



Health & Wellness - Inside

Troy-Somerset Gazette



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September 2, 2019
Vol. 39, No. 50

Kroger to End Distribution of Free Publications

Here's where you can get your Troy-Somerset Gazette

Kroger corporate notified distributors this week that they are discontinuing their free publication racks at all locations effective immediately. The decision may change where you pick up your Troy-Somerset Gazette.

Here are a few Gazette drop-off locations near Troy Kroger stores:

LIVERNOIS & LONG LAKE

Outdoor newspaper box between Kroger and the UPS Store
MAPLE & COOLIDGE

Outdoor newspaper box at Hollywood Market

BIG BEAVER & JOHN R

Tim Hortons
Troy Deli
Fresh Thyme Market
CROOKS & SOUTH BLVD

CK Diggs
Gloria Jeans
Nino Salvaggio's
18 MILE & DEQUINDRE

Lucky's Liquor
Benito's Pizza
Johnny Cakes

We recognize that our readers may be inconvenienced by Kroger's decision. Feel free to express your opinion with their management.

Thank you for supporting local journalism and thank you to the businesses that carry the Troy-Somerset Gazette.

Inside This Issue

6 & 7

Arts & Entertainment

11

Classifieds



THE LARGE NEW PLAYGROUND at the Troy School District Preschool found Erin Keyser, TSD Director of the Early Childhood Program (far right), helping the toddlers pay their first visit to the playhouse.

Troy Toddlers Have New Preschool Building

by CYNTHIA KMETT

There were hundreds of happy toddlers to be found last week at the brand new Troy School District Preschool as it opened on Square Lake, just west of Livernois and behind the Niles Center.

The 72,000-square-foot facility is open and airy, with areas suited for creative learning.

The \$23 million building did not tap into the district's general fund. Instead, they used existing revenue streams, and the land sale of sites not needed for new

buildings, and some bonds.

Leading the way around the building, Erin Keyser, TSD Director of the Early Childhood Program, is delighted with the new facility. "It feels like a celebration for our entire community – that there is this guarantee our youngest learners will continue to have access to high-quality preschool here in Troy and that it will remain a priority because we know the investment has tremendous impact in the long-term."

There are rooms surrounding

each welcoming pod area in the building, where parents were already gathering to greet each other and the children. There are one-way parent observation windows for a peek inside your child's classroom, and there is a kitchen if you want a hot lunch for your preschooler on the full-day program.

The building's 26 classrooms are designed to serve over 400 students ages 3-5 as well as parent/tot programs for younger

See PRESCHOOL, page 2

City Mulls New Zoning Rules for Businesses Near Homes

by CYNTHIA KMETT

It's been a hot topic – how does the city move forward with development, particularly along Big Beaver's Form-Based Zoning areas and in the city's designated Node Zoning at many corners. While a development may meet all the requirements of zoning ordinances, planners may think it would infringe on the health, safety, and welfare of adjoining single-family neighborhoods.

Some possible ordinance changes have been proposed that would tighten the requirements for developers who want to build next to an already-developed single-family neighborhood. These proposed changes in transition, however, would not affect any projects already submitted nor those in litigation.

Troy's Planning Consultant Ben Carlisle of Wortman Carlisle presented potential changes for non-single family developments that are abutting a one-family residentially zoned property. Changes to height, setback, and greenbelt provisions were presented for discussion to Troy City Council.

Regarding height, any parcel abutting a one-family residentially zoned parcel would not be allowed to exceed 3-stories, 38 feet in height. And any building on a parcel that is not abutting

See ZONING, page 2

New 2018 Ford Mustang EcoBoost Coupe - EcoBoost Engine



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50th Annual Troy Family Daze This Weekend

Every September since 1969 the all-volunteer Troy Family Daze committee has organized a festival to celebrate the community.

An estimated 25,000 people attend the festival, happening this

year September 12-15 at the Troy Civic Center.

All proceeds of the festival go to support charitable groups in Troy.

More at TroyFamilyDaze.org/.

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New Preschool Playground Approved by Youth

PRESCHOOL, From page 1

children. Last week, there were close to 300 preschool-aged children enrolled and nearly 50 in the First Friends and Play to Learn class.

“Programs at the Troy Preschool will place emphasis on authentic literacy as well as connection to our world-class K-12 curriculum and programming, via hand-on/play-based learning,” said Kris Griffor, TSD Assistant Superintendent for Elementary Instruction. “All of these concepts align with the comprehensive vision of the district, World Class by 2020.”

Outside the 25,000-square-foot natural playground was quickly preschooler-approved. There are things to climb on and soon a bridge to cross will be completed. There’s a playhouse in the yard, rent-free.

It’s not too late to enroll your little one at the new preschool. Visit

Tsdpreschool.troy.k12.mi.us/preschool-enrollment/ to sign up and schedule a tour.

Grant-funded free preschool programs such as GRSP (Great Start Readiness Program) and



DO I GET A TURN? Owen seems anxious to climb on the frog in the playground, but a happy and spirited Dorothy doesn’t look ready to slide off just yet.

Head Start are still available in the Troy School District. Contact the preschool office at 248-823-3000 for details.

Come see it for yourself on

Saturday, September 21 at 11 a.m. There will be a ribbon-cutting ceremony for the adults and a playground playdate for the kids.

Planners Look at Tightening Rules for Building Against Single Family Homes

ZONING, From page 1

but less than 300 feet from a one-family residentially zoned parcel could not exceed 4-stories, 45 feet in height.

The idea, especially on Big Beaver, was to have taller buildings on the street and step down the height as they hit single-family neighborhoods. The current ordinances, however, say buildings can be as high as five, even six stories. This has been quite a problem since developers along Big Beaver have built one-story plazas instead of the taller buildings envisioned when the ordinances were written back in 2008.

It appeared some members of the Planning Commission thought these changes were opening up the area for developers. Planning

Director Brent Savidant had to remind them on several occasions, these new rules would be stricter if adopted.

Setback and Greenbelt considerations presented by Carlisle included that the setback be the height of the proposed building or 20 feet, whichever is greater, and a minimum 20-foot landscaped greenbelt to be maintained.

There was some discussion about the setback (how far away a building must sit) and greenbelt (a landscaped area against the property line).

Trustee Karen Crusse thought 20 feet of green space wasn’t enough. Trustee Sadak Rahman wanted 100 feet. No decisions were reached on any of these questions.

Local Used Car Dealer Named National Quality Dealer of the Year

City of Cars President Otto Hahne was recently named the National Quality Dealer of the Year by the National Independent Automobile Dealers Association at the 73rd annual convention and expo in Las Vegas.

The award honors dealer nominees representing their state associations from across the country. The National Quality Dealer is chosen by a selection

committee and based on a variety of factors including contributions to the automotive industry, the state, and national associations and community involvement.

In addition to the title, Hahne will have an emergency response vehicle donated to the local chapter of the American Red Cross on his behalf.

City of Cars is at 1695 Stutz Dr. in Troy.

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FIVE STAR

White Chapel Memorial Park Cemetery Hosts Annual Care Package Drive for Overseas Military

White Chapel Memorial Park Cemetery in Troy is hosting its 12th Annual Care Package Drive to provide “a little bit of home and comfort” to overseas military troops. The care package drive kicks off on Sunday, September 8, during White Chapel Memorial Park Cemetery’s Fourth Annual Patriots Race to benefit the Michigan Wounded & Returning Warriors Program. Race participants are encouraged to donate items to the care package

drive.

“Our troops are grateful to receive care packages from home with new items they can use right away,” said David Krall, Vice President, White Chapel Memorial Park Cemetery. “We are excited to team up this year with Auburn Hills-based Desert Angels, Inc. founded by Louise Blain. A team of volunteers will package the items collected and send them to overseas military personnel from Michigan.”

Anyone interested in donating items for the care package drive can drop them off from 8 a.m. – 6 p.m. through Friday, September 20, at White Chapel Memorial Park Cemetery at 621 W. Long Lake Rd. in Troy in the Temple of Memories. A list of suggested items to donate can be found at whitechapelcemetery.com.

“One care package impacts more than one soldier,” Krall said. “The contents are shared with their platoon as well. We are

honored to bring a ‘little bit of home and comfort’ to our brave heroes.”

Known as Michigan’s veterans’ cemetery, White Chapel Memorial Park Cemetery is home to several veterans’ memorials, including the WWII Four Freedoms

Memorial, inspired by President Roosevelt’s Four Freedoms.

For more information on the care package drive for troops, please contact (248) 362-7670 or visit whitechapelcemetery.com for a full list of suggested items to donate.

Troy Chamber of Commerce Welcomes New President

The Troy Chamber of Commerce Board of Directors selected Tara Tomcsik-Husak as the organization’s next chief executive officer. Tomcsik-Husak, who currently serves as the Senior Director of Life Enrichment at Common Sail Investment Group, assumed the role of Troy Chamber President and CEO on August 12.

“I’m ecstatic to be working alongside such a talented chamber team,” Tomcsik-Husak said. “Together, we will continue to build strong partnerships and connections for the Troy business community.”

Tomcsik-Husak’s appointment

concludes a search process facilitated by Amy Cell Talent, a Michigan search firm focused on supporting the growth of Michigan companies through talent placement. An initial prospect pool was narrowed by stages to a final group who interviewed with the board’s search committee.

“After an extensive search for a new President & CEO of the Troy Chamber of Commerce, we are pleased to have selected Tara Tomcsik-Husak,” said Lisa Berden, Chair of the Troy Chamber of Commerce Board of Directors.

Tomcsik-Husak brings over 20 years of experience in nonprofit

management, entertainment, and hospitality industries. She holds degrees in Communications and Peace and Conflict Studies from Wayne State University. In 2018, Tomcsik-Husak was recognized as one of Oakland County’s 40 under 40 recipients. She currently serves on the Patron Council for Mosaic Youth Theatre of Detroit, the Business Advisory Board of Madonna University, and as past co-chair of the Energizing Communities to a Healthier Oakland committee.

To learn more about the Troy Chamber of Commerce, visit troychamber.com/.



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LETTER TO THE EDITOR

Re: Baker Wants Investigation into "Culture of Complicity" by Cynthia Kmett from August 26, 2019

Thank you for shining the light on this important story. Transparency is good government. If there is nothing to hide our local elected officials should welcome the opportunity to provide fact-based details to the voting public.

I commend Mayor Pro Tem Baker for stepping up and requesting the Investigation of each city council member. He was the 'swing 4:3 vote' during the volatile Brian Kischnick 'saga.'

Clearly, the results of the Attorney Craig Lange Report, the findings of Plante Moran Forensic Study and the "Top-down Culture of Complicity" in our city

government exposed a dark story aggressively hidden by some on council. The buck stops at the City Council.

With brilliant leadership, Councilmembers Edna Abraham, Ellen Hodorek, David Hamilton, and Mayor Pro Tem Baker have reset the clock. The November 2019 election ballots are arriving in the mail. Troy voters are intelligent and show up when it matters most. They expect good government and the best and brightest to represent our city.

I have been following the patterns and details surrounding Troy city council. Brian Kischnick sits in federal prison. To say he is a "bit shady" is an understatement. His enablers are exposed and remain the symptom of the problems we face today.

I am waiting for my AV ballot to arrive, informed and ready to be a difference-maker with a vision of a better tomorrow.

Toby Gosselin
Troy

Landscaping Company Pays \$97,286 in Back Wages for Violations of H-2B Visa Program

The U.S. Department of Labor found Twin Pines Landscaping Inc., a Troy-based company, in violation of the Fair Labor Standards Act (FLSA) and the labor provisions of the H-2B temporary visa program.

An investigation by the Department's Wage and Hour Division found the landscaping company failed to pay overtime, failed to pay required prevailing wages, and offered more favorable employment terms to temporary foreign employees than to U.S. workers.

Investigators found the landscaping company violated H-2B requirements by paying

landscape laborers flat weekly salaries that failed to cover all of the hours worked at the required prevailing wage. The company also failed to comply with the provision prohibiting preferential treatment of H-2B employees by offering foreign employees free housing, which was not advertised on the job order when recruiting U.S. workers. Twin Pines also failed to provide accurate earning statements.

The employer violated FLSA overtime requirements when it paid employees flat weekly salaries without regard to the number of hours they had actually worked. This practice resulted in violations when employees

worked more than 40 hours in a workweek, but the employer failed to pay overtime.

Twin Pines paid 15 H-2B landscape laborers \$97,286 in back wages to resolve the violations. In addition to the back wages, the Wage and Hour Division assessed the employer \$48,241 in civil money penalties.

"Any employer seeking to hire H-2B guest workers must abide by all of the program's requirements," District Director Timolin Mitchell said. "The Wage and Hour Division is committed to safeguarding American jobs, leveling the playing field for law-abiding employers, and protecting vulnerable workers from being paid less than they are legally owed."

For more information about the FLSA, and other laws enforced by the Wage and Hour Division, contact the Division's toll-free helpline at 866-4US-WAGE (487-9243). Employers who discover overtime or minimum wage violations may self-report and resolve those violations without litigation through the paid program. Information is also available at dol.gov/whd/, including a search tool for people who think they may be owed back wages collected by the Division.

Troy's Co-Working Office Space Growing

Troy is seeing rapid growth of co-working office space.

This type of office arrangement is particularly appealing to work-at-home professionals, independent contractors, freelancers, people who travel often for work, start-up companies, and foreign-based

Intelligent Office at 755 W. Big Beaver, Media Genesis at 1441 E. Maple, Nextwave at 950 Stephenson Hwy., Regus at 100 W. Big Beaver and 101 W. Big Beaver, Surge Colab at, 901 Tower Drive, and Seven Co at 888 W. Big Beaver, which is scheduled to open in October 2019.



NEED A PLACE to meet with clients, but don't want to spend the entire day there? The New EpiDesk on Troy Center Drive might suit your needs perfectly. From left, Hadiya Aleem Khan, Aleem Khan, Humaira Aleem Khan, Mayor Dane Slater cut the ribbon at EpiDesk. Photo courtesy of Cindy Stewart, City of Troy

companies seeking an initial local presence.

Recently, the temporary and virtual office space EpiDesk opened at 2701 Troy Center Drive. The office encompasses a variety of on-demand administrative, communication, and business development services. It is professionally staffed and designed to help mobile executives and small businesses run and grow

EpiDesk offers creative working areas and office spaces including meeting rooms, conference rooms, day offices, virtual offices, hot desks, and dedicated desks for business owners. Options for booking are flexible and dependent on clients needs. Amenities include key card access, window views, a lounge area, secure high-speed WIFI/LAN connections, 4K HDTVs, fully furnished spaces complete with executive desks, ergonomic chairs and lockable storage, and an open kitchen.

EpiDesk is not the only co-working space in Troy. Other locations include: AmeriCenter of Troy at 200 E. Big Beaver, Byte & Mortar at 2609 Crooks Road, Citypace at 164 Indusco Court, HubworX360 at 360 E. Maple,

To learn more about the specifics of each office space, including how to reserve a work area, visit their websites.

Credit Union Raises Funds for Mini Jeeps for Children's Hospital

by HEIDI KASSAB
President and CEO,
Cornerstone Community Financial

Every September for the past three years, Cornerstone Community Financial Credit Union has hosted a community-wide teddy bear drive to benefit

drive!

All September long, the credit union is raising money for ten child-sized ride-on Jeeps to donate to the Children's Hospital of Michigan in honor of Childhood Cancer Awareness month. In total, the ten mini Jeeps will cost

above \$2,500 will be donated to the oncology department at CHM to assist families with treatment costs.

CHM is part of a growing number of hospitals that allow children to drive themselves to surgery or other medical procedures in toy cars instead of being wheeled in on a bed or wheelchair. While the cars are remote controlled by a parent or nurse for safety reasons, it adds an element of fun to an otherwise stressful situation.

Lowered anxiety is a good thing for reducing surgical complications caused by high blood pressure and heart rate. The mini vehicles will be used in CHM's surgical and out-patient locations to drive children to tests, surgery, check-ins and procedures – whenever a room change is necessary.

We are thrilled to be partnering with CHM for a third year to help their patients and families during what can be stressful and scary situations. We hope these mini Jeeps bring a smile and some fun to each of the children who drive them. At Cornerstone, supporting our surrounding communities is the foundation of who we are, so to be able to partner with another incredible organization to give back is truly an honor.

To donate online, visit CCFinancial.com and follow the prompts, or visit CCF's Facebook page. CCF members can also donate at any CCF branch.



seriously ill children at the Children's Hospital of Michigan. This year, Cornerstone is hoping the community will join them on a new kind of drive – a mini-Jeep

approximately \$2,500.

Donated funds will go toward purchasing the ten mini vehicles to be distributed to CHM's seven locations. Any funds over and

This September, CCF is raising funds for 10 ride-on Jeeps for the children at the Children's Hospital Of Michigan.

Donate today at CCFinancial.com

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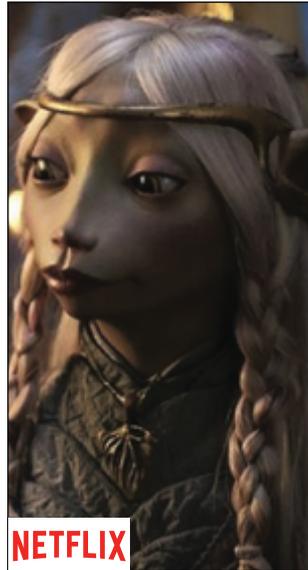
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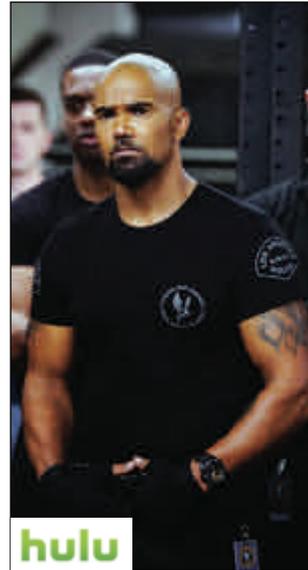
Arts & Entertainment



THE FANATIC
R, Thriller/Mystery



AGE OF RESISTANCE
NR, Netflix original



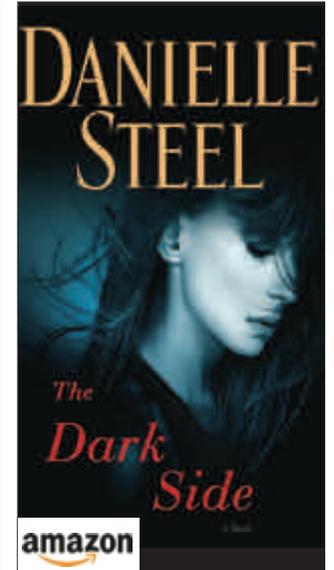
SWAT: SEASON 2
PG-13, TV Drama



THE HUSTLE
PG-13, Comedy



ICONOLOGY
Missy Elliott



THE DARK SIDE
Danielle Steel

MUSIC

The Reefermen Thursday, September 5, 7:30 p.m. Shield's Pizza, Troy

The Doozers Thursday, September 5, 7:30 p.m. The Loving Touch, Ferndale

Jack's Revenge Friday, September 6, 7:30 p.m. Birmingham/Troy American Legion Post 14

Jonas Brothers Saturday, September 7, 7:30 p.m. Little Caesars Arena

ON STAGE

Fresh Sauce Sundays, 9 p.m. Go Comedy! Improv Theater, Ferndale

Cats (Touring) September 1-8, Fisher Theatre, Detroit

Free Fall Open House at Michigan Actors Studio Monday, September 9, 7 p.m. S3 Entertainment Group, Ferndale

Hollywood Arms Friday, September 13, 8 p.m. Ridgedale Players, Troy

AROUND TOWN

Quizzo Thursdays, 8 p.m. Norm's Field of Dreams, Troy

Troy Farmers Market Friday, September 6, 2 p.m. Troy Public Library Parking Lot

Battle of the Badges Friday, September 6, 7 p.m. Donald J. Flynn Park, Troy

Utica Antiques Market September 7-8, 21 Mile Rd. 1 mile east of Van Dyke

Fortified Women's Conference Workshops 2019 Saturday, September 7, 12 p.m. Troy Community Center

Bonsai Workshop Saturday, September 7, 1 p.m. Telly's Greenhouse, Troy

3D Printer Workshop Monday, September 9, 5 p.m. Walsh College, Troy

50th Annual Troy Family Daze September 12-15, TroyFamilyDaze.org

Michigan Renaissance Festival Now - September 29, 10 a.m. - 7 p.m. Tickets are \$20.95 for adults and \$12.50 for children, Holly

LIBRARY

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

Word 2016 Basics Class Tuesday, September 3, 6:30 p.m.

Thursdays at the Museum: Detroit's Finest Thursday, September 5, 11:45 a.m.

TPL Open House Sunday, September 8, 1 p.m.

The History of Tiger Stadium: A Love Letter to Baseball Monday, September 9, 7 p.m.

Drop-In Downloads Thursday, September 12, 2 p.m.

In Honored Glory Tuesday, September 10, 6:30 p.m.

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

Ask a Funeral Director: A Consumer's Guide to Funeral Planning Monday, September 16, 7 p.m.

KIDS & TEENS

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

Shibori Saturday, September 7, 10:30 a.m. Ages 10-12

Dr. Seuss's Horse Museum Storytime Saturday, September 7, 11 a.m. Barnes & Noble, Troy

Knee-High Naturalists for Ages 2-4 Thursday, September 12, 10 a.m. Stage Nature Center, Troy

SAVE THE DATE

Jason Aldean September 28-29, DTE Energy Music Theatre, Clarkston

Michigan Left Saturday, December 21, 8 p.m. The Loving Touch, Ferndale

Detroit Pistons vs. Los Angeles Lakers Sunday, March 22, 6 p.m. Little Caesars Arena, Detroit

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

GAZETTE RECOMMENDS...

MISSION IMPOSSIBLE: FALLOUT



Mission Impossible Fallout has the heart-racing action sequences and jaw dropping stunts we've come to expect from the franchise, plus a twist I didn't see coming – but maybe I'm too trusting. The film is now available on Amazon Prime, so if you're looking for a fantastic summer blockbuster to watch this Labor Day weekend, check it out.

- Elena Durnbaugh, Editor

Virgo: Enter the Fall Season A Happier, Healthier You

YOUR SEPTEMBER HOROSCOPE

by
PAULA LYNDE

VIRGO (Aug 23-Sept 22): There is no surprise in the fact that you have been working hard lately. As a Virgo, aren't you always industrious, punctual, and seemingly tireless in your daily pursuits? However, you are due for a break, and it is likely that at least a mini vacation is in your near future. You may also be thinking of a move, and this month is a great time for you to look for that ideal house, condo, or apartment. In addition, you may hear the gym calling your name, so you may enter the fall season as healthier, happier version of yourself.

LIBRA (Sept 23-Oct 22): This is the month for unleashing your inner party animal, Libra. It is likely that you will be in the mood to spend time with friends, just hanging out and having fun. And there is certainly nothing wrong with enjoying a little extra leisure. Just make sure that you don't allow your responsibilities at work and at home slide too much. After all, you still have goals and backsliding at this point may lead to unnecessary disappointment toward the end of the month. Live it up but stay the course.

SCORPIO (Oct 23-Nov 21): It is likely that work is important to you this month, Scorpio. If you are true to your sign, it is only natural that you excel at what you do. But do you love what you do? And are you consistently given the proper credit for your hard work and dedication? If everything is not as it should be with your job, now is a good time to consider a change. This will make for a good topic to discuss while you unwind with friends and colleagues during your much-deserved downtime.

SAGITTARIUS (Nov 22-Dec 21): Make a wish, Sagittarius. This is a great month for making wishes come true. But what, in your heart of hearts, do you really want? The answer to this question may surprise you. And, fortunately, this ability to realize your desires will coincide nicely with a big decision that you will need to make toward the end of the month. Chances are, you are already aware of the issue, and you are scratching your head over the best solution.

Fret not, though, as a crystal-clear answer is just around the corner.

CAPRICORN (Dec 22-Jan 19): This month, Capricorn, you are likely torn between a desire to get out and have fun and intense ambitions toward learning new skills. So, why not live your best life by combining the two options? Pursue a skill or hobby that you find fascinating, and you should have an enjoyable time adding to your skill set. Also, when you are pressed to make important decisions during the next two weeks, trust your instincts and go with your gut. Your intuition will likely guard you against overthinking.

AQUARIUS (Jan 20-Feb 18): The spotlight is on you this month, Aquarius, so put your best foot forward in everything you do because people WILL notice. So, if you are looking for a raise or promotion at work or to catch the attention of someone special (or potentially) special, now is the time to shine. In addition, you should have numerous opportunities in the next few weeks to meet new and interesting people. Or, individuals from your past may resurface, presenting you with opportunities to relive fond memories.

PISCES (Feb 19-March 20): You are not normally the complaining type, Pisces. But, this month, you are likely feeling a little stressed over the amount of work that you are doing and your seemingly endless list of responsibilities. And you should allow yourself some venting time. Sometimes it helps just to get

concerns off your chest. Also, it is likely that your friends, colleagues, and loved ones can present you with solutions that you may have overlooked. Finally, all of your hard work and dedication should pay off in a big way toward the end of the month.

ARIES (March 21-April 19): You may find yourself bitten by the health bug this month, Aries. Suddenly, moving into fall, you've likely decided that you could benefit with a little more fitness in your life. So, do not shy away from changing up your routine. This is a great time for changes, and you may draw inspiration from the little alterations you make to things such as your daily exercises and open yourself up to changes in your job, your geographical location, or your romantic life.

TAURUS (April 20-May 20): While you may normally enjoy traveling or at least being out and about with friends and loved ones, there is a good chance that, right now, you are feeling more like a homebody. And that is certainly okay, Taurus. Now is a good time for you to focus on tasks in and around the home. Or, if you want to socialize, try hosting an at-home barbeque or movie night. Just be mindful of how much time you are spending online with your favorite retailers because your potential to overspend may be high this month.

GEMINI (May 21-June 20): This is a great month for you to trust your intuition, Gemini. Believe it or not, your gut and possibly even your dreams are

likely trying to tell you something important. So, listen to yourself before making any major decisions. You may also find that you have a sudden desire to organize your life. From your sock drawer to your financial accounts, you are likely craving order in all things. So, embrace your inner neat freak because all this organization will prepare you for a potential upheaval ahead.

CANCER (June 21-July 22): If you have a hidden talent, this is a great month to let your little-known ability shine. Go ahead and enter that photography contest, hit the karaoke bar, or start that novel that you have always dreamed of writing. This will likely be a pleasant diversion from an issue that may have recently developed with a close friend. There is a good chance that a simple misunderstanding has gone too far. And, if this is the case, try to be patient while resisting the urge to compromise too much. The problem will likely work itself out very soon.

LEO (July 23-Aug 22): This is your month to stand out, Leo. If you have an impulse to go against the grain and separate yourself from the crowd, go with it. It is likely to your innovation will be rewarded. You may also find that it is time for a positive change in your career, with your home situation, or in some other important area. And, if this is the case, do not shy away from bold moves. Finally, if financial woes are inhibiting your lofty ambitions, you should experience significant relief near the end of the month.

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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Health & Wellness

Upcoming Blood Donation Opportunities

Stage Nature Center will host a blood drive on Thursday, September 19, to support the Versiti-Blood Center of Michigan.

The center is the primary provider for over 70 hospitals in Michigan, including Beaumont, Henry Ford Health System, and

Ascension Hospitals.

People can schedule a time to donate by going online to dontate.miblood.org, and walk-ins are also welcome. To learn more, call 1-866-MI-BLOOD.

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



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Can't Sleep? Do You Have Headaches or TMJ Pain? New Data Shows This May Not Be Just a Coincidence

FOR YOUR HEALTH



by
JEFFREY S. HADDAD, D.D.S.

For almost 20 years, we have successfully treated patients suffering from headaches and an array of jaw pain symptoms, categorized as temporomandibular joint (TMJ) disorders. People suffering from TMJ disorders can exhibit symptoms like migraines, ear ringing (tinnitus), and vertigo. However, recent data indicates an estimated 75% of people with TMJ also suffer from sleep breathing disorders such as snoring and sleep apnea, which have become huge health concerns in today's society. Concurrently, 52% of people with sleep disorders suffer from or have the potential for TMJ problems. It is estimated, that in the next 5 years the number one killer in the United States which is heart disease, could be attributed to undiagnosed or untreated sleep apnea! When treating these TMJ and sleep patients, a dual approach is highly recommended for proper care of these people.

A combined approach to TMJ and Sleep Disorders

Neuromuscular dentists who routinely treat TMJ disorders have always focused on proper jaw alignment and muscle physiology for overall dental health, a guiding principle that has advantages in treating obstructive sleep apnea. We use various instruments, including advanced

muscle tracking technology, to diagnose and treat our TMJ patients. Therefore, in response to the latest research, we realized that it was very appropriate to utilize this same technology to treat our obstructive sleep apnea patients. Mainly, because an inaccurate sleep appliance can send these fragile patients into a potential TMJ pain spiral.

Patients with TMJ disorders frequently have a destructive or misaligned bite which forces their lower jaw backwards. This backwards positioning can increase the degree of blockage of a person's airway while they sleep, which leads to obstructive sleep apnea (OSA). Conversely, a person with an obstructed airway may clench or grind their teeth, which can deteriorate the bite, leading to TMD symptoms and pain. It's a bit of the chicken or egg syndrome, but the patient isn't concerned with which problem came first, they just want to feel better.

Sally Shrock of Rochester is a patient who experienced symptoms of obstructive sleep apnea. She says her life was changed following OSA treatment. "I love my new sleep appliance! It is not uncomfortable at all and well worth the cost. For the first time in years, I now sleep like a baby with very little snoring. What a blessing that is for me and for my husband."

Self-treatment for snoring or sleep apnea is NOT recommended because one-size-fits-most sleep apnea appliances can hurt, not heal. The incorrect appliance can force patients into a headache/jaw pain spiral. We have unfortunately treated patients in

our practice who have been adversely affected using over the counter, Internet ordered, or poorly made sleep appliances. When new, precisely measured sleep appliances were made based on their personal muscle physiology, their pain symptoms were relieved, and their sleep issues were addressed.

There is a significant increase in people suffering from a TMJ and/or sleep disorder. We continue to refine treatment approaches and the design of oral therapy appliances as new information, research and technology have become available. This new data showing the similarities between TMJ and sleep disordered patients is extremely important for dentists to know when making dental sleep or TMJ appliances. We have seen very predictable and successful results with these techniques and continue to treat and monitor our patients in this very safe, measured approach.

Jeffrey S. Haddad D.D.S. received his Bachelor of Arts degree in Psychology from the University of Michigan in 1997. He completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the Las Vegas Institute for Advanced Dental Studies. Dr. Haddad lectures nationally on cosmetic dentistry, TMJ and sleep disorders, and teaches other dentists the latest techniques in TMJ and Sleep.

For more information, visit www.michigantmjandsleep.com or call his office at 248-480-0085

Incorporating Exercises That Help Target Core Muscles

Ab crunches and sit-ups are classic exercises that target limited core areas, but multiple moves are needed to work the entire core and promote optimal results.

The Plank

Hit your rectus abdominis and other abdominal muscles hard with a basic plank, which can yield incredible results if done regularly and correctly. To achieve a plank position, place your forearms on the ground with your legs straightened out behind you. Hold yourself up above the floor with toes planted and heels raised. You can also do a plank with your palms on the ground, directly under your shoulders, with your

arms straightened. Draw your abdominal muscles in and straighten your back for maximum impact and hold plank for at least 10 seconds. Gradually work your way up to 60-second intervals.

The Side Plank

Side planks engage oblique muscles, which are the muscles that run along the sides of your abdominal muscles. To do a side plank, roll onto your side and place your bottom forearm firmly on the floor. Then, stack or stagger your feet with legs stacked and extended. Supporting yourself with the forearm, pull in your abdominal muscles and lift your hips off the ground, trying to keep your body in a diagonal line with

your shoulders aligned with your hips. Hold for 10 seconds at first, then gradually work up to 60-second intervals.

Push-Ups

Push-ups are a common exercise, but it is easy to do them incorrectly and minimize their impact. Push-ups, of any kind, are most effective when the body is held in a straight line while the elbows bend and straighten. It's perfectly acceptable to do push-ups with your knees on the ground if done correctly.

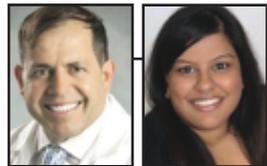
With hard work and attention to detail, your work out can result in a well-toned back as well as stronger abs, shoulders, and arms.



Deep Vein Thrombosis and Pulmonary Embolism Explained

FAMILY PRACTICE

by

DR. NEIL JADDOU &
SRIKRUTHI KAKULAVARAPU, M.D., CHIEF EXTERNDeep
Vein

PE? Signs and symptoms include shortness of breath, increased heart rate, sudden chest pain, cough with bloody phlegm, low-grade fever, and fainting spells.

Seek medical attention if you see any of these signs. It is important to get medical attention as soon as possible to avoid further risk of damaging vital organs such as your lungs, to a life-threatening degree.

Deep vein thrombosis and pulmonary embolisms are very dangerous in many ways. Always maintain a balanced diet and exercise for at least thirty minutes a day for 4-5 days a week to avoid such complications. Talk to your doctor about how ways to cut down on smoking and take periodic breaks on long car rides or walk around in the airplane to reduce the stagnant blood that can cause a clot and cause life-threatening issues.

Somerset Family Medicine, located at 1615 W Big Beaver Rd Suite A-4. To learn more about Somerset Family Medicine, call 248-816-1010 or visit drjaddou.com/.

Thrombosis (DVT) is defined as a blood clot found in your legs, thighs, or your pelvic area. There are many causes to a DVT and some very defining factors to help you know if you are suffering from one.

You may have an increased danger of developing a DVT if you have risk factors including immobility, any genetic or inherited blood disorders, and any oral contraceptive use.

Other risk factors include pregnancy, obesity, smoking, cancer, and being over the age of 60.

How do you know if you have a DVT? Signs and symptoms include swelling or a feeling of tightness in the lower extremity, and warmth or possible changes in the color of the skin. Those showing symptoms may also experience worsening tenderness of the leg, redness or discoloration, and pain on lifting your foot upwards when sitting down.

Seek medical attention if you see any of these signs. It is very important to get the help fast so that you do not permanently damage the limb or have complications, such as stroke or pulmonary embolism.

Pulmonary Embolism (PE) is a blockage of your arteries in the lungs. Usually the blood clot moves or "embolizes" through the system and moves from your legs up to your lungs. The same risk factors as for a DVT apply to PE.

How do you know you have a

Nursing and Nursing Assistant Hiring Blitz

Join representatives from Beaumont to learn more about nursing and nursing assistant careers at Troy Beaumont.

This event is at the Qazi Auditorium. Park in the event parking located outside of the Mocerri Learning Center.

Participants are encouraged to bring multiple copies of their resume

Apply online before attending: Beaumont.org/careers/.

Saint Joe's Receives \$19 Million Grant from National Cancer Institute

Saint Joseph Mercy Health System (SJMHS), a member of Trinity Health, and its Michigan Cancer Research Consortium (MCRC) have been awarded a grant for \$19.3 million as part of the National Cancer Institute's Community Oncology Research Program (NCORP). The award places Dr. Philip Stella, the principal investigator, as one of the top-funded cancer researchers

in the state of Michigan.

St. Joe's MCRC was selected as one of 34 community sites across the country to receive the 6-year NCORP grant enabling patients throughout the 13-hospital consortium to participate in clinical trials offering access to cancer treatments.

"This grant will supplement and expand the leading-edge research being done at St. Joe's as

we help develop tomorrow's breakthrough treatments while offering hope for today," said Beth LaVasseur, RN, MS, Executive Director of Oncology and Research, Saint Joseph Mercy Health System.

For more information including a list of current clinical trials, call 734-712-3671 or visit Stjoeshealth.org/cancercare-clinical-trials/.

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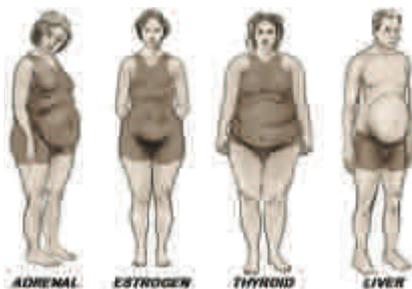
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Sure It's Delicious, But There Are Also Health Benefits of Dark Chocolate

In a perfect world, creamy milk chocolate (perhaps in hot fudge form with a side of vanilla ice cream) would ward off every disease known to humankind, prevent obesity, and cure acne. Unfortunately, this does not appear to be the case. Although in recent years, there has been a buzz in the media about health benefits linked to dark chocolate.

This is potentially great news for those who like the deep, rich, and somewhat bitter flavor offered by this chocolate that is heavy on cocoa and light on milk fat. But what's the real scoop on the benefits provided by dark chocolate? And is it wise to include at least a little bit in a healthy diet?

Five Reasons to Incorporate

Dark Chocolate into a Healthy Diet

According to Healthline.com, there is scientific evidence to support the following claims about dark chocolate. Of course, as with any dietary addition, before increasing dark chocolate consumption, consult your doctor if you have any health concerns.

1 - Dark chocolate is packed with antioxidants.

Compared to other foods, such as acai berries and blueberries, dark chocolate contains higher amounts of antioxidants such as polyphenols, flavanols, and catechins. These antioxidants can effectively "disarm" free radicals and prevent them from doing harm to human bodies.

2 - Dark chocolate may increase blood flow and lower cholesterol.

While studies have yielded lukewarm results, it is widely believed that flavanols in dark chocolate stimulate the lining of the arteries, called the endothelium. This, in turn, produces nitric oxide that helps blood flow through the body, decreasing the likelihood of blockages.

3 - Dark chocolate may reduce the risk of heart disease.

One study tracked the health of elderly men over a 15-year period and showed that regular



cocoa consumption may reduce the risk of heart disease by as much as 50%. Why? Compounds in dark chocolate may reduce the oxidation of LDL. This causes less cholesterol to lodge in artery walls and protects the heart.

4 - Dark chocolate may protect your skin from sun damage.

Improved blood flow provided by the flavanols found in dark chocolate also affects the skin. This increase blood movement

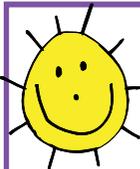
allows skin to soak up more hydration and improves its density. And this improves the skin's ability to protect itself against potentially dangerous UV rays from sunlight.

5 - Dark chocolate may improve brain function.

Does chocolate make you smarter? It may at least make you feel more alert and less forgetful. Increased blood flow in the body also has positive effects on the brain, improving cognitive functions, especially among elderly individuals who may be at risk for dementia. In addition, the caffeine in chocolate temporarily increases alertness. For this reason, those who are sensitive to caffeine should limit their chocolate in the hours right before bedtime.

Finding the Best Chocolate for a Healthy Lifestyle

When choosing chocolate to add to recipes or enjoy on its own, always select varieties that contain at least 85% cocoa. Otherwise, you may end up adding more sugar and fat to your diet than you had intended.



Berge Najarian, D.D.S.



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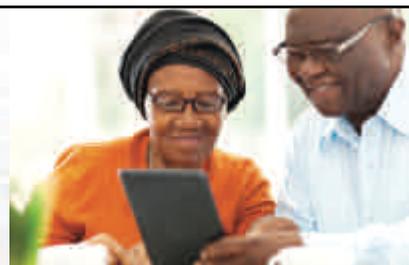
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September 2, 2019



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 Cynthia Kmett

Editorial Contributors
 Elena Dumbaugh
 Amy Fortune

Advertising
 Pam Brown

Production
 AJ White

Circulation
 Melissa Leung

DISPLAY ADVERTISING:
 248-524-4868
 Advertising@GazetteMediaGroup.com

TO SUBMIT EDITORIAL:
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Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers. Forgotten Harvest is always in need of monetary donations and volunteers. Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

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

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GET YOUR GAZETTE

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

Troy-Somerset Gazette

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

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Troy Police Patrol: Life Lessons You Didn't Think Anyone Still Needed to Learn

POLICE PATROL



by
CYNTHIA KMETT

■ NOT THE BEST WAY TO SHOW UP TO SEE YOUR P.O.

A probation officer at the Oakland County Probation Department on Crooks reported that a 20-year-old female from Ypsilanti Township came in for a scheduled meeting and was found to have two oxycodone pills in her purse that she does not have a prescription for. She was also found to be in possession of a fraudulent State of Pennsylvania Driver's License with her picture on it. The items were confiscated and criminal charges for Possession of Narcotics and False Identification are being sought through the Oakland County Prosecutor's Office.

■ **TIME TO CLOSE SOME ACCOUNTS** – These Troy residents reported they have been harassed by a suspect referring to himself as “Johnny.” Over the past nine months, the suspect has been able to open 15 credit cards in their names, removed \$200 from their bank account, and complete fraudulent charges on their credit cards. The suspect has contacted them by phone demanding \$500 in iTunes Gift Cards and has provided their financial account passwords, threatening to drain them. The victims believe the identity theft occurred when they took a call from Singapore from whom they thought was Apple Technical Support, and allowed the caller access to their Apple devices and accounts. If you have computer problems, go to the Apple store at Somerset Collection. And never let someone who calls you on the phone have access to your computer.

■ **NO ONE LEGIT WANTS TO BE PAID IN GIFT CARDS** – This one sounds familiar. These Troy victims received a phone call from an unknown subject claiming to be from Apple Company Customer Support. The subject informed the victims their computer had been hacked and needed to have access to it which the victims provided, enabling the subject to access it remotely. The subject then convinced the victims to purchase two \$500 Game Stop Gifts Cards to pay for the service. The victims did as requested and provided the serial numbers to

the subject. The victims discovered they had been scammed when they contacted Apple Support on their own.

■ **THIS WAS A SURPRISE** – Our victim received a call from his bank asking if he was transferring \$40,000 to another bank, which he informed them that he was not. The victim discovered an unknown suspect obtained his personal information including his passwords in order to transfer the money. The victim discovered several days later that \$20,000 in the account was successfully moved. The victim did not give anyone permission to do such and does not know how his information was compromised.

■ **HOW DID THEY GET IN THE GARAGE?** A Sheffield resident discovered after parking his tarped boat in his garage, unknown suspects stole his fishing equipment which included 12 fishing rods and reels, two Cisco Rod Holders, two triple rod holders, two Tree Mast Rod Holders, four single rod holders and mounts, the A&S Hand Reels, five Firstmate Tackle Box and lures, five Plano Tackle Boxes, and a pair of Ray-Ban Sunglasses. The victim is unsure as to how

someone entered his garage.

■ **NARCOTICS?** A Troy officer initiated a traffic stop on the driver of a black 2019 Dodge Ram 1500 Pick-up Truck on Rochester Road for a traffic violation. The officer spoke to the driver, an 18-year-old male from Sterling Heights. He was questioned and admitted to smoking marijuana after getting off work about 4½ hours prior. He also said he had marijuana in the center console. He was arrested and transported to the Troy Lock-up Facility where he was read his Chemical Test Rights and he agreed to take a Blood Test. His blood was drawn by medical personnel and he was charged with Operating a Motor Vehicle While Under the Influence of Narcotics pending laboratory results.

■ **MORE OF THE SAME** – Officers initiated a traffic stop on the driver of a black 2015 Audi S7 for a traffic violation. The officers spoke to the driver, a 31-year-old male from Sterling Heights, and noted an odor of marijuana emanating from inside the vehicle. When asked, he said he hadn't smoked marijuana in about 1 ½ hours. The suspect allowed a search of his person, but not his

vehicle. Five Adderall pills that the driver stated are prescribed to him were found on him. He was charged with Possession of a Synthetic Narcotic and Operating a Motor Vehicle While Under the Influence of Narcotics pending laboratory results.

■ **THIS DRIVER IS LOOKING AT JAIL TIME** – An officer initiated a traffic stop on a white 2015 Ford F-150 Pick-up Truck for a traffic violation on southbound John R. It was just about 3 a.m. The officer spoke with the driver, a 39-year-old from Birmingham, and noted an odor of alcohol emanating from her as she spoke. When asked, she admitted to having consumed “too much” alcohol. The driver was asked to perform several sobriety evaluations to which she did but the officer noted that she performed poorly. She refused to submit to a Preliminary Breath Test and was arrested. She was transported to the Troy Police Lock-up Facility where she was read her Chemical Test Rights but refused to submit to a Breath Test. A search warrant for a Blood Test was drafted and signed by a local Magistrate. The search warrant was executed and the driver's

blood was drawn by medical personnel. She was charged with Operating a Motor Vehicle While Under the Influence of Alcohol – 3rd or subsequent offense pending laboratory results.

■ **THREE DRINKS CAN PUT YOU OVER THE LIMIT** – An officer initiated a traffic stop on the driver of a 2010 Dodge Ram Pick-up Truck who was driving erratically. The officer spoke with the driver, a 79-year-old male from Troy, and noted an odor of alcohol emanating from him. When asked, the driver admitted to consuming three drinks that contained alcohol while at a drinking establishment in Madison Heights. He was asked to perform several sobriety evaluations to which he did but the officer noted that he performed poorly. He submitted to a Preliminary Breath Test with a result of .09%. He was arrested and charged with Operating a Motor Vehicle While Under the Influence of Alcohol – 2nd Offense.

Note: If you have any information on the crimes above, call the Troy Police Department at 248-524-3477. If you wish to remain anonymous, you may call 524-0777.

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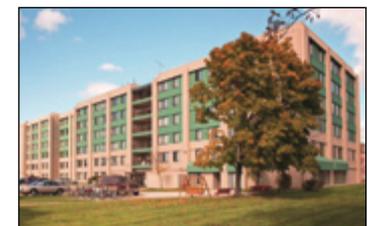


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