



Thursday, Sept. 8, 2016
Vol. 1, No. 25

Don't Forget — Summer 2016 Taxes Due September 14

Rochester Hills summer taxes are Due September 14, 2016 without interest or penalty. On September 15, 2016, interest of 1% will be added to the unpaid balance and an additional 1% will be added on the first day of each month thereafter. Don't forget, postmark will not be honored.

Wildlife Of The World: From a Veterinarian's Perspective

Dr. Carl Palazzolo will be sharing his 38 years of wildlife work and photography from all seven continents.

Dr. Palazzolo started his veterinary career right here in Rochester in 1978. He moved to California in 1980 to work with exotic animals, and is currently the owner of the Long Beach Animal Hospital.

His presentation will give a behind-the-scenes look at the work he does at his hospital, in addition to his extensive travels photographing wildlife throughout the world.

This entertaining and educational presentation will be held in the Rochester Hills Public Library Multipurpose Room on Thursday, September 15 from 7 p.m. - 8:30 p.m.



New

The Road Commission for Oakland County (RCOC) will close West Utica Road at Dequindre Road on the Rochester Hills/Shelby Township border beginning Friday, Sept. 9, for reconstruction work that is part of the on-going Dequindre Road project that began earlier this summer.

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ONE GROUP OF NEWLY MINTED GOLDEN GRIZZLIES GATHERED in Meadow Brook Theatre last Wednesday morning as Oakland University's Honors College welcomed a record number of freshmen to its ranks during the college's "Making Discoveries" freshman colloquium. Students were grouped into small teams, each headed by an Honors College student teaching assistant. This year's freshman class is roughly 30 percent larger than in 2015-16, as honors enrollment at OU has continued to climb throughout the past handful of years.

Honors College Sees Growth at OU

by BRYAN EVERSON

Athletic facilities and housing projects aren't the only things on the rise at Oakland University the past few years.

Last week, OU's Honors College welcomed in a record 400-plus freshman for the 2016-17 school year, about a 30 percent increase from over the previous year. Those incoming scholars will join the roughly 1,000 returning students.

"It is an exciting time for the Honors College experience at Oakland University," said Dr. Graeme Harper, Dean of OU's Honors College. "Our students will work on extensive research projects, have increased opportunities for Study Abroad during their time here and explore some unique learning paths along the way."

More than 160 of those new students are Presidential Scholars, defined as students who graduated with GPAs above 3.9 with ACT scores above 31, another group that has increased in size significantly (25 percent) from 2015-16.

While Harper said that the growth of incoming freshman classes has been steadily on the rise the past handful of years, increased interest over last winter and summer at OU's Honors College Information Days has translated into the largest one yet. It's also worth not-

ing that roughly one-third of this year's academically diverse bunch come from those studying in either pre-medicine, healthcare or nursing.

"Certainly, pre-med – and nursing and health sciences also in that group of health-related fields – are growing in number," Harper said. "There has also been an increase in engineering students in the Honors College. Business and psychology and communication students have grown in number, also."

"Interestingly, this year there is a recognizable group joining the Honors College and majoring at OU in secondary or elementary education or in the arts. So, really, it's across the board."

The new students gathered at Meadow Brook Theatre last Wednesday, where the new Golden Grizzlies were welcomed during the college's "Making Discoveries" freshman colloquium.

"We like to talk to students and parents and teachers and counselors about the advantages of being supported by the Honors College, and for the student aiming to graduate in the top band of graduates, we can talk about how to do that and what other things to explore that add to the experience," Harper said. "So there's a lot of personal discussion goes into ensuring we can assist aspirational students to reach

their goals."

While it's not mandatory for OU's Honors College students to live on campus, many do, including within Oak View Hall, the 500-bed student-housing complex that became home to the program after it opened in 2014.

Brooksie Way Returns To Rochester Hills

by BRYAN EVERSON

The ninth annual HAP Brooksie Way Half Marathon is back in town on Sept. 25.

Runners and walkers will embark on Rochester Hills in races beginning that morning at 8 a.m. for one of the most well-known contests of its kind in the area. The Brooksie Way Half Marathon was originally started in memory of Brooks Stuart Patterson, 28-year-old son of Oakland County Executive L. Patterson, who passed away in 2007 following a snow-mobile accident.

Last year's Brooksie Way races, which also included a 10k, 5k, and a Lil' Brooksie Fun Run for kids, attracted 5,430 participants, up from 5,382 in 2014.

"Whether you run, jog or walk, crossing that finish line is an experience you never forget," Rochester Hills Mayor Bryan Barnett said. "We're proud to host the Brooksie Way and have the opportunity to show the participants just how beautiful our community is while promoting a healthy lifestyle."

The course will start and finish at the Meadow Brook Amphitheatre on the campus of Oakland University, with highlights including the Clinton

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Local Races Return for the Ninth Year

BROOKSIE WAY, From page 1

River and the Paint Creek trail. Last year's route took participants under the 151-foot-tall Elliot Tower for the first time, and a press release from the City of Rochester Hills notes that this year's course returns to the Tienken Road Route. A "rolling open and close" will allow the road to remain open with the exception of periods when runners and walkers are actually passing through.

Proceeds raised from the race go to support local programs focusing on healthy and active lifestyles through Brooksie Way Minigrants. Over

\$155,000 has been raised throughout previous years to go to the grass-root programs. Recipients of the The Brooksie Way Minigrant program in 2015 included The Rainbow Connection, Children's Village Foundation and OU cares, a yoga program for people with autism.

"We have touched the community in more ways than I ever would have imagined," said Oakland County Executive L. Brooks Patterson. "Whether it was a karate program for kids with cancer, a yoga program for disabled children, or a plan to keep seniors physically active and fit, the

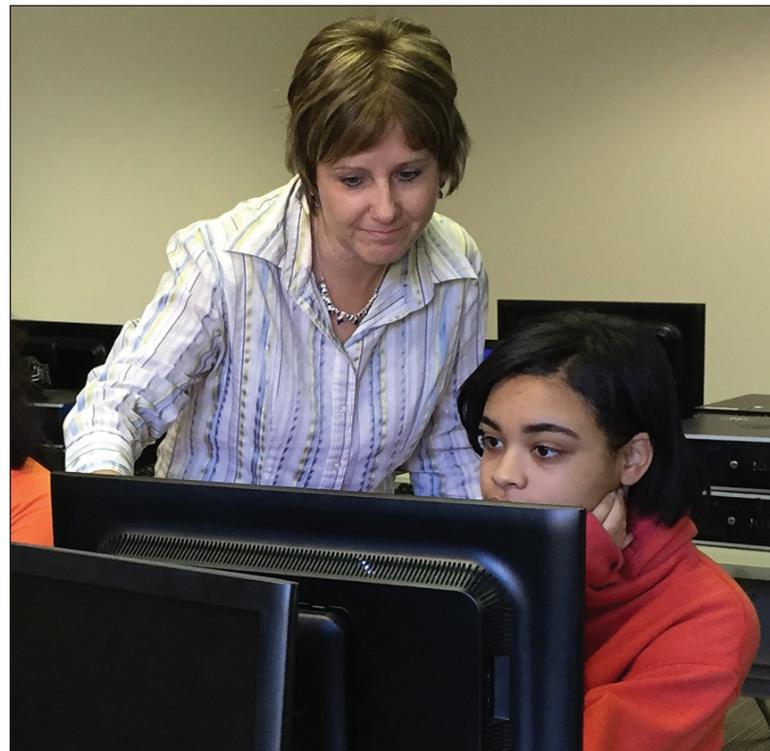
minigrants continue to pay dividends. My son would have been very pleased."

Over 500 volunteers, the cities of Auburn Hills, Rochester and Rochester Hills, and law enforcement from the Oakland County Sheriff's Office, OUPD, and Rochester Police Department combine to help make the event possible.

To register electronically, log onto thebrooksieway.com and click the Registration link. Those looking to participate as a volunteer can also find information on the official website.

Alternative School Holds Opportunity for Diploma and More

The Avondale Academy announces an Open House on Monday, September 12, from 3 – 7 p.m. for all students interested in earning their high school diploma. An alternative high school with a variety of education options, Avondale Academy offers a right fit for students who may have struggled in a traditional school setting. Students experience one-on-one interaction with highly qualified staff in a safe and structured learning environment. The Academy also offers a virtual learning opportunity where students are afforded the option to take online classes in a state-of-the-art



AVONDALE ACADEMY COUNSELOR, Janette Mow works with students exploring college options.

facility.

Additionally, Avondale Academy has a variety of other unique educational options tailored to dropout prevention and for students looking to earn their high school diploma and explore post-high school education. Each year, Avondale Academy graduates – some of whom had never before considered continuing their education after graduation – are accepted at two or four year colleges, apprentice programs or trade schools.

"The Academy staff works closely with our students to ensure that they have information about post-secondary education, as well as guidance and support. Because alternative high school students are often non-traditional students, people sometimes assume that they don't have aspirations for continuing their education. The Academy staff doesn't assume that. They work from the premise that all students have potential and deserve the opportunity to realize their dreams," said Avondale School

District Superintendent, Dr. James Schwarz.

For students not aspiring to continue their education after graduation; students with a high school diploma as their goal; or students who may have walked away from earning a high school diploma previously, the Academy offers a challenging curriculum in a success-oriented environment. "We have a lot of supports in place to help every student succeed," said Principal Taylor Chapman. "We have after-school tutoring, small class sizes, multiple learning options including virtual classes, and individualized instruction accredited by the State of Michigan," he added.

Families interested in learning more about the Academy should attend the Open House on the 12th. The Avondale Academy is located at 1435 W. Auburn Road in Rochester Hills. If you have questions about the school or about taking online classes, contact Taylor Chapman at 248-537-6699.



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We are taking your thoughts, letters to the editor, and interesting tidbits of news via the Internet. We'll accept messages for the next week's edition through Tuesday evenings at 7 p.m. You can contact us at NEWS@gazettemediagroup.com. Find us on Facebook.

Rochester Community Schools 2016-17 School Calendar Community Date List

Sept. 6 Full Day of School for Students (K-12 and Post High)	February 20 No School for Students (K-12 and Post High)
Oct. 6 Evening Conferences (6-8)	February 21 No School for Students (K-12 and Post High)
Oct. 10 No School for Students (K-12 and Post High) Professional Development	Professional Development
Oct.13 Evening Conferences (9-12)	February 22 Classes Resume (K-12 and Post High)
Oct.18 Evening Conferences (6-8)	March 1 Evening Conferences (6-8)
Oct. 19 Evening Conferences (9-12)	March 2 Evening Conferences (9-12)
Nov. 4 End of Quarter 1	March 8 Evening Conferences (9-12)
Nov. 7 No School for Students (K-12 and Post High) Professional Development	March 9 Evening Conferences (6-8)
Nov. 8 Election Day – No School for Students (K-12 and Post High) Professional Development	March 10 No School for Students (K-12 and Post High) Professional Development
Nov. 9 Evening Conferences (K-5)	March 31 Spring Recess Begins at End of Full Day (K-12 and Post High)
Nov. 15 Evening Conferences (K-5)	April 10 Classes Resume (K-12 and Post High)
Nov. 17 Evening Conferences (K-5)	April 11 College Entrance Testing Date - Grades 9 and 11 (lengthened half-day) - No students grades 10 & 12 - Full Day K-8
Nov. 22 Thanksgiving Recess Begins at End of Day (K-12 and Post High)	April 12 MME and PSAT Testing Grades 10 and 11 - Late arrival Grades 9 and 12 - Full Day K-8
Nov. 23 No School for Students (K-12 and Post High)	April 13 Work Keys Test Grade 11 - Late arrival Grades 9, 10, & 12 - Full Day K-8
Nov. 28 Classes Resume (K-12 and Post High)	April 14 No School for Students (K-12 and Post High) Good Friday Holiday
Dec. 21 Winter Recess Begins at End of Day (K-12 and Post High)	April 17 Begins Marking Period 4
January 4 Classes Resume (K-12 and Post High)	April 19 Evening Conferences (K-5)
January 16 No School for Students (K-12 and Post High); Martin Luther King Jr. Holiday	April 27 Evening Conferences (K-5)
January 26 Half Day for Students (6-12 and Post High); AM Exams	May 29 No School for Students (K-12 and Post High) Memorial Day Holiday
January 27 Half Day for Students (6-12 and Post High); AM Exams No School for Students (K-5) End of Marking Period 2/Semester 1	June 15 Half Day for Students (6-11 and Post High); AM Exams
January 30 Beginning of Marking Period 3/Semester 2	June 16 Half Day for Students (6-11 and Post High); AM Exams - Half Day for Students (K-5) - End of Marking Period 4/Semester 2/School Year
February 17 Midwinter Break begins at End of Day	

American House To Host Veterans Commemorative Softball Game

American House Senior Living Communities, in partnership with the United Shore Professional Baseball League, invites all to honor an extraordinary group of men. The Louisville Slugger Warriors, wounded veterans and a highly-decorated nationally recognized softball team, will take on the Detroit Connection during the American House All-Star Game at Jimmy John's Field on Saturday, September 10 at 1p.m. Tickets are \$5 and can be purchased at the Jimmy John's Field box office or online.

The lineup will feature both U.S. military veterans and active duty personnel who enlisted after the 9/11 attacks. Most team members have suffered service-connected, permanent injuries. These extraordinary players are athletic and competitive, using the latest prosthetic technologies.

"To have the ability to share the field again with my brothers especially

on the 15th anniversary on the tragic events of 9/11 is truly an honor. There's no better way to show our love for this country than for our active duty, veterans, and civilian population to get together for some friendly competition. I want to thank everyone at American House and in Metro Detroit for making this possible", said infielder Sgt. Leonard Anderson who served in Afghanistan.

• **American House All-Star Game** featuring Louisville Slugger Warriors vs. hometown champs the Detroit Connection-Sept. 10th at 1pm at Jimmy John's field in Utica

• **Pre-Game Media Event** on Sept. 9th at 3pm at Birmingham Country Club

• **Warriors include** 2016 Invictus Gold Medalist, Leonard Anderson and 2016 recipient of the President's Lifetime Achievement Award, Christopher Ferrell

"It's an honor, on behalf of American House, to invite these brave, wounded heroes to Detroit during the weekend of the 15th anniversary of 9/11 for their inaugural softball game against the Detroit Connection", said American House Founder, Bob Gillette.

Jimmy John's Field is located on Auburn Road adjacent to M-59 in Downtown Utica. The state of the art ballpark holds 4,000 fans and features three summer picnic areas, lawn seating, and a children's play area with a wiffle ball field. The field's concert quality sound system and HD LED scoreboard add major league appeal to this hometown ballpark.

For more information about the Louisville Slugger Warriors or to schedule an interview with players, please contact General Manager, David Van Sleet at 802-777-7232 or visit https://www.facebook.com/louisvillessluggerwarriors/info/?tab=page_info



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Rochester Jaycees Holding Mom-To-Mom Sale

Have you been busy with your summer cleaning? Would you like to earn a profit on your gently-used items or find great deals on other must-have goodies? Come out on Sept. 18 to the Rochester Area Jaycees' Mom-to-Mom Sale!

Early-bird entry will be from 1:30-2:30 p.m. and will only cost \$2 per adult. The price is \$1 per adult for

admittance after 2:30 p.m. If you're interested in renting a table, please contact RAJC Internal Vice President Katie Mecsey at kmecsey@msn.com, and she will provide you with a rental contract. The basic rental fee is \$15 for an 8' table. Additional space is available upon request. Tables will be rented on a first-come, first-served basis.

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Health & Fitness Digest

Cornerstone Community Financial to Host September Teddy Bear Drive for Children's Hospital of Michigan



HEIDI KASSAB, President & CEO, Cornerstone Community Financial, is pictured here with the 8-foot Freddie the Teddy, mascot of Children's Hospital of Michigan. — photo credit: Amber Barckholtz

September, among many other things, is Childhood Cancer Awareness Month. In support, Cornerstone

Community Financial (CCF), headquartered in Auburn Hills with branches also in Troy, Royal Oak and Center Line, is

hosting a month-long Teddy Bear Drive to support patients at Children's Hospital of Michigan.

From September 1st to 30th, all CCF branches will serve as collection sites for NEW teddy bears of all shapes and sizes, as well as monetary contributions to support CHM's oncology families. The Troy branches are located at 3001 W. Big Beaver, Suite 108 and 1785 Rochester Rd.

As Heidi Kassab, President & CEO, Cornerstone Community Financial, observes, "People want to help children battling cancer, but often don't know how. We hope CCF's first annual Teddy Bear Drive will provide the community a way to support these families in need, and to say, 'We're thinking about you during this difficult time.' At CCF, we're honored to be partnering with Children's Hospital of Michigan, and know our members and neighbors will come through with great support for this important effort."

Dr. Jeffrey Taub, Chief of Oncology, Children's Hospital of Michigan, concurs, adding, "Children currently fighting cancer at the Children's Hospital of Michigan, as well as the thousands of childhood cancer survivors whom we've treated, are found throughout our communities in both Metro Detroit and throughout the entire state of Michigan. The support of community partners like Cornerstone Community Financial is immeasurable in helping our patients and their families dealing with this devastating disease."

"Nudges" Help Students Order Healthier Lunches

Newswise — With back-to-school season in full swing, imagine this: Your child orders lunch via computer and gets a little message saying he or she needs to add more nutritious food groups.

That combination helped some youngsters pick healthier meals, a University of Florida Institute of Food and Agricultural Sciences study shows.

Researchers caution that their findings are however not generalizable.

According to the U.S. Department of Agriculture, more than 5 billion school lunches are served daily in the United States. Additionally, although 99.9 percent of American children aged 12 to 18 consume fruits and vegetables daily, less than 1 percent eat the federally recommended amount of those foods. So the UF study could show helpful, early, findings.

In a published study in August issue of the Journal of Economic Psychology, UF researchers recruited 71 students to participate in the National School Lunch

Program at a Florida public school.

Two groups of fifth- and sixth-grade students preordered their lunches via computer. One of those groups received messages — what researchers call "nudges" — indicating they had not selected all five components of a healthy lunch. Those are meat or a meat alternative, grain, fruit, vegetable and low-fat milk.

The control group ordered their meals in the regular school lunch lines.

Researchers found the students in the group that received nudges chose 51 percent more fruits, 29.7 percent more vegetables and 37 percent more low-fat milk than the control group. The group that simply ordered online without nudges chose 27 percent more fruits, 15.8 percent more vegetables and 16.3 percent more low-fat milk than the control group.

The study did not examine actual food consumption.

The nudges come from the U.S.

Department of Agriculture's MyPlate program. According to its website, www.choosemyplate.gov/, MyPlate reminds consumers to find their healthy eating style and build it throughout their lifetimes. According to the MyPlate website, this means:

- Focus on variety, amount and nutrition.
- Choose foods and beverages with less saturated fat, sodium and sugars.
- Start with small changes.
- Support healthy eating.

Jaclyn Kropp, a UF assistant professor of food and resource economics and the lead author on the study, emphasized researchers must further study the impact of nudges on school lunch selections.

Kropp conducted the study with help from other UF/IFAS researchers and Sonam Gupta, a senior research associate with IMPAQ International in Columbia, Maryland.

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Virgo Birthday Would Benefit Financially From Projecting a New Image

HOROSCOPE..

by RICH MILOSTAN
Astrologer, Psychic

♈ ARIES (March 21-April 19)
This is a month for finishing up old matters and making plans for the future. Miscommunications at work could be more frequent due to Mercury retrograde (those who know about it). Good time to get back to exercising if the summer heat hindered it. Continue to learn some skills for the next 12 months that can make you feel more independent in future career decisions. **Astro-Tip:** Reward yourself for daily efforts.

♉ TAURUS (April 20-May 20):
Try to do more fun things to get balance back. Romance can give opportunities but just have fun for awhile with them. Work should give you some lighter loads and be more enjoyable. Be careful in any decisions you make trying to increase money. Some unresolved situation won't be ready to finalize till after September 25th, collect more information. Trying a new diet will be beneficial. **Astro-Tip:** Be good to hips when lifting things.

♊ GEMINI (May 21-June 20):
Disagreements may occur off and on with family during this month. Limit conversations somewhat till after September 25th when this cycle lifts. Romance can give you some nice outlets to do some fun evening things. Those seeking romance should go after it, especially if you never tried to be with someone by waiting for them

to come to you. Finances stay about the same, but can improve as the fall progresses. **Astro-Tip:** Take a friend out to lunch.

♋ CANCER (June 21-July 22)
Making appointments this month could find you rescheduling more frequently due to Mercury retrograde. Good time to get your home ready for the coming winter months because October and November have you doing more socializing than usual. A better diet enhances how you feel, especially in the morning hours. Make sure anything you learn the next 12 months offers future money potential. **Astro-Tip:** Give employees some space.

♌ LEO (July 23-Aug-22): Be very careful in working all money matters until after September 25th. In general you will communicate with more people than you have the lately and some will do favors for you, if you ask. Children need more confidence from you rather than "discipline" for the next six weeks. Then you will feel much better about them. Keep diet good when out and about having fun at different places. Sign up for a class to learn something that interest you. **Astro-tip;** Catch up on some paperwork.

♍ VIRGO (Aug 23-Sept 22):
Birthday month is always good to treat yourself to something special. The next 12 month emphasis is making more money (should be easier), defining where family fits in while you seek personal goals and changing your fun outlets. For the month, start building a new "image" with new clothes etc., working your monthly bills a smarter and being more practi-

cal in what you want in love. Those prone to weight gain should tweak their diet. **Astro-Tip:** Smile at more people this month, returns!

♎ LIBRA (Sept 23-Oct 22): Let unresolved past matters slide till next month for more information is needed to complete. This is a good time to take a little time for yourself to rebuild your energies. Learn new relaxation skills, read a good book and don't watch TV programs that rev you all up. You're very likely to purchase some new clothes. Have more patience when driving. Don't always leave at the last minute going places. More money is on the horizon. **Astro-Tip:** For now, be more frugal food shopping.

♏ SCORPIO (Oct 23 - Nov 21):
High social month, make sure times meeting with others is the same. Someone from the past may call wanting to see you. Watch spending till after September 25th, more deals will be available for your needs. Someone close to you temporarily wants a little space, give it to him or her. Or, do things with them that are more relaxing. Group endeavors to meet new people with your interests increase. **Astro-Tip:** Give more eye winks to people now.

♐ SAGITTARIUS (Nov 22 - Dec 21):
Very busy cycle running here and there, stick to priorities first. The people you meet are watching your personality. So remember to project the professional look in any conversations. You're very likely to do fewer things with family not under your roof as you venture into new beginnings. If looking to advance career, wait till after the 25th where others will be more cooperative in your field. **Astro-Tip:** Wear good shoes for better knee maintenance.

♑ CAPRICORN (Dec 22 - Jan 19):
Limit the amount of time you give to others if your energy has been taxed lately. The next six weeks are good to initiate passive outlets to rebuild. During this cycle it is better to finish up old projects rather than starting new ones. Learn something new that can make future money. Romance a little slow till you restructure a lot of your daily routines. At the end of the month, let more people know your skill or talent. Fall could be impressive! **Astro-Tip:** Relax an hour a day.

♒ AQUARIUS (Jan 20-Feb 18):
You probably will focus a lot on money matters this month. Investing should be thoroughly thought out, but not recommenced till after the 25th when Mercury retrograde goes direct.

Mercury retrograde says think three times before doing anything. Romance improves the more the month progresses. Let any family issues slide till the end of the month. Friends will help you toward some goals you have, but you may have to ask them. **Astro-Tip:** Rid of some clutter.

♓ PISCES (Feb 19-Mar 20): Close relationships will be a focus during this time. Be more around those who can help you become more financially independent in the next few years. Career will be a big area to expand, but wait till after the 25th before making any big decisions. Could receive a little surprise money within the next six weeks. Be alert in your communications with others to avoid misunderstandings at this time. Eliminate deadbeat acquaintances. **Astro-Tip:** Dress professionally, people impressed!

Rich is available 6 days a week for a more detailed look at your 2016. His readings include an astrological update and the tarot. For information call 248-528-2610. His Psychic Fair is the first Saturday of every month at the Troy Masonic Center, 1032 Hartland Dr Troy, Mi 48083. 10am to 4pm. The Center is located 2 blocks north of Big Beaver Rd off of Rochester Rd on the east side.

Rochester Soccer Club Golf Outing To Support Healthy Team Sports

The Rochester Soccer Club (RSC), a non-profit organization established to foster physical, mental and emotional development for players through the game of soccer, will hold its Annual Golf Outing on Friday, September 30, 2016 at Twin Lakes Golf Club in Oakland Township, presented by Chief Financial Credit Union.

Registration begins at 11:30 am, with unlimited balls for the driving range. Scramble format with a shotgun start at 1:00 pm. Cost is \$100 for an individual or \$400 for a foursome and includes a gift bag, two drink tickets, a hot dog or hamburger at registration and dinner following golf. Cost to attend dinner only is \$40. Register online at: www.golfoutingpro.com/event/ryslrcsgolfouting

Contests include longest drive and closest to the pin for men and women. Also, there are multiple chances for hole-in-one prizes which

include a Harley-Davidson motorcycle or cash, a Pebble Beach vacation or cash, premium golf equipment, and airline tickets.

Sponsorships are also available, ranging from \$150-800, and are a great way to show your support for the Club. Please call 248-643-6590 to determine which sponsorship is best for you.

Proceeds from the event will provide partial scholarships to RSC players who would not be able to play soccer without assistance.

Founded in 1978, RSC is one of Michigan's premier soccer clubs and the largest soccer club in Michigan. RSC offers a complete soccer experience. With opportunities to play in recreation, development, travel, and Elite programs, RSC is a true full-service soccer club with a long history of outstanding player development and success at all levels of competition.

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12th Annual Family Oktoberfest Celebration

Our Shepherd Lutheran Church, 2225 E. 14 Mile Road in Birmingham, will host its 12th annual spectacular Oktoberfest celebration on Friday, September 23 and Saturday, September 24. This very family-friendly event that started as a simple idea to celebrate Our Shepherd's German heritage has blossomed into one of Southeast Michigan's most authentic and best attended Oktoberfests.

This year's event includes many fun things for kids! For only \$3 each per day, kids receive an all-day wrist-band, which includes a petting zoo and balloon art on Saturday, all new carnival games, bounce

houses, and G-Rated movies under the stars at dusk both days.

Oktoberfest admission is only \$5 per day and children three and under are free. There is a canned food drive in support of a community pantry – for every can you bring, you get one ticket to enter for a chance to win great prizes.

Proceeds after expenses will go to benefit the various programs at Our Shepherd Lutheran Church and School. For more information about the 2016 Oktoberfest, and Our Shepherd Lutheran Church and School, please call 248/646-6100 or visit www.oslcoktoberfest.com or <http://www.ourshepherd.net>.

Talk to School-Age Children About Bullying NOW!

COUNSELING CORNER



by
KALYNN POTTER
MA, LLC, MBA

With school starting, few topics are as important to discuss as bullying. This is a concern to parents, students, teachers, and administration; hence, it is an issue for the community. To create lasting change, it takes all of us working together. Research shows the quality of a school's culture makes a tremendous difference in the amount of bullying that takes place, however, no school is immune from the act of bullying.

So what is bullying? "Bullying is unwanted aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated, over time." Bullying includes making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Cyberbullying is the same as traditional bullying in that it is intentional, aggressive, repetitious and has a power differential. However, the real difference in cyberbullying is that digital media allows it to take place 24/7. There are three types of bullying; verbal, social and physical. Verbal bullying includes teasing, name-calling, inappropriate sexual comments, taunting and threatening to cause

harm. Social bullying includes leaving someone out on purpose, telling others not to be friends with someone, spreading rumors and embarrassing someone in public. Physical bullying can be hitting, kicking, spitting, pushing, taking/breaking someone's things and making mean/rude hand gestures.

There are three individuals involved in bullying. The one being bullied, the one doing the bullying and the bystander/witness. The important question you are probably thinking is, "What can I do as a parent/adult?" If you have not already, please talk with your child about bullying. Clearly define it for them and make sure they understand the first step to take if they are bullied is to tell someone! Specifically, a parent, adult at school or friend.

If you are concerned that your child may be a victim of bullying, look for symptoms such as an altered mood, withdrawn or anti-social behavior, change in relationships, decline in academic performance, appearing anxious at the sound of text or email. If your child has witnessed bullying you may see the first three symptoms listed above, plus they may show fear of retaliation or alienation. If your child is showing symptoms of mood changes that involve aggressive behavior, if they use tactics to be in control, and they demonstrate a lack of empathy toward friends and family, they could be bullying.

Bullying has a long-lasting effect on an individual's life. Mental health can be affected by low self-esteem, depression, anxiety, eating disorders, insomnia, substance abuse and suicidal ideation. Physical health problems can be exhibited through

headaches, abdominal pain, dizziness, sleeping problems, or bedwetting. Social health may be negatively affected by a sense of not belonging and delinquent/criminal behavior. Working together to create positive relationships with caring adults alters the negative impact of peer aggression for mistreated students, the aggressors and the witnesses. Connection is key. Having an adult students can count on at home and at school is vital to healthy development.

In closing, I want to encourage our youth to be an active bystander. Help others who are being bullied. Be a friend, even if this person is not yet your friend. Let them know you think what just happened was wrong. Encourage them to talk with an adult. Offer to go with them. Stop spreading untrue/harmful messages just because everyone else is doing it. Reach out to people who are alone or new at your school. Respect others even though they are different from you. Being different makes us all unique. Make your school a safe and better place!

Rochester Area Counseling Services is located at 945 S. Rochester Road, Suite 101, Rochester Hills, Michigan near the corner of Rochester Road and Avon Road. The office is open Monday through Thursday from 9 a.m. until 8 p.m. and Friday from 9 a.m. until 6 p.m. For more information, call 248-266-6166 or visit our website at rochesterareacounselingservices.com.

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Rochester Hills Public Library Youth Programs

Residents of Rochester, Rochester Hills, and Oakland Township, don't miss these exciting events at Rochester Hills Public Library. Each child must be registered under his or her own library card and be a resident of Rochester, Rochester Hills or Oakland Township. Registration is online.

Roald Dahl 100 year celebration! — Saturday, September 17, 1-2 p.m. All Ages welcome in the Multipurpose Room. Celebrate the 100th anniversary of Roald Dahl's birth! We'll have games, cake, and a glorumptious time!

LEGO TIME! — Saturday, September 17, 3-4 p.m. For Grades K-8 with a caregiver in the Multipurpose Room. Come build a creation with the library Legos & then display them in the Youth Room.

Please register all adults & children attending. All registration begins one week prior to the scheduled program at 9 a.m., unless otherwise noted.

All youth programs are funded by the Friends of the Rochester Hills Public Library. See the Schedule of Events at RHPL.org or contact Youth Services at 248-650-7140

Adams Football Blanks Seaholm, Moves to 2-0; Cougars, Falcons Can't Nab First Win

PREP SPORTS



by
BRYAN EVERSON

Riding off the back of a strong closing half in the season opener against Rochester High, Adams displayed four more quarters of evidence Friday night that 2016 is set to indeed be a bounce-back year.

The Highlanders advanced to 2-0 by doing all their scoring in the opening half, shutting out Birmingham Seaholm 27-0 on the road.

Junior Stephen Roncelli found the end zone on Adams' first two touchdowns, first on a 12-yard run, then on a six-yard pass by senior quarterback Kyle Wood (12-of-15, 162 yards) to give the Highlanders a 13-0 lead.

Adams followed up on its next drive with a TD on a short keeper run by Wood, and senior receiver Mark Patritto made it 4-of-4 on consecutive drives to open the game with a 24-yard touchdown reception.

The defense of the Highlanders stymied the Maples (0-2) for almost the entire game, stunting nearly all productivity by Seaholm quarterback Andrew Wilt. A forced turnover on Seaholm's first drive followed by a trio of punts helped give Adams prime real estate on their scoring drives.

Both Wood and senior John Brucia ran for over 70 yards in the victory, with the latter taking on a two-point conversion on the Highlanders final scoring drive.

Adams returns home this Friday to try and pick up a third win against North Farmington.



ADAMS SENIOR QUARTERBACK KYLE WOOD, PICTURED HERE carrying the ball in the season opener, again used his wheels in addition to his arms to help commandeer the offense to a win. Wood ran for a short touchdown in addition to throwing a score through the air in last Friday's 27-0 triumph over Birmingham Seaholm. The Highlanders face North Farmington next, who they've gone 4-1 against all-time.

the deficit to 13 points after catching a touchdown pass from Brent Burtraw in the second quarter, but Bloomfield responded with three unanswered scores to shut down hopes of a comeback by Rochester.

JaMeir Scott was responsible for the Falcons' other touchdown, punching it in from within five yards out on the only score by either team in the fourth quarter.

Rochester will look for its first win at Pontiac Notre Dame Prep in a tough Week 3 matchup.

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— Ralph Waldo Emerson

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OTHER SCORES

Lake Orion 30, Stoney Creek 10

First-year head coach Bob Lantzy knew that Lake Orion would be one of the teams that would try to out-muscle Stoney Creek heading into the season, but his bunch held tough early in the first half Thursday night.

A 20-yard field goal by John Carson deadlocked the game 3-3 at the break. Even within the fourth quarter, a win looked to be attainable. Despite falling behind by two touchdowns, the Cougars (0-2) closed the gap on a three-yard touchdown pass from Frank Potenza to Brady Campbell that made it 17-10 with less than 10 minutes remaining, but senior Max Horneffer set the table for a Dragons' score with a 60-plus yard run, and a turnover through the air nixed Stoney's hopes when Lake Orion (1-1) scored again with several minutes to go.

"I thought we had some good things going in the first half," Lantzy

said. "I thought we played a good second half against Bloomfield Hills [and] we played a good first quarter [against Lake Orion]. If we could put those two halves together, we'd be okay."

Lantzy said big plays allowed and field position were battles Stoney lost. He added that they've been stunting heavily on offense to keep defenses honest, but the coaching staff plans to throw some changes in.

"We've only been together four or five weeks, so i'm [still] getting to know them," he said. "Trying to make changes on the run is maybe what hurt us a little bit last week. I think this week we'll be into the second phase of doing the things best for this team, where earlier I probably didn't know the players well enough to make those decisions."

Troy Athens is next up on the slate for the Cougars.

Bloomfield Hills 40, Rochester High 13

The Falcons got themselves in a big hole and couldn't stop the run playing at their new home away from home on last Friday. Running back Derrick Lynch found the end zone twice in the first quarter, and Eli Sherman added three scores, two before halftime to lead the Black Hawks' rushing attack that piled up over 200 yards.

Leading playmaker Thomas Loftus, who racked up over 80 yards receiving for the Falcons (0-2), closed



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Ads received after the 4:00 p.m. Wednesday deadline will be published the following week. NOTE: Errors must be reported on first week of publication.

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PERSONALS

PRAYER TO THE HOLY SPIRIT

Holy Spirit, You who make me see everything and who show me the way to reach my ideal, You who give me the Divine gift to forgive and forget the wrong that is done to me, and You who are in all instances of my life with me. I, in this short dialogue, want to thank You for everything and confirm once more that I never want to be separated from you, no matter how great the material desire may be. I want to be with You and my loved ones in Your perpetual glory. Amen. Thank You for Your love towards me and my loved ones. Say for 3 consecutive days without mentioning your petition, your prayer will be answered. Promise to publish prayer. N.R.

PERSONALS

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Make It a Priority to Learn How to Perform CPR

POLICE PATROL



■ **AND A THIRD HOUSE FIRE THE NEXT DAY!** Deputies and the Rochester

Hills Fire Department responded to the 3000 block of South Boulevard for a residential structure fire. There were no reported injuries and the fire was contained to the attic of the building. An Oakland County Sheriff's Office Fire Investigator responded for a cause and origin investigation which remain undetermined. Incident remains under investigation.

■ **SOMETIMES LANGUAGE CAN MAKE THINGS DIFFICULT.** Complainant said he was traveling north on Rochester Rd. behind a black Mercedes. At a light, male driver of Mercedes motioned for victim to follow

him.. Victim speaks very little English and officer requested help with translating. Victim exits his vehicle in the parking lot of a fast casual restaurant at Auburn and Rochester Rd. Mercedes driver started yelling and pushed victim to the ground. Girlfriend told Mercedes driver to get in the car, which he did and they left before police could arrive. Victim said suspect was angry because he felt victim was following him too closely. Officer did observe bruising on the hand and arm of victim who declined medical attention.

■ **EVERYONE SHOULD KNOW CPR.** Officer dispatched to Rochester Hills address where they administered CPR to a woman in distress. Victim's husbands stated his wife wasn't feeling well and had ringing in her ears. She went back to bed, he sat in the next room and listened to her breathing for several hours. Noticing some long breaths he went into the room and when she stopped breathing he called 911. When Rochester Hills Fire Department took over CPR, deputy proceeded to talk to the husband who inquired if his wife was dead. Officer

said they had a pulse. Husband indicated he had paperwork indicating wife did not want to be saved by extraordinary measures." He produced the documentation. Transported to Crittenton Hospital, the wife survived.

■ **ABSOLUTELY BE ON THE LOOKOUT.** Citizen reported that a silver Dodge Caravan was driving erratically, crossing the median and back and forth on the roadway and the median. Officer located driver travelling east-bound on Avon towards Rochester Rd. Deputy located vehicle in the Comerica Parking lot and observed driver outside of the vehicle urinating in the parking lot. Suspect was swaying back and forth and unable to balance. Suspects eyes were glazed and his speech was slurred. When deputy inquired how much he had to drink, he replied "a little wine." Suspect then stated he had "been at a football game in Fraser, and had three beers." Victim could not finish field sobriety tests. When asked where he lived, suspect replied "Fort Gratiot." when asked if he knew where he was, he replied, "No." A plastic Desani bottle was located in the front center cup hold-

er with yellow liquid smelling like intoxicants in it. An empty bottle of Sutter Home Chardonnay was on front passenger seat. Suspect was placed under arrest and handcuffed for Operating Under the Influence.

■ **DON'T THINK YOU AREN'T BEING OBSERVED.** Dispatched to Meijer where Loss Prevention Officer had observed suspect select a bottle of Remy Martin Cognac and leave the liquor area. In the grocery department, he placed the bottle in his backpack and walked into the restroom. He exited the restroom and passed all points of purchase without offering payment for the item. Loss Prevention stopped him at the door. Suspect apologized several times and said this was the first time he had ever stolen anything and it would be his last. Suspect was issued a citation for Retail Fraud Under \$200 and released.

Note: If you have any information on the aforementioned crimes or any other offenses, please call the Rochester Police Department at 248-661-9621 or the Oakland County Sheriff's Office, 248-537-3630.

This "Blair Witch" Sequel Is Still a Scarey Story

MOVIE SHOW PLUS



by
GREG RUSSELL

This week we have three movies that will entertain you in three different ways. We have espionage, scary and comedy. Lights... Camera... Action. Here we go.

the world. The real Edward Snowden is considered a hero by some and a traitor by others. This film is from acclaimed director, Oliver Stone. This movie will surely strike up conversation after you see it. Snowden is rated R.

BLAIR WITCH. This spooky feature stars James Allen McCune, Callie Hernandez, Brandon Scott and Valorie Curry. This time around a group of college students return to the Black Hills Forest in Maryland to uncover the mysteries surrounding the disappearance of a girl who many believe was connected to the legend of the Blair Witch. The

40s and single again. She decides to focus on her job as a top news producer and surround herself with old friends and new. She believes she has everything under control. Then her love life takes a turn for the better and surprise....Bridget gets pregnant. Another twist is she now has to figure out who the father is because she was seeing two suitors at the same time. This com-

edy is rated R.

That's all for this week. Have a good one and go out and enjoy a movie.

Greg Russell is the host and producer of the syndicated television show, Movie Show Plus. Greg can also be seen weekly on Live In The D on Local 4. Plus, you can hear him every Friday morning talking movies with Paul W. Smith on WJRAM 760.

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SNOWDEN. This conspiracy thriller stars Joseph Gordon-Levitt, Shailene Woodley, Tom Wilkinson and Scott Eastwood. This is the story of Edward Snowden, who exposed illegal surveillance activities by the NSA and became one of the most wanted men in

deeper they go in the woods the deeper they realize the legend is reality. This scare fest is rated R.

BRIDGET JONES'S BABY. This film stars Renée Zellweger, Patrick Dempsey, Colin Firth and Jim Broadbent. In this movie we find Bridget Jones in her

Adult Volleyball Players Wanted

Volleyball players, at least 45 years old, with good to intermediate skills wanted for Tuesday league in Troy. Group meets from 7:45 to 9:15 for 10 weeks. Fee is \$70. If you're interested, call Rich, 248-528-2610.



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The Fantasy – and Failure Of FrankenFoods

PERSPECTIVES



by
PETER MAURER

Decades ago, science promised historic changes in food crops and yields across the globe, not only to meet the challenge of an ever-increasing population, but to address the needs of a large – and growing – agribusiness in the U.S.

Monsanto, and to a lesser degree Archer-Daniels Midland (ADM), rapidly bioengineered a series of seeds that were resistant to various pests and pesticides, most notably Monsanto's Round-Up weed killer.

The seeds were designed to be resistant to the weed-killer, so that farmers could spray and kill the weeds without having to worry about destroying their crop. Despite public outcry, and the EU's now-forgotten decision to not allow imports of genetically-altered grains from America – nick-named 'Frankenfood' – the practice has continued unabated.

Although science repeatedly insists that these Genetically-Modified Organisms (GMOs) pose no threat to humans, there are scores of anecdotal research that suggest otherwise. With food allergies at all-time highs, irritable bowel disease increasing, and gluten sensitivity off the charts, what other culprit could there be?

I am not a research scientist, nor a medical doctor, but when you look at the statistics of health problems that correspond to the introduction of GMO crops, the concurrency and conclusion are hard to ignore.

My best friend knows of a farmer who left a pile of unwanted GMO seed corn in his field several years ago. To date, it sits largely untouched. He reports that animals and insects won't touch it, and it seemingly won't decay.

The corn rootworm, in the farming business known as the "Billion Dollar Pest", is making a big comeback in the Cornbelt, despite the development of Bt corn seed designed to kill the pest. It would seem that more of the rootworm is becoming resistant to the GMO seed, something that natural selection would guarantee, much like the problem we face with our profligate use of antibiotics for infection.

In spite of Man's ingenuity, it would seem that Mother Nature has – and will always hold – the trump card. Despite our best intentions and technology, the best we can hope for is a temporary respite from evolution; ultimately, the biological war that we wage upon our pests will be lost, not due to lack of effort, but because of the ability of organisms to develop resistance to virtually anything we can throw at them.

In the meantime, we are the guinea

pigs, the subjects in a grand experiment of enormous scale. Despite assurances from the scientific community, most of us do not feel confidence and comfort in these foods nor the companies that produce them.

Today, the majority of our food comes from 15 crops, many of them monoculture, leaving them wide-open to disease or some pest that would wipe them out. Diversity in processed foods is nearly gone; so-called 'heirloom' crops are hard to come by. But there is hope.

A growing movement for organic foods, and a return to some of the heirloom crops that used to grace our dinner tables, is gaining momentum. The organic selections in produce departments is rapidly expanding, and economy-of-scale is reducing their price to the point where there is little or no difference.

Organic food is grown on smaller, family farms, and in most cases the yield is GREATER than that on the huge, agribusiness farms. So why is the industrial monoculture farming industry still so influential?

Money. Lobbyists. Campaign contributions. FDA decision-makers who used to work for agribusiness.

Buy organic, buy heirloom, or plant your own gardens. Why? It's only your health at stake, that's why.

[gazetteguy@yahoo.com]

Enjoy Local Craft Beer By The Water

The Clinton River Watershed Council is holding its Third Annual Crafts on the Clinton on Sept. 15 from 6-9 p.m.

Come sample some of the best craft beer and wine that Michigan has to offer while enjoying the scenic view along the banks of the Clinton River at Yates Cider Mill in Rochester Hills. Guests will experience 12 beer or wine samples, Live Music, Local Artisans and great food from local restaurant's like Lockhart's BBQ of Lake Orion and Mexican Village and more! Event proceeds support the Clinton River Watershed Council's programs and services which protect, preserve and celebrate the Clinton River and Lake St. Clair.

Admission is \$50 for members and \$55 for non-members, with event proceeds benefiting the council's programs and services. Visit www.crowc.org/craft-on-the-clinton to purchase tickets.

Turn the Village Teal

The 5th annual Turn the Village Teal event will be held on Saturday, September 15 at the Village of Rochester Hills. The day's events will include a 5K fun run/walk, teal and turquoise classic car show, outdoor concert, activities for kids, and great shopping/dining.

The 5K will begin at 9:30 a.m. with the main event at the Village of Rochester Hills from 10:00 a.m. to 1:00 p.m.

To register for the 5K and for more information, visit www.turnthevillageteal.weebly.com

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