

Dining Guide Inside!

# Rochester & Rochester Hills Gazette

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## Good Deeds Day to Support Rochester Neighborhood House

The Rochester Downtown Development Authority (DDA) will be participating in the international holiday "Good Deeds Day" on April 7 with a special event in support of the Rochester Neighborhood House.

**Located at 1720 S. Livernois Rd.**, the Rochester Neighborhood House is a nonprofit human service organization dedicated to providing emotional and financial assistance to community members in need. In recognition of Good Deeds Day, the Rochester DDA is asking the public to donate children's items to the nonprofit that will later be distributed.

"Good Deeds Day is a wonderful opportunity for our community to come together for a common goal," Deputy City Manager Nik Banda said in a press release. "This is our fourth year participating in Good Deeds Day and I know it will be the best one yet!"

**Suggested** donation items include new children's clothing, new children's tennis shoes, diapers (sizes 4-6), birthday cake mix, frosting, birthday plates & napkins as well as birthday candles.

Rochester's Good Deeds Day will take place at the Rochester Fire Department located at 277 E. Second Street from 10 a.m. - 2 p.m. Kids' activities as well as a tour of the fire station, fire and police vehicles and much more will also be taking place.

**For more** information about Rochester's Good Deeds Day, contact the Rochester DDA at 248-656-0060.

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## Local Dancing with the Stars Fundraiser Helps Seniors

**FAITH IN ACTION** of Oakland County held its fifth annual Dancing with the Stars event on March 9 to help raise funds to assist local seniors. Much like the television show, Oakland County's Dancing with the Stars featured local celebrities like Jason Colthorp of WDIV, Roop Raj of Fox 2, WJR's Frank Beckmann, and WYCD's Rob Stone. Honoring first responders and armed forces was Deputy Kristie Ghedotte, OCSO; Jim Everly, U.S. Army Special Forces; and Eric Schwalbe, Firefighter/EMT. Photo by Paula Rea-Johnston

## Students Kickstart First-Ever Tri-High Science Fair

Three Stoney Creek students are starting the first Tri-High Science Fair in Rochester Community Schools and are looking for business and professional involvement for donations and booth set-up.

**The science fair**, held on Saturday, March 23 from 9 a.m. - 1 p.m. at Stoney Creek High School, is open for participation to all high school students from Rochester, Adams, Stoney Creek, and IA Central. The entire community is encouraged to attend, from parents and students of all ages to businesses and science professionals.

Seniors Reema Gowda, Preetam Vupputuri, and Iulia Dobrin created this fair as an opportunity for students to channel their creativity into science and explore science's role in a variety of local business settings. Through the science fair, Vupputuri hopes students will open their eyes to how versatile science is in the workforce.

**"One thing we** don't get a lot of at school is exposure to these different fields. We want people to see the depth of science and how

cool it can be at its roots," Vupputuri said.

While many students interested in science want to do more in the field, outside of clubs and classes, chances are limited.

**"As a high schooler**, it's so hard to find research or shadowing or internships without having certain connections or plain luck. Our goal is to simplify the process so students regain interest in applying their passions to the community," Dobrin said.

Like many of her peers, Gowda experienced such difficulties her freshman year when she was looking for local internships in science fields. Hoping to break down some of these barriers of entry, the fair provides direct connections to professors and science-related businesses. Representatives set up booths to discuss their work and field questions, as well as offer potential research, shadowing, and internship opportunities.

**Even local businesses** that aren't directly related to science can get involved through sponsorships

and monetary donations for prizes.

For more information about getting involved in the science fair contact stoneynhs@gmail.com or check out Stoney Creek Science NHS's website, Stoneynhs.com/.

## New Condo Developments Coming to Rochester Hills

by DREW HOWARD

The Rochester Hills City Council unanimously approved to move forward two new residential developments during its latest meeting on Monday, March 11.

**The first item** on the council's agenda was a Final Planned Unit Development (PUD) from Robertson Brothers Homes for Brewster Village Condominiums, a 30-unit residential development located on 7.3 acres to the west of Brewster Road and north of Walton Blvd.

Plans for Brewster Village Condominiums include 30 detached ranch units each at 1,850 square feet. All units will have two-car garages and three master bedrooms on the main floor, according to developers, with home prices starting "in the 400k's."

**"We feel this** is a housing option for residents that are currently underserved in the market," a representative from Robertson Brothers Homes told city council. "And we will be

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**STONEY CREEK SENIORS** Preetam Vupputuri, Iulia Dobrin, and Reema Gowda have teamed up to launch the first Tri-High Science Fair, set to take place Saturday, March 23 from 9 a.m. - 1 p.m. at Stoney Creek High School. The fair is designed to give students exposure to professors, businesses, and mentors in the field of science.



### Dinner in the Dark with Leader Dogs for the Blind

Guests were dining under blindfold at the Leader Dogs for the Blind annual Dinner in the Dark fundraiser on March 8, hosted by MGM Grand Detroit. The night included auction items and a presentation featuring Leader Dog clients. Pictured above, 13-year-old Joe Johnston meets a future Leader Dog in-training. Photo courtesy of Paula Rea-Johnston.

If you missed the Dinner in the Dark fundraiser, Leader Dogs will be the beneficiary of another

event on Saturday, June 1 from 10 p.m. The Bark & Brew fundraiser is an outdoor, family-friendly event that allows guests to support Leader Dogs while enjoying Griffin Claw food and drinks, live music, a kids play area, and more. Meet and greet current and future Leader Dogs and see them in action with training demos.

For the first time this year, there will also be a Bark & Brew 5K run/walk. To register and for more information, visit [Leaderdog.org/](http://Leaderdog.org/).

## Rochester Hills City Council Approves Residential Developments

CITY COUNCIL, From page 1

providing quality architecture and design that complements and further enhances the area.”

Brewster Village Condominiums is being developed off a dirt road, meaning residents will be expected to take care of future road repairs. Councilmember Susan Bowyer shared her concern over the policy, questioning if residents would be fully aware of their responsibility.

“Is there something being built into these agreements with the homeowners that they know they need to save for road repairs?” Bowyer asked the developers. “And that they’re going to have this million-dollar cost to redo the

roads in 20 years?”

The developer assured Bowyer that residents would be aware of the policy upon moving into their new home. “It is specifically called out - when someone buys a home from us they have this information,” the representative said. “The requirements for a private road are just as stringent as a public road, which is more than I’ve typically seen, so I think this road is going to last for quite some time.”

The city council also approved plans for the residential development “Saddlebrook Orchards” on Monday night. The proposed condominium site will feature 10 units on five acres

located to the north of Auburn Road between Crooks and Livernois roads.

Units are being described as single-family condos, according to official plans, with lots ranging in size from 8,689 - 12,480 square feet. Plans also state the site will be restricted to a density of 2.2 units per acre (less than 3.4 units per acre permitted).

City council unanimously approved the preliminary and final site condominium plan for Saddlebrook Orchards with little discussion.

The Rochester Hills City Council will meet next on Monday, March 25 at the City Hall Auditorium, located at 1000 Rochester Hills Dr.

## Oakland County Medical Apprenticeship Recognized in Lansing

Henry Ford Health System, Oakland Michigan Works, and Oakland County resident Talisha Williamson were recognized for their involvement with a new medical apprenticeship program by Gov. Gretchen Whitmer, local

During the program, apprentices perform a variety of tasks to help provide quality patient care, which combines classroom instruction and on-site training. Funds from the Workforce Innovation

healthcare industry. When she graduates this year, Robinson will be a certified medical assistant, which will allow her to earn good wages and benefits. Her ultimate goal is to become a physician’s assistant.



lawmakers, and statewide talent development officials at the Michigan Works Impact Awards in Lansing on Wednesday.

The new medical assistant apprenticeship program provides classroom instruction, on-the-job training, and an hourly wage to qualified candidates who enroll in the year-long program at Oakland Community College or Henry Ford College.

“Medical assistant are among the top 10 in-demand jobs in healthcare in our county,” Oakland County Executive L. Brooks Patterson said in a press release. “This innovative apprenticeship will help alleviate the shortage of these certified medical professionals and provide a rewarding career path for many people.”

Opportunity Act cover the cost of on-the-job-training. Oakland County Michigan Works pre-screens candidates and helps Henry Ford Health Systems and the colleges coordinate entry into the apprenticeship.

“Michigan Works has opened us up to a great opportunity to continue to be involved in the community,” said Dawn Robiadek, manager of clinical care services at the Henry Ford Medical Group. “Without this partnership, we would not have had an MA apprentice pilot program.”

Talisha Robinson was selected for the apprenticeship program in 2018. She heard about the program while working at Henry Ford as an admitting clerk and wanted to apply so she could advance her career in the

“Programs like this apprenticeship program are literally changing the lives of people like Talisha who just need a little assistance to achieve their dreams,” Sen. Rosemary Bayer (D-Beverly Hills) said in a press release. “Congratulations to Talisha and everyone involved in making this program a reality.”

The Impact Awards are hosted by Michigan Works Association and recognize success in economic development in communities across Michigan. During the event, lawmakers present tributes to dozens of honorees from across the state.

To learn more about the medical apprenticeship program, contact Sherry Kless at MI Works at 248-691-8437 or visit [Michiganworks.org/](http://Michiganworks.org/).

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# Who Just Drives Around and Destroys Property?

## POLICE PATROL



### ■ SOMEONE HAS HIS INFORMATION -

On March 1, a Rochester resident came

into the station to report a fraud. The resident said he was alerted that someone attempted to use his personal information twice. The first attempt was to get a cash advance and the second attempt was to get a loan. Both attempts occurred at separate locations and the resident said he was currently not out any money.

■ **LATE STOP AND SWERVE** - Saturday night after 2 a.m., a Rochester officer was in the area of University and Main and observed a vehicle stopped past the stop bar, blocking the crosswalk. The officer followed the vehicle on northbound Main and observed the vehicle swerve to the left so its driver's side tires were driving on the double yellow lane divider. A traffic stop was conducted, and the officer

made contact with the driver, a 19-year-old Bloomfield Hills woman. The officer observed signs the female driver had been drinking and she was placed through field sobriety testing. The female failed all offered tests and was transported to the Rochester police department where she agreed to an offered breath test with results of a .16%BAC and .18%BAC. The female was held until sober and released with a pending court date for operating while intoxicated.

■ **CLASSLESS GLASS THROWER** - Last Monday, a Rochester resident who lives on the 700 block of Great Oaks Blvd. came into the station to report an unknown person had thrown a glass bottle through the back window of his vehicle, destroying the window. The resident said the incident occurred sometime between 7 p.m. on Saturday and 7 a.m. on Monday. The case has been assigned to the detective bureau.

*Note: If you have any information on the aforementioned crimes, call the Rochester Police Department at 248-651-9621 or the OCSO Rochester Hills Substation at 248-537-3530.*



## John Dingell Conservation Act Signed by President Trump

ON TUESDAY, MARCH 12, President Donald Trump participated in a signing ceremony for S. 47, the John D. Dingell, Jr. Conservation, Management, and Recreation Act. This bipartisan package of over 100 public lands, natural resources, and water bills provides Federal protections to millions of acres of Federal lands. The bill also includes a permanent reauthorization for the Land and Water Conservation Fund. The bill's namesake honors longtime Michigan Representative John Dingell, who passed away on February 7. Pictured above, President Donald J. Trump was joined by John Dingell's wife, Rep. Debbie Dingell, D-Mich., along with other representatives and administration officials Tuesday as he signed S.47 in the Oval Office of the White House. Official White House photo by Shealah Craighead

## Free Dodgeball Tournament to Promote Healthy Communities

The Alliance of Coalitions for Healthy Communities (The Alliance) in collaboration with the City of Auburn Hills Teen Council is hosting a free dodgeball tournament to help teenagers "dodge stress and drugs."

The tournament will be held at the Auburn Hills Community Center on Saturday, March 23 from 2-5 p.m. and is open to all youth 7th through 12th grades.

In addition, students from the Oakland Schools Technical Campus Northeast (OSTC) Advanced Marketing class, led by Elizabeth Diehl, will present a social norms campaign regarding vaping. Participants will be allowed to create a poster campaign regarding underage vaping with the winner of the poster contest receiving a gift

card and having their poster featured as a social norm campaign by The Alliance.

"The strength of our youth in Oakland County is strong and very collaborative as we battle the many issues that they face," said Julie Brenner, President and CEO of the Alliance. "We support them and encourage them to get involved. This will be a fantastically fun event!"

Students will enjoy free pizza and pop along with gift cards for the winners of the dodgeball tournament. Registration is required of all participants. Students participating in the tournament can register as an individual or as a team. Visit [Achcmi.org](http://Achcmi.org) to register.

## Sap-to-Syrup Pancake Breakfast

The Museum at Van Hoosen Farm is hosting a sap-to-syrup pancake breakfast on Saturday, March 16.

As part of the event, people will be able to see syrup made from trees tapped in Rochester Hills. The museum will use an old-fashioned sap-to-syrup boiling operation. Attendees will sample

some real maple syrup and enjoy a pancake breakfast complete with sausage, juice, and coffee.

The cost is \$7 per person, and tickets are still available for the 9 a.m. and 10 a.m. sessions. Kids 4 and under are free. To register for the event, visit [rochesterhills.org/outdoors/](http://rochesterhills.org/outdoors/).

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# Senior Living

## Community Input Sought for Aging Services Funds

The Area Agency on Aging 1-B will host a forum from 12-1:30 p.m. on Monday, March 18, at the Village of Oakland Woods in Pontiac about funding priorities for older adult services over the next three years.

The forum is intended to gather comments on the use of more than \$20 million of federal and state funding allocated to serve older adults in the AAA 1-B's six-county region. The majority is

earmarked for senior nutrition programs, including Meals on Wheels and congregate meal programs.

Other programs include in-home care services, chore services, adult day services and services for grandparents raising grandchildren.

There is no cost to attend, and reservations are not required.

The Village of Oakland Woods is at 420 W. Opdyke. For more

information, contact Amanda Sears at 248-262-9222 or asears@aaa1b.com.

The Area Agency on Aging 1-B is a nonprofit that serves and advocates for more than 737,000 people 60 years and older and adults with disabilities in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. To learn more, call 800-852-7795 or visit [aaa1b.org/](http://aaa1b.org/).



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"If you would have told me six months ago I could **lose 26lbs, drop my A1C score, eliminate diabetes medication**, and run up a flight of stairs without stopping to catch my breath, I would have thought you were crazy." - Janice S.

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THE DETROIT INSTITUTE OF ARTS was host to the DIA Senior Expo last Monday presented by Gazette Media Group. Hundreds of seniors toured the showrooms and met with a variety of vendors from different industries in the senior care world. If you missed this show but would like to attend another senior expo, the Gazette is hosting its annual Early Bird Senior Expo at the Somerset Collection on Thursday, April 4 from 7-9:45 a.m. To learn more or to participate as a vendor, visit [GazetteEvents.com/](http://GazetteEvents.com/) or call 248-524-4868.





PICTURED: Grand Traverse Pie Company

# Gazette Spring Dining Guide

**CK DIGGS**

2010 W. Auburn Rd, Rochester Hills  
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**GRAND TRAVERSE PIE COMPANY**

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248-438-5110

**HONEY TREE GRILLE**

2949 Crooks Rd, Rochester Hills  
248-237-0200

**HONG KONG CAFE**

54808 Shelby Rd, Shelby Twp  
248-601-6888

**NORTH SHACK RESTAURANT**

1990 Auburn at Dequindre, Rochester Hills  
248-853-3366

**SUKHOTHAI**

54 W Auburn Rd, Rochester Hills  
248-844-4800

## CK Diggs: Comfortable Atmosphere, Exceptional Food



CK Diggs, at the corner of Crooks and Auburn in Rochester Hills, is one of those local establishments that is comfortable because it's consistently good. Whether it's lunch with a friend, happy hour, family dinner, or watching the game, CK Diggs fits the bill.

The family-run restaurant was founded by Michael Khami, veteran restaurateur and former owner of Murdock's, and son Chris Khami, the family operation is also helped by daughter Nichole Kirma.

The clientele is local and usually repeat business. The venue is busy for lunch as well as dinner. On Sundays, when the venue is closed, there is often a

private event, a shower, birthday party, sports banquet, or family gathering of up to 120 people, using the space privately.

"You can watch the game or have a drink anywhere," says Chris. "We're family friendly, our food is always good and our staff is attentive."

"Consistency is the key to repeat business. We tweak the menu occasionally, but keep the items that are most popular. And, we have daily specials."

Michael describes the menu as bistro fare. The offerings are varied with some choice items in every category; Think bar favorites, salad entree, and hearty meals, plus a variety of pasta and pizza choices for any taste. Of course, burgers and sandwiches are a delicious staple. Carry-out is also a popular option.

**CK Diggs is located at 2010 Auburn Rd., at the corner of Crooks Rd, in Rochester Hills. For more information or carry-out, call 248-853-6600 or visit their website at Ckdiggs.com/.**

## SukhoThai Offers a Taste of Thailand in Your Backyard

SukhoThai of Rochester Hills is owned by Tawat Sittipong, an immigrant who came to America from Thailand in 2000. Like many immigrants, upon his arrival he



found it difficult to find work. He always knew he loved to cook Thai food, so he started working as a server at a local Thai restaurant to make ends meet. This was his first introduction to the restaurant business.

After spending a few years working in the food service industry, Sittipong found himself wanting more. He wanted to be his own boss and his love for cooking made this decision obvious. It was time to start his own restaurant.

His dream came to reality in 2003 when he bought an existing restaurant in Oak Park, SukhoThai. And in 2007, he opened the Rochester Hills

location.

SukhoThai is unlike most other Thai restaurants in the area for a few reasons. "We are one of very few Thai restaurants that is owned by a Thai person, so it's more authentic," Sittipong said.

Not only is the food more of an authentic Thai experience but also, because of their expert knowledge of the cuisine itself, they are able to create items that aren't on the menu. "When a customer comes in and they want their own creation, we are able to do those special requests."



Sittipong prides himself and his restaurant on the quality of the ingredients they use; He boasts that SukhoThai is the only Thai

restaurant in the area to sell halal meat, a special brand of meat that is mostly exclusive to the Muslim faith. "Its kosher food," Sittipong says.

The decision to sell this particular kind of meat came from Sittipong's desire to be an inclusive restaurant that everyone, including the Muslim residents of Rochester Hills, can enjoy.

SukhoThai's expansive menu holds a wide array of Thai food items, and they have a sushi and a full bar. They also offer take-out and delivery for all of you homebodies.

Sittipong has worked for nearly 15 years to create the restaurant and business that he has today and hopes to keep growing for the years to come.

SukhoThai of Rochester Hills boasts an impressive menu of authentic Thai food, with frequent specials and a wide variety of premium sushi.

**SukhoThai is located at 54 W Auburn Rd in Rochester Hills. View their full menu and daily specials at SukhoThai-ThaiCuisine.com. To learn more, or place an order by phone, call 248-844-4800.**

**ST. PATRICKS DAY**  
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## Entertaining This Year? Call North Shack for Chicken, Ribs, and More

It's time for guests to drop by, but how do you enjoy the day and stay out of the kitchen? Call North Shack Chicken, Ribs & Seafood

Road, call in your order at 248-853-3366, or stop in and sample the menu. They are open seven days a week starting at 11 a.m.



**NORTH SHACK** has a variety of catering options for your next gathering, offering chicken, BBQ ribs, seafood and sides.

located at the southwest corner of Dequindre and Auburn Roads in Rochester Hills.

This Michigan-born eatery has been serving guests with meals made fresh every day since 1986. Here you'll find friendly service and great food cooked to order at affordable prices.

Each day, owner Diana Douglas and her staff marinate and flour fresh chickens, then pressure-cook them to seal in the juices and create golden, tender chicken. They hand-cut the potatoes and fish - even the cabbage too - for their own homemade coleslaw. The ribs are seasoned and slow cooked, then grilled and topped off with North Shack's special BBQ sauce.

"We use only the best cod and batter-dip it for our own tasty fish and chip recipe," explains Douglas. There's something on their menu for every party guest.

With holidays and special occasions coming up - such as Mother's Day, Memorial Day, Graduations and summer parties - you'll want to give North Shack a call. Located at 1990 E. Auburn

View North Shack's catering menu and daily specials online at NorthShack.com/. Owner Diana Douglas or Manager Cindy Smith will be happy to help you plan the perfect party for your next gathering.

## Celebrate St. Patrick's Day at CK Diggs

Celebrate St. Patrick's Day with CK Diggs on Sunday, March 17 from noon to 10 p.m. with power-hour drinks all day long, Guinness Irish stew, and corned beef and cabbage. CK Diggs is located at 2010 W Auburn Rd in Rochester Hills. They also have college basketball tournament specials coming up. Learn more at CKdiggs.com/.

## Plan Ahead and Ask Questions: Tips for Dining Out on a Diet

Know before you go. With most restaurants these days, you can go online and look at their menus. See what dishes look healthy—grilled items, salads, vegetable sides, and so forth. Decide before you go what you'll order, and stick to your decision once you get there.

**Sit in a quiet spot.** Nobody knows this, but people who sit in the more distracting parts of restaurants (by a window or in front of a TV) eat considerably more.

Be the first to order. You've decided to pick something light off the menu, but when your friend orders the decadent steak fries, you start to rethink your boring grilled salmon. To sidestep the temptation of your friend's less healthy dish, place your order first.

Have it your way. Before ordering your selections, ask the server about the details of the meal. This will help you make more informed choices. Some questions

to ask include: How is this dish prepared? Can it be modified? What ingredients are used? Do you have any low-fat or low-calorie options? What comes with this meal?

**Don't be seduced** by words. Mouth-watering descriptions like "tender, juicy chicken breast" or "ripe heirloom tomatoes" are increasingly common on restaurant menus.

— Source: Prevention.com



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**Wing Ding Special \$30<sup>99</sup>** 30 Wing Dings, Large Broasted Potatoes, Cole Slaw 4 rolls

**Shrimp Special \$28** 24 Pcs Shrimp, Large Broasted Potatoes, Cole Slaw, 4 rolls & Cocktail Sauce

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## Guide to Proper Tipping at Restaurants

Tipping expectations vary by culture and by service industry. Although tipping is a common practice in the United States in some other cultures or situations, giving a tip is not expected, and offering one could even be considered condescending or demeaning.

**In the United States** a tip is not legally required and the amount of the tip is at the discretion of the customer. However, it is important to understand cultural expectations of leaving a tip, as leaving an inadequate tip amount can be considered bad etiquette or even unethical.

Restaurants only pay a small portion of their employees' salaries; tips provide the rest. In many states, including Michigan restaurants are legally allowed to pay servers below minimum wage. The server's income is then supplemented with the service they provide – tips. Tips can constitute over 60 percent of a server's total earning. This means servers are paid based on a reward system: the person receiving the service can pay the server according to the quality of their performance. The better service the server provides, the more they are tipped.

**It is also common** for servers to give portions of their tip to the restaurant's support staff. At the

end of their shift, servers often pay a certain percentage of their sales to other staff members such as the kitchen staff, bartender, and bussers who do not receive tips directly.

When a customer leaves a small tip, the server receives less from the tipping pool than other staff. Over 14 percent of all full service restaurants participate in tip pools.

The appropriate amount to tip servers depends on your service. Typically, 15% is appropriate for average service; 20% if your server is above average. You should feel free to tip above 20% if you received excellent service. If you received poor service, it is better to talk to the manager than skip on the tip. Leaving no tip does not correct the problem of poor service.

**Some restaurants** have found that big groups with a bigger bill tend to tip very little. In an effort to avoid this issue, many restaurants add an automatic gratuity to parties of six or more; often the gratuity is set at 18%. If you have a party of six or more, you should verify that the gratuity is being added to the bill to avoid double tipping.

**It is customary** to calculate tips prior to tax. However, many people use the total bill for the ease of calculating or to be more

generous. Servers have to pay tax on their tip as well as share the tip with other support staff members. Many people feel that giving tip after the tax amount is fair, ensuring that their server receives a larger amount.

**For an easy way** to figure out a 20% tip, a good rule of thumb is to round off your total, double the amount, and then add one decimal point. For example, if your check total is \$42.86, round off to \$43, then take \$43 and double it (multiply by 2), which is \$86. Add a decimal point by moving it one place to the left, which would be \$8.6. Therefore \$8.60 is a 20% tip on \$43.

For an easy way to figure out 15% tip, round off your total, divide by 2, then add that amount to the total and move the decimal point one over to the left. For example, \$27.75 rounded off is \$28. Then divide \$28 by 2, which is \$14. Take \$14 and add it to the total of \$28, which is \$42. Move the decimal one place to the left and the tip amount is \$4.20.

—Source: Table Agent

## Grand Traverse Pie Company Now Open for Breakfast

Grand Traverse Pie Company, located at 6920 N. Rochester Rd. in Rochester Hills, is now open at 7 a.m. for breakfast.

**In celebration** of their new breakfast hours, for a limited time, enjoy a free cup of coffee with any breakfast purchase from 7-10 a.m. daily.

You may have missed Pi Day on Thursday, March 14, but Grand Traverse Pie Company offers a variety of exclusive pies including raspberry key lime, natural Michigan cherry, and the Michigan ABC.

**Now serving** breakfast, try the scramble wrap, whole grain oatmeal, or fruit & yogurt parfait. Other popular breakfast items include the breakfast sandwich, quiche, and freshly-baked muffins.

As always, Grand Traverse Pie continues to dish up specialty sandwiches like the GT chicken salad, club, Reuben, ham and Havarti, and French dip. Try the house soup with the Manitou sandwich – which includes turkey, ham, bacon, Swiss, and pesto mayo.

**Want to become** a regular at Grand Traverse? Join the Pie Dough Club, which offers rewards and specials for members.

To see the full menu, or for more information, visit [gtpie.com](http://gtpie.com), call 248-438-5110, or email [gtpierochester@gmail.com](mailto:gtpierochester@gmail.com).

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Hong Kong Café in Shelby Township will deliver any of their exquisitely prepared dishes from their extensive menu AND Dairy Queen items right to your door. That alone makes them awesome. However, restaurant owner Karen Yee wants you to know that there are a ton of reasons to visit Hong Kong Café in person.



absolutely loves serving her regular patrons, and she's always delighted to see new faces and make new friends.

Ms. Yee likes to surprise guests with the unexpected. For example, the Dairy Queen items have been incredibly popular. Also, Hong Kong Café offers some of the best yeast rolls around. Their yeast rolls are big, fluffy, and absolutely delicious!

Boasting a large and spacious dining room, plus a full bar, Hong Kong Café is a great date night destination that's also family-friendly. And, as a family-owned and operated business, Hong Kong Café has proudly served the Shelby Township community for over 18 years. Ms. Yee speaks enthusiastically about how excited they are to be "in such a great area." She

And it seems that patrons agree. Guests frequently order the rolls by the dozen to serve during holidays or at other family or work-related events.

Yet, as much as Ms. Yee is open to new and innovative ideas, she's quick to point out that Hong Kong Café has a deeply traditional side too. Actually, the restaurant is built on tradition. All of the restaurants traditional

Cantonese recipes have been passed down from generation to generation in the Yee family. In fact, she learned how to cook and operate a restaurant from her parents, who were also established restaurant owners.

Ms. Yee states proudly that at Hong Kong Café, "everything is made to order." This includes all of the delicious sauces featured throughout the menu and the eggrolls and spring rolls. All of the vegetables are fresh – never frozen. But what do regulars rave about the most at Hong Kong Café? "The Sweet and Sour Chicken," Ms. Yee instantly answered. "It's so good, tender, and tasty, and everyone loves it."

**Over half a million fortune cookies served! Please stop in and say Hi! Please visit us at [www.hkc123.com](http://www.hkc123.com) for business hours, or give them a call at (248) 601-6888.**



## Medilodge of Rochester Hills Resident Reflects on 102 Years

In 1917, the U.S. declared war on Germany, the Silent Sentinels began their protests for women's suffrage, and streetcars were installed on the San Francisco streets. It was also the year that



Helen K., a beloved resident at Medilodge of Rochester Hills, was born. She embodied the vitality, independence, and strength reflected in her birth year.

**Born and raised** in Hamtramck, Helen chose never to leave the city that was near and dear to her heart. She could tell you the history of every store, church, and building within the city borders. She attended school until the age of 15, when she decided to drop out of high school. The decision was prompted by two major events in her life – her parents separating, and her mother struggling to pay the bills. In order to help the family financially, Helen lied to the manager of a local meat packing plant about her age, and began her first job. Not long after, she fell

in love with Cashmere, her late husband, and they married in 1935.

When the Second War began in 1939, Helen was still working at the meat plant, but due to the male population being sent to war, Helen, along with many other women, went to work for the Military to build and repair war planes; a true Rosie the Riveter. There was one job that no one was able to successfully manage, which involved placing a small screw inside of an even smaller area of the plane without transferring any of the grease into the hole. Many attempted this task on her base, but only Helen was successful.

**Helen's home life** was one of love and laughter. She and her husband built a home, and welcomed not only her mother, but her brother, sister-in-law, and their child to live with them. Everyone respected and cared for one another, and they lived as "one big happy unit," as Helen would recall. A favorite pastime was daily Bingo at church and city halls throughout the city.

Now at 102 years of age, you can find Helen at every Bingo event in the facility. Helen still carries her strength and independence into each day. Her mind is sharp, and she often outshines those half her age. Asked if she had any wisdom to pass on to the younger generations, she said, "Be kind to one another. Love your family, and stay busy!"

**The MediLodge** of Rochester Hills team would like to wish a very happy birthday to Helen.



### You're never too senior to find love!

If you're looking for love but you think it's too late, think again. Marie, 77, and Ken, 86, married November 14 and now live happily together at American House. To learn more about the bed & breakfast of senior living in Rochester Hills, call us today!

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OPC'S MEALS ON WHEELS and Neighborhood House are two of the recipients of funds raised at this week's Simply Soup Supper event. Guests enjoyed a menu of soups and breads donated by area restaurants and bakeries. Rochester hometown supporters Eric and Ginger Ketelsen purchase their soup tickets from longtime Kiwanis members Mike and Jeanne Daly at the OPC's Simply Soup Supper fundraiser.

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## Lecture on the Buildings of MSU and the Women They Honor

Visit the Rochester Hills Museum at Van Hoosen Farm on Thursday, March 21 from 7-9 p.m. for a presentation on the history of notable Michigan women and the buildings named after them at Michigan State University.

Many buildings at MSU bear the names of women, but seldom are the stories of these women heard. Megan Badgley – Malone, Collections & Outreach Archivist at MSU – will share the interesting histories of the women that MSU

has honored, including Sarah Van Hoosen Jones.

Museum members can attend for free, and public tickets are \$5 per person. Pre-register at [rochesterhills.org/musprograms](http://rochesterhills.org/musprograms) or call 248-656-4663.

## Discussing Alzheimer's Disease Symptoms, Risk, and Treatment

Close to 6 million Americans now have Alzheimer's disease. By 2050, that number likely will more than double. The fatal brain disease can't yet be effectively treated or cured. But recent studies suggest that a theory long on the fringes of Alzheimer's research may provide new approaches to the disease.

Could common infections contribute to its development?

"Scientists are really trying to pin that question down," says Rebecca Edelmayer, Ph.D., director of scientific engagement at the Alzheimer's Association.

The latest study appeared in January. Researchers published evidence that may connect Alzheimer's and a germ that causes gum disease. It's not the first study to report such a link. In 2017, for example, scientists in Taiwan tracked more than 9,000 people with chronic periodontitis, a common type of gum disease.

They found that people who had gum disease for 10 years were 70% more likely to develop Alzheimer's. However, the study did not say that gum disease caused Alzheimer's.

The authors of the new study, published in Science Advances, pursued the link in the lab, where they examined tissue samples from the autopsied brains of people with and without Alzheimer's. They found higher levels of the gum disease germ *P. gingivalis* in the diseased brains. They also discovered its presence in the spinal fluid of living patients

diagnosed with Alzheimer's.

Next, they infected mice with an enzyme produced by the same gum disease germ. Weeks later, the mice's brains had deteriorated. Also present were increased amounts of a protein called amyloid beta, accumulates in the brain and forms plaques one of the hallmarks of Alzheimer's, as well as other signs of the disease.

In the final part of the study, the scientists successfully stopped further brain damage in the mice by blocking the germ thought to be causing it.

Is there a herpes-Alzheimer's connection?

For another study published in the same issue, a different team of researchers also investigated the link between herpes and Alzheimer's.

They found several types of the herpes virus in brain regions affected by Alzheimer's. The viruses also appeared to influence the behavior of genes linked to amyloid beta.

The World Health Organization estimates that two-thirds of the world's population has a type of herpes studied by Moir and his team, known as HSV1.

The other herpes virus they looked at is even more widespread. And once infected with herpes, you have it for life. The question then becomes, if herpes is so common, why don't more people develop Alzheimer's?

In most people, herpes causes no symptoms, because the virus remains inactive.

Moir speculates that a combination of factors like age and genetics could activate the virus and trigger an inflammatory immune response in the brain that potentially leads to Alzheimer's.

"Perhaps there's a mutation that prevents a gene from switching off that inflammation," says Moir.

And there's research to suggest that treating herpes could reduce the risk of dementia. Taiwanese researchers found that, over 10 years, HSV1 more than doubled the risk of dementia.

However, people with the herpes virus who had been treated with an antiviral medication had the same risk as people who had never been infected.

Could treating herpes truly lower the chances of developing Alzheimer's?

The authors of the study say it's too soon to tell.

Researchers are working to uncover as many aspects of Alzheimer's disease and other dementias as possible. Learn more at [Alz.org/](http://Alz.org/).

— Matt McMillen



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March 14, 2019



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## BLOOD DONATION OPPORTUNITIES



The American Red Cross encourages people to donate blood in order to meet supply needs in the Oakland and Macomb area. Donating blood is a simple way to make a lifesaving impact in your community. The American Red Cross regularly hosts blood drives.

To view the latest blood drives in your area, or to make an appointment to donate, visit RedCrossBlood.org or call 1-800-733-2767.

## VOLUNTEER

Forgotten Harvest is a non-profit organization that collects surplus food and redistributes it to local charities, providing families in the metro-Detroit area with fresh and nutritious food.



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](http://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

Sophia



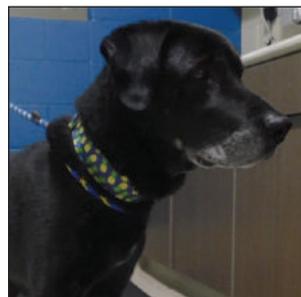
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Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit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



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

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# Imagining a World Without Bees

## PERSPECTIVES



Op-Ed by  
PETE MAURER

The mystery of the disappearing and dying bees

may finally have been solved, and the reason- to no one's surprise – may be a very common pesticide.

**Neonictinoids** are a category of pesticide in use since the 1990s, which mirrors the decline in bees. Long blamed on cell phone towers, electric transmission lines, viruses, mites, and other equally esoteric causes, science is now fairly confident that the use of neonictinoids is the main culprit behind the sudden and dramatic loss of bees.

Used to dust and coat seeds just prior to planting, it is often released into the air and water during the planting process. But neonictinoid's real danger is that it is absorbed into the growing plant to provide systemic protection against foraging insects. Unfortunately for bees, the pesticide shows up in the pollen and nectar, posing a one-two punch to nature's pollinators.

As its name implies, neonictinoids are related to nicotine, an old-fashioned pesticide that farmers used long before the chemical industry came up with all sorts of synthetic hydrocarbons to dispatch our pests, whether they be weed, insect, or fungus.

I remember my dad telling me when he was a boy, watching his

father soak tobacco leaves in a solution of water and alcohol for a period of time. When ready, the foul-smelling, brownish liquid would be diluted and then sprayed on the family's garden plot. It effectively killed any bugs in the garden, and was so potent, my grandfather hired people to apply it rather than risking himself or family to the exposure.

**Nicotine is that deadly.**

But since extracting the nicotine from tobacco plant was an expensive and time-consuming process, science came up with synthetic nicotine, neonictinoids. And the rest, as they say, is history.

The European Union is about ready to ban the use of neonictinoids, convinced that the numerous studies conducted readily show the link between the use of the pesticide and the collapse of beehives in the areas, along with a sharp drop in the number of surviving bees.

But here in the States, the huge and powerful agribusiness lobby is busy in D.C., doing their best to convince politicians that no current study is conclusive and that, to no one's surprise again, more studies are needed to corroborate the first studies.

That is how Big Business and equally big money work in Washington. If you want influence, you need money, and if you have a lot of money, then you can buy a lot of influence. And since one of the world's biggest chemical companies is also one of the world's biggest agribusiness owners, they have been fighting this battle on both sides of the Atlantic.

Their war chest is stuffed with

cash, being dispensed by lobbyists to any politician willing to listen to their litany of excuses as to why neonictinoids shouldn't be banned, either here or in Europe.

That company? A German outfit, whose founder isolated the active ingredient found in the bark of the willow tree that native Americans discovered helped with pain. They go by the name of Bayer. Bayer now owns Monsanto, so they have enormous stakes in the pesticide business on two continents, the two that use the most chemicals on Earth in food production.

But let me leave you with this one last thought, because while you are thinking about the bees, you might forget one important fact – the neonictinoids that get into and stay in the plant to provide protection against insects not only get into the pollen and nectar, but also the fruit of the plant, things like corn, oat, wheat, soy, and so on.

In other words, it is very likely that you and I are also getting traces of neonictinoids in our bodies.

Email the author at [Gazetteguy@yahoo.com](mailto:Gazetteguy@yahoo.com) or send a letter to the editor at [Andrew@gazettegroup.com](mailto:Andrew@gazettegroup.com)



## Rochester Kids Win Big at Soccer Tournament

FOUR BOYS FROM ROCHESTER AND TROY were crowned champions of the U6 age division at the Disney 3v3 National Soccer Championships held at the ESPN Wild World of Sports Complex in Florida in late January. Isaac Hover (Rochester), Preston Guitar (Troy), James Bostick (Rochester), and Christian Schmidt (Rochester) made up the All Stars Soccer Academy team that did not lose a single game in the tournament. During the championship game, the All Stars Soccer Academy team won 5-2 against the Philadelphia Union Youth Academy. Preston Guitar was the top goal scorer in the age group scoring an impressive 39 goals over six games. Congratulations on the big win!

## City of Rochester Accepting Board Applications

The City of Rochester is currently seeking applicants for all of its boards and commissions until Monday, April 1.

Both residents and non-residents of Rochester who exhibit a passion for public service are encouraged to apply for the open seats. A total of 22 boards and commissions are filling seats, with terms lasting anywhere from one to four years.

Examples of Rochester boards and commissions include, but are not limited to: the Planning Commission; Downtown Development Authority; City Beautiful Commission; RARA Board; Paint Creek Trailways Committee; Historic District Commission; and the Cemetery Advisory Committee.

The city is also looking to fill several independent liaison positions for the Dinosaur Nature Hill Preserve and the Rochester Hills Public Library. Liaisons are expected

to attend their respected meetings as needed and communicate necessary information to city council.

Rochester City Clerk Lee Ann O'Connor is in the process of creating a program that will help initiate new board and commissions members. Rochester City Council member Ann Peterson expressed her support for the new initiative during the council's latest meeting on Monday, February 25.

"I have been talking with Lee Ann, and I know she's going to work to put together a little bit of a learning program for all the people who go on boards and commissions because I think they don't understand their role," Peterson said.

Those accepted for a board or commission seat are expected to begin serving this May. Applications are available online at [rochestermi.org/](http://rochestermi.org/).



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