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Gazette

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Friday, Oct. 19, 2018
Vol. 2, No. 44

Bank Robbery In Macomb

Macomb County Detectives are investigating a bank robbery in Macomb Township that occurred on Thursday, October 18 at approximately 12:03 p.m.



Deputies were dispatched to Comerica Bank, located at 16700 26 Mile Road. A black female approximately 5'1 entered the bank and handed an employee a note demanding money. The female fled the scene with a small amount of large bills.

The suspect was wearing large sunglasses, a blue hoodie, and a knee-length navy blue coat. She fled the scene in a silver vehicle.

Anyone with any information is requested to contact the Macomb County Sheriff's Department at 586-307-9358.

23 Mile Road Down to One Lane in Shelby

In Shelby Township, 23 Mile Road east from M-53 to Schoenherr will be down to one lane until November 15 as road crews remove and pour new concrete. Follow all posted road signs and use caution. Consider using an alternative route when possible and if you get stuck in traffic, you can't say we didn't warn you.



THE SHELBY TOWNSHIP FIRE DEPARTMENT held their annual Open House on Saturday, October 13 at Station 1. The weather cooperated and the turnout was impressive. Kids dressed up in costumes and high-fived Sparky the fire safety dog, helped hose down a practice house, and jumped around in the fire safety bounce house. Fire chief Jim Swinkowski and his team host open house events every year during Fire Prevention Week to promote awareness and education of fire safety. Follow them on social media at Facebook.com/pg/ShelbyTwpFire/.

Watch D.O.G.S. on Guard at Local Elementary School

As a dad with a flexible schedule, Dresden Elementary parent Larry Gambotto knows he is lucky that he can spend time at his elementary school.

"I've walked down the hallway of this school so many times and they go 'hey, Mr. Larry.' They know you and they light up when you walk in," he said.

Gambotto also knows his pres-

ence as an adult male is unique and sends an important message to the students.

"I think it is massively important to have that father figure," he said.

Dresden Elementary staff members agree, and to encourage more dads, grandfathers, and uncles to spend time at their local school, they have started a Watch D.O.G.S. (Dads of Great Students) chapter at their

school.

"Education, as a whole, is mostly female so it is very important to have a dad or a dad presence in there," said sixth-grade teacher Teresa Kavanaugh, who is working to introduce the program at Dresden with kindergarten teacher Kelley Frogge.

Frogge said the program will have three winners at Dresden:

See WATCH DOGS, page 2

Utica Arrow Among the Best, Again

For the fourth time in five years, Utica High School's Arrow newspaper has earned one of scholastic journalism's highest honors by the Columbia Scholastic Press Association.

The student publication was named a Crown Award finalist in print news, and will receive either a Gold or Silver Crown Award during CSPAs annual Spring Scholastic Convention.

Crown Awards are the highest recognition given by the CSPAs to a student print or digital medium for overall excellence. In the nationwide competition, the Arrow was one of only 30 student newspapers – and one of only two in Michigan to win the award for print news.

"I'm so incredibly proud and very excited to be a Crown Award winner again. I think that it's very encouraging for the staff to be recognized for our work as it inspires us to put forth our most creative ideas and strive to be the best reporters we can be," senior and Arrow Editor-In-Chief Madalyn Dishman said.

A panel of Crown Judges assembles each year at Columbia University to view all entrants. Judges are experienced former advisers to student media, professional journalists who understand student media or professionals such as photographers or online specialists with particular expertise needed for the judging exercise.

No set number of Crown Awards is required; the awards are discretionary, based on the evaluation by the Crown Judges. Decisions of these

See ARROW, page 2



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AMERICAN LEGION POST 351 honored Victor I. Rieck on Tuesday, the 100th anniversary of his passing. Rieck was killed in action in France just a few weeks before the end of World War I. Pictured above, Utica Mayor Thom Dionne and Shelby Township Veterans Coordinator Phil Randazzo paid their respects at a ceremony joined by veterans and city officials.

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Gazette

UHS Newspaper Wins National Award

ARROW, From page 1

judges are final. They consider all aspects of value to the reader or viewer: content, design or presentation, coverage, photography as well as writing and editing.

Each year, the Crown judges select examples from each publication, and together with written comments, create a DVD of the winning

publications to share with CSPA member schools across the nation, or even the world.

The crowns are a head-to-head comparison and contrast of one publication to another. A panel of judges made these selections over several days, in a large room, with much walking around and poring over publications. There is a great deal of discussion, and sometimes argument," CSPA Executive Director Edmund J. Sullivan said in a live social media announcement Oct. 10. "The crowns are discretionary, in that the judges only give them when they believe they are deserved."

For more information, visit cspa.columbia.edu/.

New Group Encourages Fathers to Spend More Time at School

WATCH DOGS, From page 1

The school – which has support throughout the day for activities such as tutoring, mentoring, playground and lunch supervision and school security;

The students – who have a positive role model presence in their school;

The WatchDOG – who spends a full day with their child, his child's friends, and the students from his neighborhood.

Dresden kicked the program off on Thursday with an evening program that brought out nearly 180 volunteers – a number beyond the organizers' expectations.

Patrick Kosanke, an Erie Elementary father who spoke to the volunteers at the kick off meeting, said the program has had a positive impact on his school and the volunteers.

"Your day goes by quick, you will be tired, but it will be the most rewarding days you will have," he told Dresden volunteers.

Watch D.O.G.S. will take place at Dresden from November through April, with volunteers working a full day greeting students off the bus, taking part in classroom activities, serving as recess and lunch monitors, walking the halls and helping stu-



DRESDEN DAD Justin Tatge and his kindergarten daughter, Drew.

dents board the bus.

"They are doing everything a volunteer would do," Frogge said.

Before the program begins, all volunteers will have a background check and will receive a Watch D.O.G.S. shirt that clearly identifies them when they are at school. The school's goal is to have a volunteer every day in the building. It seems likely the target will be met, given the level of enthusiasm for the program.

"Some of the moms asked 'can we do this?', but we said no, this is just for dads. The dads were so proud it is just for them," Frogge said.

For Dresden dad Gambotto, volunteering is another way to say thank you.

"We have a great staff at Dresden they do so much for our kids and it is an opportunity to just give back to them," he said.



CONGRATULATIONS ARE IN ORDER for the Romeo Byting Bulldog girls robotics team. The Romeo Engineering and Tech Center posted the above photo to their Facebook page, congratulating the team for winning the Grand Rapids Girls Robotics Competition. Teams from across the state competed in the inaugural competition at Wyoming High School. Three of six team members are pictured here on the far right.

People, Pets & Vets at Macomb College Nov 3



Macomb Community College's veterinary technician program and partner Michigan Veterinary Medical Association will host the 15th annual People, Pets & Vets on Saturday, November 3 from 11 a.m. to 3 p.m.

With animals of all kinds including household pets, reptiles, exotic birds and large animals, this free event features more than 50 information booths offering information on animal care, disease prevention, and veterinary careers.

People, Pets & Vets will be held in E Building on Macomb Community College's Center Campus, 44575 Garfield Road in Clinton Township. A map of Center Campus is available here. No personal pets are allowed at the event.

Attendees will have the opportunity to see and interact with a variety of animals and talk with veterinarians.

ans, veterinary technicians and other animal care providers and service groups. They will also have the opportunity to learn about animal behavior, child safety, pet first aid, puppy socialization, pet home hospice, alternative treatments including acupuncture and herbal remedies, common pet toxins, animal eye care and emergency care. Representatives will be on hand from local animal rescue groups and Leader Dogs for the Blind. Also available will be information on miniature pony rescue, therapeutic horseback riding and veterinary rehabilitation therapy.

Among the many popular activities at People, Pets & Vets is the live spay and neuter surgeries performed by local veterinarians. Children can also bring their wounded stuffed animals for "surgery" and a check-up at the Teddy Bear Clinic, where veterinary technician students from Macomb Community College and Michigan State University will tenderly perform needed repairs.

For more information about People, Pets & Vets, call 586-286-2096.

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 stnicholastroy.org or call 248-362-9575.

Questions and Answers About Assisted Living

SENIOR LIVING ADVISOR



by

Laura Smigelski, LPC,
LNHA, EXECUTIVE
DIRECTOR FOR BICKFORD
ASSISTED LIVING AND
MEMORY CARE

Question: My aunt lives alone-I pop in on her daily. Her mind is still sharp but she can be a bit unsteady on her walker so I worry about possible falls. How do I start the conversation about thinking about a move?

A: Approach the discussion with an open mind and keep in mind that resolution proba-

bly will not be reached in first attempt. Sooner is always better than later. Its an important topic to raise before not after a crisis situation. Doing this beforehand can eliminate much of the emotional struggle and allow all to make an informed decision without the pressure of immediacy. Do some research online... stop by some communities for a tour or have info mailed to you to educate yourself and your loved one.

Laura Smigelski is a licensed professional counselor (LPC) and a licensed nursing home administrator (LNHA). She is currently the Executive Director for Bickford Assisted Living and Memory Care in Shelby Township.

Please feel free to send Laura any questions you may have to laura.smigelski@enrichinghappiness.com or call her at 586-685-5800.

Shelby Township's Prescription "Take Back" Day

Shelby Township and the Northern Macomb Prevention Coalition are taking part in the 2018 National Prescription Drug Take Back Day from 9 a.m. to 1 p.m. Saturday,

that is proper disposal of unused and expired prescription drugs."

The Take Back Day event will follow the Northern Macomb Prevention Coalition's official call to action meet-



October 27 on the township's municipal grounds at 52700 Van Dyke Ave.

The event is a nation-wide initiative headed by the U.S. Drug Enforcement Agency aimed at curtailing ongoing increases in opioid drug abuse tied to illicit, off-label use of prescription narcotics.

"There is no doubt that as a region and nation we have problems with drug use and a lot of that starts with prescription drugs," Shelby Township Trustee Lynn Wilhelm said. "As part of the Northern Macomb Prevention Coalition, Shelby Township is committed to supporting its residents to combat the opioid crisis, and a big part of

ing set for 6:30 p.m. October 23 in the board room of Shelby Township Hall at 52700 Van Dyke Ave. The call to action will feature conversation and discussion on prevention, education, treatment, and enforcement of substance use issues. Members of the public are encouraged to attend and participate.

"The Northern Macomb Prevention Coalition is doing a great job of raising awareness of the issues we are facing here in north Macomb County regarding the opioid crisis, and we're proud to host its call to action," Township Supervisor Rick Stathakis said. "This really is an issue

that touches all of us, and it is going to require a lot of work by a lot of people to get it under control."

According to statistics from the U.S. Center for Disease Control, between 1999 and 2016 more than 200,000 people in the U.S. died from overdoses related to prescription opioids, and overdose deaths involving prescription opioids were five times higher in 2016 than in 1999.

Monthly, the Shelby Township Police Department collects approximately 50 pounds of discarded medications in its lobby collection box, which is available 24/7. Disposal of pharmaceutical controlled substances such as Hydrocodone is regulated by the DEA and must be done to specific standards.

This is a problem across the nation, and unfortunately we're not exempt in Shelby Township," Shelby Township Police Chief Robert Shelide said. "But what's really gratifying about hosting these collections is getting to see that our community is just as committed to fighting drug use as our officers."

For more information on National Prescription Drug Take Back Day visit takebackday.dea.gov and for more information on prescription drug disposal, contact the Shelby Township Police Department at 586-731-2121.

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Health & Fitness Digest

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- Paul Allen

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More than Drilling and Filling at Great Lakes Dentistry

Typically, people think of visiting the dentist as a chore or a hassle. Dr. Shawn Van de Vyver at Great Lakes Dentistry looks to go beyond the typical dental experience by offering his



DR. SHAWN VAN DE VYVER

patients high tech services and by being an active part of the community.

In addition to basic cleanings and fillings, Van de Vyver is able to perform specialty procedures for patients. Most dental offices have to send people to other locations for root canals or dental implants, but Van de Vyver has the skills and the equipment to do it in-house.

"We make things quicker, more efficient, less traumatic for the patient," Van de Vyver said. "We do everything here, and it makes it more cost effective for the patients as well."

That efficiency is aided by technology. Van de Vyver uses the latest in 3D imaging and printing to offer the best care in the shortest amount of time. Soon, Van de Vyver says they'll be able to offer next-day dentures.

"Technology has changed a lot," Van de Vyver said. "I think, very soon, we'll be able to offer really high tech services, and a really good customer/patient experience."

Patient experience is already a high priority at Great Lakes Dentistry.

"Patients aren't treated like a number, they're treated like a person," Van de Vyver said. "I think it's important because I'm responsible for people's health...I don't treat that like an assembly line."

Van de Vyver has found ways to connect with his patients beyond appointments and follow-up calls. He created the podcast "America's Dental Expert" to answer questions people have about dental procedures. Some of the topics covered in past episodes include flossing, teeth whitening, and crowns.

"I think dentistry is more than just drilling and filling. It's solving people's problems," Van de Vyver said.

Great Lakes Dentistry doesn't limit itself to solving dental problems. Van de Vyver is also committed to being active in the community. Later this month, he'll host a free dinner and seminar at Marcus Grill in Utica to teach people about dental implants. Next month, Great Lakes Dentistry is hosting a Halloween Candy Buy-Back benefiting Operation Gratitude, an organization that sends care packages to U.S. military overseas. Kids are invited to dress up and bring in their candy from 9 a.m.-3 p.m. on November 3.

"I think it's nice to know that a local business wants to be involved and give back throughout the year," Van de Vyver said.

Going forward, Van de Vyver said he hopes to become even more involved in the community and find ways to support the people that support his practice.

"It's really a people business."

To learn more about the services offered by Great Lakes Dentistry, or to see upcoming events, visit smileinmichigan.com/. People can also call the office at 586-677-2828, or visit their Facebook page at @ShelbyDentist.

Great Lakes Dentistry is located at 53620 Van Dyke Ave. in Shelby Township.

Tips for Switching into Fall Workout Mode

By AMY FORTUNE

As temperatures start to drop and leaves begin to fall, you may need to make some adjustments to your fitness routine. First and foremost, it is important to stay focused and motivated throughout seasonal changes, even if this means swapping one exercise for another one or changing your environment. No matter what keeps you on track this autumn, here are a few tips to make the transition easier.

Add Layers for Outdoor Activities

If you love to run, bike, or walk outside, you can easily deal with a little nip in the air by changing up your wardrobe. Most outdoor exercise devotees agree that layers work best because you can peel them off if you get too warm. Then, once you start your cool-down you can quickly re-layer to stay comfortable. As a bonus, you may find that adding a few new pieces to your workout attire inspires you to get out and stay active – because you look so good in your fall workout gear!

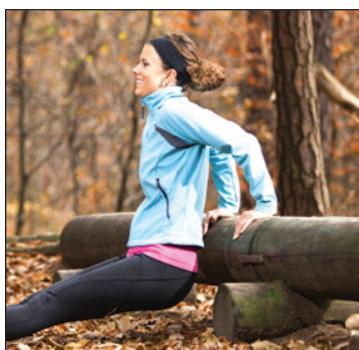
Make Sure that You Are Visible

Daylight hours get shorter as the weather gets cooler. If you exercise outside during the early morning or after 5 p.m., it is wise to wear bright colors or reflective pieces. That way, drivers can

see you better during low visibility hours.

Keep Your Water Handy

When exercising in cooler weather, you may not sweat as much as you do during the spring and summer months.



Physical activity can still cause dehydration, though, no matter what the temperature is. So, remind yourself to take regular sips during your workout.

Change Up Your Routine

If you dislike exercising in cooler temperatures, go ahead and switch things around. Try taking a group class indoors like spinning, kickboxing, or barre fitness. If you have access to an indoor pool, try swimming a few laps

several times a week. This change will keep things interesting and prevent you from plateauing. But remember to check with your healthcare provider before starting any new fitness plan.

Remember that there is Power in Numbers

If cooler weather threatens to sap your motivation, find a workout buddy or an entire support group. A group of friends or coworkers can inspire and challenge each other when the going gets tough. So, suggest starting a casual and fun "fitness club" during your next get-together.

Keep Up with Your Healthy Eating Habits

Believe it or not, the holidays are just around the corner, and so are the office parties, family get-togethers, and temptations that come with them. Although it's fine to indulge every now and then – especially around the holidays – you don't want to destroy your healthy diet. So, periodically, remind yourself about your long-term goals and the fact that you will be more likely to keep up with your workout routine if you fuel your body with the right nutrition.

Gazette Fall DINING GUIDE

DETROIT GRILLE HOUSE
55161 Shelby Rd, Shelby Township
248-453-5376

HONG KONG CAFE
54808 Shelby Rd, Shelby Township
248-601-6888

LA CUCINA DEL VINO
52963 Van Dyke, Shelby Township
586-254-2999

SAPPORO JAPANESE RESTAURANT
1913 Big Beaver, Troy
248-250-8484

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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.

Food vendors include Cacao Tree Cafe, who will offer free chocolate pudding samples available throughout the fair as well 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/.

Founder Tap Showcase at Brown Iron

On Friday, November 2 at 6 p.m. Brown Iron Brewhouse will host a tap showcase with Michigan favorite, Founders. Featured brews will include CBS 2017 & 2018, Backwoods 2017 & 2018, Dankwood, Curmudgeon's Better Half, Mosaic Promise, Third and Lager, Nitro Rubaeus, Solid Gold, Dirty Bastard, All Day IPA, and Centennial IPA.

Brown Iron Brewhouse is located at 57695 Van Dyke Rd. in Washington.



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 Ribaudo. "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. Ribaudo 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 Ribaudo 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 shiitake 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 Ribaudo says her guests enjoy it year round. "The Cork Stop" (their new retail wine shoppe) is on the main floor featuring both Ribaudo'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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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: Lestrange'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.

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 soy milk.

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

The Great Pubkin Crawl in 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 in completed booklets for prize drawings.

The cost is \$20 per person if pre-registered, and \$25 on the night of the event. To pre-register, visit downtown-clawson.com/happenings/the-great-pubkin-crawl/.

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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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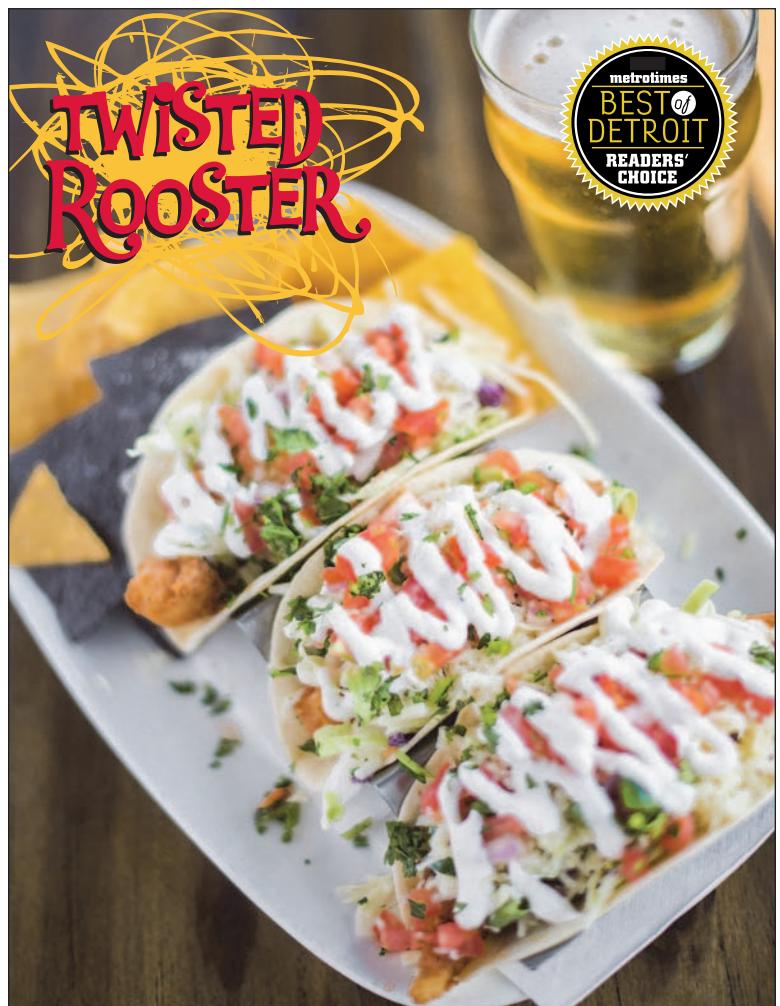


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HONG KONG CAFÉ

ELEGANT CHINESE CUISINE



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

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

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.

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 wait there for a few minutes. Ask



Create Distractions

Family-friendly restaurants are also more likely to provide paper 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

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

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.

—popsgur.com

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 event will take place Thursday, November 1 from 6-9:30 p.m. at the Royal Oak Farmers Market (316 E 11 Mile Rd.).

The night will feature live music, shopping, gluten-free food product exhibits, kids' activities, and more.

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/.



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Gazette

CLASSIFIED

October 19, 2018



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To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

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			3	7				6
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EDDIE GRIFFIN
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SAT, OCT 27 - 8 p.m.
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NOT ALL SUGAR & SPICE:
BAD WOMEN OF THE MITTEN
WED, OCT 24 - 7 p.m.
Shelby Township Library

FRANKIE & THE GOHLS
THU, OCT 25 - 7 p.m.
Graubner Library

HAUNTED MACOMB
MON, OCT 29 - 6:30 p.m.
Clinton-Macomb, Main Branch

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PAWS FOR READING
WED, OCT 24 - 6:30 p.m.
Utica Public Library

TRICK OR READ
SAT, OCT 27 - 11 a.m.
Shelby Township Library

SIGNING TIME
MON, OCT 29 - 10 a.m.
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HALLOWEEN

Horror, R



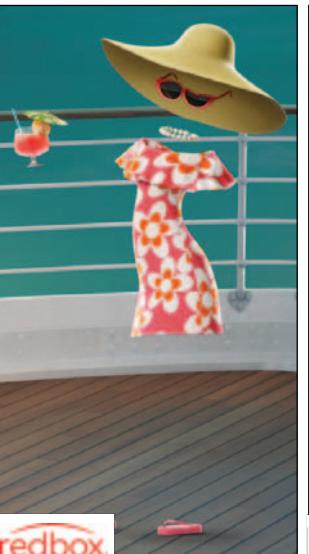
MONTY PYTHON'S LIFE OF BRIAN

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



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 lilting 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,

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/.

MCC to Host Mexican Day of the Dead Activities

To commemorate Dia de los Muertos, the Mexican Day of the Dead holiday that celebrates the lives of the deceased, Macomb Community College will host a variety of activities from Thursday, November 1 through Saturday, November 3 at the Lorenzo Cultural Center on the college's Center Campus in Clinton Township.

All events are free and open to the public, but pre-registration is required for the presentations and workshop. To register, call 586-445-7348 or visit lorenzoculturalcenter.com/.

Altar Display – Ofrenda, or altars, are an essential part of a Dia de los Muertos celebration. Altar displays honor the memory of those who have passed with traditional elements such as photographs, flowers, candles, sugar skulls, and other personal items. Community members are invited to bring a remembrance of a loved one to place on the community ofrenda located in the Community Hall. Please note: Items will not be returned and the Lorenzo Cultural Center reserves the right to remove items.

Black Velvet Art: A Rasquache Aesthetic – This 110-piece exhibit tells a story of borderless geography, class and privilege, gender and popular culture, showing a range of styles and vintage. The collection is co-curated by Diana Rivera, the Chicana Latinx Subject Specialist and Head of the Michigan State University Library's Cesar E. Chavez Collection, Elena Herrada, the founder of Fronteras Norteñas (Northern Borders) and co-founder of Museo del Norte, and Minerva T. Martinez, co-curator of the Images of the Revolution photography collection. The Black Velvet Art exhibit is located in Discovery Hall.

Remembrance: An Altar-Making

Workshop – On Thursday, November 1 from 12-2 p.m., Dr. Maria Ramos, professor of Spanish language and Latin American culture at Macomb Community College, will lead this altar-making workshop. Participants will learn about and construct their own ofrenda, the traditional remembrance families create to welcome their loved ones home on Dia de los Muertos. Limited supplies will be provided.

Mexican Cooking Demonstration

– On Friday, November 2 at 10:30 a.m., join the staff from El Charro's restaurant while they demonstrate traditional foods and techniques central to Mexican cooking.

Velvet Art and Its Place in Society

– Friday, November 2 at 1 p.m., Elena Herrada, one of the curators of the Black Velvet Art exhibit will discuss the significance of the art, its place in our culture and how the exhibit is curated.

Coco – Watch the 2017 computer-animated fantasy film Coco on Saturday, November 3 at 10:30 a.m. The film is focused on a Dia de los Muertos festival and highlights the story of one young boy's experience.

Mexican Traditional Dances

– On Saturday, November 3 at 2 p.m., watch a performance that combines traditional Mexican music and dance with education. The Detroit-based Ballet Folklorico Moyocoyani Izel will share the unique traditions of various regions of Mexico in dance.

The workshop, presentations and film showing will be held Community Hall of the Lorenzo Cultural Center, which is located on Macomb Community College's Center Campus 44575 Garfield Road, Clinton Township. Learn more at lorenzoculturalcenter.com/.

GAZETTE RECOMMENDS...

MUST-SEE HORROR FLICKS

TIS 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.



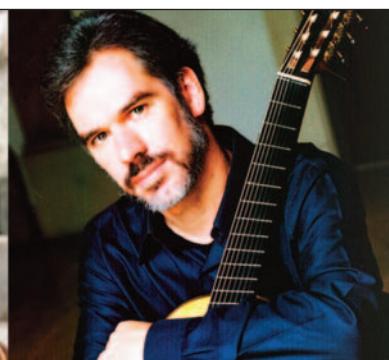
"I've never heard them perform as a duo before, but I've seen Paul Galbraith play several times and they were all fantastic concerts," said Bret Hoag, a special lecturer of classical and jazz guitar at Oakland University.

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 smtd@oakland.edu.



THE CITY OF UTICA will be hosting a workshop meeting at Utica City Hall on Saturday, October 27 at 12-noon to discuss the possibility of providing mural art on the commercial buildings within the downtown district. Artists and concerned citizens are invited to attend and weigh in.

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

By Jason Good

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.

Knee Pain: Don't suffer another day!

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Location: Ascension St. John Hospital
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Macomb, MI 48044

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Dr. Michael Wind

Seating is limited, reserve now by calling in your RSVP to Julie:

586-738-9393

Please leave a message for Julie



1. Post, Zachary D, MD, Orozco, Fabio, MD, Diaz-Ledezma, Claudio, MD, Hozack, William J, MD, Ong, Alvin, MD 2014 © Journal of the American Academy of Orthopaedic Surgeons.
Additional information available at www.RediscoverYourGo.com.

There are potential risks with hip or knee replacement surgery such as loosening, fracture, dislocation, wear and infection that may result in the need for additional surgery. Do not perform high impact activities such as running and jumping unless your surgeon tells you the bone has healed and these activities are acceptable. Early device failure, breakage or loosening may occur if you do not follow your surgeon's limitations on activity level. Early failure can happen if you do not guard your hip and knee joint from overloading due to activity level, failure to control body weight or accidents such as falls. Knee and hip replacement surgery is intended to relieve joint pain and improve joint functions. Talk to your doctor to determine what treatment may be best for you.