

Thursday, Oct. 18, 2018
Vol. 3, No. 27

Trick-or-Treat in Downtown Rochester

Downtown Rochester will get into the Halloween spirit this weekend with trick-or-treating, a costume parade, fun at the firehouse, and a Halloween edition of Movies in the Moonlight.

It all takes place on Saturday, October 20 from 3:30-9:30 p.m. Trick-or-treating goes from 3:30-5 p.m. and the costume parade starts at 5:15 p.m. at the corner of Water & University. Families will march down Water Street to the sounds of Halloween favorites and show off their costumes on the way to the Fire Department.

Firehouse fun will go from 4:30-7 p.m. at the corner of Third & Water. A spaghetti dinner will benefit Rochester Area Youth Assistance.

A viewing of Ghostbusters (1984) begins at dusk, around 6:30 p.m., at the Farmers Market lot, located at the corner of E. Third & Water. Popcorn, food, and snacks will be available for purchase provided by The Meeting House, but you are welcome to bring your own goodies, too (no alcohol or glass containers allowed.)

To learn more, call 248-656-0060 or visit DowntownRochesterMI.com/.

Social Dance and Costume Contest

Five Star Social Connection, a social dance group for those 50 and over, is sponsoring a Halloween dance and costume contest on Thursday, October 25 from 8-11 p.m. at The River Crest Banquet Hall, located at 900 W Avon Rd in Rochester Hills.

Enjoy a night of dancing, raffles, a costume contest, and plenty of fun. Singles and couples alike are welcome. Table snacks are provided, as well as a cash bar.

The cost to attend is \$10. To learn more, contact Donna at 586-480-0006.

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Rochester Hills and Life Remodeled Stand with Detroit

ROCHESTER HILLS RESIDENTS and community leaders spent their day last Friday removing blight and cleaning up around Detroit as part of the 3rd annual Rochester Hills Stands with Detroit Day. The city partnered with Life Remodeled, a Detroit-based non-profit organization, to offer this unique volunteering opportunity to residents of Rochester Hills. Those looking to participate in other volunteering efforts can sign up at LifeRemodeled.com/Volunteer/.

Plans for New Rochester CrossFit Gym to Be Reviewed

By DREW HOWARD

The Rochester Planning Commission is set to review plans for a new CrossFit gym located inside a former manufacturing facility on the edge of Rochester Municipal Park.

Jeff Russell, owner of the manufacturing company Helro Corporation at 322 and 326 Albertson Street, said a shift in the economy prompted him to explore other uses for his building. He hopes to continue operating the business under 322 Albertson in tandem with a CrossFit gym at 326 Albertson.

Jason Schomer, one of four developers partnering with Russell on the CrossFit gym, said the new facility will meet a consumer need not being addressed in the community.

"I think there's a market opportunity that's not being served - it's what I call more community-minded cross-fit," Schomer said. "The easiest way to describe what we're doing is this: you'd come to workout for an hour, and that'd be it. The gym won't be open to everyone all the time. It would

be open in hour increments."

Schomer said the facility would accommodate groups of 8-12 people who will exclusively occupy the gym for one hour at a time. While details are still being worked out, developers expect the CrossFit to be open 6 a.m. - 9:30 p.m. with a closed period in the afternoon from 2 - 4 p.m.

"Inside we have this rig, a big metal piece of equipment to do push ups, pull ups and different things," Schomer said. "As well as loose weights, machines, bikes, rowers, and a 4-by-6 square rubber floor facility to drop weights, or whatever you're going to do."

Planning commission members heard feedback on the project from three residents, two of whom shared their excitement for the project.

"I'm glad that it's not going to be an industrial business anymore," one resident said. "There were lots of complaints from the neighbors on the sound. I really feel this is better use for

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Rochester Hills Man Faces Up to 12 Years for Shooting at High Schooler

By DREW HOWARD

Jeffrey Zeigler - the 53-year-old Rochester Hills resident who shot at a black high school student asking for directions to school - was found guilty Friday with intent to do great bodily harm less than murder.

Rochester High School student Brennan Walker, 14 at the time of the incident, testified he approached Zeigler's home asking for directions to school the morning of Thursday, April 12. Walker was met at the door by the defendant's wife, who accused the teen of attempting to break into the home.

In a surveillance video shown to jurors, Jeffrey Zeigler was seen chasing Walker off the porch before shooting a 12-gauge shotgun in the teen's direction. Walker escaped unharmed and reportedly hid in nearby bushes.

Zeigler previously told police the shotgun went off after he slipped on the porch. After being called out on

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Stoney Creek Golf Repeat Regional Champs

THE STONEY CREEK VARSITY GIRLS GOLF TEAM captured their second straight regional title Thursday at the Orchards, qualifying the Cougars to advance to the state finals this weekend in Bedford Valley.



THE ROCHESTER HILLS MUSEUM at Van Hoosen Farm hosted its annual Stone Wall Pumpkin Festival on Saturday. Activities throughout the day included John Forshee and the Barnyard Express, food, and the Stoney Creek High School drum line. Guests carved pumpkins to place on the stone walls surrounding the Museum property and watched them light up as the sun went down.



AN OUTDOOR EXHIBIT of scarecrows made by local organizations was on display at the Museum this weekend for the Stone Wall Pumpkin Festival. Support from nonprofits like the Rochester Area Neighborhood House help make these annual traditions possible. Learn more at ranh.org/.

Zeigler Found Guilty of Firing Shotgun at High School Student

ZEIGLER, From page 1

his conflicting testimonies, Zeigler said he was "tired of being a victim."

Defense attorney Rob Morad argued there was no intent to murder or harm Walker, and that Zeigler had reason to be fearful due to several past breaking and enterings at their home.

"His wife's screams put thing into motion, but he loves her and was trying to protect her," Morad said, according to The Detroit News. "I expect he wished he had done things differently."

Morad added that Zeigler was not aiming to harm Walker, but rather to fire his shotgun into the air as a warning. "If he wanted to kill him, he could have shot him on the porch," Morad said.

Assistant prosecutor Kelly Collins told jurors Walker was only able to escape with his life because Zeigler's shotgun was placed on safety. "There were choices made and choices have consequences," Collins said.

Judge Wendy Potts gave jurors the option to convict Zeigler up to 10 years in prison for the assault conviction, in addition to a mandatory two

years for the firearm count. This is a relatively soft punishment compared to the initial charge, which could've convicted Zeigler up to life in prison.

Following initial reports of the April incident, many in the community and online have accused Zeigler of acting out of racial bias. Zeigler said he thought Walker - who is 6 feet, 2 inches tall - was an adult at first sight.

Morad asserts Zeigler is "very sorry" and "remorseful" over the incident. Zeigler will be continue to be jailed without bond until his sentencing on November 13.

Slotkin and Sen. Peters Host Veterans Roundtable in Rochester

By ELENA DURNBAUGH

Democratic contender for U.S. House of Representatives District 8 Elissa Slotkin and Senator Gary Peters held a roundtable discussion at Rochester Community House on Monday to discuss veterans issues.

Slotkin and Peters were joined by both veterans and experts in veterans' services to discuss what Congress can do to better support the men and women who served in the military.

"This is an event that is close to my heart," Slotkin said. She credited her time as a CIA Analyst in Iraq as what motivated her to run for office. "We just felt that the tenor and tone of politics had become fundamentally unbecoming of the country that we served and the country that we all love," Slotkin said, speaking of herself and her husband, who served in the U.S. Army.

"We need folks with her kind of experience," Peters said.

The discussion focused on employment opportunities and health care services for veterans.

One of the issues discussed was helping veterans translate their mili-

tary skills to relevant workforce skills. Panelists discussed the challenge of showing employers how military training applies to civilian jobs.

"What we find, often, is that veterans just don't know the opportunities that are out there," Cliff Hodge, an army veteran who volunteers for veterans for Elissa Slotkin, said. "There's nothing that says when you go to get a job, 'This is what you need to do.'"

Jenny McCardell, a Navy Hospital corpsman veteran and member of the Rochester Hills City Council, said a similar disconnect exists between military experience and higher education.

"The bottom line is that translation is not happening at the level it needs to be happening," Slotkin said.

Veterans are up against a lack of information when it comes to getting healthcare, too. "They just assume there's nothing out there," Dennis Ritter, a U.S. Army veteran, said.

Others advocated for more interconnectivity between veteran healthcare services.

"We could all do a lot more if we

just coordinate and collaborate our systems together," Tyrone Chatman, the CEO of the Michigan Veterans Foundation and a U.S. Army veteran, said. "That's our biggest issue, getting the information out there."

The panel also discussed mental health issues. The panel agreed that making sure veterans are properly diagnosed and getting them the help they need is key.

In summarizing the discussion, Slotkin pointed to a lack of connection as an overarching problem. "There are easy ways to connect people with folks who can help them do that, but it's just not happening," she said. "Those things are solvable problems."

Slotkin is running against Republican Congressman Mike Bishop to represent Michigan's 8th Congressional district. This race is one of the many that voters will decide on in the November 6 general election.

Want to know what your ballot will look like? Visit the Michigan Voter Information Center at webapps.sos.state.mi.us/.

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New Rochester Gym Emphasizes “Community-Minded CrossFit”

PLANNING, From page 1
the property.”

Another resident hinted they'd be more interested in seeing the facility turned into a residential use. They asked planning commission members to account for the coinciding school bus stop arrivals during the CrossFit hours of operations while reviewing the plans.

Planning commission members expressed interest in moving the project forward, and encouraged the developers to carefully review their plan for parking and the expected noise level during workouts.

Developers were asked to come before the Rochester Hills Planning Commission with an official site plan “sometime in November” for a public hearing.

An Evening with Mitch Albom

St. Nicholas Troy invites you to An Evening with Mitch Albom on Saturday, October 27 at 6:30 p.m.

The night will include a strolling greek dinner, open bar, silent auction, pay-to-play games, and live greek music. Guests will also get an exclusive meet and greet opportunity with acclaimed author and columnist Mitch Albom.

His newest book “the next person you meet in heaven” is the sequel to the number one bestselling “The Five People You Meet in Heaven,” and tells

a story of how lives and losses intersect.

The evening's spotlight charity is Say Detroit, a nonprofit founded by Albom that helps those in need in Detroit.

It all takes place October 27 at St. Nicholas Events Center, 760 W Wattles in Troy.

Tickets start at \$100. Register for this event at stnickscharityevents.cbo.io/. For more information, visit stnicholastrophy.org or call 248-362-9575.

Rochester Community Foundation Tailgate October 25

The Community Foundation of Greater Rochester will host its annual Tailgate Party on Thursday, October 25 from 6-9 p.m. at the Royal Park Hotel.

This year, the Tailgate Party also celebrates the Foundation's 35th anniversary and the launch of its new Community Enhancement Fund.

The eighth annual Tailgate Party offers a casual evening for a good cause with hundreds of local residents gathering in their favorite sport's attire (jerseys, jeans, and sneakers are encouraged) to support Community Foundation. Guests will enjoy tailgate-style food and performances from the local high schools.

For the past 35 years, The Community Foundation of Greater Rochester has been the community's source for donor advised and charitable fund management, major gift creation and legacy planning. Through it, dozens of individuals and businesses have been able to support nonprofits and give back to the community in a sound and sustainable way.

“Donors are amazed at the impact they can make when they give through the Community Foundation or utilize the services of the Foundation to further their charitable goals,” said Jo Allen, Community Foundation of Greater Rochester Executive Director. “Our long-standing mission is to leave an impact ‘for good, forever’ and that is what our funds do. They will be changing lives in our communities for generations to come.”

In celebration of its 35th anniversary, the Foundation seeks 35, \$1,000 donors to become 35th Anniversary Donors and be honored as part of the Enhancement Fund launch. To become a Community Enhancement Fund 35th Anniversary Donor, contact the Community Foundation of Greater Rochester at 248-608-2804.

Individual tickets for the October 25 Tailgate Party are \$65. Tickets and Table Sponsorships (\$650) are available online at cfound.org/. The Royal Park Hotel is located at 600 East University in Rochester.

40 Under 40 Nominations Now Being Accepted

Do you know someone who is making a difference? L. Brooks Patterson, Oakland County Executive, is searching for the “Best & Brightest.”

Entries are being accepted for the Oakland County Executive's Elite 40 Under 40.

Do you know someone who is a

young entrepreneur, community leader, teacher or who has made significant contributions to their chosen field and the quality of life in the region and you want them recognized for their good work? Enter now or nominate someone you know at Elite40.com/.



Marian is a Catholic college preparatory school for young women, sponsored by the Sisters, Servants of the Immaculate Heart of Mary.

For admission information, call (248) 644-1946.
www.marian-hs.org

7225 Lahser Road, Bloomfield Hills, MI 48301

For the Love of All that is Holy, Lock Your Cars People

POLICE PATROL



■ HOT TAKE: IF YOUR CAR IS UNLOCKED, IT IS

OPEN TO THIEVES – It was last Monday that a citizen reported that her cell phone was stolen from her unlocked vehicle at a business in the 200 block of E Second St. There are surveillance cameras in the area and the footage is being analyzed. The case has been assigned to the Detective Bureau and is under investigation.

■ **SPEEDING WHILE SUSPENDED** – On Friday, October 5 at 9 p.m., a Rochester officer was enforcing traffic at the intersection of Second and Main and observed a pickup speeding in the area. The officer noticed that the driver was going over 35 in the posted 25 zone. A traffic stop was completed and the driver, a 34-year-old Roseville man was found to have a suspended and expired license. The driver was transported to the Rochester Police Department where he was booked and released with a misdemeanor ticket for driving with a suspended license, a court date is pending.

■ **WHEN IN DOUBT, GET A LYFT** – As the bars got out last Saturday night, a Rochester officer was on patrol in the area of University and

Ludlow and observed a car weaving in the lane and then complete a right turn without signaling. The officer completed a traffic stop and spoke with the driver, a 48-year-old Romeo man. The officer noticed signs that the driver had been drinking and performed field sobriety testing. The man failed the offered tests and was transported to the Rochester Police Department where he agreed to a breath test with results of .23%BAC. The driver was held until sober and released the following day with a pending court date for operating with a high BAC.

■ **NOTICING A TREND HERE** – Thursday at midnight a Rochester officer was enforcing radar in the area of Main and Olde Towne and observed a car traveling at 52 in the

posted 25 zone. The officer completed a traffic stop and spoke with the driver, a 22-year-old Clinton Twp. man. The officer noticed signs that the man had been drinking and he was placed through field sobriety testing. The man failed the offered tests and was taken back to the Rochester Police Department where he submitted to a breath test with results of .23%BAC. A check of the driver's record revealed that he had a previous conviction for operating while intoxicated and had a suspended license for unpaid fees. He was held until sober and released with a pending court date for operating while intoxicated - 2nd offense and driving with a suspended license.

■ **NARCAN SAVES ANOTHER LIFE** – Deputies and the City of Rochester Hills Fire Department responded to the Tim Horton's located at 2995 Walton Blvd for an uncon-

scious female that was found lying on the floor of the restroom. Upon their arrival, Deputies determined that the female was unresponsive and exhibited labored breathing and was sweating profusely. Drug paraphernalia and drug residue were found at the scene. Deputies administered one dose of Narcan (Naloxone) to the victim. Paramedics arrived on the scene and administered a subsequent dose of Narcan. The female, a 28-year-old resident of Pontiac, regained consciousness and was transported the subject to Ascension-Crittenton Hospital for further medical evaluation.

Note: If you have any information on the aforementioned crimes, please call the Rochester Police Department at 248-651-9621 or the Oakland County Sheriff's Office, 248-858-4951.

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Rochester Police and Fire Hit the Ice for Hockey Game Fundraiser

The Rochester Guns and Hoses hockey teams will take to the ice for an epic showdown between the Rochester Police and Fire departments in a hockey game to benefit local families facing cancer on Saturday, October 27 at 7:30 p.m. at Onyx Rochester Ice Arena.

Led by local co-founders Gina Kell Spehn and Michael Spehn, New Day Foundation for Families' mission is to alleviate cancer-related financial toxicity and improve treatment outcomes for families facing cancer.

"We've all experienced friends or family members going through



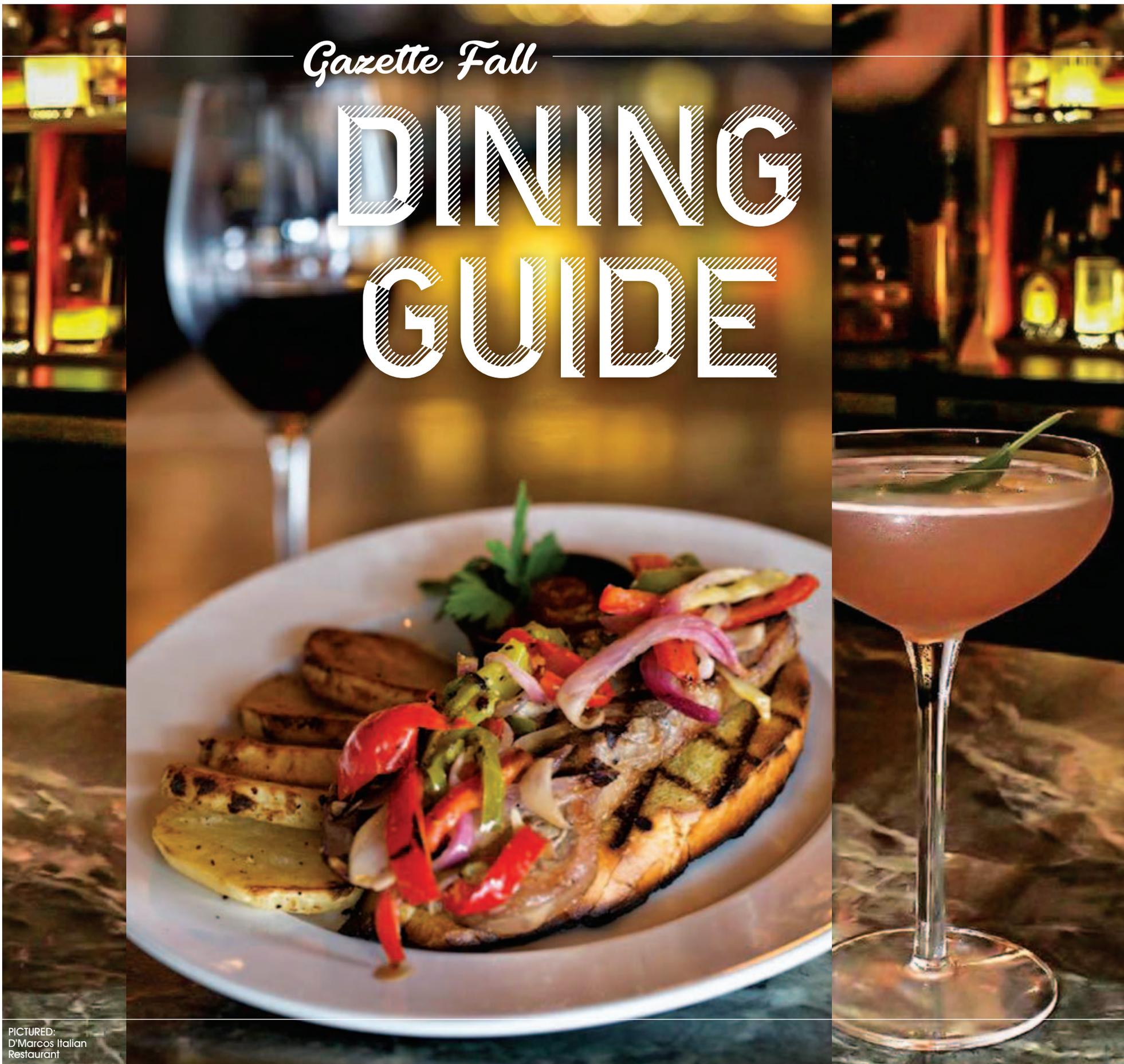
Rochester Firefighter Mike Palmer visited the New Day Foundation office in Rochester to show co-founder Gina Kell Spehn the Hoses team jersey.

Admission is \$10 per person at the door or in advance at FoundationForFamilies.org/hockey/. Children under 5 are free. Doors open at 6:45 p.m. and all proceeds will benefit Rochester's own New Day Foundation for Families. WXYZ Sportscaster Justin Rose will also take to the ice for the cause.

cancer," said Rochester police officer Amy Drehmer, school liaison for Stoney Creek High School. "We wanted to give back to the community and contribute to a local organization, so New Day Foundation was a great fit for the event."

Gazette Fall

DINING GUIDE



PICTURED:
D'Marcos Italian
Restaurant

DETROIT GRILLE HOUSE

55161 Shelby Rd, Shelby Township
248-453-5376

D'MARCOS ITALIAN RESTAURANT

401 S. Main St, Rochester
248-759-4951

HONG KONG CAFE

54808 Shelby Rd, Shelby Township
248-601-6888

LA BOTANA

5947 John R at Square Lake, Troy
248-813-8930

LA CUCINA DEL VINO

52963 Van Dyke, Shelby Township
586-254-2999

SUKHO THAI

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2258 Crooks Rd, Rochester Hills • 248-564-3000
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Eating Healthy as a Vegetarian or Vegan

Cutting meat and other animal products out of your diet won't automatically make you a healthier person.

Carnivores and non-vegan vegetarians get a lot of protein and other nutrients from meat, eggs, and dairy products. Therefore, in order to get everything their bodies need, vegetarians and vegans should pay close attention to what they eat. They should look for alternate protein sources as well as non-meat foods that are loaded with vitamins and minerals.

VEGETARIANS

Vegetarians have a little easier than vegans when it comes to eating a balanced diet because eggs and dairy are still on the table (literally). However, vegetarians shouldn't rely on these

You should also make a conscious effort against simply replacing meat with carbohydrates. While, technically, you can live by bread alone, it really isn't good for you. Besides, that bread is the perfect base for avocado toast – the thing that could turn almost anyone into a vegetarian.

VEGANS

The strictest of vegans do not consume anything that comes from animals – even honey. And if you fall into this camp, you must plan your diet strategically. Unfortunately, it's easy for vegans to develop vitamin deficiencies or even anemia. With this in mind, if no animal products are on your daily menu, you must look to legumes, nuts, and meat substitutes to fill the void.

tein) has a hearty, "meaty" texture and tastes wonderful on shish-kabobs.

It is highly recommended that vegans explore Mediterranean foods. Many dishes like hummus, baba ganoush, falafel, and soy are flavorful, meatless ways to add variety – and a healthy dose of olive oil – to a standard vegan diet.

Because a lot of Indian people are vegetarians, Indian cuisine is full of excellent, meatless options. Although, if you are dining out at an Indian restaurant, be careful. A lot of dishes may look vegan, but there's a very good chance that they are made with ghee. This is a clarified butter and the lipid of choice throughout India.

EVERYONE ELSE

Even devoted meat eaters can benefit from occasionally taking a walk on the Veggie Side. The truth is that Americans (on average) consume a little too much meat. This isn't exactly healthy, just as eating too much of anything isn't ideal. So, replacing at least one meat meal with a non-meat meal at least once a week is a fun and healthy way to try new things.

Even if you hate the sight of tofu, there are many other choices out there. For example, instead of ground beef, try some black beans in your next taco salad. Or, opt for a veggie burger the next time.

No matter how you decide to eat, giving your body what it needs to function at an optimal level is key. There is no one diet that is right for every single body, lifestyle and set of preferences. However, most diets can be tailored into nutritionally solid eating plans. Of course, as always, before starting any radically new diet, please consult your regular doctor to get an official medical opinion about the benefits and risks involved.



protein sources alone. While fine in moderation, eggs, cheese, milk, and even some yogurts are high in fat and cholesterol.

So, if you are a vegetarian, you should toss some diced tofu into a stir-fry from time to time. Or, add some chickpeas to your salad.

Speaking of salad, all vegetarians should go extra heavy on the fruits and vegetables, especially the leafy greens.

Lentils are vegans' best friend. These tiny legumes are loaded with protein and other vitamins and are incredibly versatile. Lentils come in several different varieties and can be used in soups, mashed into patties, and even pounded into flour for bread when dried. For those who don't love beans, tofu is always a good go-to protein source. And, for vegans who aren't gluten-sensitive, seitan (a wheat pro-

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Rascals After-School Cooking and Baking Class

Rochester culinary academy Rata2ee will host this 6-week course which covers both cooking and baking. Classes include instruction on knife basics, kitchen safety, sanitation, and nutrition. Classes are for Grades 2-5 and are \$198 (\$150 + \$48 materials fee).

Week 3: Chicken noodle soup & biscuits

Week 4: Holiday cookies

Week 5: Personal pan pizzas & salad

Week 6: Holiday cupcake wars

All recipes are nut-free. Please call regarding other allergy inquiries and



Young chefs will start each class eating a pre-made snack, then will make a serving size of the following to eat or take home. Please note, these are group-made meals.

Week 1: Spaghetti pie & garlic bread

Week 2: Holiday pies

food requests at 248-219-5752.

Classes will be held at Reuther Middle School, located at 1430 E. Auburn Rd. in Rochester Hills. To register, visit rata2ee.com/. Registration closes November 4 at 5 p.m.

Anchor Bar Now Open in Rochester Hills



Buffalo's Anchor Bar in Rochester Hills recently opened its first Michigan restaurant in the former location of Famous Dave's Bar-B-Que at 2945 S. Rochester Rd. at Auburn Rd.

This Buffalo, New York-based chain was established in 1935 and is home of the Original Buffalo Wings. It features a family dining/sports bar atmosphere. The menu's best seller is, of course, the Buffalo Wings. They boast 11 flavors of sauces along with

five rubs. Also on the menu are plenty of appetizers, burgers, pizza, sandwiches, wraps, salads and entrees to choose from.

Pictured here left to right at the Grand Opening Ribbon Cutting are the Anchor Bar Franchisee Partners: Gordon Sesh, Gordon's father, Ravi Ikkurthy, Raj Ven and Brian Elias.

Stop in for the wings today or call 833-699-4647 (NY WINGS) to pick some up for carry-out.

Detroit Grille House in Shelby is a New Take on an Old Favorite

Previously Steiny's, Detroit Grille House, located at 25 and Shelby, is bringing a chic, gourmet approach to pub-style food in Shelby Township.

The restaurant opened this summer and is co-owned by Cheryl and Jeff Steinhurst and Chef Dion Altadonna. The Steinhursts own the Detroit Fish House at 23 and Schoenherr, and were also the previous owners of Steiny's. Altadonna was a chef at Steiny's before the rebranding.

"We decided to kind of emulate and go off the fish house because it was doing so well," Altadonna said. "Give it a fresh name, a fresh look, brand new menu, a total new vibe."

That new vibe is best described as gastropub, a term for the gourmet approach the restaurant takes to typical tavern fare. Everything is made in-house from fresh ingredients. The Detroit Grille House also prides itself in the high-end cocktails, bourbons, and local brews served at the bar.

"That was the idea of it – bringing a different, unique twist to this location," Altadonna said.

The interior has an industrial look to celebrate the Motor City and the region's place in the automotive history. The brickwork, Edison bulbs, and subway tiling bring to mind an old car shop.

"It's that old, 1900s look, but with, you know, a modern feel to it," Altadonna said.

The Detroit Grille House aims to deliver high-quality service to its guests while maintaining a relaxed and casual atmosphere.

"Guests don't have to want or ask for anything," said Altadonna. "Taking that service a step above."

Altadonna worked to bring new options to his menu by using fresh, local, and seasonal ingredients. His cooking is inspired by what he learned from his great-grandparents.

"It's bringing that to the table, that freshness back," he said.

The chef recommends that people come in to try the hanger steak. The cut, which is growing in popularity, isn't served in many locations and is known for being tender and flavorful, Altadonna said. It's one of the restaurant's No. 1 selling items.

Although the Detroit Grille House is still new, Altadonna has his eye on the future. He hopes to eventually open a second location and continue to offer good food and good service in Shelby Township.

"I think keeping that, and staying true to that with the future of the Detroit Grille House will keep us successful," Altadonna said.

The Detroit Grille House is located at 55161 Shelby Rd. To see the hours and the menu, visit detroitgrillehouse.com/.

Owners: Cheryl & Jeff Steinhurst
Chef: Dion Altadonna

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Monday - Thursday: 11:30 - 10 pm, Friday & Saturday: 11:30 am - 11 pm

Downtown Rochester Holiday Farmers' Market

Looking for farm fresh flavors this winter? Need a gift or dish for that holiday party? Don't miss the Downtown Rochester Holiday Farmers' Market.

Shop from vendors and artisan crafters every Thursday evening starting November 1 - December 20 from 5

- 8 p.m. at the Rochester Fire Department, located at 277 Second Street.

The market will be closed on Thanksgiving, November 22. For more information call 248-656-0060 or visit downtownrochestermi.com/.

Teaching Children Good Table Manners at Restaurants

(POPSUGAR Moms) A trip to a restaurant can be fun family outing — not to mention a welcome break from making meals at home. But it's not always easy to get children to behave appropriately at restaurants.

"My son will behave perfectly at McDonald's or any fast food restaurant because he knows he has to eat first before he can go play in the playroom, but when it comes to actual restaurants where you sit and order then wait for the food, he is a mess. I can't control him at all," admits Circle of Moms member Vanessa.

For tips on teaching young children table manners and restaurant etiquette, Circle of Moms members offer the following tips.

Set Realistic Expectations

When teaching your child appropriate restaurant manners, it's important not to set your child up for failure. In other words, set realistic expectations about how long your child can sit quietly at a restaurant.

Practice at Home

If your child is old enough to understand what to do in a restaurant, practice at home first. Start with how you teach them to behave at meals at home. Teach them to sit at the table with you, and to try at least one bite of each part of their meal. Even if they don't want to eat it, they can still sit with you and talk about what they did today, or to ask politely for more of something they do like.

Remind Kids Before Entering Restaurant

Once your child gets the hang of things at home, then take them out and remind them that when they are out in public, they are expected to sit still and act like big kids. It is also a

good idea to start with family-friendly restaurants, as they are the perfect place to test out restaurant table manners.

Create Distractions

Family-friendly restaurants are also more likely to provide paper

wait there for a few minutes. Ask them if they are ready to go back in and behave as they should. Unfortunately, it's also a punishment for the parent whose turn it is to go out to the car.

Sometimes You Have to Leave



placemats with pictures for coloring and a few crayons to help entertain kids. Such distractions can help provide an interesting and new thing for a kid who doesn't get such at home during meals, thus helping to pass time until the food arrives.

Take a Break Outside

Of course, with children, not everything will go as planned. If your child has a meltdown during the meal, then don't be afraid or embarrassed to walk out. Give a child one warning to behave appropriately, and if they won't listen, take action. Take the offending child to the car and

If things really get out of hand, then it's time to go home. If warnings and time out punishments don't work, it may be time to remove them from the experience entirely. When at home, consider giving them a sandwich or something simple to eat.

Most importantly, watch children for cues. Just like us adults, if we are tired or sleepy, or hungry, our inhibitions and manners can go out the window. Be in tune to your child and know what you and your child can handle at that point in time, make adjustments, and go from there.

—popsugar.com

Eating In-Season Fruits and Vegetables

Fruits and vegetables are an important part of a balanced diet. They provide many of the vitamins, minerals, antioxidants, and fiber that people need to stay healthy.

fresh options into their diet by knowing what fruits and vegetables are currently in season. Look for them at the grocery store and at restaurants, as these fruits and vegetables will often

should be careful not to eat too much sugar, as the fruit is often found in desserts. If sweet isn't your thing, try a savory apple dish like butternut squash and apple soup, which is perfect for cold fall days.

Squash is also in season. Summer squash is fresh through October and winter squash is good through November. Try summer squash sauteed with red pepper and onion for an extra serving of colorful veggies. Winter squash is a staple for fall dinners and can be baked into casseroles, served as a side dish, or stuffed with fresh toppings as a main.

Finally, dark greens like arugula, kale, and spinach are in season for a little while longer. Bring rich color and flavor to the table by pulling together a salad with fresh greens, or try adding them to pasta dishes.

To learn more about the availability of fruits and vegetables in Michigan, visit canr.msu.edu and search "Michigan Guide to What's in Season Now."



The USDA recommends that, on average, people get five servings of fruits and vegetables a day. The exact amount needed depends on age, sex, and level of physical activity.

People can incorporate more

be less expensive, taste great, and be sourced locally.

Right now, apples are in season in Michigan. People can eat them in baked goods, drink them in apple cider, or eat them raw. Apple lovers

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Festival of Trees Cocktail Preview



Downtown Rochester will host a Festival of Trees Cocktail Preview on Friday, November 16 from 7-10 p.m. at the Rochester Community House. Guests will have the opportunity to get a sneak preview (and first choice) of the gorgeous themed trees, wreaths, centerpieces, and more, designed and donated by the Metro Detroit community.

The evening includes a strolling dinner, dessert station, and refreshments. Tickets are \$50 each or \$85 per couple. All proceeds benefit The Big,

HP Muggles & Wizards Dinner at Tonia's Victorian Rose Tea Room

Muggles and Wizards alike are invited to Tonia's Victorian Rose Tea Room for a Harry Potter themed wizard's dinner on Thursday, Friday, or Saturday, October 25-27, from 6-8 p.m. Doors open at 5:45.

Get sorted by the sorting hat into your seat, and enjoy the floating candles while sipping on Polyjuice Potion or Butterbeer. Dress as your favorite character and win a scone for best costume! Eat food that will make Dolores Umbridge jealous enough to scratch her eyes out.

Listen to music from the Harry Potter movies, while dining on one of the following themed dishes: Lestrage's Lasagna served with house salad and homemade raspberry dressing; McGonagall's Magical Mac N Cheese, served with Fruit; or a Slytherin Salad with Petunia's Pumpkin Soup.

Finish off with Howlers (pumpkin mascarpone pastry) or Voldemort's Revenge (chocolate torte), and participate in an hour of Harry Potter trivia fun conducted by Quizzo. Winners will be awarded prizes.

Tickets are \$45 per person (\$39 for children 8 and under).

All participants must register online and pay ahead. Alternate food options are available for those with food allergies (note allergies in registration.) Visit toniasvictorianrose.com for tickets and to keep up with all their upcoming themed dinners like this one. For any other questions, call 248-652-8595.

Tonia's Victorian Rose Tea Room & More is located at 118 W. 3rd Street in Rochester.

Bright Light Show. Tickets are available at downtownrochestermi.com/. For more information, call the DDA at 248-656-0060.

2018 VegBash at Packard Proving Grounds

The East MI VegBash is a celebration of creative and flavorful vegetarian and vegan cuisine and living. This year's VegBash will be held on Sunday, November 4 from 12-5 p.m. at the historic Packard Proving Grounds in Shelby Township.

It is the second annual Macomb County installment of the event series geared towards vegetarians, vegans, and those simply wishing to lead a healthier lifestyle. The event will feature many restaurants, caterers, food trucks, live music, expert presentations, an extensive shopping emporium of plant-based natural products, wellness services, and much more.

With events held in surrounding communities including Royal Oak, Ann Arbor and Toledo, the Packard

Proving Grounds will host the event in Shelby Township.

Food vendors include Cacao Tree Cafe, who will offer free chocolate pudding samples available throughout the fair as well as a selection of freshly prepared sandwiches, deli items and desserts for sale.

Cooking With Que, French Crepes, Nosh Pit Detroit Food Truck, Shimmy Shack, The Coffee & Smoothie Trailer, The Treehouse for Earths Children, and The Allergy Table will also be at the event offering their variety of plant-based selections.

The indoor event offers ample free on-site parking at the historic site on Van Dyke Ave at 22 1/2 mile in Shelby Twp. Tickets are \$10 and can be purchase at migreenteam.com/.

Monthly Women's Luncheon at the OPC Senior Center

Each month, OPC women share a lunch and invite a speaker to learn about local organizations and special interest topics.

Join them on October 25 at 1 p.m. for guest speaker Iris Underwood, proprietor of Lavender Farms in Leonard. Ms. Underwood has a new book entitled 'The Mantle' illustrated by OPC member Joyce Hyleinda.

Tickets are \$12 per person and can be purchased by calling 248-608-0251. The luncheon series is sponsored by WellBridge of Rochester Hills. The OPC Senior Center is located at 650 Leticia Dr. in Rochester.



La Cucina del Vino: A Culinary Delight with European Flair

Relaxing and cozy, with a touch of Tuscany throughout, would best describe this signature, eclectic restaurant nestled in the heart of Shelby Township. A hidden treasure on the SW corner of 24 Mile Rd and Van Dyke, La Cucina del Vino – "The Kitchen of Wine" – has the passion for creating unforgettable memories around the table.

"At La Cucina del Vino, we strive to warm your belly, as well as your soul," exclaims owner Lisa Ribaldo. "We welcome you into our home, one filled with delicious food, wine and drink – to be enjoyed amongst family and friends ... because that's what it's all about!"



Her career in the food and beverage industry dates back to 1990 when she went to work for Joe Vicari as he opened his first Andiamo Restaurant. Having found her niche, Lisa blossomed and wore many hats over the next 25 years working with the Andiamo group. The last 10 of those would be in the position of Director of Wine Operations. Ribaldo is a certified Sommelier, holding three accreditations to her name.

Although the name is Italian, at La Cucina del

Vino you'll see the menu is a heartwarming mix of the owners' heritage, which is Italian and Armenian (with a splash of English). It doesn't stop there though, as you'll experience savory "world" dishes that owner Lisa Ribaldo fell in love with while traveling the globe studying wine. So in essence, it's a world menu, very European at that. It certainly has old world flair, but add to that a young, hip culinary team, and you've got a unique and wickedly delicious combination! With a menu of cross-cultured cuisine, everyone is sure to find something to embrace their taste buds. Each dish is made to order from scratch.

Some of their house specialties include: Seared U-10 Sea Scallops, Pan Seared Mediterranean Sea Bass with Piri Piri Sauce, Sherry Lobster Ravioli with Palomino Sauce, Harvest Beet Ravioli with Lamb & Fig Sausage, Spaghetti-n-Meatballs with a traditional Tuscan Meat Bolognese, 14 oz Bourbon Balsamic Glazed Pork Chop, Grilled garlic rosemary Lamb Chops, 10 oz. Grilled Angus Flat Iron Steak and Chicken Chardonnay with a savory shitake mushroom sauce – just to name a few. And of course authentic Armenian Grape Leaves can be found on the menu as well, along with an authentic presentation of their most famous appetizer, chargrilled Spanish octopus..

The drink is made to match the food, and you'll find a solid array of choices in the libation department. Enjoy their extensive wine list that offers selections from all over the world, or taste through their rotating suds (craft beers). They also have a beautiful selection of spirits, so name your favorite drink, or let them create one for you! Whether you're dropping in for drinks, an appetizer, dinner, or a wine tasting event, there is culture to be discovered and shared at La Cucina del Vino.

The walls are adorned with Family photos including those of her grandparents and parents who were an influencing factor in her life and the

source behind her motivation. Her family gatherings growing up were always filled with plenty of love, amazing food, drink - and of course - music and dancing. Those same fond memories she hopes you will walk away with once you've visited La Cucina.

Enjoy cold plates and delicious appetizers in the relaxing atmosphere downstairs, with comfy leather couches and over-sized rustic tables that offer that Tuscan flair! Or dine upstairs to enjoy their full menu in a more formal atmosphere, lit with crystal chandeliers and plenty of windows. You feel as if you're eating in the dining hall of a majestic Italian Villa. This is the perfect place for a relaxing dinner, family gatherings. or a party to celebrate such events as an engagement, bridal or baby shower. They would be happy to help plan your special event, or to customize something for you that everyone is sure to remember.

A beautifully landscaped outdoor patio, with a Tuscan style fireplace awaits you in the warmer months, but Ribaldo says her guests enjoy it year round. "The Cork Stop" (their new retail wine shoppe) is on the main floor featuring both Ribaldo's private label wines, along with her favorite selections from around the world. Look forward to cheese tastings as well, with selections changing weekly.

Happy Hour is Tuesday thru Friday from 4 p.m. - 7 p.m. featuring a unique array of signature items for only \$7, paired with \$5 glasses of wine, and \$6 Cocktails. On Wednesday, Happy Hour is from Open-Close! And Funday Sunday offers half off bottles of wine.

To learn more about La Cucina del Vino's Wine Tastings, Dinners, and Live Entertainment, visit their website at LaCucinaDelVino.com or call 586-254-2999. They are located at 52963 Van Dyke on the SW corner of 24 Mile Rd. in Shelby Township.



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Do these Popular Super Foods Live Up to the Hype?

Most of us are trying to maintain healthy eating habit. So, when we see that an edible item is being touted as a "super food," of course we're going to want to try it. And many of these so-called super foods are said to fight disease, help with diabetes, and make you nearly invincible against things like the common cold. But can you believe the hype?

Many of the foods that have been given "super" status are pretty pricey. So, you probably want to be sure about what you're really getting before shelling out three or more times what you might pay for a "normal" grocery item. With this in mind, here's a run-down of what a few popular super foods actually deliver, and what they don't.

Goji Berries – One 28g serving of dried Goji berries contains 140 percent of an adult's vitamin A requirements. This sounds impressive, but it's on par with what you can get from both oranges and carrots, and these less expensive foods contain fewer calories. In fact, you'd have to eat about 500 calories worth of Goji berries to get the same amount of vitamin c found in a single orange.

Coconut Water – As a sports drink, coconut water has some merit. It's lower in sugar and calories than most other soft drinks and juices, and it contains a decent amount of fiber. It also offers high amounts of potassium (a single serving contains as much as a serving of sweet potatoes and more than a banana). This potassium does a lot to support blood pressure control while

you're engaged in physical activity. But if you're not hydrating after exercise, drinking coconut water really just contributes extra calories to your diet. So, most people would be better off just sticking to regular water.

Quinoa – With quinoa, you can believe some of the hype. In several ways, it is a little powerhouse of a grain. 200g of cooked quinoa (keen-wah) contains 222 calories, five grams of fiber, eight grams of protein, and more than 10 percent of your daily vitamin B needs. It also offers a surprising amount of iron and zinc for a plant food.

But, even with all of this, there's no concrete evidence to support claims that quinoa can prevent or manage diseases like diabetes, heart disease, or celiac disease. Also, there is some concern that increased demand of the grain will raise social and environmental concerns for Bolivian farmers.

Almonds – Stop whatever you're doing right now, and go eat some almonds. They really are good for you. In fact, there is hard evidence to support the fact that almonds can improve heart health and help with symptoms related to diabetes.

A serving of these delicious little kernels (about 23 almonds) contain 129 calories, which isn't bad for a nut. Plus, it has been proven that people who regularly eat almonds tend to lose weight without changing anything else about their diet or fitness routine. They're also a good source of vitamin E, an important antioxidant that's fairly hard to get in decent quantities. Not convinced yet?

Consuming almonds is also known to help control cholesterol, regulate blood sugar and reduce inflammation.

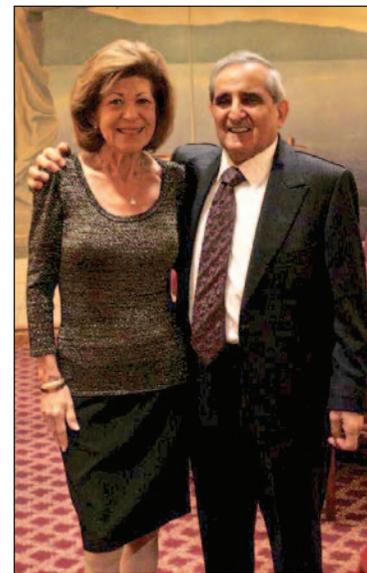
Avocados – There's good news for guacamole fans: Avocados are crazy good for you. Three fourths of an avocado fruit contains about 40 percent of the daily fiber needed by women, 25 percent of the vitamin C, 16 percent of the vitamin K, 10 percent of your recommended B vitamins, 30 percent of your folic acid, and a good amount of magnesium, copper, and potassium. Plus, avocados are chock full of that monounsaturated "good" fat that's so crucial to Mediterranean diets. Eating avocados can also help your body protect itself from harmful UV rays produced by the Sun.

Kale – Some people really hate the taste and texture of kale, but they may change their tune once they realize that it's so good for your body that it practically qualifies as medicine.

So yes, those Millennials are right about their kale obsession. 100g of kale only contains about 33 calories, but – wait for it – 200 percent of your recommended daily dose of vitamin A, 134 percent of your vitamin C, and 700 percent of your vitamin K (which promotes bone health and helps prevent blood clotting). The good news is that you're actually supposed to eat kale with some type of fat because your body will absorb its nutrients faster. So, try one of the air-crisped varieties that's loaded with some type of nutty or cheesy topping. Or, look for a way to hide kale in other food.

The Best Wines to Pair with Italian Dishes

When it comes to fine dining and Italian food, taste pairing is everything. There's a reason Italian food and wine go together; the beautiful combination of rich, herb-infused cuisine and aged, tangy wine create a dining experience that can't be beat.



BRENDA & DOMINIC PICANO, owners of Picano's Italian Grille in Troy.

Here is a small guide to help you choose the best wine to go with your meal. Whether you are noshing on pizza, seafood, decadent thin bread or a time-honored pasta dish, the right wine can make all the difference in making your meal simply amazing. Use this guide the next time you go to your favorite Italian grill for decadent cuisine so you don't get confused when the wine list comes your way.

Pinot Grigio

If you are having a classic pesto dish, then pair it with a classic wine. Pinot Grigio is known for its robust yet simple flavor, and is a white wine that will bring out the charm of pesto. If you are having bread with your meal, talk to your waiter about the best types of bread that will bring out the most flavor in your wine choice so you can fully complement your meal.

Chianti

Chianti is perhaps one of the most popular wines to pair with Italian dishes. Chianti is a very dry red wine that goes best with a cheese dish or a light salad, although you can pair Chianti with any meal for a true Italian culinary

experience. Ask your waiter what dishes they recommend in their restaurant for Chianti wine so you can enjoy both your drink and your meal to its fullest.

Chardonnay

Any creamy Italian dish calls for a flirtatious chardonnay. Pair chardonnay with Alfredo dishes or any cuisine that calls for a lighter meat, such as chicken or clams. Chardonnay is also a great wine to choose if you don't consider yourself a wine enthusiast, as chardonnay has a pleasing flavor that won't overwhelm your taste buds.

Zinfandel

The richer the red sauce you have in your pasta or pizza dish, the more tangy and bold you want your red wine to be. An excellent choice is Zinfandel, which not only matches the rich tones of a zesty pasta sauce note for note, but adds its own flair to tantalize your taste buds.

Zinfandel is an excellent choice for pairing with meat-based dishes as well, such as Italian meatballs or a zesty pork dish. Don't be afraid to ask your waiter to sample different makers of this decadent wine so you can choose the flavor that best meets your palette.

Pinot Gris

Seafood dishes call for a fruity wine that is bursting with pear, apple and other light essences. Pinot Gris fits the bill and brings out the creamy opulence of lobster, crab, clam, oyster and calamari dishes.

If you love a fruity and fun wine, then don't be afraid to pair Pinot Gris with any dish that calls for a light and buttery sauce or your favorite side cheeses. Your waiter will be happy to show you the seasonal wine list where fruity and decadent wines take center stage.

Wine and Italian food go together in terrific ways. The right wine will take your favorite cuisine to a whole new level of flavor and decadence. Your favorite Italian restaurant will have a lovely wine list for you to explore, and with the knowledge you've gained about wine pairings, you will be able to choose the best one for your dining experience.

Don't be afraid to venture from your favorite wines to try something new. At Picano's Italian Grille, your dining satisfaction is what matters most. Explore their menu and our expansive wine list today at picanos.com/.



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Halloween Feed the Hungry Celebration

The Village of Rochester Hills will host its annual Halloween party on Sunday, October 28 from 3-5 p.m. This year, the Village will be gathering donations and collecting food for Blessings in a Backpack in Rochester and Rochester Hills to help feed our children in the community.

Organizers are asking participants to donate either \$5 per child

(100% goes to Blessings in a Backpack) or five non-perishable food items. Granola bars, peanut butter, cans of ravioli, and juice boxes are all acceptable items.

New to the event this year, a pumpkin patch provided by the Village Fine Art Gallery in Fountain Park.

The Village of Rochester Hills is located at 104 N Adams Rd.

Dining Out with Food Allergies

Having a food allergy used to mean dining out was limited to carrying your plate from the kitchen to the porch or, at best, eating at the home of a close friend or relative who could guarantee your food offenders were nowhere in sight.

Today, however, eating out is a lot easier, and safer, for the 2 million Americans who suffer with a mild, moderate, or even a severe food allergy.

"The awareness of food allergies has definitely increased within the food service industry, and many restaurants now take steps to not only train their staff about the need for accommodating those with a food allergy, but also train them on what to do if an allergic reaction occurs," says John W. Fischer, associate professor and restaurant manager of Escoffier Restaurant at The Culinary Institute of America.

Among the most important steps in this direction is a training program for restaurants introduced by the Food Allergy and Anaphylaxis Network (FAAN) and The National Restaurant Association several years ago.

Where do you begin? Experts say it starts with a good understanding of your food allergy.

Clearly, the most obvious way to avoid having a food allergy reaction while eating out is not to order the offending food. But that's not always so easy. Sometimes you can't fully see what you're getting on your plate.

"You really have to be aware of hidden ingredients. Your allergen could be lurking in breading, a salad dressing, baked goods, or sauces, then it might not be obvious when your meal arrives," says Jonathan Field, MD, director of the Allergy and Asthma Clinic at NYU Medical Center and Bellevue Medical Center in New York.

Milk/Dairy – Some hidden sources with milk or dairy include: hot dogs,

canned tuna, granola bars, chocolate chips, desserts containing caramel coloring, and grilled steak (because many restaurants rub steaks with butter after grilling).

Eggs – Hidden sources with eggs include baked goods with a shiny surface like bagels and pretzels, the foam on some coffee drinks, and the pasta in prepared foods such as soups.

Wheat/Gluten – Hydrolyzed wheat protein is sometimes listed only as a flavor enhancer or binder in prepared foods and sauces, alcoholic beverages, hot dogs, ice cream cones, and soup mixes. Beware of some brands of butter as well.

Seafood – Caesar salad and caponata have anchovies, and foods fortified with omega-3 fatty acids include some orange juice, baby cereals, and soymilk.

Choosing a Restaurant

While what you order is important, where you order it matters, too. That's because some restaurants are more likely to not only accommodate your food allergy, but also be better educated on how best to do that.

And while not every restaurant staff can tell you exactly what's in every dish, most of their corporate websites provide either a menu listing major ingredients or an email address where you can access specific recipe information.

Preplanning Strategies

Phone the restaurant ahead of time and find out what its policy is on serving people with food allergies. Tell the wait staff about your food allergy when you arrive. Make sure to have your food allergy medications with you such as injectable epinephrine and an antihistamine. A severe allergic reaction can be life-threatening, so it is important to have your emergency medication with you.

— Colette Bouchez, WebMD

Gourmet Gluten Free Gala at The Royal Oak Farmers Market

The 2018 Gourmet Gluten Free Gala is a celebration of gluten-free cuisine featuring the food of several local restaurants, caterers, and food trucks.

The night will feature live music from one of the area's hottest cover bands, shopping, gluten-free food product exhibits, kids' activities, and more.

It all takes place on Thursday, November 1 from 6-9:30 p.m. at the

Royal Oak Farmers Market (316 E 11 Mile Rd).

Tickets are \$10 for adults in advance and \$12 at the door. Children 12 and under are \$7 in advance or \$8 at the door. All tickets will include \$5 in food vouchers that can be used at any participating food vendors the evening of the event.

To purchase advance tickets, Visit myfavoriteshowsandevents.com/.

10th Annual Detroit Fall Beer Festival

The Michigan Brewers Guild will host its 10th Annual Detroit Fall Beer Festival October 26-27 in Detroit.

Craft beer fans will converge on Eastern Market for one of the largest all-Michigan beer tastings in the state. Tickets include 15 tasting tokens which can be exchanged for 3 oz. samples of over 800 beers locally crafted by more than 110 Michigan breweries.

Guests will also enjoy on-stage entertainment from local musicians, and a selection of food from Detroit-area brewpubs and restaurants will be available for purchase.

Tickets are non-refundable and the festival will occur rain or shine. All festival attendees must be 21 or older to enter. For tickets and more information, visit mibeer.com/detroit-fall-festival/.



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Indian Food and Culture at Yoga Fest with Traditional Banana Leaf Food Fest

Exercise your body and mind, and then enjoy a traditional Indian vegetarian lunch at Yoga Fest with Traditional Banana Leaf Food Fest.

On Saturday, November 3, The Art of Living invites people to join them for a yoga flow followed by a traditional South Indian meal. The event will be held at First United Methodist Church of Troy from 10:30 a.m. - 2:30 p.m. Check-in begins at 10:15 a.m.

The Art of Living hopes to create awareness about the deeper meanings of yoga and expose people to elements of Indian culture. In addition to yoga practice and food, people will be able to celebrate the Festival of Lights, learn saree draping, and do henna.

People ages 18 and up are invited to join in the yoga flow and meditation

from 10:30-11:30 a.m. A guided painting activity will be offered for kids during this time. Following yoga, there will be an introduction to ayurveda and the food. Everyone is invited to participate in the traditional lunch, which will begin at noon.

Lunch will include 22 Indian vegetarian dishes.

The cost is \$25 per person, which covers the cost of the yoga and the meal. Art of Living Members pay \$15, and kids under 14 years of age are free. The guided kids' painting activity costs \$5. Register before October 24 for these discounted rates.

To sign up, visit artofliving.org. To learn more about the event, contact Mihir Sahoo by email at mihir.sahoo@artofliving.org.

The Great Pubkin Crawl in Downtown Clawson

Downtown Clawson's Great Pubkin Crawl invites adults to get in costume and have some Halloween fun.

On Saturday, October 27, enjoy food and drink specials at Downtown Clawson's favorite spots – Mojave Cantina, Moose Winooski, Fifty Four West, Black Lotus Brewing Company, Old Detroit Burger Bar, Montage Grill, Tavern on the Main, Renshaw Lounge, and the new Zeoli's Italian.

Participants will receive a booklet that will send them through downtown Clawson solving puzzles, completing

tasks and finding scavenger hunt items to retrieve or snap in a photo. The Clues will reveal the final location, where Pubkin Crawlers can enjoy free snacks, and turn completed booklets in for prize drawings.

The cost is \$20 per person if pre-registered, and \$25 on the night of the event. Registration on Saturday evening can be done at Three Cats Cafe, 116 W. 14 Mile, from 6-7 p.m.

To pre-register, visit downtownclawson.com/happenings/the-great-pubkin-crawl/.

Sleek New Looks, Same Great Pizza at Shield's

It looks like a completely different eatery on Maple Road, just west of Crooks. But it's still Shield's Restaurant, Bar and Pizzeria, with brothers Paul and Peter Andoni and new partner Sam Haj at the helm. The brothers met Sam in Chicago, where he had a great deal of restaurant experience, and he was ready to come home to his family in metro Detroit.

"Sam has a great way with people. He'll be a great front of the house person," Paul observes, adding that this means they will always have an owner at the eatery when it's open.

Shield's has been a mainstay in the Troy community since 1992, but the brothers decided you can only repaint so many times. Perhaps a minor makeover was due, or a complete remodel? They decided on a completely new look, inside and out. They went down to the studs, opened the drop ceiling to find an attractive roof, now with dangling pod lights, and called on the services of designer Ron Rae for his expertise.

Shield's closed last May and Paul observed that just the demolition work took several weeks to accomplish.

The new design mixes the old with the modern. They even moved the front door to the corner of the building and made an easier access to the carryout area in back. Remember that step you always worried you'd trip over when you got your pizza? The entrance is now level.

One thing you are sure to notice – besides the fireplace being gone – is the



SHIELD'S RESTAURANT on Maple, at Crooks, has undergone a complete remodel inside and out. Soon to open, Paul Andoni hopes you'll make it a regular stop on your evenings out, or for lunch with the gang from work.

large garage door-like windows with beveled glass on the west side of the building. And, they will open so it's like dining on the patio when the weather is right. Even the side door will have that garage door glass look.

While there are tiles and granite to

behold even in the bathrooms, there is also beadboard wainscoting throughout to make it seem like a comfortable place to dine. The bar area moved and was reinvented, with several TVs for Shield's sports fans; it stays at the front of the building. Of course, there will be plenty of Detroit sports nostalgia offerings throughout.

The new dining area, features standard booths and large round booths perfect for the entire sports team, or next business lunch.

Now, about the new menu. Some things will stay the same — the extensive list of Shield's award-winning pizzas, with a long list of specialty pizza selections, are there, too. But new are the calzones, and shareable appetizers with enough for everyone to have a tasty treat. There are 18 offerings, so you are sure to find several options your table will want to try.

Shield's famous antipasto tops the list of salads, but there many more, from caesar to cobb to J.L. Hudson's famous salad, and, yes, it comes with maurice dressing. There are still burgers, soups, and sandwiches. If you're out for dinner, the entrees are extensive. Shield's will be serving prime rib every day, if that's a favorite.

If you want gluten-free pasta, Shield's has that, too. In fact, the offerings on the entire menu are marked to tell you if they're gluten-free (GF) or vegan (V), so everyone can enjoy dining here.

While not quite finished, Paul, Peter, and Sam hope to be open soon. They also are hopeful most of their former staff will return. They hope you will have fond memories dining there, and will return to celebrate this new chapter at Shield's.

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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.

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 17 years. Ms. Yee speaks enthusiastically about how excited they are to be "in such a great area." She



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!

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 on sight." This includes all of the delicious sauces featured throughout the menu. The eggrolls and spring rolls are also homemade, on-sight, and 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."

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GAZETTE
CLASSIFIED

October 18, 2018



Rochester & Rochester Hills
GAZETTE

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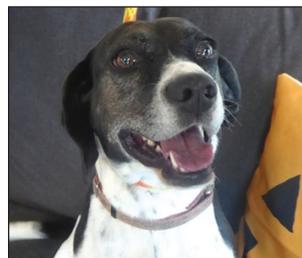
PRAYER TO THE BLESSED VIRGIN

Never known to fail. Oh most beautiful flower of Mt. Carmel, fruitful vine splendor of heaven, blessed Mother of the Son of God. Immaculate Virgin assist me in my necessity. Oh star of the Sea, help me and show me here-in, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh show me herein you are my mother. Oh Mary, conceived without sin, pray for us who has resource to thee 3x. Holy Mother, I place this cause in your hands. 3x Holy Spirit, you who solve all problems, light all roads so that I can attain my goal, You who gave me the divine gift to forgive and forget all evil against me, and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never wanted to be separated from you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer 3 consecutive days, after 3 days the results will be granted. This prayer must be published after the favor is granted.

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

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THE BROTHERS MOGAN
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Rochester Mills Beer Co.

BROCKHAMPTON
FRI, OCT 26 - 8 p.m.
The Detroit Masonic Temple

THE DRIFTERS - CORNELL GUNTER'S COASTERS & THE PLATTERS

SAT, OCT 27 - 7:30 p.m.
Macomb Center for the Performing Arts

ANTONIO MENESES & PAUL GALBRAITH
SUN, OCT 28 - 5:30 p.m.
OU Varner Hall, Auburn Hills

ON STAGE

EVIL DEAD THE MUSICAL
SAT, OCT 20 & 27 - 8 p.m.
City Theatre, Detroit

EDDIE GRIFFIN
SUN, OCT 21 - 7:30 p.m.
Sound Board, Detroit

SNAP JUDGEMENT
FRI, OCT 26 - 7 p.m.
Royal Oak Music Theatre

LIBRARY

SCRIBES WRITER WORKSHOP
WED, OCT 24 - 1 p.m.
Rochester Hills Public Library

NEWCOMER'S BOOK CLUB
THU, OCT 25 - 10 a.m.
Rochester Hills Public Library

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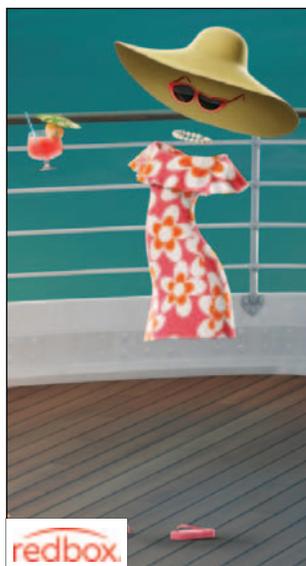
HALLOWEEN
Horror, R



MONTY PYTHON'S LIFE OF BRIAN
Comedy, R



THE NEVERENDING STORY
Adventure, PG



HOTEL TRANSYLVANIA 3
Adventure, PG



THE HATE U GIVE
Drama, PG-13

HALLOWEEN

It's been 40 years since Laurie Strode survived an attack from killer Michael Myers on Halloween. Locked up in an institution, Myers manages to escape during his bus transfer. Laurie now faces a terrifying showdown when the masked madman returns to Haddonfield.

THE HATE U GIVE

Starr Carter is constantly switching between two worlds – the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance is soon shattered when she witnesses the fatal shooting of her childhood best friend.

“Old Lace” Offers Excellent Cast, Nonstop Laughs

PLAY REVIEW

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

To kick off their 53rd season, Meadow Brook Theatre presents Joseph Kesselring's beloved classic, “Arsenic and Old Lace,” a lively black comedy interwoven with multiple storylines and nonstop action. The setting is Brooklyn in 1939, in the elegant historic home of the Brewster family. There are plenty of nuts in this family tree. They not only have skeletons in their closet, but bodies in the cellar, too.

Young Mortimer Brewster is your basic Everyman theatre critic, living a carefree life and planning to marry Elaine, the girl next door. He's blissfully unaware that his two sweet and generous aunties, Martha and Abby, have been surprising lonely gentlemen callers with their homemade elderberry wine with just a touch of poison, all in the name of charity. And his brother Teddy? He really thinks he is Teddy – Roosevelt, that is. Then Mortimer's long-lost evil brother Jonathan shows up one dark night, with his drunken plastic surgeon, Dr Einstein, in tow. Was murder ever this much fun?

The show opened on Broadway in January 1941 and ran for over three

years – 1444 performances – making it one of the most successful plays of its time. Frank Capra began his film version at the end of 1941 (and the start of WW II) but could not release it until September 1944, after the Broadway

well-formed and engaging characters to their crystal clear performances. The two elder ladies, decked out in genteel Edwardian attire, seem to have parachuted in from a bygone era. Local stage and TV veteran Ruth

delivers some good comic takes and double-takes, and his reactions are pure physical comedy. Jonathan (Michael Brian Ogden) brings a powerful persona, a menacing voice and scary makeup to show all his botched plastic surgeries. (A fascinating side note: Jonathan is described in the play as looking “like Boris Karloff,” but the role was actually played by Boris Karloff in the original Broadway play – a great casting joke by Kesselring.) The rest of the supporting cast, notably Phil Powers as Dr Einstein, all deliver strong performances.

Meadow Brook Artistic Director Travis Walter makes clever use of staging, and the actors' movements, on the multi-level set. Most importantly, he keeps the pace humming along, with visual engagement and crisp, cohesive direction. Judging by the standing ovation at the end of a recent matinee performance, this brilliantly funny play tickles the funny bone and then some, just tailor-made for Halloween.

Arsenic and Old Lace is on stage now through October 28. Show times are 8 p.m. Thursdays, Fridays, and Saturdays; and 2 p.m. Wednesdays, Saturdays, and Sundays. Tickets are \$30 to \$45.

Meadow Brook Theatre at Wilson Hall is located at Oakland University, 378 Meadow Brook Rd in Rochester Hills. Visit mbtheatre.com/.



Photo courtesy of Meadow Brook Theatre

hit show finally closed, as demanded by the play's producers.

Meadow Brook presents their “Old Lace” the way it was originally shown on Broadway, in three acts with two intermissions. The time flies, the action is fast-paced and full of laughs. The professional, nimble cast brings

Crawford is simply endearing as Martha, the picture of saintly innocence. Her sister Abby, played with liting girlishness by Mary Robin Roth, scurries back and forth with tiny steps, like a squirrel.

Tim Dolan (“Burt and Me”) as their beleaguered nephew Mortimer,

GAZETTE RECOMMENDS...

MUST-SEE HORROR FLICKS

IT'S THE SEASON TO BE SPOOKY, and if you're one to embrace the holiday spirit, this is probably the point where you're scrolling through the horror section on Netflix wondering, "Are any of these actually scary?" or perhaps just looking for something that isn't about a haunted house. Scroll no further, ghouls. These three films (all available on Netflix) are sure to give you the creeps.



THE RITUAL
What makes this film so terrifying is relatability of the characters and their friendship. And if you like camping? Hiking? Even better. Enjoy the cinematic scenery and English accents for about 30 minutes, then get thrown in the deep end.



V/H/S/2
For those who dig short stories, dark humor, or classic horror. Four short films wrapped into a frame narrative, packed with gore, and sprinkled with Sam Raimi-esque comedy. This is a found footage/first person film you will actually love.



IT FOLLOWS
Filmed entirely in Michigan and masterfully portraying an unknown antagonist - this movie feels like an adventure. It's both fun and absolutely creepy. Key factors include a variety of scene locations and supernatural violence in broad daylight.

— Sydney, Graphic Designer

OU, CMS Detroit Partner to Bring Cellist Antonio Meneses and Guitarist Paul Galbraith to Campus

The inaugural tour of a new collaboration between Brazilian cellist Antonio Meneses and Scottish guitarist Paul Galbraith is coming to Oakland University on Sunday, October 28 as part of the Chamber Music Society of Detroit's new Regional Partner series.

The duo's innovative program will include the work that inspired their collaboration, Schubert's Arpeggione Sonata, plus works by Haydn and three Brazilian composers arranged or composed especially for the duo.

The concert will take place at 3 p.m. in Oakland University's Varner Recital Hall. Tickets are priced at \$30 for adults, \$25 for seniors and \$10 for youth/students. Premium seats are available for \$45 (\$40 for seniors) and can be purchased in advance online at CMSDetroit.org or by phone at 313-335-3300. Tickets are also available at the door one hour prior to performance.

Born in Recife, Brazil, in 1957 into a family of musicians, Meneses began his cello studies at the age of 10. At 16, he met the famous Italian cellist Antonio Janigro and was asked to join Janigro's classes in Düsseldorf and later in Stuttgart.

He won first prize at the 1977 ARD International Competition in Munich, and was awarded first prize and the gold medal at the 1982 Tchaikovsky

Competition in Moscow.

As a devoted chamber musician, Meneses was a member of the legendary Beaux Arts Trio, one of the 20th century's greatest chamber ensembles, between October 1998 and September 2008. He has also collaborated with the Vermeer Quartet on tour and given chamber music concerts and duo recitals with pianists such as Menahem Pressler and Maria João Pires.

Meneses began collaborating with Galbraith when the two met as neighbors while living in Basel, Switzerland. Their first U.S. tour as a duo includes several concerts in California, including Los Angeles and San Francisco, plus an appearance in Massachusetts in addition to their three Metro Detroit appearances — Friday, October 26 at the Grosse Pointe War Memorial in Grosse Pointe Farms; Saturday, October 27 at the Village Theater at Cherry Hill in Canton; and Sunday, October 28 in Varner Recital Hall at Oakland University in Rochester.

"I've never heard them perform as a duo before, but I've seen Paul Galbraith play several times and they were all fantastic concerts," said Bret Hoag, a special lecturer of classical and jazz guitar at Oakland University.

A native of Edinburgh, Galbraith is one of today's most celebrated guitarists, as well as a brilliant innovator. At age 17,

Galbraith won the Silver Medal at the first Segovia International Guitar Competition. A few months later, he went on to win a top prize at the BBC's "Young Musician of the Year" competition.

Despite his success, Galbraith began what became a years-long quest to overcome the guitar's technical limitations. The results were remarkable: the playing position that Galbraith developed, as well as changes to his guitar's design, are widely regarded as groundbreaking developments in the history of the instrument.

His guitar is supported by an endpin, just like a cello, and rests on a wooden resonance box, greatly expanding and enriching the instrument's resonance. The guitar itself has eight strings instead of the usual six — one high and one low — further increasing its range, repertoire and capabilities.

"Paul Galbraith is an absolute artist," Hoag said.

In addition to his performance with Antonio Meneses, Galbraith will also be teaching a guitar masterclass from 3:30-5:30 p.m. on Thursday, October 25 in Varner Recital Hall. The masterclass is open to the public.

For more information, contact the School of Music, Theatre and Dance at 248-370-2030 or smt@oakland.edu.

Detroit Historical Society Curator to Lecture at RHPL

The Rochester Hills Public Library will welcome Joel Stone, Senior Curator at the Detroit Historical Society for his lecture, "Unique Street Names: The Man on the Street and the Women, Too" happening Tuesday,

October 30 from 7-8:30 p.m.

Stone will use everyday street signs to explore the 300 years of Detroit's history, and the stories of the people whose legacies leave a lasting impact on our roadways.

The program will be held in the Multipurpose Room and is open to everyone with an RHPL library card. This program is geared toward adults but all ages are welcome. Register in advance at rhpl.org/.

Music, Theatre, and Dance Day at OU Introduces Future Students to the Performing Arts Field

On Saturday, October 27, from 9 a.m. - noon, go behind-the-scenes at Oakland University's Music, Theatre and Dance Day. Future students can get a sneak peek into the world of vocal and instrumental performance, theatre, dance, musical theatre, and technical theatre. Learn about aca-

demie and career options within the performing arts field, as well as information on admission requirements, scholarships and financial aid. Held in the Oakland Center and Varner Hall. Reservations are required, visit oakland.edu/futurestudents/admissions-events/.

Rochester HS Bands and Choirs Collage Concert



The 2018 Rochester High School Bands & Choirs present the 37th annual Collage Concert on Wednesday, October 24 at 7 p.m.

The concert will begin in the RHS Auditorium and the second half of the

concert will be in the RHS Mall.

Performing ensembles include Concert Choir, Concert Band, Women's Chorale, Symphony Band, Chamber Choir, Wind Ensemble and the Falcon Marching Band.

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Third Party Candidates Have More Support Than Ever

PERSPECTIVES



Op-Ed by
NATHAN INKS

In recent years, American politics has grown increasingly polarized. From the Affordable Care Act passing with no Republican votes to the confirmation of Justice Brett Kavanaugh, where only two Senators crossed party lines, fierce partisanship has become the norm.

In 1780, John Adams warned of such a scenario, writing, "There is nothing I dread so much, as a division of the republic into two great parties, each arranged under its leader, and concerting measures in opposition to each other. This, in my humble apprehension, is to be dreaded as the greatest political evil, under our Constitution."

More and more Americans seem to be heeding these words. Since 2012, polls have consistently shown that, for the first time in recent history, more Americans identify as independent than Republican or Democrat. While there have been periods of time in the past where a plurality of Americans identify as independent – that number has never been as consistently high as it is now.

It is in this odd climate – a mix of hyperpartisanship and dissatisfaction with both parties – that independent and third-party candidates

have received increasing attention. This is especially true here in Michigan.

Chris Graveline, a veteran attorney who worked for the Wayne County Prosecutor's Office, the Department of Justice, and the U.S. Attorney's Office for the Eastern District of Michigan, secured a spot on the ballot for the attorney general race as a "No Party Affiliation" candidate. The path to the ballot was not easy for Graveline, who needed to collect 30,000 signatures in 180 days to appear on the ballot under the current law. No independent candidate has been able to do that since the law was enacted 30 years ago, and Graveline successfully challenged the law in federal court, securing his place on the ballot by collecting over 14,000 signatures.

In a similar vein, for the first time in Michigan's history, three parties selected their gubernatorial nominees during the August primary. As a result of presidential candidate Gary Johnson's performance in the state in 2016, the Libertarian Party secured what is commonly referred to as "major party status," meaning that it is eligible to nominate some of its candidates via a primary instead of a convention. This has benefits, as having candidates appear on a primary ballot increases name recognition of those candidates.

But while the Libertarian Party may have "major party status" in Michigan – a status that it may lose if its performance in 2018 is insufficient – it is still forced to sit on the sidelines for much of the political

process. The Libertarian candidate for governor, Bill Gelineau, will not be allowed to participate in either gubernatorial debate. Seats on the Board of State Canvassers, the body that oversees much of the election process, are allocated to only the two top-performing parties. Even Proposal 2, the Voters Not Politicians redistricting proposal, would only allocate partisan-affiliated seats on the independent citizens redistricting commission to the two parties with the most legislators.

This is not to say that third parties are without problems. Even with increased attention and success, the Libertarian Party could not manage to nominate an attorney for their attorney general candidate. Decades of kooky independent and third-party candidates, combined with little chance for success, have turned off many voters to the idea of not voting for a Republican or a Democrat.

There are certainly flaws with many independent and third-party candidates, but there are also significant flaws with the current two-party system. Regardless of whether the rise of independent and third-party candidates results in significant changes to the nation's two-party system, hopefully it will push both Republicans and Democrats to focus less on opposition to the other and more on governing for the good of the American people.

Send a letter to the editor for publication at Andrew@GazetteMediaGroup.com.

The Benzodiazepine Abuse Crisis

LETTER TO THE EDITOR

It's impossible for us as a society to ignore the fact that there's an enormous benzodiazepine problem alongside the methamphetamine and opioid epidemics. Right now, there's a new generation of addicts who are observably straight-laced, good kids from middle-class and upper-middle-class families.

But what's not seen by casual observation is their compulsive popping of "Xannies" or "benzos," otherwise known as tranquilizers and anti-anxiety medication. The most commonly abused benzodiazepines are Xanax, Klonopin, and Valium.

Believe it or not, a lot of American households have those drugs readily available in their bathroom medicine cabinets, ready to be swiped. The unfortunate part is that these kids don't realize how dangerous Xanax is. They don't realize that they can not only become extremely addicted to it, but if they abruptly stop taking it they can have a grand-mal seizure, not to mention other medical complications.

American youth are unfortunately being influenced by rappers with face tattoos who completely glorify abusing Xanax. It's insane. We need to do something about this crisis because it's worsening each day.

For more information on benzodiazepine abuse, go to narconon-suncoast.org/. If you need a referral to a treatment center, call Narconon at 1-888-824-1621.

— Jason Good

Election Preview with OU Professor at the Library

On Wednesday, October 24 from 7:30 p.m., visit the Rochester Hills Public Library to hear Professor David Dulio of Oakland University review what's on the November 6 ballot and what you need to know in order to make an informed vote.

Dulio will also give a non-partisan analysis of the upcoming election. As the Chair of the Political Science

Department at Oakland University, Professor Dulio also teaches courses on campaigns and elections, Congress, political parties, interest groups, and other areas of American politics.

The Rochester Hills Public Library is located at 500 Olde Towne Rd. Register at calendar.rhpl.org/.

Rochester College Transitions to Rochester University

Rochester College will change its name to Rochester University, according to an announcement made last Saturday ahead of the homecoming basketball games.

The transition process will begin immediately, and the name change will be complete in August 2020.

Officials say the move both reaffirms its foundation as a Christian university and serves as a commitment to the continual improvement necessary for developing the next generation of graduates.

"For nearly 60 years, Rochester College has strived to provide an outstanding Christ-centered education to our students," said Dr. Brian Stogner, president of Rochester University, in a letter delivered to students and alumni. "We have always been at our best when we have worked together, believed in ourselves, and stayed committed to our shared vision, faith, and principles. That's what brought us to the milestone we're at today, and it's what will be needed as Rochester University continues its exciting journey."

The new mission, vision, and university and athletic logos will be revealed, students will be recruited



DR. BRIAN STOGNER with a group of students inside Garth Pleasant Arena. Rochester College will transition to a new name, Rochester University, over the next two years.

under the Rochester University identity beginning fall 2019, and the university will celebrate its 60th anniversary in the spring of 2020. A detailed timeline of milestones is expected by January 2019.

"Our growth process will continue during, and well after the name change is complete," continued

Stogner. "We're aiming high to expand our academics, to foster productive interfaith dialogue and to continue building our athletic programs and on-campus experience. It's an incredible time to be at Rochester University."

Learn more about the Rochester University name change at RC2RU.com/.



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Installed

With TSG Coupon Only.
Limit 1 Coupon Per Customer.
Expires 12-31-2018



Major Brand
Water Heater
\$799
Installed
While Supplies Last!

Drain
Cleaning
\$99

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Limit 1 Coupon Per Customer.
Expires 12-31-2018