mainly rice, which causes puddles to form in the fields. Carroll noted that the research team worked closely with local residents to collect the aerial and ground data.

“I was really impressed by how collaborative and engaged they were in helping us do our work,” he said. “They have intimate knowledge of the local



The research team spent nine days in the East African nation of Malawi, where they collected data to assess the effectiveness of drone imagery in detecting areas of standing water, which are common breeding grounds for mosquitos, the chief transmitters of malaria.

“You have to compare the aerial imagery with data collected on the ground,” Carroll explained. “That’s how you gauge the reliability of the drone photos.”

Although data analysis is ongoing, Carroll said drones are a promising tool to curb the disease. According to the World Health Organization, there were more than 200 million cases of malaria in 2017, with more than 90% of cases and deaths occurring in Africa.

Carroll, who is a FAA-licensed drone pilot, registered professional archaeologist and assistant professor in OU’s Department of Sociology, Anthropology, Social Work and Criminal Justice, explained that drones allow researchers to capture high-resolution images that far exceed the quality of those produced by satellites.

“With standard satellite imagery, the smallest object you can detect is around 7-feet by 7-

Bwanje Valley Irrigation Scheme due to the markedly high rates of malaria found there.

“Malaria is endemic to the region, but it’s not evenly distributed,” Carroll said. “The people that live around this irrigation scheme are at far greater risk than people who live down the road.”

Researchers hope drone imagery can help irrigation engineers and agriculturalists develop strategies that allow water to flow through irrigation schemes more efficiently, avoiding stagnation which enables mosquitoes to breed.

The communities that surround the irrigation scheme are heavily dependent on water-

landscape, as well as the social, economic and political environment.”

Along with field work, the team held lectures on their research at Malawi’s Lilongwe University of Agriculture and Natural Resources. The lectures were well attended by faculty and students – another sign of strong community engagement, which Carroll said is vital to the success of the project.

“If this technology is going to grow and propagate, these are the folks who are going to do it,” he said. “They are the ones who will build on this research and use it to improve the lives of potentially millions of people.”

St. Joe’s to Host Fall Prevention Fair

St. Joseph Mercy Oakland will host a free fall prevention fair on Monday, September 23 from 10 a.m. to 1 p.m. inside the Bowen Senior Center, located at 52 Bagley St. in Pontiac.

The event, which will be held in celebration of National Fall Prevention Awareness Day, will promote fall prevention, balance, and wellness among area seniors.

It will feature ‘A Matter of

Balance’ program, St. Joe’s Senior Fit program, nutrition education, the Area Agency on Aging, and balance testing provided by Oakland County. The event will also feature a social needs assessments and other activities.

For more information on health services offered at Saint Joseph Mercy Health System, visit Stjoeshealth.org/.

Blood Drive at Stage Nature Center

Stage Nature Center will host a blood drive on Thursday, September 19, from 2-8 p.m. for Versiti-Blood Center of Michigan, the primary blood provider for all Beaumont Hospitals and the Henry Ford Health System.

To learn more, call 1-866-MI-BLOOD. People interested in scheduling a donation time can go online to donate.miblood.org/.

Stage Nature Center is at 6685 Coolidge Hwy. in Troy.



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Have Your Kids Tested For Asthma

(NAPSI) The school year can be a hectic time for the families of America's estimated 57 million school kids, but it's also a good time for parents to bring their children to the doctor to get tested for asthma.

According to the Asthma and Allergy Foundation of America, Asthma is a leading cause for chronic absenteeism, which is defined as missing 10% or more of school days for any reason, excused or unexcused. It detracts from learning and is a proven early warning sign of academic risk. This affects young children in particular in ways that can shape academic outcomes for their entire school career.

Asthma causes swelling and narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. There's no cure, but it can be managed with proper prevention of asthma attacks and treatment.

Asthma symptoms vary from person to person. A person may have infrequent asthma attacks, have symptoms only at certain times or have symptoms all the time.

Asthma signs and symptoms include shortness of breath, chest tightness or pain, and trouble sleeping caused by shortness of breath, coughing, or wheezing. Other symptoms include a whistling or wheezing sound when exhaling, and when coughing or wheezing attacks are worsened by respiratory viruses.

If your child shows any of these symptoms, it's even more important to have him or her visit a pediatrician for testing.

In order to accurately diagnose asthma, a doctor will take a detailed medical history of the patient, conduct a physical exam, and test lung function with spirometry. A spirometry test measures the volume and speed of air that a patient can expel from the lungs, this helps determine the type of asthma and the optimum treatment plan.

Treatment generally involves a blend of medication and avoiding triggers such as pollen, chemicals, extreme weather changes, smoke, dust mites, stress and exercise.

The good news is your child can live a normal life with asthma as long as it's properly managed and monitored.

Alzheimer's: The Dental Link We Can No Longer Ignore

HEALTHY MOUTH HEALTHY BODY



by
DR. DANIEL O'BRIEN

Alzheimer's is a debilitating, irreversible disease that alters a person's life,

their perception of it, and their relations with those around them. Over the past several decades, much has been invested in the hope of a cure. Determining the cause has been equally as perplexing. Aluminum, zinc, and food-borne poisons are proposed links to Alzheimer's, but no reliable evidence has been provided to substantiate these claims.

Another area under study is the dental connection: mainly gum disease. The science community refers to this as a "potential link," but the data continues to point more and more to a verifiable connection between oral disease and Alzheimer's. A bacteria named Porphyromonas gingivalis,

found only in an unhealthy mouth harboring the advanced gum disease called periodontitis, is also found in the brain of Alzheimer's patients.

P. gingivalis spurs the production of amyloid beta, proteins that clump together and are the hallmark of Alzheimer's disease. Toxins released by P. gingivalis (called gingipains) are present in brain cells of those with Alzheimer's. Essentially, Alzheimer's may be, in part, a type of brain infection which destroys brain neurons.

Prevalence of periodontal disease increases to 68 percent for those age 65 and older. But nearly half of adults over 30 in the U.S. have chronic periodontitis, according to the ADA. It's not just something that can happen to you when you're in your golden years. Your oral health habits matter now. When patients tell me they have advanced gum disease "because I'm old," I explain that's a fallacy. Neglect over time causes periodontitis and tooth loss, and I've seen it happen in people in their twenties.

Gingivitis is the precursor to periodontitis, and the condition comes with warning signs that you can readily spot. Early signs

include gums that are red, swollen, and bleed when you brush; at this point, you can still turn things around with proper oral hygiene and a trip to the dentist, which is why it's so important to keep that regular appointment, according to the ADA. But once it advances, it's harder to stabilize and the risk for relapse increases.

I've had patients tell me that regardless of the fact I've informed them they have periodontitis, they "just want the normal cleaning." Its not an option. In my younger, more naïve days, I would allow it and have them sign a waiver that they refused proper treatment. Now there is too much evidence for greater systemic issues—some life-threatening, like the Alzheimer's link—for dentists to enable this kind of neglect; it serves only to create more problems for patients, which is antithetical to the responsibilities of the health care profession.

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.

How to Maintain a Healthy Diet with a Busy Schedule

There are reasons why fast food restaurants are so plentiful and successful. Yes, the food that they serve is typically tasty, inexpensive, and addictive. And, in addition, fast food is an incredibly convenient option for those with limited time for meal preparation.

However, the bad news for individuals who regularly include fast food into their busy schedules is that these food options are not always the healthiest. Items quickly served at these restaurants can be loaded with fat, sodium, empty calories, and preservatives. In addition, snacks grabbed out of vending machines and at gas stations and party stores may satisfy hunger for a little while, but they seldom sustain feelings of fullness.

So, how does one keep sustenance healthy while dealing with work, family, social obligations, and everything else that comes with a busy life? Follow these simple tips for inspiration.

Five Healthy Diet Tips for People on the Go

No, you do not need to resort to a lifestyle filled with green super food cocktails and plain

chicken breasts eaten out of Ziploc bags (although, these are certainly not bad options). With a little planning and priority-setting, you can maintain your busy schedule while enjoying a good, healthy diet that is filled with variety.

Make time for breakfast

Skipping breakfast may seem like an easy way to save time but taking a few minutes to break your overnight fast may save you time in the long run by preventing hunger later. Also, a simple fruit or veggie smoothie, some granola, or a couple of boiled eggs will kick start your metabolism, provide you with necessary energy, and likely make you more productive through your seemingly never-ending tasks.

Drink plenty of water

You may think that you need endless cups of coffee to maintain high energy levels and an overall sense of well-being. Yet, simply staying hydrated do wonders for your energy and focus. In addition, consuming an adequate amount of water may make you feel full and prevent you from overindulging in easy-to-grab snacks.

Portion out snacks ahead of time

When things get hectic, snacks are often inevitable. And, when you are distracted, it is easy to carelessly overeat if large quantities of chips, crackers, or candies are available. So, when you have some precious downtime, use small bowls or bags to parcel out healthy-sized portions of snacks to enjoy later.

Wrap it up

No time for a proper lunch? Use leftovers from dinners to create easy-to-eat wrapped sandwiches. You can use large tortillas for this, pita bread, or low-carb wraps that are readily available at most grocery stores. Even those who adhere to a gluten-free diet can easily find wraps to fit their needs.

Look for protein in quick snacks

Again, busy individuals often need to snack. So, when selecting these snacks that will hopefully sustain you through those long meetings, parent-teacher conferences, or house-cleaning marathons, look for high-protein options. Great picks include nuts, string cheese, boiled eggs, and snack or meal replacement bars that are marketed as "protein bars."

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necessity. Oh star of the Sea, help me and show me here-
in, you are my mother. Oh Holy Mary, Mother of God,
Queen of Heaven and Earth, I humbly beseech you from
the bottom of my heart to succor me in this necessity.
There are none that can withstand your power. Oh show
me herein you are my mother. Oh Mary, conceived with-
out sin, pray for us who has resource to thee 3x. Holy
Mother, I place this cause in your hands. 3x Holy Spirit,
you who solve all problems, light all roads so that I can
attain my goal, You who gave me the divine gift to for-
give and forget all evil against me, and that in all
instances in my life you are with me. I want in this short
prayer to thank you for all things as you confirm once
again that I never wanted to be separated from you in
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Wayne State Hosts Executive Breakfast

Looking to become a better leader?

The Wayne State University Global Executive Track program is hosting its first Executive Breakfast and Learn program at the Troy Marriott on Friday, September 27.

The event will feature speaker Nabil Radd, PhD, vice president of Data Analytics, GM Financial Services. Radd is an alum of the program and will speak on the “art and science of creating a transformative analytical organization through collaborative innovation networks.” The presentation is based on research he conducted while in the program to solve specific problems faced by his company.

Breakfast is complimentary and will be held 7:30-9 a.m. Advance registration is required. Those interested in attending should RSVP to nancy.philippart@wayne.edu/.

Wayne State’s Global Executive Track is an engineering doctoral program designed for people who have significant managerial experience, work in a global environment, and have a proven record of leadership. Over 40 executives from several leading companies in automotive, healthcare, IT, service, and consulting industries are currently included.

To learn more, visit engineering.wayne.edu/ise/programs/phd-get.php/.

Constitution Café at Oakland University

The Troy Historic Village and Oakland University are partnering to offer a special Constitution Café on Tuesday, September 24, from 12 p.m. to 2 p.m. at OU.

Chief Justice Bridget McCormack of the Michigan Supreme Court will be a contributor to the discussion, which will focus on the Constitution as a Guide for the Judiciary.

Space is limited, and those who are interested in attending should register through the Troy Historic Village at 248-524-3570.

This Constitution Café is sponsored by the Oakland County Bar Foundation.



Chief Justice Bridget McCormack

Enjoy Autumn at the Stage Nature Center

The kids might be back to school, but there is still plenty to enjoy outdoors at The Stage Nature Center. Trails are open daily from dawn to dusk for walking only. Pets, biking, running, and collecting are not allowed.

Additionally, the nature center is open this summer, Tuesday through Friday, 9 a.m.- 3 p.m., and Saturdays, 10 a.m.- 4 p.m., and offers many programs that teach people about animals and their habitats.

Registration is required for all programs. To sign up, go to stagenaturecenter.org, or call the Stage Nature Center at 248-688-9703 to check on program availability.

Programs are all offered by the Troy Nature Society, a nonprofit organization that has an agreement with the City of Troy to conduct educational nature programs. Troy Nature Society members receive discount for events that require fees.

“Hearth & Soul: Niles Barnard House”

Explore the Nile Barnard House at the Troy Historic Village on Wednesday, September 18, from 6-8:30 p.m.

Visitors can enjoy a special behind-the-scenes tour and explore the history of the Niles Barnard House. Some stair climbing is required for the tour.

To learn more about accessibility, contact the Troy Historic Society.

The cost is \$10 from members of the Troy Historic Society and \$15 for non-members. The price includes light refreshments. Call 248-524-3570 to register.

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