



Health & Fitness  
Digest Inside

# Troy-Somerset GAZETTE



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Monday, Dec. 3, 2018  
Vol. 39, No. 11

## "Christmas at Somerset" Featuring Troy Metro

Visit The Somerset Collection South on Saturday, December 8 for a special holiday event with the Skywalkers. The Christmas at Somerset will feature Troy Metro Brass Symphony Orchestra and begins at 1:30 p.m. followed by the Horn Choir at 2:30 p.m.

The South Rotunda will be full of holiday cheer as the brass sounds of Christmas music, led by Ross Harmon, ring throughout Somerset. Be sure to invite family and friends, and stroll around the stores to get a little Christmas shopping done at the same time.

## Rochester Road Lane Closure Begins for I-75 Bridge Work

MDOT will close lanes on Rochester Road north and south of I-75 from 7 a.m.- 5 p.m. through December 13.

The closures began on Thursday, November 29, for maintenance on the I-75 bridge over Rochester Road. This is to prepare for upcoming construction so that two-way traffic will be possible on southbound I-75 during 2019 road work.

The inside lane in both directions on Rochester Road will be closed to complete the project. Significant backups are expected, and MDOT encourages drivers to find alternate routes.

The bridge repairs were scheduled to address minor issues found during routine bridge inspections. If you have additional questions or concerns, visit [modernize75.com/](http://modernize75.com/).

More road work is expected locally in mid-December. MDOT is scheduled to be the expansion on John R from Long Lake to South Boulevard, weather permitting.



THE PHYSICIANS OF THE ARCTURUS HEALTHCARE BOARD (left to right) Joel Buchanan, Michael Lumberg and Leah Cecil were proud to have renowned Speaker, Author, and Healthcare Leadership Expert Joe Mull recently give a presentation and provide a 12-month educational training program on "Service Excellence" to more than 250 of their physicians and staff members. The interactive presentation discussed behaviors that are key to an outstanding patient experience and working together as a healthcare team. Read the full story on page 3.

## Aptiv to Bring Mobility R&D Facility to Troy

A major investment in the City of Troy was approved by the Michigan Strategic Fund Board last week in Lansing.

The MSF board approved projects expected to generate more than \$1 billion in private investment and create 4,574 direct jobs, the Michigan Economic Development Corporation announced.

Aptiv US Services General Partnership is a global technology company that develops safer, greener, and more connected solutions enabling the future of mobility. Aptiv, once part of Delphi Automotive, has completed its spinoff, but this new investment will stay close to home at the Delphi complex on Square Lake, just east of the MSU

Management Center.

"The City of Troy is thrilled that Aptiv plans to locate its mobility research and development facility at its current Troy location. Aptiv is a global leader in developing advanced future mobility solutions," said Troy Mayor Dane Slater. "Aptiv's decision to locate its mobility R&D facility in Troy expands upon Troy's reputation as a global hub for cutting-edge research, development, engineering, and technology."

Aptiv has approximately 150,000 employees and operates 14 technical centers, as well as manufacturing sites and customer support centers in 45 countries. Aptiv plans to renovate its existing facility in the City of Troy to seat

approximately 500 engineers and support staff.

Aptiv conducted a national search and narrowed its finalists to four states earlier this year. After a competitive process, Troy came out on top, beating locations in three different time zones.

Aptiv is expected to generate a total private investment of \$20 million and create 500 jobs over the course of the project, resulting in a 100% Good Jobs for Michigan tax capture for up to 10 years valued at \$30.6 million. Governor Snyder signed the Good Jobs for Michigan bills into law last July. The intention of the jobs initiative package is to attract projects that result in a significant number of

See APTIV, page 2

## Developers Continue to Like Troy for New Business

by CYNTHIA KMETT

Things are going well at Suburban Collision in Troy. So good, that they need to expand their automotive repair facility by moving the paint shop operations from one building to a new 30,000-square-foot addition to the 44,000-square-foot industrial building next door on Temple City Drive.

Because these two parcels, both owned by Suburban Collection, are in the Maple Road zoning district, Planning Commission is charged with issuing or not issuing a "special use" permit here.

From the view of Troy's Planning Consultant Ben Carlisle, there were some restrictions, which would cause a bit of debate at Tuesday's meeting.

In his report, Carlisle suggested that all automobiles in need of repair be parked indoors, the parking lot should have trees planted, verify landscape compliance, and indicate dumpster location.

With literally a couple of dozen extra parking spaces (52 spaces to be exact) on the site and only 12 employees working in the proposed expanded shop, there was some question about what to do when tow trucks just drop off vehicles following an accident. Do they get two hours, six hours, 48 hours to get them indoors so no one can see them? Then there was the question about vehicles that come in on Sunday when the shop is not open.

Well, not sure about any of this, the question came up about screening them from sight. There's already quite a bit of landscaping on the site, and plans call for even more. But what about looking

See PLANNING, page 2

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## Holiday Cookies and Pottery Sale at Beacon UU Church

Beacon church invites you to its 11th annual Homemade Holiday Cookies & More Sale on Saturday, December 8 from 10 a.m. to 2 p.m. and on Sunday, December 9 from 11

a.m. to 1 p.m.

Beacon UU Church will again feature home-baked holiday cookie plates (\$8/1 lb. plate), other baked goodies, and handmade Joanie

Ugelow pottery.

Look for Beacon UU Church (the "barn" church) at 4230 Livernois, just N of Wattles, in Troy.

## New Subway Will Have a Touch Screen Drive Through

PLANNING, From page 1

at the cars when you drive by? It seems they do plan to have a screening across the drive. Nothing tacky, the planners said, wanting it to match what appears in drawings to be a very attractive addition.

No problem, said Jason Longhurst, the project engineer. On other issues, he noted they'd just take out a few parking spaces and add those trees the city likes in the middle of parking lots until they reach compliant landscaping.

Now about that dumpster. Longhurst said they use the very large one at the shop next door. They have the same owner. Is that allowed? Well, yes. As Planning Director Brent Savidant noted, he thinks there are a lot of companies sharing dumpsters in Troy.

It was all yes votes for Suburban's special use.

It took a bit of time, but the empty restaurant on John R, just north of Maple, also won approval for a drive-through window at the new Subway Restaurant. If it wasn't for wanting the drive through, they wouldn't be needing "special use" approval. This would have just been a modification of an existing building. They would still need parking for bicycles.

First, however, the planners had to decide if this was a Type A Neighborhood Node zone or a Type B zone. No drive-throughs allowed in Type B. They easily approved the change.

Since the new owner of this property already owns eight other Subways, these plans were pretty thorough. There's plenty of parking, lots of room for stacking of cars placing orders or waiting to pick them up. They estimated

the total time to get an order is three minutes.

That's because this eatery will have touch screen ordering, which causes fewer mistakes and you can pay right there. If you want to try the touch screen, the company has a Subway on almost every corner of Van Dyke.

This site, too, has lots of parking, but the developer hopes to add another type of restaurant in the front of the building to serve the neighborhood and offices nearby. After some discussion, 11 parking spots were designated to be land banked. If they need them for a restaurant, they can pave them. If not, there's more nice landscaping.

Oh, yes, a few more trees need to be added, lest some headlights go over the six-foot wall already in place and shine on the home next door.

Meanwhile, a proposed Sylvanwood Condo development has some problems. First of all, every resident of the street signed a petition opposing it. They don't want the ten units emptying out on their street, but all the developments south of Long Lake enter from the side street, not Rochester Road.

Then there's the size of the site, just 1.2 acres. It meets all the Master Plan guidelines and zoning for a transitional area. But, residents said they are already a major cut-through route for people who want to make a left on Rochester Road without going to the Rochester/Long Lake light and then making a Michigan left.

While this passed at 6-2, it's a conditional rezoning and city council has the last say.

I would guess someone will be out checking on drivers cutting through before this gets to the council table.

## Aptiv R&D Facility to Add 500 Jobs in Troy

APTIV, From page 1

high-paying jobs with employees making more than the target regional wage. Good Jobs for Michigan allows the state to compete globally at a higher scale for transformational projects while also helping to further diversify the state's economy.

"The Detroit Regional Chamber is proud to have supported the MEDC in securing this tremendous win for the region. Aptiv choosing to invest here is a testament to our ecosystem's continued strength as a global center for leading mobility companies," said Justin Robinson, vice president of Business Attraction for the Detroit Regional Chamber.

Individuals interested in careers with Aptiv should visit [aptiv.com/careers/](http://aptiv.com/careers/). Not only will there be new jobs, but they also have many existing openings, especially in engineering and computer technology.

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# Letters to Santa



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# Arcturus Healthcare Presents "Service Excellence Program" to Physicians and Staff

Arcturus Healthcare has been working to set the standard for primary healthcare in the local area. The goal of Arcturus is to set the standard and culture of excellence for the delivery of primary care medicine in the communities that they serve. This has been accomplished by providing evidence-based health care services that exceeds quality, value, and patient expectations by partnering with existing primary care practices that have a similar culture in a collaborative transparent environment.

Arcturus Healthcare has also developed a full Care Management team to help serve their patient's needs. The team includes RN's, Medical Assistants, along with a Pharmacist, Social Worker, and Dietician. They are very excited about their commitment to provide the best quality of care to their patients.

The practices in Arcturus include Clearwater Family Medicine located in Washington Township, Prism Medical Group in Rochester Hills (Family, Internal & Pediatric Medicine) and Bloomfield Hills (Family Medicine) along with Troy Internal Medicine located in Troy. In addition, Arcturus has an urgent care in Rochester Hills, DocNow Urgent Care.

The physicians of Arcturus Healthcare recently invited Joe Mull – a well known Speaker, Author, and Healthcare Leadership Expert – to give a presentation and provide a training program to 250+ physicians and staff on "Service Excellence." The 12-month program includes reinforcement curriculum of videos, articles, and scripts, for delivery to all employees to sustain long-term use of core behaviors. The interactive presentation discussed behaviors that are key to an outstanding patient experience and working together as a healthcare team.

Joe Mull's program was captivating and dynamic. The physicians and staff

found the presentation to be spot-on relevant and lots of fun. The training will be followed up with bi-monthly emails to all physicians and staff to reinforce their commitment to great patient experience.

Arcturus is prioritizing patient experience in other ways too. Last year they formed a Patient Family Advisory Council, whereby patients and family advisors provide a voice that represents all patients and families of patients who receive care at Arcturus Healthcare. They partner with the doctors, nurses, and administrators to help improve the quality of their practice's care for everyone involved.

The Council meets quarterly to share suggestions and potential solutions that will help to improve patient care for others. Patients have the ability to talk about their own experience as a

patient, or a family member's experience, and to also hear from the doctors and staff on the operations within the office. The doctors and staff, in turn, take

the patients' suggestions and ideas back to the practice to implement change as deemed appropriate.

For more information on

Arcturus Healthcare or to find one of their practices that could best suit you as a primary care provider, visit [ArcturusHealthcare.com/](http://ArcturusHealthcare.com/).



# ARCTURUS HEALTHCARE

[www.ArcturusHealthCare.com](http://www.ArcturusHealthCare.com)

## Our Mission

To provide patients with accessible evidence based health care that exceeds quality, value, and patient satisfaction standards. Health care will be individualized and coordinated with each member of the patient's health care team in a professionally managed and cost efficient practice.

## UHY Advisors Names McCarty Next CEO

UHY Advisors, an accounting, tax and consulting firm, has named Walsh alumnus and Rochester Hills resident Steven McCarty its next CEO.

McCarty, who will begin his new role in January, has been with UHY for nearly 27 years. He commended outgoing CEO Tony Frabotta, who will assume the new role of chairman. McCarty says he looks forward to building on Frabotta's achievements.

"Tony Frabotta has done a masterful job building UHY partner unity and creating a strong marketing mentality," McCarty said. "I look forward to focusing on the development of our associates and expanding our UHY footprint. UHY has a solid middle market reputation and when coupled with our international reach, we are uniquely positioned to grow around the US and abroad."

McCarty is a Certified Management Accountant (CMA) and a licensed CPA in Florida and Michigan.



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Pediatric/Internal Medicine - Suite 250  
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Internal Medicine - Suite 300  
248-267-5000



### WASHINGTON TOWNSHIP

64321 Van Dyke  
Family Medicine  
586-281-6000



ROCHESTER HILLS  
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Urgent Care - Suite 150  
248-853-6300

## Many Ways to Shop Locally for the Holidays

This holiday season, make your giving go twice as far by purchasing gifts that support local organizations. Here are some shopping opportunities in Troy that offer great gifts.

### Creative Endeavors

Creative Endeavors at the Community Center displays handmade crafts made by Troy's senior citizens. They are open Monday through Saturday, 10 a.m.-2 p.m., and Tuesday and Wednesday from 5-9 pm. Call 248-526-5145 for more shopping and consignment information. The Community Center is at 3179 Livernois.

### Friends of the Troy Public Library

The Friends of the Troy Public Library Gift Shop, located in the library lobby, and the Book Shop,

located in the basement, raise funds to financially support programs at the library. Programs are free and offered year round to patrons. To learn more, visit [friendstpl.org/](http://friendstpl.org/). Gift shop hours are Monday through Thursday, 12-6 p.m.; Saturday, 10:30 a.m.-4 p.m.; and Sunday, 1-4 p.m. Hours for the book shop are Saturday, 10 a.m.-1 p.m. and Sunday, 1-4 p.m.

### Troy Historic Village Store

Troy Historic Village Holiday Shopping Night will be held Thursday, December 6 from 5-8 p.m. The village store offers Michigan-made products, vintage toys, and creative stocking stuffers. Enjoy complimentary refreshments and special discounts. For more information, call 248-524-3570. All proceeds benefit programs at Troy Historic

Village. Regular store hours are Monday through Friday, 10 a.m.-3 p.m.

### City of Troy Logo Merchandise

Troy has a small selection of logo and city merchandise available. Items include shirts, travel mugs, notecards, and ornaments. Treat your favorite cook to the "Cops in the Kitchen" cookbook, featuring recipes from the Troy Police Department. All cookbook sales benefit the Troy Police & Fire Benevolent Association. Items are available at City Hall in the Community Affairs Department, and the hours are Monday through Friday, 8 a.m.-4:30 p.m. Supplies are limited, so don't delay!

To learn more, contact Cindy Stewart at 248-524-1147 or [cindy.stewart@troymi.gov](mailto:cindy.stewart@troymi.gov).

## Nature Center Owl Fundraiser

The Stage Nature Center, with the help of the community, has been working hard all year to build a permanent home for five rehabilitated owls. Although a significant amount of money was raised this year, there's still work to be done before the project can start.

The Stage Nature Center took in the owls in February 2018 after the Organization for Bat Conservation suddenly closed its doors. In response, the Troy Nature Society established the Owl Fund to ensure that the nature center could financially support the owls. The fund would also be used to construct an owl house on the grounds of the nature center, which would serve as a permanent enclosure for the owls. When this was announced, the Stage Nature Center was overwhelmed by the outpouring of support received from the public, and donations and sponsorships began to come in for the owls.

When Boy Scout Wyatt Lucas heard about the owls, he came forward with an idea to host a fundraiser to benefit them. The nature center felt optimistic that with Wyatt's help, it could meet the \$20,000 goal set for building the Owl House in a short amount of time. The total was based on a local architect's estimate for building the Owl House.

Later this summer, after the nature center and Wyatt had reached their \$20,000 goal, further review of

the initial designs for the Owl House revealed that the original estimates were too low. This news delayed the project by several months. With the new estimates, the fundraising goal has increased significantly and fundraising efforts will continue into 2019.

The Stage Nature Center and the Troy Nature Society will continue all fundraising efforts to help construct the Owl House and support the daily cost of housing the owls, which includes cost of food, medical, and staff time. In the meantime, Troy Nature Center staff is exploring options to heighten security for the owls. Once security updates are complete, the nature center will allow access to the viewing area, which will be open daily to the public. This is a temporary solution until the new owl house can be built. The center anticipates beginning construction by mid 2019.

The nature center continues to accept private donations and sponsorships for the Owl Fund. It will launch a campaign later this year to attract corporate sponsors and search for grants that can be used to support the owls.

Interested donors can mail a check with "Owl Fund" in the memo to Troy Nature Society, PO Box 99302, Troy, MI 48099. People can also donate online by visiting the donation page at [troynaturesociety.org/](http://troynaturesociety.org/).



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## 'Tis the Season for Giving in Troy

Troy wants to spread the word this holiday season about four opportunities to help those in need.

### Police & Alliance Mobile Health Holiday Food & Gift Drive

Troy residents can contribute to the 24th annual Police & Alliance Mobile Health Holiday Food & Gift Drive by sponsoring a family, making a monetary donation, or donating food to the effort. Non-perishable food can be dropped off at the Troy Police Department Front Desk during business hours through Wednesday, December 12. Checks can be made payable to Alliance Mobile Health and gift cards will be accepted until Monday, December 17.

### Troy People Concerned "Adopt a Family"

Troy People Concerned helps Troy citizens who find themselves in crisis situations. The organization receives more requests for help during the holidays than any other time of year. To help, people can create a holiday food basket, adopt a family so they have holiday gifts, or donate gift certificates to local grocery stores. To find other ways to help, call 248-528-9199 or visit [troypeopleconcerned.org/](http://troypeopleconcerned.org/).

### Decorate the Winter Warmer Trees

The Troy Women's Association sponsors Winter Warmer Trees at

three locations in Troy. Everyone is invited to donate new mittens, gloves, scarves, and hats to hang on the tree. The donations will be distributed to local organizations supporting needy children and families. Trees will be on display through December 20 at Troy City Hall, Troy Library, and Troy Community Center.

### Cell Phones for Soldiers

Troy and the nonprofit group Cell Phones for Soldiers are asking people to help troops call home by donating gently-used cell phones. The organization buys prepaid international calling cards with the money raised by recycling phones. For every phone valued at \$5, Cell Phones for Soldiers is able to provide two and a half hours of free talk time to deployed troops. Since 2004, the non-profit has supplied more than 300 million minutes of free talk time to deployed soldiers. A donation box is located at City Hall in the Community Affairs Department and will remain there all year long.

### Toys for Tots

There is a Toys for Tots collection box at Troy City Hall on the second floor outside of the City Council Chambers. Please donate new, unwrapped toys for boys and girls in need. The collection box will be there until December 20.

For more information on any of these programs, call 248-524-1147.

# Thieves Go For Scrap Metal, Jewelry, Wallets

## POLICE PATROL



by CYNTHIA KMETT

### ■ PUNCHING AN OFFICER PROBABLY NOT A GOOD IDEA

It appears that this 33-year-old Roseville woman is not an accomplished drinker, or thief. Police were called to a Troy home on Saturday evening at about 10:30 when the woman in question was asked to leave a house, but refused. Officers spoke with the suspect and found her intoxicated and uncooperative. The officers attempted to escort her from the home, but she was resisting. As proof or her displeasure, she punched one of the officers in the face with a closed fist – probably not a good idea. She was arrested and put in handcuffs. Now, naturally, she was refusing to walk to the police car and took to kicking at one of the officer's legs, so they carried her out. Once outside, not only did she continue to struggle, but she attempted to grab one of the officer's guns from its holster. The suspect had to be "assisted to the ground" to keep her from getting the officer's firearm. While she was being booked at the station, the suspect admitted that she ate a pair of earrings that belonged to the complainant. She was taken to the hospital where the earrings were retrieved. The suspect has been charged with Assault/Resist/Obstruct a Police Officer and Assault and Battery.

■ **OBVIOUSLY NOT FAMILIAR WITH THE STORE** – Officers responded to Macy's at Oakland Mall on a larceny report. The officers spoke with

the victim who indicated an unknown subject had entered her office, which is located in the Executive Offices section of the business. She said another employee observed the subject exiting her office and confronted him. The subject stated he was lost but then took off running when questioned further. The subject ran through an emergency exit, setting off an alarm. The victim said the area the suspect ran to is a back hallway and since no other alarms sounded, the suspect may still be in there. The victim looked into her purse, which was hanging in her office, and noticed her wallet and keys were missing. The officers checked the hallway and found the victim's property on a stairwell. The officers checked the stairs further and located a subject standing on a landing between two flights of stairs. The subject was identified as having been in the victim's office. The 20-year-old suspect from Detroit was arrested and charged with Larceny in a Building.

■ **CAN'T SELL THIS SCRAP METAL** – Officers responded to a Rochester Road construction site on the report of a subject taking scrap metal from the site. The officers arrived and spoke with a 54-year-old male from Clinton Township who had filled the bed of his white 2004 Ford Ranger Pick-up with scrap metal from the site where several buildings had been recently torn down. The subject provided a name of a subject who gave him permission to take the metal then changed the name of the subject but had no contact information for him. The construction site manager was contacted who advised he did not give the subject permission to take the scrap metal. The subject was arrested and charged with Larceny From Grounds.

■ **THIS THIEF IS STILL LEARNING THE ART OF MAKING FAKE IDS** – Kay Jewelers discovered an unknown suspect tried to use a fake

identification with the victim's name on it, in an attempt to establish a line of credit with the business. The watchful employee noticed the fraudulent identification and denied the application. The victim discovered the fraud when he was contacted by a representative of Target who contacted him regarding an attempt to establish credit with their business as well but was denied. The victim did not give anyone permission to do such and does not know how his personal information was compromised.

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

## New Restaurants on the Menu in Troy

First, if you've missed the pizza and pasta at Shield's on Maple, just west of Crooks, the remodeled eatery is now open. The place is beautiful and you'll enjoy the dining experience once again. On the horizon in

December are two eateries in front of 888 W. Big Beaver at Crooks. Coming in mid-December is Seasons 52 to be followed a week later by the Yard House. More good news, the new parking deck is now fully open.

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THE TROY FIRE DEPARTMENT responded to a report of an electrical pole on fire Monday at 3160 Gloucester. Firefighters arrived to find that the top section of the electrical pole had broken off and had re-grounded itself against the pole. DTE was summoned to de-energize the affected power lines. Once the power was shut off, firefighters were able to extinguish the fire and alleviate the concern. The cause of the damage to the pole is under investigation by DTE.

**Correction:**

Clarifying an article in the November 26, 2018 Troy-Somerset Gazette. To donate to the Troy Historic Village, call 248-524-3570, visit them at 60 W. Wattles Rd., or find them online at [TroyHistoricVillage.org/](http://TroyHistoricVillage.org/).

**New Collaboration Supports Education Research Between U-M, MSU and State of Michigan**

The launch of a new research collaboration and a data center at the University of Michigan marks the start of a unique collaboration between U-M, Michigan State University, the Michigan Department of Education, and the Center for Educational Performance and Information.

The new Michigan Education Research Institute and Michigan Education Data Center will facilitate research projects in education, make data accessible, and improve education for Michigan's students.

"The Michigan Department of Education is excited to see this formal research partnership established between the state and the two university partners," said interim State Superintendent Sheila Alles. "Becoming a top 10 education state in 10 years takes a knowledge of what is happening in our schools now, learning what has proven successful, and using that to develop better practices for all our educators and students."

Along with addressing research questions, the Michigan Education Data Center, housed at U-M's Gerald R. Ford School of Public Policy, will build and act as a clearinghouse for educational records provided to researchers while maintaining the privacy rights of students. U-M has extensive experience in securely hosting both local and national datasets, and the new data center will

carry that tradition forward, the center's directors said.

"While ensuring privacy and confidentiality of students' data, we will be able to learn what works and what doesn't so our educators can provide the best education for Michigan's students," said Susan Dynarski, professor of economics, education and public policy.

The Michigan Education Research Institute will be advised by a council of key stakeholders representing education leaders and policymakers from the state, region and nationally.

"This collaboration will empower and equip our leaders with the research they need in order to make evidence-based decisions that advance just and equitable learning opportunities, assessments and educational systems for all

children in Michigan," said Elizabeth Birr Moje, dean of the U-M School of Education.

One of the key early projects of the Michigan Education Research Institute is to conduct a multiyear implementation study of the state's Competency-Based Education pilot. The project will include surveys of principals, teachers and students, and site visits at pilot schools.

The researchers hope that the results from the study will help the Michigan Department of Education understand how to best meet the needs of schools and districts that are transitioning to competency-based models and also to understand successes and obstacles in their unique contexts.

"I'm excited about the capacity MERI will have to answer questions about the

intended and unintended effects of education policies and practices," said Robert Floden, dean of the MSU College of Education.

The collaboration among MSU, U-M, and the state of Michigan gives policy leaders a chance to collaborate with top national experts in policy analysis, educator preparation, and school organization.

"Our faculty have proven their commitment to applying research to solve education policy challenges and through MERI will be able to make a big contribution to helping Michigan's young people," said Michael Barr, dean of the Ford School of Public Policy.

This collaboration is funded in large part by the Laura and John Arnold Foundation.

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**Helping Struggling Veterans During the Holidays**

For many veterans, the holidays can be an overwhelming time of the year. With this in mind, it's important to remember feelings of loneliness or anxiety may be prevalent for members of our military.

Here are some suggestions for veterans, or anyone, feeling anxious about the holiday season:

**Take care of yourself** – Stay active mentally, physically, and emotionally. Make sure you are getting enough sleep, and maintaining a healthy diet. Even a

10-minute time span of activity per day will help improve your mood.

**Talk to people you're comfortable with** – Whether it be your friends, family, or other military members, talking with someone can help alleviate stress and loneliness. Make sure you also spend time in places you're comfortable and avoid situations that can cause anxiety.

**Manage stress** – Recognize when you're feeling stressed. Practice exercises to lower stress like breathing slowly

and deeply, journaling, walking, meditation, etc.

**Reach out for help** – Consider reaching out for help. A mental health professional can help navigate feelings of loneliness, depression, or other deep-rooted emotions.

The Department of Veterans Affairs urges veterans to call the Crisis Line at 800-273-8255. You may also reach confidential help by sending a text to 838255 or through an online chat at [veteran.crisisline.net/](http://veteran.crisisline.net/).

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**FIVE STAR**

## Ruth's Chris Steak House is Still the Gem of the Big Beaver Corridor

With all the new neighbors on Big Beaver Rd, Ruth's Chris Steak House is the perfect destination for a romantic night out, a family celebration, business meeting, or a get-together with friends. It's just the right combination of great food, superb service, and sleek sophisticated ambiance.



KELLIE HOLCOMB

The unique decor is very inviting with a bright marble floor entryway and a fire feature. Every room features artwork with a hometown feel of Detroit whether it be autos, architecture or historic photos. And of course,

you'll see photos of founder Ruth Fertel and New Orleans (where it all began). For a more casual and yet intimate setting, there is a spacious lounge where you can grab a drink and an appetizer or order off of the main menu.

While the interior is a pleasant encounter, there are no surprises in the Ruth's Chris fare where memories are created on 500-degree sizzling plates – an experience you will not soon forget.

"The menu is still based on the 1965 start-up with the focus always on steak," says Dan Cole, general manager. "It's all about our patented 1800-degree broiler which sears the meat to lock in the natural juices for the ultimate flavor. Then we deliver it to your table sizzling on a 500-degree plate to keep your steak warm throughout your entire meal. Our very popular 'Sizzle, Swizzle and Swirl' menu is served in the Lounge Monday – Friday from 4 to 6:30 featuring \$9 food and drink specials. However, what really sets Ruth's Chris Steak House apart, is the commitment to hospitality and personal service."

Kellie Holcomb, Regional Sales & Catering Manager, wants to remind you that Ruth's is open for lunch during the Holidays on weekdays December 4-21 from 11:30 a.m. Reserve a room or just

come in for lunch.

The Ruth's Chris staff is also continuing a popular service initiated three years ago – car side delivery service for gift card purchases. Just call 248-269-8424 and tell them what you want, pull up to the restaurant entrance and they deliver the card to your car. No need to park and walk through the icy cold weather or drag those little ones from the warmth of the car – it's all about convenience. Be sure to check their website for holiday gift card incentives at [RuthsChris.com/](http://RuthsChris.com/). Ruth's Chris Steak House is open 365 days of the year!

*Ruth's Chris Steak House is located at 755 W. Big Beaver Rd. in Troy, adjacent to the PNC Building alongside I-75. For reservations or more information, call 248-269-8424.*



### Local Collision Technician Receives National Award

KEVAN SHORT, a body technician and mechanic at Suburban Collision in Troy, was recently honored with a national achievement award as the Snap-on/ASE Master Collision Repair and Refinish Technician of the Year. Automotive professionals were recognized on November 14 at the Fall Board of Governors meeting of the National Institute for Automotive Service Excellence (ASE) held at Pier Sixty-Six Hotel and Marina in Fort Lauderdale, Florida. Pictured here (left to right) Tim Zilke, Kevan Short, John Wolf, and Ted Hayes.

## White Chapel's Care Package Drive Nets Thousands of Items for Overseas Military Troops

White Chapel Memorial Park Cemetery in Troy recently collected thousands of items through its 11th Annual Care Package Drive for Overseas Military Troops.

A team from the cemetery delivered the items to the Michigan Military Moms Dearborn Chapter for packaging on November 15. As a result, the group mailed 87 packages to overseas military troops.

"Southeast Michigan residents have been incredibly generous donating a wide variety of items that are sorely needed for overseas military,"

said David R. Krall, vice president of White Chapel Memorial Park Cemetery. "We want our troops overseas to know we appreciate them and all they do to preserve our freedom."

Regarded as Michigan's veterans' cemetery, White Chapel Memorial Park is home to several veterans' memorials, including the WWII Four Freedoms Memorial. The marble sculpted structure was inspired by President Roosevelt's Four Freedoms. For more information about White Chapel Memorial Park Cemetery, visit [whitechapelcemetery.com](http://whitechapelcemetery.com).



PICTURED FROM LEFT: (Front row): David R. Krall, vice president and general counsel, White Chapel Memorial Park Cemetery; Dawn Kaufman, president, Michigan Military Moms; Steve Prytucki, superintendent, White Chapel Memorial Park Cemetery; Shelly Diaczok, vice president, Michigan Military Moms; Chuck Heineman; Louise Heineman (Back row): Linda Anderson; Curtis Kaufman; and Bonnie Bartnick.

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## Howrylak Applauds Committee Passage of 'Raise the Age' Proposal

A plan to change the age at which individuals are considered adults for the purposes of prosecuting and adjudicating criminal offenses – and the



STATE REP. MARTIN HOWRYLAK

funding mechanism to support the change – recently was approved by the House Law and Justice Committee.

The legislation voted on by the committee was offered by numerous Michigan state representatives as part of a bipartisan, 21-bill package.

"This is a monumental criminal justice reform," said Representative Martin Howrylak, of Troy, who serves on the committee. "We will be able to treat kids as kids and adults as adults within the system and that will lead to better rehabilitative efforts as we strive to get offenders back out into society to successfully live and work."

Michigan is one of just four states in the country that automatically consider a 17-year-old to be an adult in criminal offenses. With this legislative package, 17-year-olds will be moved under the jurisdiction of juvenile courts, while serious offenders could still be "waived up" to adult criminal court. Societal, behavioral, and psychological analysis shows this practice creates a dangerous situation for young people who are in an older prison population and housed with adult inmates.

A big hurdle with this shift in policy involves the costs arising from transferring authority from adult criminal courts to family courts in regards to 17-year-olds who commit criminal offenses – specifically the Michigan Child Care Fund. Currently, the Child Care Fund represents state dollars which currently provide 50 percent reimbursement to counties for the costs of providing child welfare and juvenile justice cases.

House Bill 6396, sponsored by Howrylak, will give Michigan counties the ability to choose a funding option to assist in dealing with the influx of newly adjudicated 17-year olds. One option provides that all newly adjudicated 17-year-olds will be funded through an annual county juvenile grant, paid in quarterly increments, with no change to child care funding for juveniles 16 years of age or younger. The second option allows

counties to forgo the grant and receive an overall increase in the Child Care Fund reimbursement rate of 68 percent. The legislation was the end result of a workgroup constructed by Representative Howrylak which was made up of representatives from Michigan counties, courts, sheriffs, prosecutors, and many others.

"This proposal addresses the funding concerns that came from this project and I am pleased that the workgroup's diligent work was recognized with the advancement of these bills," said Howrylak.

Two other Howrylak bills within the package, HBs 4678 and 4741, require policies and programs to be in place for inmates. Under HB 4678, a Family Advisory Board within the Michigan Department of Corrections will assist in family reunification after incarceration. Meanwhile, HB 4741 requires the MDOC to develop policies related to prison inmates who are less than 21 years of age.

Another Howrylak bill, HB 4850, amends the Code of Criminal Procedure to require that an individual who is under 18 be taken to the family division of a circuit court, reflecting the change in age threshold within state law.

After securing passage from committee, the bill package now advances to the House floor for further consideration.

### MSP Auction Vehicles Auto Auction on Thursday, December 6, 2018 at 10 a.m. 303 E Harrison, Royal Oak, MI 48067

YEAR	MAKE	VIN	MODEL
2002	CHEVROLET	2G1WWW12E429166868	MONTE CARLO
2016	FORD	1FADP3F230L235160	FOCUS
2012	TOYOTA	JTBT4K35CL031973	YARIS
2003	MERCURY	4W63X700079	GRAND MARQUIS
2005	LEXUS	JTHBJ46G582163081	ES-350
1998	DODGE	183EJ46T6WN340958	STRATUS
2003	FORD	1FAPP363X3W211030	FOCUS
2004	SATURN	1GBAJ52F42207876	ION
2006	FORD	1FAHP31N 96W254425	FOCUS
2009	CHEVROLET	2GI WU57MX91303690	IMPALA
2003	MERCURY	2MEFM75W63X631621	GRAND MARQUIS
2006	CHEVROLET	1GND713S262357096	TRAILBLAZER
2011	DODGE	304PG4FB4BT516218	JOURNEY
2002	FORD	1FAPP34P03W180537	FOCUS
2009	CHRYSLER	1C3LC56859N527966	SEBRING
2007	MAZDA	JM18K1 2FX71649416	3
2009	JEEP	1J4FF28849D186197	PATRIOT
2014	DODGE	2C3CDXBGSEH259255	CHARGER
2003	CHEVROLET	1GNDT1 3S932398224	TRAILBLAZER
2010	FORD	3FAHPOHA1AR117573	FUSION
2006	BUICK	1G4HD57216U150384	LUCERNE
2002	PONTIAC	1G2WR12162F259060	GRAND PRIX
1999	CHRYSLER	2C3HD46J0XH656241	CONCORD
2009	CHRYSLER	2A8HR64X79R524941	TOWN & COUNTRY
2008	JEEP	1JBFF48W480657891	PATRIOT
2009	CHEVROLET	1G1AT18H997179602	COBALT
1999	BUICK	1G4CW52K9X4614132	PARK AVE
2003	PONTIAC	1G 2WP52K13F130232	GRAND PRIX
1999	MERCURY	4N2ZU55P5XUJ35048	MARINER
2008	SATURN	3GSCL33PBBS607819	VUE
2010	CHEVROLET	1G1AF5F51A7235625	COBALT
2003	LINCOLN	1LNHM86S83Y6694S5	LS
1996	CHEVROLET	1GILD55MX1V261211	CORSICA
2001	DODGE	1B4HS58N72F240750	DURANGO
2007	CHEVROLET	2G1WT58K679382144	IMPALA
2007	SUZUKI	JS1GN7DA672121846	RG SX
2004	CHEVROLET	1GNET16S446234938	TRAILBLAZER
2005	CHEVROLET	1GCDT146158251972	COLORADO
2006	CADILLAC	1G6DP577060176944	CTS
2007	FORD	1FAPP3UN87W156099	FOCUS
2004	CHEVROLET	3GNFK16T54G132871	SUBURBAN
2013	CHEVROLET	1G11B5SA6DF243809	MALIBU
2006	CHEVROLET	1G1A1L15F667830666	COBALT
2010	HYUNDAI	KMHENUAC2A4415406	ACCENT
2008	NISSAN	1N4AL21E58C263067	ALTIMA
2004	CHEVROLET	2G1WP521 749322891	IMPALA
2004	CHEVROLET	1G1ZT52814F110906	MALIBU
2005	FORD	2FMZA522X5BA27255	WINDSTAR
2002	LINCOLN	1LNHM82WX2Y609992	TOWNCAR
2002	CHEVROLET	2G1WH52K53926'1073	IMPALA
2007	PONTIAC	1G2ZG58BX74163073	G6
1994	BUICK	1G4HD52L4RH520442	LESABRE
2002	BUICK	3D5DB03E62S572812	RENDEZVOUS
2008	SATURN	3CSCL53738S553454	VUE
2002	FORD	1 FAFP34P32W254628	FOCUS
2011	SAAB	YS3GN4A R8B4001518	9-3
2002	VOLKSWAGEN	98WDE6 1J424064220	GTI
2004	OLDSMOBILE	1G3NL12F34C175772	ALERO
2008	FORD	1FAHP35N98MI 85104	FOCUS
2001	CHEVROLET	1G1ND52J016220257	MALIBU
2002	CHEVROLET	1GNDT138422288843	TRAILBLAZER
1980	FORD	2FABP7BV3AX133883	CROWN VICTORIA
2009	PONTIAC	1G2ZG57B494224213	G6
2006	SATURN	1G8AJ55F962206802	L-200
2015	CHEVROLET	1GIPC5SBIF7119850	CRUZE



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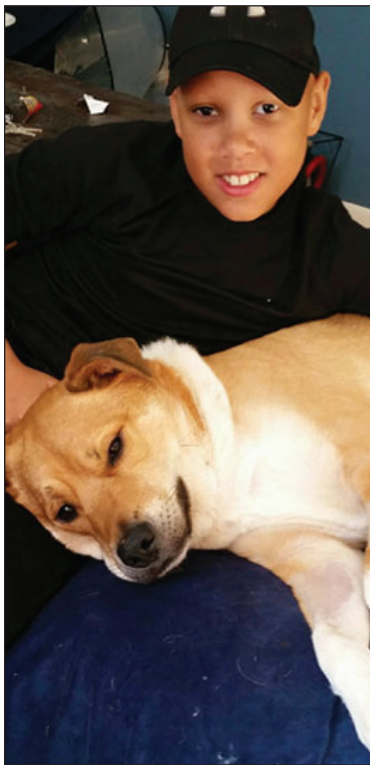
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# Paws for Life Rescue Knows Pets Can Change Lives

Petco Foundation steps up each to honor the rescue operations across the country. This year they will give over \$775,000 to these organizations. One of the winners is right here in Troy, Paws for Life Rescue.



**BULLYING MADE** Jordan withdraw from life, from all the things he loved in elementary school. But when the family adopted Fred from Paws for Life Rescue, Jordan began to regain some of his zest for life.

"The world can be a rough place for animals and for people. As adults, we learn to cope with the tough times, but for children, it's much harder," observed Cheri Radlick in the entry to Petco.

"When our kids struggle, we struggle, figuring out how to erase the pain, turn back the clock and prevent bad things from happening. My son went through this," she continued. "I tried everything to help him, but nothing I did seemed to make the situation better. Until we met Fred."

Radlick's son, Jordan, has Alopecia, and she says that since they live in an area that lacks diversity, Jordan has always been one of the only kids in school with a different skin color.

"He has endured bullying because of this, and because he has no hair, no eyebrows, and no eyelashes," she said. "As Jordan finished elementary school, I saw a change in his personality. My happy, smiling, outgoing child became moody, sad, and isolated."

When middle school started, Radlick says the bullying intensified. Jordan refused to go to school, stopped playing sports, and wouldn't spend time with friends. Soon, he wouldn't go outside to play in his own backyard.

"We'd always been a cat household, but Jordan asked if we could get a dog. He was lonely and needed a friend who wouldn't ask questions, make judgments, or crack jokes," she said. "I reached out to Paws for Life, where we'd adopted our cat. We received an immediate response: 'You have to meet Fred.'"

Radlick says since that day, their lives have never been the same. Fred came from neglect and had spent two years in a crate. His nails curled under, causing him to walk funny. He had a skin condition, hip dysplasia, and torn ACLs. In addition to surgery, Fred needed a lot of TLC. But he trusted and loved his new family instantly, as if he knew his life was about to

turn around. Indeed, Fred had found people who would take care of him and meet his needs.

Paws for Life covered Fred's medical expenses while the Radlicks cared for him during recovery. "It was such a bonding experience for us," she said. "He needed us and we needed him. Jordan had found the unconditional love he craved, a judgment-free zone where he could just be himself. I saw my son smile again. His bond with Fred is immeasurable."

Soon, Jordan was venturing out of the house, throwing toys for Fred in the backyard. Just six months after Fred joined the family, Jordan asked to go out in public for the first time in years, as long as Fred went too. They

now take walks together around the neighborhood. Fred joins them for car rides and they spend endless hours together.

"My son had given up on having a best friend. He'd given up on almost everything, until Fred."

Now 12, Jordan just recently told his mother that he might be open to making friends, and she thanks that to Fred.

Paws for Life Rescue has been given a \$25,000 grant to help other kids and pets find a fuller, happier life. They're online and on Facebook, if you need a dog or kitten to cuddle.

## 6th Annual Winter Wonderland

Visit Troy City Hall on Friday, December 7 at 6:30 p.m. for the Christmas Tree Lighting. Then enjoy activities for ages 0-5 at Troy Public Library, and activities for ages 5 and up at Troy Community Center. The Troy Trolley will be in service between buildings.

Special guests Santa and Mrs. Claus will be in attendance, plus a performance from the Snow Sisters!

This event is free for all to attend, and no registration is required. Visit [rec.troymi.gov/winterwonderland/](http://rec.troymi.gov/winterwonderland/) for more details.

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## Bruttell Awarded Extreme Entrepreneur of 2018

Ann K. Bruttell, President and Founder of Meeting Coordinators, Inc. (MCI), has been awarded the Extreme Entrepreneur Award of 2018. The award was presented at the 5th annual Best of MichBusiness Awards and Gala on November 29.

Ann K. Bruttell opened MCI's doors in 1988 in Troy. The Association Management Company organizes and executes corporate meetings, confer-

ences and events. They also oversee the day-to-day activities of various volunteer-led associations.

"Hard work pays off! It has been a privilege for me to work with incredible staff and clients on this successful journey of 30 years," said Bruttell. "I can't wait to see what tomorrow brings!"

Learn more about MCI at [meeting-coordinators.com/](http://meeting-coordinators.com/).

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## Sagittarius: Keep Your Cool When Confronting Your Friends

### YOUR DECEMBER HOROSCOPE

by  
PAULA LYNDE

#### ♐ SAGITTARIUS (Nov 22-Dec 21):

An argument with a friend may get heated this month, so proceed with caution. After all, Sagittarius, you always know exactly what to say when you want to wound someone deeply – but, in this case, you may quickly regret your words. Instead, take a deep breath, step back, and try to look at the situation from your friend's perspective. It is also very likely that you will discover something new toward the end of the month – a great book, a fun hobby, or possibly even a special relationship.

#### ♑ CAPRICORN (Dec 22-Jan 19): If

you are finding it difficult to get into the spirit of the season, take heart – you should experience a significant lift in your mood around mid-month. In fact, you may find yourself serving as a cheerleader for a friend, coworker, or family member going through a difficult situation. Also, it is very likely that a shake-up at work will change your current situation for the better and give

you a renewed sense of confidence for the New Year.

#### ♒ AQUARIUS (Jan 20-Feb 18):

Right now, it is likely that you are feeling inspired, Aquarius, and this is a good thing. Use this inspiration to create something beautiful or to write personalized notes to send along with your holiday cards. Or, you may feel like offering your time to a worthy cause by volunteering. No matter what, your creativity and generosity may serve as inspiration for others. Also, expect to hear some good news on or around the 15th – news that you have been waiting to hear for a long time.

#### ♓ PISCES (Feb 19-Mar 20): Now is

the time to assert yourself, Pisces – either with a friend or partner who is having trouble seeing your side of an issue. Given your gentle nature, it would be too easy to simply give in, but you must trust the fact that you are right this time. And you needn't worry about hurting the other person simply by standing up for yourself. If anything, this individual will likely respect you even more when they witness your new-found courage.

#### ♈ ARIES (March 21-April 19):

While you are looking for career advancement this month, Aries, don't be surprised if Cupid has something else in mind. You guessed it – that special someone may pop up at a seminar, a networking group, or a team-building event. Or, if you are in a committed relationship, you may discover that your partner can offer excellent support for something job-related. No matter what, do not neglect the special people in your life while climbing the corporate ladder. You need them.

#### ♉ TAURUS (April 20-May 20):

Various opportunities await you this month, Taurus, but you must focus on your most important goals. For example, you may get a chance to travel when you are on the cusp of getting a promotion at work. Which do you choose? Carefully weigh the pros and cons attached to opportunities that present themselves, and the answer will be clear. Also, do not hesitate about taking a financial risk – the odds are in your favor throughout December and into the new year.

#### ♊ GEMINI (May 21-June 20):

There is a good chance that you have been bending over backwards lately to make your partner happy, and your efforts are not in vain. You have built a foundation for good times ahead, and you are more than ready to take your relationship to the next level. Singles, on the other hand, may find that their giving natures attract the types of individuals who are worth getting to know a little better. Just watch out for coworkers and "friends" who might take advantage of your charitable spirit.

#### ♋ CANCER (June 21-July 22): It is

difficult to determine what sparkles more this month – the holiday lights or you. There is an undeniable glow about you throughout December, and your social life is buzzing. This is great for singles, but those in committed relationships may detect some jealousy from their partners. So, take a few extra efforts to make sure they do not feel neglected. Also, keep your ears open at work because a new opportunity might present itself around the 12th.

#### ♌ LEO (July 23-Aug 22): The

month may start off a little slowly for you, Leo. But, don't worry, events and activities will most likely pick up right before the holidays roll around. For example, if you are in the job market, your prospects look good after the 23rd. Or, if you are single and looking for love, you may find the person of your dreams at a holiday gathering. Finally, there is a very strong chance that you will reconnect with someone whom you have not seen in a long time.

#### ♍ VIRGO (Aug 23-Sept 22): You

may experience some volatility at work this month, but hang in there – when the smoke clears, there is a good chance that you will be pleasantly surprised by the outcome. In addition, things are likely going well at home, and this harmony should help keep your stress levels down and allow you to relax and enjoy the holidays. Just avoid the temptation to take on too many responsibilities. The desire to take care of everyone is in your nature, but you cannot forget to take care of yourself too.

#### ♎ LIBRA (Sept 23-Oct 22): Get

ready to be lucky in both love and money this month, Libra. Holiday festivities will present plenty of opportunities for singles to make connections, and financial security should eliminate stress for those in committed relationships. Speaking of finances, if you have been worried about money lately, there is a good chance that some good news around the 20th will ease your mind. And, if you make careful decisions, your finances should be in decent shape for the New Year.

#### ♏ SCORPIO (Oct 23-Nov 21): In

several ways, this month is all about you, Scorpio. You are feeling strong, assertive, and self-reliant, and this confidence will serve you well at work and at home. Yet, at the same time, December finds you in a charitable mood, and you likely have a strong urge to give back to the community. Don't fight this urge. Take advantage of the many volunteer opportunities available this time of year, and there is a strong chance that you will take great joy in being a "helper."

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## A Colorful, Moving “Hunchback of Notre Dame”

### PLAY REVIEW

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

There are many things to be thankful for this holiday season, and many reasons to be joyful. High on any list should be Avon Players' thoroughly enjoyable production of “The Hunchback of Notre Dame.”

The stage musical's concept springs from two sources: Victor Hugo's classic 1831 novel of the same name, and the 1996 Disney animated musical film. In 1999, “Hunchback” had its world premiere in Berlin, Germany. It opened in North America at the La Jolla Playhouse in San Diego, CA in 2014.

Although Avon Players, as a small community theatre, does not boast a professional Equity cast or crew, theirs is a praiseworthy effort here. With excellent staging of what can be, at times, rather mediocre material, the result is a fine work of stagecraft and a wonderful showcase for some of our local talent.

Hugo's enduring French morality tale, set in 1482 Paris, seeks to answer the question: What makes a monster into a man, and what makes a man into a monster? It tells the story of Quasimodo, a sensitive young man full of courage, kindness, hopes and dreams. Since a child, his outward deformities have driven him to take sanctuary in the majestic cathedral of Notre Dame. He becomes the bell ringer and soon is almost deaf, further isolating him from the rest of humanity. His guardian is the archdeacon Dom Claude Frollo, whose despicable actions are anything but Christian. A young cavalier, Phoebus de Martin, arrives to assume duties as captain of the Cathedral Guard under the archdeacon. Conflicts soon arise as all three men fall under the spell of a beautiful gypsy girl named Esmeralda.

Themes of religious hypocrisy, classism, and how those seen as different are treated - are all addressed in the story, set to an original musical score. Gargoyles, played by members of the ensemble cast, serve as a narrative device to help interpret Quasimodo's inner thoughts and motivations.

Clayton Hargrave is superb as Quasimodo, with soaring vocals and an intense pathos guiding his sensitive performance. He has a hard task, singing bent over much of the time, but he knocks it out of the park.

Other lead performers include: Anthony Tringali, who delivers an engaging flourish as Clopin, King of the Gypsies, with first-rate vocals and dance moves; Salvatore Sbrocca as Phoebus de Martin is like a modern-day Errol Flynn with his commanding swashbuckle moves and excellent voice. Lori Smith as Esmeralda offers a sizzling triple-threat turn that wins, and breaks, the heart of every man she

meets. Frollo, the archdeacon (and archvillain) of Notre Dame, is capably portrayed by Nick Frederick, who, like the other leads, has fine vocal abilities, although at times his movements appear a bit stiff. Indeed, some of the actors seem to be holding back just a little, while still offering memorable performances.

effective and brightly colored period costumes and hairstyles that allow for plenty of movement. Choreography by Maritoni Harte, while lively, is uneven and a little chaotic at times.

The orchestra pit holds pleasures as well. In many community playhouses, live music can leave something to be desired. But in the capable hands of



Kudos to the remarkable Avon Players president and director John (JD) Deirlein. His handiwork is evident throughout the show with impressive staging, lighting effects, vocal direction and costume design. Note: Be on the lookout for an amusing and unexpected wardrobe twist at the beginning of Act Two. Versatile set design by Brad Holoday, which features massive bells, wooden walkways and plaster gargoyles, can be at turns foreboding and inspirational. Louise Holoday provides

music director Jim Territo, the orchestra for “Hunchback” does not disappoint.

The Avon Players have created a truly entertaining theatre experience, well worth seeing. Keep in mind that seating is very tight, especially during sold-out performances.

“The Hunchback of Notre Dame” runs now through December 8. Tickets are \$20 to \$22. Avon Playhouse is located at 1185 Washington Rd in Rochester. More information at avonplayers.org/.

## Troy Athens Annual Art & Craft Show

Don't miss the 28th Annual Festival Art & Craft Show on Saturday, December 8 from 9 a.m. - 4 p.m. at Athens High School. They'll have a great selection of Holiday gift giving items with over 200

Crafters to choose from.

Admission is \$3 for adults, kids 12 and under are free. Athens High School is located at 4333 John R between Wattles and Long Lake in Troy.

# Health & Fitness *Digest*

## Free Naloxone Training at Community Center

Join the Alliance of Coalitions, the Troy Community Coalition, Troy Police Department, and Alliance Mobile Health for a training session that could save a life.

The community-wide Naloxone training session will be held on Tuesday, December 4, from 6:30-8:30

p.m. at the Troy Community Center.

The session is free and everyone who attends will be trained on the proper administration of the Nasal Naloxone-style overdose reversal kit. This training will be given by the Troy Police. Everyone 12 and over is welcome. RSVP to [tinyurl.com/yb5ds8xq/](http://tinyurl.com/yb5ds8xq/).

## Bring Joy to Kids in the Hospital Over the Holidays

All you need is a flashlight to help children in the hospital get a good night's sleep during the holidays.

"Moonbeams for Sweet Dreams" will brighten hospital stays for young patients once again at Beaumont Children's Hospital.

Children who are hospitalized can often feel isolated from the world and have a hard time settling in for a good night's sleep.

"Moonbeams for Sweet Dreams" was created by the Beaumont Children's Pediatric Family Advisory Council at Beaumont Hospital, Royal Oak.

Every evening during the month of December, pediatric patients will shine flashlights from the hospital windows at 8 p.m. and look for community members outside the hospital to shine flashlights back. It only takes a few minutes, but it means a great deal to young patients and families.

"Many children are unable to leave their rooms and can feel isolated in the hospital as the rest of the world continues without them," Beaumont Children's Child Life Supervisor Kathleen Grobbel said. "With the help of the community, we can make sure they go to bed with smiles on their faces."

Those interested should plan to arrive by 7:45 p.m. and allow time to park. Carpooling is recommended.

Participants will gather on the sidewalk near the Medical Office Building

across from the East entrance. Groups of 30 or more are encouraged to register at [beaumont.org/moonbeams/](http://beaumont.org/moonbeams/).

Parking is available in the lot across from the North Parking Deck and just east of the Medical Office Building on the Beaumont, Royal Oak campus. From the Thirteen Mile entrance, follow the blue signs toward the North Parking Deck. Additional parking is available near the Coolidge entrance and at the Neuroscience Center.

The Beaumont Children's Pediatric Family Advisory Council was established in 2013 and consists of parents whose children have experienced care or services at the hospital. The council supports a culture of patient and family-centered care, while providing a method for communication between health care leaders, providers, employees, patients, and their families. They focus on enhancing the patient experience through direct input into programs and practices at the hospital. Their perspective on the experience of hospitalization during the holidays was the inspiration for Moonbeams for Sweet Dreams.



SANTA ATTENDING one of last year's "Moonbeams for Sweet Dreams" nights.

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## Join Santa for Pictures at Journey to Health

Journey to Health, LLC Chiropractic will host Santa all the way from the North Pole on December 8 from 11 a.m.-12 p.m.

Kids of all ages are invited to stop in – bring your own camera or they will happily email you a picture after the event. There will be some light refreshments for all and Santa will be passing out some little surprises for the kids.

Journey to Health will also be collecting donations for the Metro Detroit Health Initiative which helps provide affordable chiropractic and alternative health options for people in need in the surrounding area.

Journey to Health, LLC is located at 34770 Dequindre Rd., just south of 15 Mile Rd. on the SE corner. For more information, call 586-264-9470.



LAST YEAR SANTA stopped in for a tune-up with Dr. Aaron Rice and then he was back on his way to spread some holiday cheer!

## Troy Nurse Returning Home From California Wildfires



A registered nurse from Troy, Deborah Bricely, is returning home from California after assisting the federal medical response to the recent wildfires as part of the National Disaster Medical System (NDMS).

**Bricely serves** as a member of an NDMS Disaster Medical Assistance Team (DMAT) and is an attorney with Troy-based firm Vandever Garzia. Her DMAT was divided into three health medical task forces and sent to various evacuee locations to provide medical care at the Red Cross shelters. They were stationed at the base camp to assist responders set up at the Chico airport.

**Pictured here** on Thanksgiving, Deb shared a warm meal with other military personnel.

## Morse Chosen for Building Healthy Communities Program

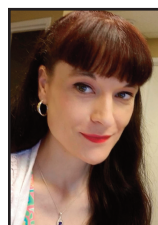
This week, Blue Cross Blue Shield of Michigan announced that Morse Elementary in Troy is among 158 schools statewide that were chosen to join the Building Healthy Communities program – a public-private initiative to improve health and wellness through better nutrition education and physical activity in local schools.

**The program** provides schools with the training, curriculum, equipment, funds, communication tools and

support to improve student health while creating a healthier school environment. Compared to the national average, students in this program report eating 40 percent more fruits and vegetables, get 19 minutes less screen time per day, along with 35 additional minutes of physical activity per week.

Learn more at [AHealthierMichigan.org/mikidscan/](http://AHealthierMichigan.org/mikidscan/).

## Healthier Alternatives to Traditional Holiday Dishes



by  
AMY FORTUNE

According to the consumer health website Everyday Health, the average American only gains one or two pounds between Thanksgiving and New Year's Eve. However, many of these individuals never lose the extra weight, and the pounds add up over the years.

You can avoid holiday weight and still enjoy excellent meals with friends and family members by limiting your portions and modifying recipes that normally contain high calorie or fat content.

### Healthier Versions of Holiday Favorites

**Yogurt Dips** – Typical, full-fat sour cream contains about 60 calories per ounce. Nonfat Greek yogurt only delivers 15-20 calories an ounce. Just make this easy swap in your favorite dip recipes and dunk your veggies guilt-free.

**Roasted Sweet Potatoes** – On average, a half-cup serving of candied yams contains about 215 calories. Cut the calories in half with a ¾-cup serving of roasted sweet potatoes brushed with olive oil for 100 calories. Also, because roasting brings out their natural sweetness, it is unlikely that anyone will miss the ooey-goey, candied version of the

sweet potato dish.

**Fat-Free Gravy** – Most gravies are notoriously fattening, but you can make an easy, fat-free version by whisking two tablespoons of flour into one cup of gently simmering turkey broth. After adding your favorite seasonings,

of full-fat eggnog, which contains roughly 250 calories.

### When There's Nothing Like the Real Thing

If the holidays wouldn't feel the same without certain foods – cakes, pies, chocolates, rolls, etc. – just limit



you can serve a crowd-pleasing accompaniment to your holiday bird.

**"Skinny" Green Bean Casserole** – If it just wouldn't be a holiday meal without this traditional favorite, swap out the full-fat cream of mushroom soup for the reduced-fat version and, instead of fried onions, sprinkle your casserole with slivered, roasted almonds. If everyone is okay with a casserole-free meal, serve steamed green beans instead.

**Hot Cider Instead of Eggnog** – Michiganders are lucky to have easy access to some of the best-tasting apples – and apple cider – in the world. Per recommended serving, a mug of soothing hot cider contains approximately 100 fewer calories than a glass

your portion sizes. It's also important to stay active by keeping up with your normal fitness routine, even though that can be a tall order during the hustle and bustle of the holiday season. However, the extra effort will pay off when you don't have to put "go on a diet" at the top of your New Year's resolutions list!

## Beaumont Critical Care Nurse Job Fair

Join representatives from Beaumont on Tuesday, December 4 from 1-4 p.m. to learn more about critical care nursing jobs.

**There will be live,** on-site interviews with recruiters and nurse managers from all eight Beaumont hospi-

tals. Participants are encouraged to bring several copies of their resumes. The fair will be held at Beaumont Oakwood, 18100 Oakwood Blvd in Dearborn. Apply for careers now at [beaumont.org/](http://beaumont.org/).

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## Practice Healthy Habits to Avoid Illness

Southeast Michigan Health Association (SEMHA) and public health partners throughout southeast Michigan encourage residents to practice healthy habits to protect themselves and others against colds and flu. Flu activity increases during the holidays, as people are gathering and spending time together in close contact. Therefore, it's important to take steps that decrease the risk of illness.

**Get your flu shot.** Everyone 6 months of age and older should get a flu vaccine every year. Flu vaccine can reduce flu-related illnesses and the risk of serious flu complications.

**Wash hands often.** Proper hand washing prevents germs from spreading. Wash hands after using the restroom, changing a diaper, sneezing, coughing, or blowing your nose, and before eating

and/or preparing food. Wet hands and apply soap. Rub hands for at least 20 seconds (singing the "Happy Birthday" song twice is a good way to ensure that you spend enough time), scrubbing all surfaces, before rinsing and drying hands.

**Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated and then touches their eyes, nose or mouth.

**Clean and disinfect surfaces.** Germs can live on surfaces for hours and sometimes days. Clean surfaces often with soap and water, and disinfect areas like kitchens and bathrooms regularly—especially if someone in the house is ill. Cough or sneeze into your sleeve or a tissue. The air that comes out of your mouth when you cough or sneeze may contain germs.

## I'm Dreaming of a Green Christmas: Giving the Gift of Health



by  
DR. BRITTANY  
ANDERSON  
JOURNEY TO HEALTH

There are so many great ways to add some green to your holiday banquets – scrumptious spinach dips, fresh and crunchy Middle Eastern tabouleh salads, cranberry and kale dishes. These are not only delicious holiday delights to share with your friends and family, but are also wonderfully healthy to keep your loved ones in good health into the new year.

**Chlorophyll:** The pigment that gives green leafy vegetables their beautiful dark green hue is chlorophyll, the foundation of plant circulation. Chlorophyll is used by plants to produce nutrients via sunlight. The molecular structure of chlorophyll is almost identical to that of human red blood cells, varying only in their magnesium and iron cores. Chlorophyll's strong oxygen radical absorbance capacity or ORAC score makes it an effective fighter of free radicals and for removing damaging toxins.

**Folic Acid:** Folic acid, a B vitamin found in green leafy vegetables, which has been supplemented in white flour products in the U.S., is proven to prevent birth defects during the early stages of notochord development. Folic acid has been shown to improve symptoms of iron deficiency anemia and may also help cells resist changes in their DNA.

**Choosing Organic:** Choosing organic produce will eliminate your families' exposure to chemicals and pesticides which would need to be detoxified by the liver. Unless specified on the produce containers, make sure to wash your vegetables with fresh water, white vinegar, and lemon juice before preparing and serv-

ing to ensure cleanliness and to reduce contamination.

There is no better time to start healthy holiday traditions, like adding green leafy vegetables to your holiday feast. These green treasures will give your family the gift of health and energy to truly enjoy this holiday season and to give them a head start on their New Year's resolutions.

### Journey To Health Holiday Cranberry Kale Salad:

- ½ cup pecans (cinnamon roasted or raw)
- 8 ounces kale
- ½ cup dried cranberries
- 1 apple (diced)
- 3 tbs. olive oil
- 1 ½ tbs. apple cider vinegar (or white wine vinegar)
- 1 ½ tsp. honey or maple syrup
- Himalayan or celtic sea salt

*Dr. Brittany Anderson is a family Chiropractic physician and Hatha yoga instructor in Sterling Heights. To learn more about ways to stay healthy this holiday season, contact Journey To Health LLC at 586-264-9470.*



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### PRAYER TO THE HOLY SPIRIT

Holy Spirit, who solves all problems, who lights all roads so that I can attain my goal. You who give me the divine gift to forgive and forget all evil against me & that in all instances of my life you are with me. I want in this short prayer to thank you for all things & to confirm once again that I never want to be separated from you, even and in spite of all material illusion. I want to be with you in eternal glory. Thank you for your mercy toward me and mine. Amen This person must say this prayer for three consecutive days, after 3 days, the favor results will be granted. This prayer must be published after the favor is granted. C. K.

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Rocket

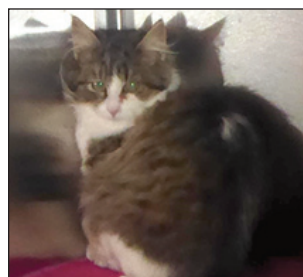


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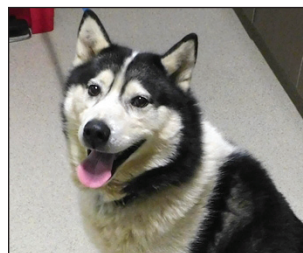
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1			4		3			9
	8		6			4	1	
2	6				9			
		4		2		1		
			1				7	6
	4	5			7		2	
6			2	4				5
	1			3		6		7

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# Increasing Tipping Fees on Waste Haulers

## PERSPECTIVES



Op-Ed by  
NATHAN INKS

As the year comes to an end, Michiganders can expect Governor Snyder and the Legislature to enact a number of laws in the lame-duck session that they were either unable or unwilling to take up earlier. One such proposal that Governor Snyder has supported but Republican lawmakers previously expressed reservation toward is an increase to the tipping fees imposed on waste haulers that dump in landfills across the state.

Most of the revenue raised from the increase in the fee would be used for cleanup of contaminated sites, such as brownfields and land contaminated by per- and polyfluoroalkyl substances (PFAS). Currently, funding for brownfield cleanup comes from the Clean Michigan Initiative, a \$675 million bond that the voters approved at the ballot box back in 1998. That bonding money is nearly depleted, meaning the state will soon be left without one of its primary dedicated revenue sources to clean up contaminated sites across the

state. With increasing concerns about PFAS contamination, ensuring that the state has sufficient funds dedicated to any necessary cleanup is something lawmakers should be focusing on proactively—not after the fact.

Michigan's current state-levied tipping fee, a flat \$0.36 per ton, is significantly below average for the region. While the average for neighboring states comes out to about \$5.30 per ton, there is some variation, with Indiana being the lowest at \$0.60 and Wisconsin the highest at \$12.997. Michigan's well-below average fees result in our landfills being attractive places for our neighbors to dump their trash; over a quarter of the trash dumped in Michigan comes from other states and Canada. While that may be good for landfill owners, the negative effects from odors, ground and water pollution, and increased waste hauler traffic are felt on a more widespread basis in the community.

Governor Snyder's proposal would increase the rate to \$3.99 per ton, while a bill proposed earlier in the year by Senator Mike Nofs (R-Battle Creek) would raise the rate to \$4.44 per ton initially, with adjustments based on inflation every five years. Although a significant increase proportionately from the current rates, both proposals would keep the fee below the regional average.

Although Republicans in the legisla-

ture had indicated resistance to increasing taxes or fees earlier in the year, retiring legislators may be more willing to increase fees in order to provide a guaranteed source of revenue for contamination cleanup projects. Support for Governor Snyder's proposal by the Michigan Chamber of Commerce and Michigan Farm Bureau—both groups that tend to be more conservative and generally support Republican candidates—combined with increasing attention on PFAS contamination may be enough to sway enough Republicans to support the legislation.

When Michigan voters passed the Clean Michigan Initiative in 1998, they sent a clear message in support of taking a proactive approach to dealing with contaminated sites. Raising the fee on refuse deposited in landfills will provide a dedicated stream of revenue without burdening the state with interest obligations, as would be the case if the funds came from another bond. Governor Snyder's proposal will also put the state more in line with average tipping fees for the region, which will hopefully reduce the amount of garbage being imported into the state. While increasing taxes and fees is never ideal, increasing the tipping fee is a fair and reasonable solution to a problem that is too important to ignore.

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