Liquor and churches — what’s the law?

By Anna Troppens
atroppens@ctimes.com; 810-433-6792

Fenton — Because Michigan Brewing Company’s new restaurant will be within 500 feet of a church, Fenton United Methodist Church could object to the liquor license. To date, church officials have not returned calls for comments. Local governments perform a lot of the work when a business applies for a liquor license to use in their community. Businesses need to apply through the city for a liquor license, said Assistant City Manager Michael Burns. The police department performs background checks, and considering the results, See LAW on 5A

Fenton inks deal with Michigan Brewing Company

By Anna Troppens
atroppens@ctimes.com; 810-433-6792

Fenton — Fenton’s downtown development authority (DDA) has inked a lease-to-own deal with Michigan Brewing Company (MBC), for a restaurant in the old fire hall. The building, which dates back to the ‘90s, is off South LeRoy Street.

MBC will put an estimated $1 million in its own funding into the restaurant project, said DDA Chairman Craig Schmidt. It will pay for insurance on the property, and the insurance standards must meet the city’s See BREWING on 8A

‘I love my Source Book’

Popular reference guide in this edition

By Cheryl Dennison
dennison@ctimes.com; 810-433-6787

You would be hard pressed to find anyone in the tri-county area who doesn’t love his or her source book. A copy of the 2011 Source Book is included in this edition of the Times. See SOURCE BOOK on 8A

‘Be closer’

Fenton unveils new tagline

By Anna Troppens
atroppens@ctimes.com; 810-433-6792

Fenton — Fenton rolled out its new tagline, “Be closer,” and logo Tuesday. Around 50 attended the event, at the Fenton Community & Cultural Center.

The new website to market Fenton was up and running at 8 a.m. Wednesday, fentonbecloser.com, said downtown development authority (DDA) Chairman Craig Schmidt. There are many items to add to it. “I think that it’s going to be a great tool.” See BE CLOSER on 24A

Shop Local campaign packs a punch with area businesses

Local merchants working hard to meet customers’ needs

By Sally Rummel
news@ctimes.com; 810-629-8282

McKay’s Hardware in Holly has noticed many customers coming in his business with a new determination to “shop local” and keep their money working for them in their community — and manager Kevin Combs believes this commitment is a two-way street. “In return for acostomer’s patronage withius, we are trying to do our job to have in-stock, what customers expect to find when they come into our store,” said Combs. See SHOP LOCAL on 23A

Field to Finish survey technician Brian Shaltz takes a measurement using a total station, in downtown Fenton Tuesday afternoon. Shaltz said the Shop Local initiative has helped to keep him in business.

Healthy Living

• Eat better
• Look younger
• Live longer

9-16B

Hibernation

Variety of Michigan critters take long winter sleep

3A

SUNDAY EDITION

BY SALLY RUMMEL

Times Web Poll Results

What do you think of the new proposed tagline for the city of Fenton, ‘Be Closer’?

Love it — 6%
Hate it — 28%
How ridiculous — 67%
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Features and News

SMART SOLUTIONS

1. Stinky sneakers
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2. Razor burn?
   Easy razor-burn remedy: apply a thin layer of yogurt to the affected area, let sit for three minutes, then rinse off with cool water and pat dry. The lactic acid in yogurt calms and soothes the skin erasing razor burn.

Ken Brant, owner of Coldwell Banker Brant Realty, spends most of his non-working hours as “coach” for son Jase and daughter Emma’s sports teams.

Hibernation

Shortening of days triggers instinct for long winter sleep

By Anna Troppens

On Feb. 2, people around the world await the news from famous groundhog Punxsutawney Phil. If Phil sees his shadow when pulled from his burrow on Gobbler’s Knob in Punxsutawney, Pa., the prediction is six more weeks of winter.

The truth is, Michiganders are unlikely to see a wild groundhog, also called a woodchuck, during winter. They, like a variety of other mammals, hibernate. So, what is hibernation, and which animals hibernate? See HIBERNATION on 10A

Summary

With Groundhog Day approaching on Wednesday, Feb. 2, a wildlife biologist for the Michigan Department of Natural Resources discusses how animals in the state hibernate.

At the end of the day are you having problems with restless, tired legs?

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WOCCH

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Woodchuck nest

Main entrance

Eating

Tunnel

Envy

Paw

Paw print
Politicians, thieves and liars (but then, I repeat myself)

In March 2006, when he was a senator, Obama called the $8.27 trillion debt ‘a sign of leadership failure.’ If that truly was a sign of failed leadership, who’s failing in leadership when the debt has climbed to $14 trillion?

Julian Assange, the guy who is responsible for publishing thousands of highly—classified American documents on the Internet, should be executed. He put thousands of American lives in jeopardy, especially our troops. He should be hunted down and killed like any other terrorist.

Celebrity-slob Michael Moore’s verbal support of Julian Assange’s actions is also treason. It encourages further treason. Same thing goes for him.

Julian Assange is wanted in Sweden for a slew of sex crimes. Do you know how sick you have to be to want to be wanted for a sex crime in Sweden?

The best way to ‘reform’ government is to eliminate, or drastically reduce, outdated and/or useless programs and agencies. Every government program and agency should be examined—in a public venue—in order to justify its existence. If they fail, which fully 50 percent would, they should be eliminated.

Our government already spends more per capita on education than any other of the 54 wealthiest countries in the world except for Switzerland. Yet, our students’ performance is at the bottom of that list. More money is not the answer.

Despite the above, Obama’s 2011 budget contains the largest increase in federal education spending in history. Most, if not all, is wasted money, such as the $10 billion (that’s 10 thousand million dollars) for the Education Jobs Fund signed into law last August—a outrageously blatant payoff to the teachers’ unions to ensure their votes in 2012. Every single teacher should be ashamed of this theft of our tax dollars.

Barack Obama has implemented several personal tax strategies recently that have drastically reduced his federal income taxes. These changes will save him and his family millions in taxes over the next several years. Every change he implemented is legal.

Between 2001 and 2004, the Obama tax returns showed that their charitable contributions were nearly nonexistent—less than $8,400 on income of more than $981,000.

Why is anyone surprised that the Obamas are fiscally ignorant and irresponsible? Between 2001 and 2004 they accumulated literally no savings, reporting a total of only $33 of earned interest on income of more than $981,000.

Then-candidate Barack Obama stated multiple times while campaigning that ‘my dad served in World War II’ (clips are available on Youtube; his father’s first step-father were under 10 years old when World War II ended in 1945.

Opinions offered in tri-county communications does not necessarily reflect the views of the Community Times. The writer has the right to deny a letter, length/total.

TO ALL YOU speeders going down North LeRoy around the curve, there are people who live in these houses and need to turn in their driveway. When their blinker is on that means slow down. I’ve almost been hit a million times. I will start writing down your license plate numbers.

I WANT TO publicly thank my friend Shapard, my neighbor, Dondie, and the Times, for helping me recover my bowling ball, bag and shoes. They all renewed my faith in human kindness. It was a group effort and I am very grateful.

Obama is awful at speeches. I am a liberal, and they don’t mean a thing to me. I saw a show he did on the Super Bowl. I was very unimpressed. I mean, I get it. He is a little too quotes, a little too天花乱坠. He is a force of nature.

I AGREE with the person who says the electric grid will be backed up when we all have electric cars. We burn coal mostly for electricity, not oil or gas, or nuclear power. Where are our politicians going to get electricity for these cars? Burn more coal?

Want to solve the problem, go nuclear. It is the only way.

If Obama does one quarter of what he says, I am a conservative, would vote for him. Great speech, but let’s see the actions — like more nuclear plants, no pork barrel on legislation, fix the health care bill, leave the retirees alone and all the other good things he said.

Mr. Publisher, yes, Obama’s speech was articulate, intelligent, and eloquent, but he is a liar. It is not an opinion, it is a fact. Too many times he has been shown on TV stating one position to one special-interest crowd, and then the exact opposite to the general public. He says whatever he knows his crowd wants to hear. It’s documented.

Look around, city officials and DDA. Dibbleville is in trouble. Several of the buildings are in terrible disrepair. Two have tarps blowing on the roof, brick is crumbling, plastic in windows, leaks, ice dams, and violations galore, if they were inspected properly. We’re going to lose our historical area to a fire, like Linden did. If you don’t do something. The facade program disappeared with the architect and the director isn’t following up with owners.

In response to what’s GM’s problem, if you are so highly educated and so qualified, then please explain why you have no common sense. If you have all this education, then why are you not working in the field in which you went to school for? When you get to be an old geezer, (by the way, at what age do you qualify as old geezer) I started my employment at GM at the age of 18, so at 48, am I an old geezer?

I know that you have the ability to get closer. Even ‘Get Closer’ is a weak tagline for anything, except mouthwash.

A big thank you to everyone who donated and attended the Harmann family fundraiser. We raised more than $3,000, and the family is so appreciative for everyone’s efforts. Just another testament of how wonderful the people in the Fenton community are. A special thank you goes out to Kathy Buchanan, the Fenton Fire Department, the Beltinck family, and the Ellingham family, for all their help and extremely generous donations.

It’s shocking to see so many people defending their right to drive extremely dangerously in bad snowy weather. It’s also shocking to see the Times print so many of them. If you want to play a dangerous game, look into Russian roulette, with my blessings. I hope you don’t drive like that with your kids in the car, and remember, others might have them.

The lack of acuity exhibited by the Fenton Council is near criminal. They are wasting our valuable tax dollars on silliness like new taglines that make no sense, advertising on billboards, cable TV and newspapers that send our dollars out of the community, and have yet to seek the opinion of us, the people whose money they are cavalierly throwing away. When will someone stand up and say what everyone else is thinking: The emperor has no clothes.

See hot line throughout times.
Walker gets clean background check

Interim Holly manager could be permanent soon

By Tim Jagielo
jagielo@tctimes.com; 810-433-6795

Holly — Interim Manager Jerry Walker is a step closer in the hiring process as the manager of the village of Holly. His background check has nearly finished with a clean report, with only a written statement from one of Walker’s references left. Verbally, this reference has already given support for Walker.

“Across the board, a clean slate,” said village council President, Jeff Miller.

This cleared, background check follows the testimony of a Walled Lake City Council member who spoke at a recent Holly Village Council meeting about his experience with Walker, when he was the manager for Walled Lake, discussing Walker’s role in a lawsuit involving the

Walled Lake DDA.

Miller said no evidence to support the council member’s testimony was ever provided. When investigating the possibility of pending lawsuits, illegal or unethical activities, “There was nothing,” said Miller.

A report of the findings was given to each council member and to Walker to review. “It’s 20 pages of stuff that says he’s clean,” Miller said.

Barring a shocking realization about Walker, the next step will be for the sub-committees of personnel and finance to decide on a salary range. Once the two committees agree on a salary range, Miller and Council member Don Winglermed will negotiate directly with Walker.

If they reach an agreement, Miller will make a recommendation to the Village Council. The council would make a motion to hire Walker permanently.

Walker has been filling in as interim manager since Marsha Powers was fired in September.

“Across the board, a clean slate.”
Jeff Miller
President Holly Village Council

Law

Continued from Front Page

City council approves or denies its support. The Michigan Liquor Control Commission (LCC) then grants or denies the liquor license, considering the city’s input.

If the business applying for the license is within 500 feet of a church or school, the church or school can object to the state granting the license. This is a possible issue for Michigan Brewing Company, which plans to develop a restaurant across the street from the Fenton United Methodist Church.

During the last several years, it seems like every downtown would like to revitalize, Hamel said. Part of this revitalization in almost any downtown includes a restaurant that sells alcohol. Examples include Ann Arbor, Northville and Brighton, which have a mix of restaurants, bars and retail stores.

In addition, almost every downtown has churches, because downtown was where people built their churches “back in the day.” Thus, it is very difficult to have a restaurant downtown that isn’t within 500 feet of a church, Hamel said.

The French Laundry received its liquor license five years ago. It notified both nearby churches, and neither objected, he said.

For a restaurant owner who wants to have a liquor license near a church, “I think you’re never really going to know

“Did we let them know what we were going to do. We had a good relationship with both churches even before the process started.”

Mark Hamel
The French Laundry
Ron Stack, owner of CycleFit Multisport in Fenton, leads an active lifestyle with his family, wife Rebecca, son Brody and daughter Sanibel.

“We go all over Michigan playing softball,” said Shannon. “Our favorite place to go is Petoskey, where we rent a condo with other families and stay for four to five days. We rent out the entire complex with pools, tennis courts, skateboard park, volleyball nets and more.”

“That’s why we do what we do,” she said. “Our goal as a family is to provide a loving, secure, safe, fun atmosphere in which to raise our kids. We work hard and play hard.”

Jeff and Sue Phillips have owned Fenton Insurance Group since 1990, and have been “their own boss” since 1987. “That’s why we started our own business, so we could be in control of our time,” said the Phillipses, who raised three children, now grown. “We’ve always made time for our family and our own interests.”

Back when the kids were young, those interests were sports or anything else the children were involved in. Today, their interests and pursuits are now their own. From golfing to gardening, the Phillipses take their leisure pursuits very seriously, especially when it comes to their weekend getaways to their cabin up north in Michigan. “We bought it two years ago,” said Jeff. “Now, when we’re not working, that’s where you’ll find us.”

Travel has always been a huge part of the Phillipses’ lives, from enjoying a vacation club in Playa del Carmen, Mexico to Costa Rica. “Our son lives out in California, so we get out there at least once or twice a year,” said Sue. They’ll be planning a special trip there this October, when Nick gets married on the beach in Malibu. “We’re busy planning a wedding now,” she added with a smile.

The couple is not lonely without their three children at home, however. One only needs to count their dachshunds to see how the Phillipses also spend their time. “As each of our kids moved out, we gained another dachshund,” said Sue.

But, all is not “fun and games” for the Phillipses. They’re currently expanding their business, using the Internet as part of their game plan. “We’re working harder than ever,” said Jeff.
Tri-County Times
Sunday, January 30, 2011

**Special elections costly**

**By Tim Jagielo**

**Holly, Rose townships ask County to foot the bill**

Holly and Rose townships’ clerks are in “sticker shock” over a special election they were mandated to hold, and are asking Oakland County to foot the bill.

Following the November elections, some positions were shuffled in Oakland County, both townships will have to find special elections to cover in 2011. It is the responsibility of the townships to fund and operate the elections.

“This is extraordinary expenses to these communities,” said Holly Township Clerk Karin Winchester.

When Oakland County opted to fill the position of county clerk with Oakland County Commissioner Bill Bullard, the county was required to fill the vacant position within 30 days. Robert Hoffman was appointed take his place.

By law, Oakland County had to appoint a commissioner within 30 days of the vacancy. The law also states that person will serve until a special election is held, which will be held on the odd year of the election.

Most municipalities today feel lucky if they can balance their budget. Holly and Rose townships are no exception, both having squeaked by with “bare bones” operations. “Our resources are very limited,” said Rose Township Clerk, Debbie Miller. “We’re watching every penny we spend.”

In light of this, local townships are drafting resolutions, asking Oakland County to pay the bill. Officials believe that because Oakland County appointed one of their own employees, instead of appointing an outside candidate, they have forced the township to run and pay for an election while money is already tight.

Holly Township Supervisor Jesse Lambert said it would cost the taxpayers between $12,000 and $15,000 for the primary and general elections. The township has already sent a resolution, asking for Oakland County to pay for the elections. Rose Township has a resolution penned for the February Board of Trustees meeting agenda.

“This is an undue burden of local government, caused by those in the county.”

**Summary**

Holly and Rose townships are asking Oakland County to pay for a special election they feel the county caused.

**Spartan Stores announce product recall**

Spartan Stores has announced the voluntary recall of 16 oz. bags of Spartan Brand frozen breaded okra, with a “best by” date of April 18, 2012. This recall has been initiated due to an undeclared milk ingredient present in the breading of the product. People who have an allergy or severe sensitivity to milk may run the risk of serious allergic reaction if they consume this product. This is a precautionary recall only. Spartan Stores has received no reported illnesses associated with the consumption of this recalled product. All of the products involved in the recall should be returned to the store for a full refund or replacement. Spartan Stores has notified all stores of the product recall. Consumers with questions about the recall may contact Spartan Stores Consumer Affairs 1-800-451-8650.

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- 4:45pm.............Move & Groove (ages 4–6)
- 5:45pm.............Family Time (ages 0–7 with adult)

**THURSDAYS—Feb 3–May 19**

- 9:30am.............Village (ages 0–18 months with adult)
- 10:30am.............Our Time (ages 1½–3 with adult)
- 10:30am.............Family Time (ages 0–7 with adult)
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**IRS Property Tax Deduction:**

Currently a Federal deduction for Property Taxes paid can only be taken by filing Schedule A (itemizing). For the last 2 years a deduction had been allowed when taking the standard deduction. IRS allows a deduction for actual property taxes PAID. The deductible may be for prior years.

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**MEET OUR STAFF:**

**Jolyn VITA**

Jolyn is an Ohio State graduate and has been with Tax CENTER 11 years, since her retirement from Carman-Atwood School District. In 2004 she passed the IRS exams to become an Enrolled Agent. She is licensed to represent tax payers before the IRS.

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BREWING

Continued from Front Page
requirements. In addition, MBC will pay property taxes on the site. Previously, the city did not receive taxes from the property, since it owns the land. With MBC adding a non-public use on city property, the firm will pay property taxes to the city, said City Manager Lynn Markland. Fenton resident Jim Little said he has concerns about “Badas Beer” Michigan Brewing Company promotes. “Is that what we want in our community,” he said.

Schmidt said MBC can only do what the city’s sign ordinance allows. And all of the restaurants the DDA considered for the site were going to have alcoholic beverages. In addition, Bobby Mason, of MBC, wants to make the Fenton location his signature property. MBC is hiring a chef from the Food Network to do the menu, Schmidt said.

Ken Adams, an investor in MBC, said he hasn’t been part of the discussions on the chef. He believes the restaurant in Fenton will be great. “I think it’s going to bring a lot of business to the community,” Adams said.

It will be more of a restaurant than a place serving alcohol. For licensing purposes, MBC must have a brewery on the site, he said.

MBC has a location in Weberville people can visit, said Councilwoman Cheryl King. Little said he also has concerns about noise, and odor from the brewery. In addition, children and women with babies in strollers walk in the area. Kids fish in the water, and people use the gazebo for weddings and other activities. Children and alcohol don’t mix, he said. Fenton passed an ordinance that gives it more control when a business goes to renew its liquor license from the state.

Terms of the agreement
• The new restaurant is to be open for business by June 30, 2012. This is open to possible negotiations, in case of unforeseen circumstances.
• Michigan Brewing Company (MBC) is to submit site plans to the city by June 30, 2011.
• The seven-year lease-to-agreement begins when the restaurant opens.
• If MBC does not use the old fire hall after seven years, it has the option of continuing the lease for up to three, five-year periods.
• The amount MBC will pay Fenton each year for the lease is $1.
• The DDA will supply up to $33 of the project costs, not to exceed $40,000.
• It will pay half of its contribution when the project is 50 percent complete, with the other half paid when the construction is done.
• MBC cannot make changes to the building without approval by the city.
• It cannot use signs, door placards or placards promoting any illegal activities, vulgarity, profanity or concepts actively denigrating a specific ethnic group or gender.
• MBC is responsible for insurance on the property.

Mayor Sue Osborn said, “It’s income tax time! In addition, the city has a noise ordinance,” Schmidt said. Redwood Lodge has a brewery, and he doesn’t smell it from the parking lot.

DDA board member Doran Kasper said Little’s concerns will be addressed during site plan review. The city has ordinances for all of the things he is discussing.

In addition, at Monday’s meeting, city council lifted a restriction on the old fire hall property that will allow MBC to sell alcohol there. In 2006, when the restriction was enacted, “They wanted to prevent this from becoming a liquor store,” Burns said. Council’s action is for the microbrewery, so it can also sell retail.

Another change in the restrictive covenants on the property is to allow MBC to make repairs to the clock tower, if needed, Burns said. Fenton keeps reasonable access to the tower.

Mayor Sue Osborn said.

In addition, the city has a noise ordinance. Schmidt said. Redwood Lodge has a brewery, and he doesn’t smell it from the parking lot.

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Keep your bottled water without the bottles

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TRI-COUNTY TIMES

Sunday, January 30, 2011

Keep your bottled water without the bottles

Source Book

 Continued from Front Page
The Source Book is a reference guide, packed from cover to cover with critical and useful information about businesses, organizations, schools, political offices and much more. It is a valuable source of information — right at your fingertips — whether at home or work. Putting together this reference book is a yearlong effort by many members of the Times’ staff.

“This is our 14th Source Book,” said Gail Grove, advertising director for the Times. “I still hear great comments on how useful it is. Every year, we add new information, including opportunities and pertinent information to help our loyal readers on a daily basis.

“We have found the Tri-County Times Source Book has replaced other phone directories, in both the homes and businesses of our community.”

According to Grove, for the second year, the Source Book includes valuable coupons for services in the tri-county area. The coupons are located behind the index in the back of the book and are good for the entire year.

The Source Book has become so popular, that many Times readers request additional copies for their vehicles or second homes.

Are you looking to order lunch on the go? Menus at many of the tri-county restaurants are also included in the book.

“I love my source book,” said Chrissy Sutherland, of Argentine Township. “I use mine all of the time. Everything you need in our area is right there. I even keep one in my car for quick reference numbers. The menus and restaurant listings make ordering lunch a breeze.”

The 2011 Source Book is free to all Tri-County Times subscribers. Additional copies are available at the Times corporate office at 256 Fenway Dr., for just $3. The office is open Monday through Friday, from 8 a.m. to 5 p.m.
Bats, boars, birds and more

Mike Lowe, of Wildlife Management and Rescue, said his job is never boring. He’s live-trapped and relocated animals such as swans, foxes, raccoons and woodchucks, and handles escaped exotics such as snakes, alligators and land tortoises.

See complete story at www.tctimes.com

Local man, 21, owns 13 pieces of property, two businesses

A Linden man, Luc Birchmeier, 21, may just be the youngest business owner in the tri-county area. He has been in business since he was 16. He owns 13 pieces of property and two fitness facilities.

See complete story at www.tctimes.com

ARGENTINE TOWNSHIP

Cops raid suspected drug house

One man was arrested and his girlfriend faces possible felony charges after her Argentine Township home was raided Friday night. Police believe the woman’s home was being used as a “drug house.”

See complete story at www.tctimes.com

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HIBERNATION
Continued from Page 3A
Woodchucks are true hibernators, said wildlife biologist Mark Boersen, of the Michigan Department of Natural Resources’ Roscommon Operations Service Center. They don’t come out of their dens at all, and their hearts slow to four beats per minute. And, their body temperatures drop very low.

Many Michigan mammals, including woodchucks/groundhogs, “really ramp up their diets” to gain fat for the winter. Black bears, for example, double their calorie intake the last couple of months before they go into their dens in mid-November or early December.

The primary trigger for hibernation is the shortening of days. Another factor is cooler temperatures.

In addition, body temperatures decrease during hibernation, and the animals’ hearts beat slower. Ground squirrels’ hearts decrease to a couple of beats per minute.

There are different degrees of hibernation, Boersen said. Some researchers say bears hibernate, while others don’t believe it’s a true hibernation. Black bears’ body temperatures decrease from around 100 degrees to around 90 degrees. Some small mammals, on the other hand, have body temperatures that drop very low, close to freezing.

In addition, bears might jump up and run if they are disturbed in their dens in midwinter, he said. They can still hear and can wake up quickly. Bears might even get up on a warm day. It is illegal for those who are not researchers to disturb bears in their dens, Boersen noted.

He uses radio signals to locate bears that have radio collars. Last week, he came within an arm’s length of a bear he believed was farther away. “She didn’t move,” he said. Researchers sedate the bears to make them comfortable, count and weigh any young that are in the den, change the radio collar, check their temperature and heart rate and gather other information.

Skunks’ bodies also slow down, into a groggy, intermittent sleep that most scientists don’t consider hibernation. Skunks will sleep a couple of days but can wake up and become active pretty easily. He considers it a modified state of hibernation, or torpor. Boersen said Hummingbirds do the same thing each night, almost a nightly form of hibernation. In torpor, the body slows down to a level that is not quite hibernation. “It is very much an energy-saving mechanism,” he said.

Unlike bears and skunks, smaller mammals are “out of it” and their bodies nearly shut down, he said. Examples are chipmunks, mice, some ground squirrel species and bats. Frogs and toads, for instance, go the character assassination route.

TO THE SARAH Palin attacker, I would have at least 10, back slapping supporters. The complainers always seem to speak the loudest but say the least. Therefore, please allow me to rile them up with a sincere “three cheers for the King.”

SHARE YOUR STORY. The Times would like to speak to anyone from the area that is going to attend at Super Bowl XLV. Please e-mail cdenison@tctimes.com.

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<table>
<thead>
<tr>
<th>Group Size</th>
<th>Pizza</th>
<th>Price (plus tax)</th>
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<tbody>
<tr>
<td>12 People</td>
<td>3 Large Pizzas</td>
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<tr>
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<tr>
<td>32 People</td>
<td>8 Large Pizzas</td>
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<tr>
<td>48 People</td>
<td>12 Large Pizzas</td>
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Fire destroys Streeter Funeral Home in Byron

(Above) Shiawassee County firefighters hose down Streeter Funeral Home in Byron Thursday, which caught on fire, at approximately 8 a.m. The owners, Ernie and Dian Streeter, were heading out of town at the time, and no one was injured. Family members worked to remove caskets full of photos, paperwork, and cremains before it became fully engulfed in flames, according to neighbors, Mike and Michele Combs. The building was destroyed by the fire. Responding to the fire were Argentine, Burns, Corunna, and Vernon townships’ fire departments. (Below) On Friday, family members, and investigators inspect the rubble following Thursday’s fire.
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NOTICE IS HEREBY GIVEN, the Rose Township Board of Trustees will hold a public hearing on February 9, 2011 at 7:30 p.m. at the Rose Township Hall, 204 Franklin Street, Holly, MI 48442 for the purpose of hearing public comments on the Community Development Block Grant Program (CDBG) as follows: Request to Program Year 2008 application in the approximate amount of $13,679.00 to be used for Parks-Recreation Facilities at Dearborn Park, Holly, Michigan.

A copy of the Proposed Programming Resolution and the publication that detail the range of eligible activities for the application and the programming that may be undertaken with Community Development Block Grant Funds will be available for public viewing at the Clerk’s Office; Monday 10:30 a.m. – 6:30 p.m. and Tuesday through Thursday from 8:30 a.m. – 4:30 p.m. except holidays.

The hearing is open to the public to voice their views or to submit written comment. Citizens are encouraged to attend and participate in the hearing. The Rose Township Board will consider any public comments received at this time. Written comments may be submitted prior to the hearing by writing to: Rose Township Clerk at 9080 Mason Street, Holly, Michigan 48442. For further information or services, please call phone: 248-634-7551.

Handicapped individuals, who require assistance to participate or to attend this meeting are requested to contact the Township Clerk at the number above at least 72 hours prior to the meeting.
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**RESOLUTION 2011-003**

**GROVELAND TOWNSHIP PLANNING COMMISSION OPEN MEETINGS ACT RESOLUTION**

WHEREAS, the By-Laws of the Groveland Township Planning Commission provide for the scheduling of the regular Planning Commission Meeting for the fourth Tuesday of each month, and

WHEREAS, the State of Michigan has enacted the Open Meetings Act, which requires the specific designation of the dates, times and places of all regular meetings of the Planning Commission, and

WHEREAS, it is the desire of the Groveland Township Planning Commission to conduct all of its business in an open forum, in compliance with said act; and

NOW THEREFORE BE IT RESOLVED, that the Groveland Township Planning Commission will hold its regular meeting on the fourth Tuesday of every other month on the calendar year beginning March 22, 2011 and ending on January 24, 2012.

The following are dates of the regularly scheduled meeting that will begin at 7:00 p.m. and will be held at the Township Hall, 4695 Grange Hall Road, Holly, MI 48442:

- March 22, 2011
- May 24, 2011
- July 26, 2011
- September 27, 2011
- November 22, 2011
- January 24, 2012

AND, BE IT FURTHER RESOLVED, that a copy of this Notice of Meeting Dates will be published in the Citizen and Tri-County Times newspapers and posted at the Township Hall.

- Motion made by: Que
- Seconded: Sova
- Yes: 7
- No: 0
- Absent: 0
- Adopted: January 25, 2011

Pam Mazich, Township Clerk

This notice is posted in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (2) (5) and the Americans With Disabilities Act (ADA).
Most homes have been remodeled!

APPROVAL OF CONSENT AGENDA

The regular meeting will recess after Roll Call for a public hearing.

PUBLIC HEARING

The purpose of the public hearing is to explain and answer questions pertaining to the Jayne Hill Farms Subdivisions 1, 2, and 4 Waste Removal Project (2011 Special Assessment Roll).

APPROVAL OF CONSENT AGENDA

Regular Board Meeting Minutes – January 18, 2010

Clark’s Warrants & Bills

COMMUNICATIONS

1. Planning Commission Approved Meeting Minutes – December 14, 2009


NEW BUSINESS

1. Resolution #110201 Confirming the Special Assessment Roll for the Jayne Hill Farms Waste Removal Project.

2. Approval of the Plante Moran Service Agreement for auditing services.

3. Discussion on bidding out various township services.

4. Review of the hardship clause in the township sewer ordinance.

Supervisor Mike Cunningham

Keith L. Kremmer

PUBLIC NOTICE

CHARTER TOWNSHIP OF FENTON

BOARD MEETING SYNOPSIS

JANUARY 24, 2011

The Fenton Township Board held a regular meeting on Monday January 24, 2011 at the Fenton Township Civic Community Center, 12660 Mantua Drive, Fenton, Michigan and took the following actions.

1. Supervisor Mathis led the pledge of allegiance to the flag.

2. Approved the agenda as presented.

3. Approved invoices & expenditures for payment in the total amount of $519,045.25.

4. Conducted a public hearing for the purpose of obtaining citizen input for potential local road improvement projects for 2011.

5. Accepted the 4th quarter 2010 Ordinance Enforcement Report.

6. Adopted the 2011 Board of Review Hardship Policy.


8. Initiated an amendment to the Zoning Ordinance regarding the parking of recreational vehicles on vacant commercial property, as forwarded the proposed amendment to the Planning Commission for public hearing.

9. Adjourned at 8:22 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12660 Mantua Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday. Ordinances, schedules, meeting minutes and other Township information are also available at www.fentonontownship.org.

ROBERT E. KRUG

FENTON TOWNSHIP CLERK

Notice: This is a debt collector communicating a debt. Any information obtained will be used for the purpose of this collection. If you are not the holder of this debt, please call our office at the number below to request the name of the holder of this debt. You have the right to request a meeting with your mortgage servicer. The mortgage servicer may be contacted at the following address: 4325 Corporate Center Drive, Suite 300, Troy, MI 48098. You may also contact Potestivo & Associates, P.C. for more information, contact the Michigan State Legal Aid Network at: 800-327-6020 or 517-332-0052, or call the National Foundation for Credit Counseling, toll-free 1-877-384-2227.

ATTENTION: The amount of the debt is not appliable to modify the mortgage loan under section 3205b. If you have previously agreed to modify the mortgage loan under section 3205b, 3205b-1, 3205b-2, 3205b-3 and 3205b-4 do not apply unless the modified mortgage loan entered into were complied with for one year after the date of the modification. You have the right to request a meeting with your mortgage servicer. Potestivo & Associates, P.C. at: 811 South Blvd., Suite 100 Rochester Hills, MI 48307 (248) 844-5123. You may also contact Potestivo & Associates, P.C. for more information, contact the Michigan State Legal Aid Network at: 800-327-6020 or 517-332-0052, or call the National Foundation for Credit Counseling, toll-free 1-877-384-2227.

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At McKay’s Hardware, that means constant vigilance in listening to the needs of customers and responding quickly. “We have expanded all of our core departments,” said Combs. “Our latest expansion has been to our paint department, where we have added Pratt & Lambert Paints. We’re now in the middle of expanding our electrical department.”

Paying close attention to the needs of customers has always been “good for business,” and now it is more important than ever. With businesses responding to these needs, the Shop Local movement, spearheaded locally by the Tri-County Times and the Fenton Regional Chamber of Commerce, has been more effective than most business owners have dreamed.

“We had a banner year in 2010,” said Terry Green, owner of Billmeier Camera in Fenton. “In light of all the negativity about the economy, we broke some barriers this year, being up in sales every month of the year. I think people are beginning to understand that there is something they can do to help their communities thrive. Most of the time, they’ll pay competitive prices for goods bought locally and will have the service to back up their purchase.”

Caravan’s Hallmark Shop is another local retailer still “in awe” of the effects they have felt from the Shop Local campaign. “I tell people all the time that this campaign has really helped local businesses,” said Judy Fuller, one of the store’s managers. “People are always saying, ‘We really have to shop local, first.’ Because of that, our Christmas sales were up substantially compared to the last couple of years. We noticed a big change in what people were buying, too. This year, Hallmark’s Recordable Storybooks were huge sellers, along with Hallmark Keepsake Ornaments and our Willow Tree figurines.”

Michelle Curtis, owner of Tri-City Trading Post in Fenton, calls it “the ripple effect.” “It all takes is one person to have a positive experience while shopping locally. Then, they feel good about what they’re doing,” said Curtis. “It’s a ‘do unto others, as you would like them to do unto you’ philosophy. And, it’s working.”

Jeremiah Sloan, of Sloan’s Sales & Service in Linden, has found that once he gets someone in the door, they’re always surprised by what they find.

“People have no idea the number of product lines we carry until they come in for the first time,” said Sloan. “This year, we’ve heard lots of customers say that they wanted to come here and check things out before going to Flint. That’s when they find out that they can really keep our prices competitively low. Shopping at a ‘big box’ isn’t necessarily cheaper, and customers are beginning to realize that.”

Nearby, at Alpine Marketplace, owner Marvin Yono said that the Shop Local campaign has made people more aware of the benefits of buying groceries in town. “People like to have a ‘neighborhood store’ where they can shop close by and park close to the entrance,” said Yono. “People tell me all the time that they appreciate the service and convenience of shopping here. With the way the economy is, I can’t complain. It has all been positive.”

Don Winglemire, of Winglemire Furniture in Holly, sees every day in his store how people are shopping closer to home. “We hear it on a regular basis, especially when people shop at a ‘big box’ store and come back locally, because they weren’t overly impressed,” he said. The Winglemire family has owned the store for 152 years. “A great many people have become comfortable with the quality we carry at Winglemire’s. They’re also getting the message from the economy. They don’t want to live in a town that only has ‘big box’ stores to shop in.”

Field to Finish, Inc., a land surveying/civil engineering company in Fenton, is one of just a few such companies “left standing” in Genesee County after the economy downturn. “We were up 22 percent in 2010, compared to the year before,” said co-owner Brian Shaltz, whose company is now in its seventh year. “People are wanting to keep their business local.”

He cited an example of Financial Plus Credit Union, which used Field to Finish services recently. Jackie Ochs, of Financial Plus, shared with Shaltz that his company was “well-qualified to do the work and it was nice to know that those services were still available locally.”

“As a service company, we’re different than retailers,” said Shaltz. “Sometimes we’re a bit harder to find than retail businesses. That’s why we have to get creative at the local level to get our name out.”

Bill Hall, of Fenton, assists Andi Barber, of Holly Township, in picking paint swatches on Tuesdays at McKay’s Hardware in Holly. McKay’s has recently upgraded its paint department. “We’ve got everything here they’re going to need,” Hall said.

“From a customer’s patronage with us, we are trying to do our job to have in-stock, what customers expect to find when they come into our store.”

Kevin Combs
McKay’s Hardware

“We had a banner year in 2010. Most of the time, they’ll pay competitive prices for goods bought locally and will have the service to back up their purchase.”

Terry Green
Billmeier Camera

“I tell people all the time that this campaign has really helped local businesses. People are always saying, ‘We really have to shop local, first.’”

Judy Fuller
Sloan’s Sales & Service

“All it takes is one person to have a positive experience while shopping locally. It’s a ‘do unto others, as you would like them to do unto you’ philosophy. And, it’s working.”

Michelle Curtis
Tri-City Trading Post

“This year, we’ve heard lots of customers say that they wanted to come here and check things out before going to Flint.”

Jeremiah Sloan
Sloan’s Sales & Service

“People tell me all the time that they appreciate the service and convenience of shopping here. With the way the economy is, I can’t complain. It has all been positive.”

Marvin Yono
Alpine Marketplace

“People are wanting to keep their business local.”

Brian Shaltz
Field to Finish, Inc.
BE CLOSER
Continued from Front Page

The DDA has an event marketing budget of about $55,000. This includes their sponsorship to Southern Lakes for the Fenton Farmer’s Market, the Summer Concert and Film Series, media buys to promote the Freedom Festival, Taste in Fenton, Event So Good It’s Scary and Jinglefest, a proposed Spring Art Walk in Dibleville and a proposed Silver Parkway Event, said DDA Director Michael Burns.

As part of New Moon’s current agreement with the DDA, they assist with promoting the events and the media buys. The DDA marketing budget will consist of approximately $112,000 and will include $51,900 in media buys (billboards, radio ads, banners, etc.).

New Moon assists the DDA in purchasing these buys, but New Moon does not profit from it. Burns said. It is included as work in their contract with the DDA. This line item also will have New Moon’s fees for their one-year contract (approximately $46,500) and an additional $9,000 for the following tasks not originally approved in the contract:
• The marketing website content and update.
• Online Fenton Magazine focusing on arts entertainment shopping in Fenton.
• Monthly press release about the Downtown Development Authority.
• Assisting in hiring an unpaid public relations intern.

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SHOWTIMES VALID 1/28/11 THRU 2/3/11
THUR, FRI & SAT. [LATE SHOWS]

STARTING FRI JAN. 28
• *THE MECHANIC* [R] (PG)
  Fri - Sat: 10/25 1:00 4:30 7:30 9:40
  Sun - Wed: 10/25 1:00 4:30 7:30 9:40

STARTING THUR JAN. 28
[AT 12:05 A.M. THUR Nights/Fri Morning]
• °SANCTIUM: REALD 3D* [R] (PG)
  *IMAX SANCTIUM 3D* [R] (PG)
  *THE BOONMAKER* [PG13]

CONTINUING
• °3D TENDER MACH** [R] (PG)
  °3D YOGI BEAR** [R] (PG)
  °3D THOR LEGACY: REALD 3D* [PG]
  °3D YOU BEAR: REALD 3D* [PG]
  °THE FIGHTER* [R] (PG)
  °BLACK SWAN* [R] (PG)
  °LITTLE FOCKERS* [PG13]
  °TRUE GRT* [PG13]
  °3D GULLIVERS TRAVELS: REALD 3D* [PG]
  °COUNTRY STRONG* [PG13]
  °SEASON OF THE WITCH* [PG13]
  °#39 THE GREEN HORNET: REALD 3D* [PG13]
  °IMAX GREEN HORNET 3D* [PG13]
  °THE DILEMMA* [PG13]
  °THE KINGS SPEECH* [PG]

*No Strings Attached [R]*
*Due to movie company policies no passes are accepted.*
*For $5 rate available.*
*For 3D Tues evening rates.*
THE BENEFITS OF YOGA

By Sharon Stone
stonet@ctetimes.com; 810-433-6786

Have you ever wished you had more flexibility, strength, and balance? If you have, practicing yoga might be what the doctor ordered. Close to 11 million Americans are now taking part in yoga, which dates back to more than 5,000 years. It would be safe to say it is no longer just a passing fad.

According to WebMD, no one is ever too old to begin yoga. Series of yoga poses, called asanas, work by safely stretching.

See YOGA on 17B

TOP 10 BENEFITS
1. Stress relief
2. Pain relief
3. Better breathing
4. Flexibility
5. Increased strength
6. Weight management
7. Improved circulation
8. Cardiovascular conditioning
9. Focus on the present
10. Inner peace

Source: healthYoga.com

Couples re-energize relationship by working out together

By Sally Rummel
news@ctetimes.com; 810-629-8282

It takes “two to tango” and nobody knows better than Carl and Melissa Szasz, of Groveland Township, who drive all the way to Chasse Ballroom & Latin Dance Studio in Fenton, because they enjoy getting fit together while ballroom dancing. “It’s a nice little ‘date night’ for us,” said Melissa, 27, a veterinarian by profession. “For us, it’s more fun to do something active, rather than sedentary, while we’re spending time together. If you just go out to a bar or club for a date, you end up sitting and eating all evening, and by the end of the night, you don’t feel all that great. We come home from dance and are energized.”

Carl and Melissa are echoing the same sentiments that health professionals have known all along — it’s a more supportive atmosphere when both individuals in the relationship choose to “get fit” at the same time.

For Dennis and Kathy Meyette, of Linden, last October was a wake-up call to fitness, after years of Kathy nudging her husband to work out.

See WORKING OUT on 17B

EXERCISING AS A COUPLE
HOW TO MAKE IT WORK

• Find which exercises you both enjoy and can do together.
• Put together a schedule of when you both can exercise.
• Be willing to do some exercises that you may not enjoy.
• Don’t make exercising as a couple a competition.
• Make exercising as a couple more than just going to the gym. Take a walk or go on a bike ride.
• Assist your partner in your exercise routine.
• Make exercising as a couple become part of a routine.

Source: ehow.com

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HQHC.com
New owners set high goal for Premier Indoor Sports

By Sally Rummel news@tctimes.com; 810-629-8282

Mike and Teresa Quesnelle lead a very busy life, with their four children all actively involved on school and community sports teams.

Now, they are also promoting sports on a local and regional level through their business, Premier Indoor Sports/Premier Sports Gear at 14261 Torrey Rd. in Fenton. They took over actual ownership of the business on Dec. 30, 2010, but had been actively participating in the life of the business for the past 18 months.

“We are so pleased to keep this facility open in Fenton, where local teams, coaches and families can come in and be a part of the training process for soccer, baseball, football, even lacrosse,” said Quesnelle, himself a coach for many local sports teams. “We’re planning to make Premier Sports the ‘premier’ baseball training academy in all of southeastern Michigan.”

Premier Indoor Sports includes an indoor field with the same high quality turf that is found at Ford Field, according to Quesnelle, plus a large lobby and concession area. There’s also a smaller turf area, and a retail store that carries sporting equipment.

But, the heart of this business is the people—all of whom love sports and want to help train the next generation of athletes.

The training facility is busy seven days a week, all year, according to Quesnelle. Four professional trainers are on staff, three of whom pitched in the major leagues — Lee Gardner, Brandon Reed and Riechde Mayne, as well as Scott Aldred, who is currently the pitching coach for the New York Yankees “AAA” Affiliate, after pitching careers with the Tigers, the Raptors and the Phillies.

The Quesnells also invite corporations to use the facility for team-building and training, noting that Kroger Corp. is bringing in 250 employees from all over the state of Michigan for a team-building event in February.

“We want something that we could ‘anchor’ into the community,” said Quesnelle. “This allows us to stay in Fenton, doing what we love, while giving back to the community.”

For more information, call (810) 714-9505 or visit at www.premierSportsGearllc.com.

Doug Mercer relocates State Farm office

By Sally Mercer news@tctimes.com; 810-629-8282

State Farm Insurance agent Doug Mercer has made a move into his new office in Fenton, now located at 2813 Silver Lake Rd., next to Fenton School of Dance and Nutrition Works.

As a State Farm agent for 21 years, he has earned a number of awards recognizing his accomplishments in the industry.

Mercer recently ranked fifth out of 3,000 State Farm agents in three states in financial services sales, including mutual funds and life/health insurance. He is also a consistent State Farm Bronze Tablet qualifier. A Fenton Regional Chamber of Commerce member, Mercer is pleased to have been in business in Fenton for the past 11 years. Prior to that, he worked out of his office in Holly.

For more information, contact Mercer at (810) 714-0370.

Goin’ Postal — more than just a shipping store

By Sally Rummel news@tctimes.com; 810-629-8282

Don’t let the name “Goin’ Postal” make you think this new business in Fenton Owners Mike Clabuesch and Lucy Valeriano offer shipping through the U.S. Postal Service, FedEx, DHL and even freight, operating their business with the motto, “Now you have choices!”

“We compare the rates of each service before you ship, so you’ll always get the best price for shipping your package,” explained the owners. “We will also custom pack your order, or you can pick up your own shipping supplies here.”

Customers also appreciate paying the same price for stumps at Goin’ Postal that they would at the post office, and can rent their own mailbox with a physical address.

Goin’ Postal offers many more services than shipping packages and mailing supplies.

“We specialize in signs and graphics, as well as office supplies,” said Clabuesch and Valeriano, both of whom had prior careers with Staples and Kinko’s before bringing their experience to their own business. In addition, they offer copying and printing services, whether it’s black and white, color copies, prints or photos.

“We can take your digital prints and print them out on canvas or with watercolor effects,” said Clabuesch. “Bring in your old photos and let us show you how we can use different effects in our printing process to make them special again.”

For all the upcoming spring and summer special occasions, Goin’ Postal has added Carlson Craft invitations, “save the date” cards and graduation announcements.

“They’re also very proud of a unique line of Carlson Craft invitations, appropriately named “Something Different,” when you want a more custom, unique look.

If you’re thinking about having a garage sale this spring, or need any advertising specialties from personalized T-shirts, totes, license plates, buttons, decals, magnets and more, Goin’ Postal can be your one-stop location for all of these items.

They carry greeting cards, too, as well as business cards, forms and flyers. “Call us and We’ll even pick up and deliver your order,” said Valeriano.

Goin’ Postal is pleased to be a member of the Fenton Regional Chamber of Commerce and the owners say they have felt very welcome in the Fenton community since opening the business on Oct. 20, 2010, Located at 1421 N. LeRoy St. in Fenton, Goin’ Postal can be reached at (810) 208-7155 or visit their website at www.goinpostal.com and their Facebook page at Fenton Goin’ Postal. Business hours are Monday through Friday, from 8:30 a.m. to 6:30 p.m. and Saturday, from 10 a.m. to 3 p.m.
James Charlez, James Herd - age 74, died January 23, 2011. Services provided by Sharp Funeral Homes.

Larry Hoblin, Larry Hoblin - age 49, died January 23, 2011. Services provided by Sharp Funeral Homes.

Marguerite Church, Marguerite Church - age 89, died January 23, 2011. Services provided by Sharp Funeral Homes.

Patricia Goldfarb, Patricia Goldfarb - age 77, died January 24, 2011. Services provided by Sharp Funeral Homes.

Paul Hinze, Paul Hinze - age 66, died January 22, 2011. Services provided by Sharp Funeral Homes.

Raymond Norris, Raymond Norris - age 47, died January 23, 2011. Services provided by Sharp Funeral Homes.

Robert Davis, Robert Davis - age 57, died January 21, 2011. Services provided by Sharp Funeral Homes.

Hurshell Prince, Hurshell Prince - age 81, died January 21, 2011. Services provided by Sharp Funeral Homes.


Asian approach to healthy eating

Many people are making resolutions this week to eat more healthfully. Too many, though, have in their minds that eating foods that are good for you means giving up on pleasure. So I’m happy to let you know that it is possible to cook a delicious dinner that’s healthful, totally satisfying, and delicious. The secret lies in using the right cooking method, choosing the right ingredients, and selecting seasonings that deliver big flavor. And the recipe I share with you here for salmon fillets steamed with Asian seasonings and served on a bed of robust brown rice — a good source of fiber and nutrients — is a perfect example of those principles.

Let’s talk first about the cooking method. Mention steaming and lots of home cooks instantly imagine bland food. But that doesn’t need to be true. A steamer basket not only warms the food rapidly, it also “cooks” from both sides, so the outside gets just the right amount of color and flavor simply by first briefly marinating the food you’ll be steaming; and then even more by making sure the cooking liquid producing the steam is flavorful, too. 

Steaming, by the way, is also incredibly convenient, especially if you use a rice cooker for both the rice and the salmon. Original popu-lar in Japan, these very inexpensive countertop applications are now widely available in the Western world, as well. You can get one as a holiday gift. If not, you can find them easily online (I even have my own branded through Home Shopping Network, HSN) or in many department stores or cookware shops. Both the rice and the salmon to cook to perfection inside the cooker, and all at just the touch of a button.

As for marinating the salmon, that takes less than half an hour, so you can do it after you start the rice. I use a little mushroom soy sauce (available in Asian markets and the Asian foods section of good-sized supermarkets), plus fresh ginger, garlic, and green onion, but feel free to vary the seasonings with whatever sounds good to you.

The same holds true for flavoring the steam, which in this case comes from the liquid in which the brown rice cooks. I use convenient canned broth, plus robust dried shiitake mushrooms, good olive oil, and — because I like a little spice — a touch of pepper flakes. Try this recipe my way the first time you make it, then start making it your own. Use other fish fillets you like in place of the salmon. Replace the Asian seasonings with a little olive oil and citrus juice, plus your favorite herbs or spices. Add chopped sauteed onion, bite-sized pieces of vegetable, or even dried fruit to the brown rice. You’ll soon be surprised to find you have a growing repertoire of delicious steamed rice dishes — and all of them healthy!

Wife wants less, and more, from in-laws

DEAR AMY: My husband and I both work full-time jobs six days a week. My in-laws watch our children one day a week. My problem is that whenever my husband and I have a day off to finally relax together as a family, my in-laws call and ask us what our plans are. I value the little bit of family time we have with our children, so I don’t feel like going out to dinner with my in-laws (it’s fun but not with the toddlers). My husband and I disagree. He doesn’t think it’s his parents’ fault for having no plans. His mother. That’s not true. His parents are very nice people, but I am a private person, and I do not want to know how much money we make, how much all of our bills are and what we pay for anything we buy. Also, his mother calls him just about every day and acts like her 37-year-old son is 15. I don’t understand why we have to accommodate them all of the time. I feel it is my husband’s obligation to have them back off, but he thinks I’m being an antisocial brat. I think I deserve to be a little selfish when it comes to spending time with my family.

— Irritated in Idaho

DEAR IRRIvATED: You seem fine with your in-laws’ willingness to watch the kids, and while I agree that spending time with them on your one free night is too much to do, every week, you counter their expectation by expecting them to offer additional child care for you. Your grump might better be directed toward your husband, because he is the one giving personal care to your children. I agree that this is a problem. You will both have to establish boundaries with your in-laws, but you can’t remove yourself completely from their affairs, although it’s helpful when they keep with them because he doesn’t think it’s a problem. Help each other find a compromise. He might defer his dinners with his folks one night most weeks (it is his primary interest), enabling you to spend time with all of them less often.

DEAR AMY: This is a very delicate situation, but I need your help. My husband has really bad teeth. I knew this before we married, so it’s not a new situation. Even though his teeth are in terrible shape, if he brushes them like normal people his breath is at least acceptable. Unfortunately for me, he only brushes them once a day. In the past I’ve talked to him about brushing more often, and for a while he does, but he has gone back to the once-a-day routine. His breath is unbearable. What do I do?

DEAR IRRIvATED: If your spouse won’t tell you you have bad breath, then who will? It might be easier if you didn’t feel this was so delicate. You are married to someone who has a problem that affects you — and possibly people outside your household. His problem is fairly easily solved by more frequent brushing — unlike some people, who have chronically bad breath. You should tell him, “I know we talked about this before, but your breath is really strong. I really wish you would brush twice a day. I can tell it makes a real difference when you do.” Make sure you have plenty of dental rinses and other supplies on hand. Help him to establish a healthier habit and let him know when he succeeds.

RECIPE

SOY-STEAMED SALMON FILLETS WITH SHIITAKE BROWN RICE

SHIITAKE BROWN RICE: 1 1/2 cups dried shiitake mushrooms, 1/2 cup dry white rice, 2 cups cold water, 1 tbsp soy sauce

2 salmon fillets, each 3 to 4 ounces
1 tablespoon rice vinegar
1 teaspoon grated ginger
2 cloves garlic
1 tablespoon sake
1/2 cup fresh parsley leaves
1/2 cup chopped scallions
1/2 cup tiny chopped red bell pepper
1/2 cup water
1 1/2 cups chicken broth
1/4 cup fresh parsley leaves

PREPARATION:

1. In a bowl of an electric rice cooker, put the vegetable or mushroom soy sauce, top with the shredded ginger, shredded green onion, and garlic, and set aside at room temperature to marinate for about 20 minutes. After marinating, carefully transfer the salmon fillets to the steamer basket insert that came with the rice cooker, or to another steamer basket of a size that will fit inside the rice cooker. Turn off the rice cooker. Carefully open the lid, avoiding the steam, and place the steamer basket on top of the rice. Close the lid again, set to “cook,” and continue cooking until the salmon is done, cooked through but still moist and slightly pink in the center, 10 to 15 minutes longer depending on your cooker. Carefully open the lid and lift out the steamer basket, setting it aside. With a fork, fluff the rice. Reserve.

2. Spoon the rice onto individual heated plates. Place a salmon fillet on top of the rice with the remaining thinly sliced green onion. Serve 2.

3. Now arrange the dressed citrus to form the surprise answer, as suggested by the above cotext. My answer is a palindrome.
ASK THE MECHANIC
Clem Wilkinson, Certified Mechanic

Q: I just purchased a car from my father that has been sitting in his garage for awhile. I have to give it gas to start up and it stalls when it idles. If I give it a little bit of gas and the engine dies, but if I give it a lot of gas it does not stall. I also can smell gas on the outside of the car. I don’t know that much about cars, please help!

A: This could be as simple as getting some fresh gas and a new fuel filter in the car, if it has less than 1/2 tank. I would try filling it with premium and a bottle of fuel system cleaner, if this does not cure it after driving for a day then you may need to take it to a repair shop to have it looked at and possibly a motor-oil or fuel injector flush done to it, also look for any signs of wires chewed (by rodents) or vacuum hoses dry rotted and split, etc.

Do you have a question that you would like to have answered? Email it to me at: askthemechanic@wilkinsonautorepair.com

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Your Smile Matters!

By: Dr. Steven Sulfaro

BABY TEETH
Parents of small children sometimes question the need to restore a decayed primary (baby) tooth. Primary teeth are the first set of teeth that we get when we are young. The first teeth erupt at about age 7 months and the last erupt at age 3 years of age. There are twenty primary teeth, all together. These baby teeth are eventually replaced with the permanent, adult incisors, canines, and bicuspids. The process of loss of primary teeth and replacement with permanent teeth begins at age 6 and usually lasts until age 12. The primary teeth are lost and replaced with the adult teeth, why bother fixing them if they become decayed? Primary teeth serve very important functions. Like adult teeth, baby teeth help the child properly chew and digest food. Healthy primary teeth help to enhance the look of the smile and the proper development of speech patterns. The primary teeth also give the growth and formation of the permanent teeth. If a baby tooth becomes decayed and is not replaced, it will become abscessed and infected and ultimately need to be extracted. Premature loss of the primary teeth can lead to abnormal development of the permanent, adult teeth. Have your baby’s dentist message that the teeth of the primary teeth is very important even though they are eventually lost and replaced with the permanent, adult teeth. GIVE KIDS A SMILE day is February 4, 2011. Free dental care for kids. There are still plenty of appointments available. Call my office 248 634-4671 for details.

I welcome your questions and comments.
Feel free to e-mail me: dsulfaro@comcast.net

Hiding Behind the Hypocrites

By Roger Campbell

Serving as a hospital chaplain, I approached the bed of a man who appeared to be nearing the end of his life. Asking permission to read the Bible to him, I discovered he was in no mood to listen. ‘I’m going to tell you what I once told a young minister back home,’ he said. ‘I told him he had plenty of hypocrites in his church and when I had straightened them out, he could return and talk to me.’ Then, he smugly related how the visiting minister had turned and walked sadly away. ‘Now you’re going to have to do the same,’ he gloated.

This bitter man had become disillusioned by people he saw as hypocrites many years before our meeting and he had been using them as an excuse for refusing to come to faith ever since that disappointing experience. But, he was overlooking the fact that the existence of hypocrites proves the Bible is true. Freinds declare the faithful are genuine. The checkout person at a restaurant asked to see any $20 bills I was carrying. When I enquired about the reason for her request, she said there were many counterfeit 20s circulating in that area so the police had instructed her to check as many as possible and report any counterfeits found.

Fortunately, all mine passed the test, but if there had been no genuine $20 bills available no counterfeiters would have made been. Has some professing person of faith let you down?

Have you become cynical about people in churches because of the failures of a few?

When cynical people raise the hypocrisy excuse, what can we do?

Here’s how to answer to the bitter man who expected me to walk away defeated. ‘I haven’t come to you today to talk about imperfect people in the churches, I’m here to talk about Jesus — and there’s nothing wrong with Jesus.’

Suddenly, the old hypocrite excuse used by this man for many years was no longer adequate for him to use in turning away people who wanted to help him. Even his story about the young minister who had demonstrated his love for him by coming to visit him when he was sick, but had turned and walked sadly away so many years ago, now had a hollow ring to it. His boast about a battle won had some how lost its satisfying feeling.

Looking at the imperfections of people who have let us down accentuates doubts, but focusing on examples of faith in the lives of those who have been positive examples of God’s love being active in their lives enriches our lives and brightens every day.

Millions who exit church services, and others who never enter them, are defeated by destructive, negative attitudes. Negatism is a thief, robbing life of adventure and joy. This enemy affects every institution of life. It weakens families, slows down churches in their outreach and causes its victims to expect little and achieve less.

Let’s stop looking for hypocrites and expect the best in others every day.

Roger Campbell is an author, a columnist and broadcaster who was a pastor for 22 years. He can be reached at rogercampbell@comcast.net

One Hump or Two?

Popular Camel Races coming in March

By Anna Troppens

www.tctimes.com; 810-433-6792

Plywood camels in ‘80s attire will be the main attraction at the Fenton Area Optimist Club’s annual Camel Races. Participants will decorate their 4- by 8-foot “camels” in costume, said Cherrie Smith, membership co-chair for the Fenton Area Optimist Club.

This year’s theme is the ’80s. The plywood camels, which are on wheels, will “race.” Guests can turn in money for Camel Cash, which they can use to place bets and get real cash later, if they win. They have the option of donating it to support the Optimist Club’s programs for young people.

“It’s fun,” Smith said. “It’s always a good night out.”

Prizes are awarded for Best Dressed Camel and Best Dressed Table.

The Camel Races are a fundraiser to support Fenton Area Optimist Club programs for children, including the Turnaround Program. This program honors middle school students from Fenton, Lake Fenton and Linden schools who

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Fenton Area Optimist Club meets at 7:30 a.m. on the first and third Wednesdays of each month, at Bob Evans restaurant in Fenton.

By: Dr. Steven Sulfaro

Fenton Area Optimist Club meets
at Bob Evans restaurant in Fenton.

Summary
Fenton Area Optimist Club is planning its annual Camel races, for Saturday, March 5, at the St. John Catholic Church.

“I think we’ll probably see a Boy George camel, maybe a Michael Jackson look-alike.”

Cherie Smith
Fenton Area Optimist Club

By Anna Troppens

www.tctimes.com; 810-433-6792

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• How to become eligible even if you exceed the limits
• What benefits you are entitled to for residing at an Enhanced Senior Living community

Presented by: Don McIntosh, D.J. McIntosh & Associates, LLC
Tuesday, February 1st • 6:30pm
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Student Body asked at Lake Fenton High School
What do you do when it's cold outside?

JACOB VAILLANCOURT, SENIOR
“Dress warm, usually just my jacket and a hat.”

ANGELA TODD, SOPHOMORE
“I watch movies in a warm, fuzzy blanket.”

ZAC ZIELINSKI, SOPHOMORE
“I build a snowman.”

BARBARA COOKE, SOPHOMORE
“Play video games and talk to my friends.”

TRUDIE BRUCE, SOPHOMORE
“Play the Wii, Just Dance.”

Kacey Phegley
17-year-old senior
Lake Fenton High School

Siblings:
I have one younger sister; her name is Bailey. She’s an eighth grader at the middle school.

Hobbies:
I’m into art, I like drawing, and I play the saxophone in the band. I’m also on the debate team.

Favorite Clothing:
I like plaid and tie-dye, interesting clothing. I wear this necklace every day. It’s a mold with sprinkles in it that my mom got for me.

Favorite Food:
Does a beverage count? I love Faygo. I drink it all the time, black cherry.

Movies & Television:
I really like superhero movies, specifically ‘The Incredible Hulk.’ I could watch it 100 times. I’ve grown up reading comic books and liking the superheroes, so it’s interesting to get to see them on the big screen.

About Me:
I turn 18 this week.

My parents are: Krista and Marty Phegley.

If I have learned one thing in life so far, it has been: if you stay true to yourself, your friends will like you for who you are.

The person who made the biggest impact on my life is: my parents, because they’ve been supportive of all my goals and dreams in life, and they are really helping me get where I want to be.

What I like most about my school is: I love the teachers and how much they are willing to help me, and the opportunities I’ve been able to get through the school. I’m dual enrolled, and there are a lot of art programs.

What I remember about kindergarten is: The teacher would pick a student a day to help her out, and everyone was really excited to get to be the helper.

The advice I have for parents of teens is: I guess, just be open to your child’s opinions and try compromising.

The advice I have for younger students is: don’t procrastinate. I’m a big procrastinator. It’s good to get all of your things done and make sure you get all your ducks in a row.

The one thing I am most proud of is: I think that I’m most proud of my public-speaking skills, because when I was younger, I had a hard time expressing my feelings and talking to other people. Toward the end of middle school, I got into the debate team. I actually placed in competitions and got quite a bit of scholarship money out of that.

What was your favorite thing to debate?: For a championship debate, I had to debate whether matter could be created and destroyed. I got the affirmative side. It was interesting, because, basically, every scientist will tell you matter can’t be created or destroyed.

I want to be remembered as: I’d like to be remembered as someone you could talk to, someone who is easy to open up to and friendly to everyone.

My ideal vacation is: I would love to go to Sweden. I’ve always wanted to visit Stockholm and Northern Europe. I like the language and the culture, so I’d just like to experience it.

What do you do when it’s cold outside?: I like sledding and getting to drink hot chocolate, afterwards.

My postgraduate plans: I plan to attend Savannah College of Art and Design in Georgia, and I would like to major in animation, movies and film.

In 10 years, I see myself: with a steady job, probably somewhere out West where there is an animation studio, working on films and doing what I love, which is art.

NOMINATING PETITIONS AVAILABLE FOR LAKE FENTON BOARD OF EDUCATION
Nominating petitions and Affidavits of Identity for individuals interested in running for the Lake Fenton Board of Education are due at the Genesee County Clerk’s Office by 4:00 p.m. on Tuesday, February 8, 2011. Interested candidates must be a registered voter, reside in the school district and comply with the Campaign Finance Reform Act, as amended. Information regarding this act may be obtained from the Genesee County Clerk’s Office.

There are one (1) three-year and two (2) four-year terms available. The appointed term of David Foerster will expire on June 30, 2011. The terms of Tammy Harbin and John Lamb will expire on June 30, 2011.

Petitions may be secured from the Genesee County Clerk’s Office at 900 South Saginaw Street, Flint. Office hours are from 8:00 a.m. to 4:00 p.m., Monday through Friday. Telephone: (810-257-3282). The forms must be filed at the Genesee County Clerk’s Office no later than 4:00 p.m. on Tuesday, February 8, 2011. A non-refundable $100.00 filing fee may be submitted by the candidate in lieu of petitions. The fee must be paid on or before the filing deadline for petitions.

ELECTION DATE: TUESDAY, MAY 3, 2011
FOR BEST RESULTS, JOIN A GYM
The benefits of investing in a membership

Quick Tips
- Consider your diet. People can burn about 2,000 calories per day.
- Buy good exercise shoes.
- A variety of equipment leads to maximum results.

Healthy Living
EAT BETTER — LOOK YOUNGER — LIVE LONGER
SUNDAY, JANUARY 30, 2011

IF THE SHOE FITS, WEAR IT
MANY COMMON FOOT AND ANKLE PROBLEMS CAN BE AVOIDED BY WEARING PROPER FOOTWEAR

Do you really need those vitamins?

Why go vegetarian?

CHEMICAL PEEL OR LASER TREATMENT
Which one is right for you?
Vitamin Supplements good for you?

Why buy vitamins?
There are many good reasons to consider taking vitamin supplements, such as over-the-counter multivitamins. According to the American Academy of Family Physicians (AAFP), a doctor may recommend that you take them for certain health problems, if you eat a vegetarian or vegan diet, and if you are pregnant or breastfeeding.

Water-soluble vitamins are easily absorbed by the body, which doesn’t store large amounts. The kidneys remove those vitamins that are not needed, according to the U.S. Federal Drug Administration (FDA).

Fat-soluble vitamins are absorbed into the body with the use of bile acids, which are fluids used to absorb fat. The body stores these for use as needed.

Vegetarian diets are often associated with health advantages, including lower blood cholesterol levels, lower blood pressure levels and lower risk of hypertension.

By Sally Rummel
810-629-6282
news@tctimes.com

Vegetarian diets are often associated with health advantages, including lower blood cholesterol levels, lower blood pressure levels and lower risk of hypertension.

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Are

Why GO

Vegetarian?

By Sally Rummel
news@tctimes.com; 810-629-6282

If you have been serving your family several “meatless” dinner nights in the course of every week, you’re doing them a favor.

According to the American Dietetic Association (ADA), well-planned vegetarian diets are healthful and nutritious for adults, infants, children and adolescents — and can help prevent and treat chronic diseases including heart disease, cancer, obesity and diabetes.

The ADA’s position on vegetarian diets is that they are appropriate for all stages of the lifecycle, including pregnancy, lactation, infancy, childhood and adolescence, even for athletes.

Fenton resident Shannon Brant, 43, has been a vegetarian for 23 years, so “meatless meals” are second nature to her. “I don’t eat red meat, chicken, turkey or shellfish,” said Brant, who also follows a gluten-free diet because of recent health issues. For her, it’s not a moral issue as much as it is a personal preference. “I’m not an activist, I just don’t like the flavor,” said Brant, who will occasionally eat salmon and cod. She also enjoys beans, eggs and cheese, so she gets plenty of protein.

Vegetarian diets are often associated with health advantages including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels and lower risk of hypertension and Type 2 diabetes, according to the ADA. Their report also shows that vegetarians tend to have a lower body mass index and lower overall cancer rates. Their diets tend to be lower in saturated fat and cholesterol and have higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids and other phytochemicals.

While Brant calls herself a vegetarian, there are other names for different types of vegetarian diets.

• Vegan diets exclude meat, poultry, fish, eggs, dairy products and foods that contain these products.

• Lacto-vegetarian diets exclude meat, fish, poultry and eggs, as well as foods that contain them. Dairy products, such as milk, cheese, yogurt and butter, are allowed in a lacto-vegetarian diet.

• Lacto-ovo vegetarian diets exclude meat, fish and poultry, but allow eggs and dairy products.

Some people follow a semi-vegetarian diet — also called a flexitarian diet — which is primarily a plant-based diet, but includes meat, dairy, eggs, poultry and fish on occasion or in small quantities.

INTERESTED IN BECOMING A VEGETARIAN?

If you’re not following a vegetarian diet but you’re thinking of trying it, here are some ideas to help you get started:

• Ramp up. Each week increase the number of meatless meals you already enjoy, such as spaghetti with tomato sauce or vegetable stir-fry.

• Learn to substitute. Take favorite recipes and try them without meat. For example, make vegetarian chili by leaving out the ground beef and adding an extra can of black beans. Or make fajitas using extra-firm tofu rather than chicken. You may be surprised to find that many dishes require only simple substitutions.

• Branch out. Scan the Internet for vegetarian menus. Buy or borrow vegetarian cookbooks. Check out ethnic restaurants to sample new vegetarian cuisines. The more variety you bring to your vegetarian diet, the more likely you’ll be to meet all your nutritional needs.

Source: mayoclinic.com
**Never too young for eyecare**

- Doctor recommends first eye exam at 6 months to 1 year old

  By Anna Troppens
  atroppens@ctimes.com; 810-433-6792

  National Eye Care Month is a good time to take stock of the eye care one’s family has received. It’s an important reminder to begin the new year with checkups to ensure healthy vision.

  Dr. Juan Alvarado, of Fenton Vision Center, said the general recommendation is to see an eye doctor every 12 months, if the patient hasn’t had medical findings or vision problems before then. Those with glaucoma, a condition that damages the optic nerve, might see an ophthalmologist monthly or yearly, depending on their individual needs. The same is true for diabetics, or juvenile rheumatoid arthritis patients.

  Signs of eye trouble include the most common symptom, blurred vision. Also, someone might have trouble with reading. An eye doctor can determine if it is because the eyes are not working well together, for example, or if the patient needs glasses or contacts.

  Alvarado and Dr. Cynthia Cupal, of Fenton Vision Center, see patients for eye injuries and eye infections. He first came to Fenton Vision Center when he was 3. Alvarado said, “I saw the doctor we eventually bought the practice from in 2001.”

  Alvarado is a graduate of Fenton High School, and Cupal is a graduate of Lake Fenton High School. Fenton is home to them, and they returned to practice ophthalmology there. Now, they are giving back to the community that was good to them, he said.

  Infants less than 1 year old can visit Fenton Vision Center for a free checkup. “We recommend 6 months to 1 year for the first eye exam, unless there are other medical issues,” Alvarado said. The youngest patient Cupal fit for contacts was 7 days old. Glasses can be too large for babies, he said.
Chemical peel

or

laser treatment

By Sharon Stone

Wouldn’t it be nice to have the youthful skin of a baby, free of wrinkles and other signs of aging?

As women and men flip through the pages of fashion magazines, they’re bombarded with the perfectly airbrushed complexions of models and wonder if it’s possible to achieve that same look in real life and real lighting.

Skin-rejuvenating procedures, including various types of chemical peels and laser treatments, can shave years off one’s age.

Chemical peels involve the application of a chemical to the skin to reveal a smoother, less wrinkled and rejuvenated surface. The most costly laser treatments vaporize the dead, outer layer of skin, revealing a fresh new surface.

Kerrie Smith, a technician at Grande Med Spa in Grand Blanc, said their treatments are very popular with women and increasingly popular with men. “Men are doing it a lot more than people realize,” she said.

According to Smith, chemical peels are great for clients trying to get rid of acne scars, as well as for skin rejuvenation, cleaning and exfoliating. The most commonly requested starter procedure is the glycolic peel, using a low chemical percentage. As need varies, so does the chemical strength.

Smith recommends that a potential client schedule a free consultation for a skin analysis. She said this appointment also gives the client an opportunity to ask questions and share what is bothering them about their skin.

Grande Med Spa’s low-dose chemical peel, commonly referred to as the “lunch-hour peel,” has immediate results. Smith said the chemical is left on the skin for a short time, then neutralized. Clients would feel some warm tingling, but are able to go right back to work.

“There is no downtime,” she said.

Smith said the laser skin rejuvenation evens out skin tones, pulls out hyperpigmentation, lightens freckles and rosacea and treats broken capillaries. Since these procedures are considered cosmetic, insurance does not cover the costs. Smith said it would be difficult to provide an exact price as every client’s skin and needs are different. “Costs are done case by case,” she said.

The laser procedures have no downtime, either, said Smith. She said women could reapply their makeup immediately after the treatment. “You’ll see results right away.”

Skin & Vein Center in Fenton offers a wide range of skin rejuvenating services, including the chemical peels, laser treatments and hair removal.

Bev Avery, laser tech and esthetician at Skin & Vein Center, said when a client comes in for their initial consultation, she likes to find what type of results they would like to achieve.

Clients need to take into account how quickly they want to see the results and the length of downtime. “That gives me an idea of what they want,” said Avery.

If someone is looking to have glowing and smoother skin, a microdermabrasion treatment might work best. Avery said this procedure requires minimal dollars and no downtime. Many people do not understand peels and she makes sure she explains the various chemicals that can be used to treat various problems. “I give them an idea of the right peel and what they should expect,” she said.

Following treatments, skin will be very sensitive to sun exposure. “It’s like brand new skin,” she said.

Avery would not encourage having these treatments done before a sun-filled trip over spring break. Quality sunscreen is essential after skin treatments. She suggests looking beyond the SPF and using sunscreen containing zinc titanium for the most protection.

Those seeking skin corrections and anti-aging procedures should no longer tan in the sun. “You shouldn’t get sun exposure when you’re fixing sun damage,” Avery said.

Avery also advises anyone seeking laser treatments to make sure the technician has the right credentials. Techs performing the procedure should be certified on basic laser theory by a reputable school.

Courtney Gwaltney, an esthetician and owner of The Retreat Salon & Spa, said they offer glycolic and lactic acid peels. The lactic acid peels are gentler than the glycolic peels. For those who want a more natural and gentler approach, her salon offers fruit-based peels, which do not have any harsh chemicals. “It’s easier on the skin,” Gwaltney said. “It’s more natural and it smells good.”

Gwaltney recommends clients start with the gentlest procedure and work their way up to the harsher chemicals. “Work your way up so that your skin can tolerate it,” she said.

Soon, The Retreat Salon and Spa will be offering laser skin treatments. Gwaltney is looking forward to being able to provide this service. She said the intense pulse light removes hair, sunspots, sun damage and tightens skin. “It’s pretty versatile,” she said.

Many of the women going to The Retreat Salon and Spa, who are in their 30s and 40s, are trying to reverse what they did to their skin 10 or more years ago, said Gwaltney.

Jessica Eastman, owner of Serendipity Day Spa in Linden, said while her salon does not offer the chemical peels or laser treatments, they do offer essential facials. These professional facials include deep cleansing, massaging and exfoliating.

The massages are very relaxing and many clients fall asleep during them, Eastman said. “They’re a huge benefit to your skin.”
IF THE SHOE FITS, wear it

By Sally Rummel
news@tctimes.com, 810-629-8282

Flip-flops will keep a local podiatrist in business for many years. That’s the
word from James Hirt, doctor of pediatric
medicine at Fenton Foot Care, who sees
a number of foot and ankle injuries and
conditions brought about by people who
wear them.

The lack of support offered by flip-flops
can cause problems with arches and heels,
but the problems don’t stop there. The thin
soles and the need to grasp the shoes with
one’s foot force a person to walk differently
during wearing flip-flops, causing potential
problems with legs, knees, hips and backs.
Their lack of protection can also cause
injuries if someone steps on them or drops
something on their foot.

Flip-flops aren’t the only shoes that
cause health problems. High
heels and shoes with narrow
toe boxes are also
dangerous to one’s foot health
and comfort.

“Women who
want to wear high heels should
avoid any heel height that is
more than three inches,”
said Hirt. “I’d also advise
women to bring a change of
shoes for use throughout the workday,
to give their feet a rest.”

Many common foot and ankle problems
can be avoided by wearing proper
footwear. Fenton Foot Care advises
everyone to choose shoes for comfort and fit,
much
than style, to avoid common foot and
ankle problems — which are especially
prevalent in women.

Proper footwear begins with measuring
the foot before trying on a pair of shoes,
especially
reputable shoes stores like Bauman’s
Running & Walking Shop in Flint.

Bauman asks customers to bring in
their old athletic shoes when coming into
purchase new ones, so that he can look at
patterns of wear on the shoe. He also looks
at the customer’s feet and watches them
close, to help determine the best shoe for
their particular need and feet.

Serious athletes may choose to shop
at specialty stores like Bauman’s in Flint,
where owner Mark Bauman and his staff
provide their own expertise — based
on decades of their own running and fitness
experience.

Proper fit is the number one attribute
of a shoe you’ll enjoy wearing day after
day, rather than regretting your purchase
because you put style before comfort.

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Fax 810-629-9243
www.fentonfootcare.com

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Do shaping/toning shoes and sandals really work?
The sales of toning shoes that
promise to “shape up and tone”
are expected to hit $1.5 billion this
year, but do they really work?
The American Council on
Exercise (ACE) commissioned a
study at the University of Wiscon-
sin at La Crosse, according to a
recent report from Foxnews.com.
Researchers compared people
walking on a treadmill wearing a
regular running shoe by New Bal-
ance and three brands of toning
shoes.

The study found there was no
difference between the regular
running shoe and any of the toning
shoes when it came to heat rate,
oxogen consumption, cal-
calories burned or muscle activity.

While these shoes didn’t show
a difference physiologically, that
doesn’t mean they are a waste of
money if people enjoy the comfort
and style. However, you shouldn’t
deeply expect to be able to give up
your workout by getting in shape just
by wearing the shoe. Skechers
and Reebok are the two biggest
players in the toning shoe market,
and they stand behind their prod-
ucts, according to the report.

New Balance has marketed
a shoe called True
Balance that
the company
touts as a wellness
shoe, said Ken
Kirkey, of Kirkey
Shoes. “It
has been
a
popular
shoe.”

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Choose shoes for comfort and fit.

Flip-flops can cause problems with arches and heels.

High heels can be dangerous to foot health.

Proper fit is important when selecting running shoes.
For best results, 

JOIN A GYM

The benefits of investing in a membership

By Tim Jagielo
jagielo@tctimes.com; 810-433-6795

Sandy Wright worked out at Curves for women, an all-female gym for a year. Then, she bought her own franchise.

After six months, Wright lowered her cholesterol, and was able to use all of the machines, and can perform the exercises at a moderate level. She’s not the fastest, but is far from the slowest.

But, here’s the catch, Wright is 69, and can only walk short distances with a cane. “I’m not ready for the nursing home, yet,” she said. And Wright isn’t even the oldest she has seen working out.

Everyday, people are faced with decisions on how to spend their money. Sometimes, they cut corners to cut costs. One item on the chopping block for personal budgets could be a gym membership. Or, maybe you’ve decided against joining a gym to save money.

Gyms may cost less than you think, and depending on the effort you put in, the benefits could far outweigh the costs.

“I don’t think you can put a price on your health,” said Don Hobson, of Powerhouse Gym in Fenton. A trainer, Hobson said working out at a gym pushes you to achieve more than you would at home. “You get a lot more variety of equipment than you would have at home,” he said.

Luc Birchmeier, of 24 Hour Cool Hand Fitness Training in Fenton, said the savings of joining a gym makes sense over the thousands that could be spent on a home gym with similar equipment.

For Wright, the atmosphere of the gym is everything. “We motivate (gym members), and make sure they’re safe, plus we provide a happy, social atmosphere to be in,” she said.

“A gym provides a little bit of an enjoyable environment,” said Birchmeier, who also said he could not work out at home, and needs the environment of the gym to get him going. Birchmeier sees members of his gym enjoying the social aspect, as well. “It makes time go by faster.”

“You get to meet a lot of different people throughout the community,” said Hobson. “It’s pretty good.”

Joining a gym is not free, but most prices are reasonable. In fact, it could be that financial commitment that encourages success. Aaron Ford, of Anytime Fitness, said customers who pay the regular rate are his most regular customers.

The comfort factor is also important for people considering a gym membership. Curves is exclusively for women, and gyms like 24 Hour Cool Hand Fitness Training and Anytime Fitness can be accessed, literally, at anytime. Powerhouse Gym offers an open environment with a diverse group of clients.

Ford spoke about a tri-county area woman who was very nervous about joining Anytime Fitness, but after two years, has lost 25 pounds, got off blood pressure medication, and lowered her cholesterol.

---

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3180 W. Silver Lake Rd, Fenton
810.750.1360
Clean, pure water is the key to healthy living

By Sharon Stone
ststone@tctimes.com; 810-433-6786

Water is the principal chemical component and makes up about 60 percent of our body’s weight. It also flushes toxins out of vital organs, carries nutrients to cells and provides a moist environment for our ear, nose and throat tissues.

If a person does not consume enough water for their body to carry out normal functions, they are dehydrated. Mild dehydration is enough to drain one’s energy.

The Institute of Medicine recommends that men consume about 13 cups of beverages throughout the course of a day and women, about nine cups.

The earth’s supply of water is limited to the water presently available. It is continuously recycled, moving from one place to another and from one form to another. Water vapor rising from surface waters, such as lakes and rivers, will fall back to the earth as rain. Rain percolates into the soil and runs off solid surfaces into surface waters.

According to the Genesee County Health Department, when it rains, pollutants from yards, streets, parking lots, and road tops are washed into storm drains that are directly connected to our streams and rivers.

There is no doubt that clean, pure and great-tasting water is important for healthy living.

Charles Watkins, operations manager for Clear Water Systems said the Environmental Protection Agency (EPA) regulates municipal water supplies. Those who are using well water are at the mercy of what the aquifer provides.

Watkins suggests that homeowners have their water tested by a reputable company for a comprehensive water analysis. Tests will check for levels of arsenic, iron and pH levels, among numerous other contaminants. Watkins said most companies offer free test kits.

One way to have water tested is by picking up a test kit from a local water company and sending a sample to National Testing Laboratories (NTL). Watkins said, for a reasonable price of less than $200. It is a private, independent laboratory. For more information, visit NTL’s website at www.watercheck.com

Locally, arsenic and iron are common contaminants of well water, according to Watkins. There are no health effects from iron bacteria, but they can cause aesthetic problems with water such as taste, odor and staining of laundry and fixtures. These nuisance bacteria may cause corrosion to treatment equipment, clog screens and pipes, and have a foul odor.

Traces of pharmaceuticals are becoming more prevalent, said Watkins. “There’s virtually no water without trace amounts.” Springs high up in the mountains are not even immune to these chemicals, mostly in minute amounts, said Watkins.

Caffeine can also be found in surface water. Watkins said oftentimes, motorists travel with a cup of coffee and once they reach their destination, they pour any remaining coffee from their cup onto the ground. “It ends up in our water supply,” he said.

Arsenic is common in this area. An acceptable level is up to 10 parts per billion (10PPB). After having their water tested, many homeowners install water softeners or other systems to rid their water of contaminants.

Arsenic is an odorless, tasteless, semi-metal element. It can enter drinking water through the ground or as runoff into surface water sources.

Ron Steward, co-owner of Douglas Water Conditioning, agrees that using and consuming contaminant-free water is very important for our bodies.

“There’s a need for filtration. “There are some wonderful products out there,’’ said Steward. Most people in this area have complaints of arsenic and iron in their water, he added. Some will opt for a reverse osmosis system, but that could be more than necessary since consumption is the main worry or arsenic.

Steward recommends homeowners test their water anywhere from twice a year to the minimum of every other year. “A lot of it is peace of mind,” he said. “You don’t want anything in your water.”
Meet Christopher Iacobelli, M.D.

Credentialed at Genesys Hospital of Grand Blanc and McLaren Hospital of Flint

- 1999 graduate of Wayne State University School of Medicine
- 2001-2002 Chief Resident at Genesys Regional Medical Center in Grand Blanc
- 2009 Flint Journal “Favorite” of Genesee County

Practicing medicine in Fenton since 2002, Christopher Iacobelli, M.D., a resident of the Fenton area, is a Board Certified Family Physician and is well studied in all aspects of Internal Medicine and Pediatrics. He currently practices at Parkway Family Medicine, located at 17200 Silver Parkway in Fenton, and is still accepting new patients. When scheduling an appointment with Dr. Iacobelli, you can take comfort in knowing that he will be the one to see you, not another physician.

Dr. Iacobelli, unequaled in his diagnostic capabilities, provides a wide array of services right inside his office, including x-ray and laboratory. He also offers on-site diagnostic testing through National Diagnostics. All of these tests are read by Radiologists that were hand selected by Dr. Iacobelli and are specialists in each practical area of testing. He works closely with specialists at all area hospitals, as well as those located at University of Michigan, Beaumont, Detroit Medical Center, Karmanos, Henry Ford Hospital and The Mayo Clinic.

Dr. Iacobelli is in the process of designing the Iacobelli Medical Center, a modern, state-of-the-art medical facility, which will allow him to care for his patients more efficiently with the most current technology available for decades to come. The Iacobelli Medical Center will be located in the Fenton area and is scheduled to open sometime in the Fall of 2011.

Dr. Iacobelli is still accepting new patients!
To make an appointment or receive information on becoming a patient, please call Melissa or Misty at 810-714-9660.

Christopher Iacobelli, M.D.
810.714.9660
17200 Silver Parkway, Fenton
YOGA  
Continued from Page 1B  
the muscles. This action releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain and fatigue. Yoga also increases the range of motion in joints.  
Yoga stretches all soft tissues of the body, including ligaments, tendons and the fascia sheath that surrounds the muscles.  
There are different styles of yoga. Some, such as ashtanga and power yoga, are more vigorous than others are. These improve muscle tone. Less vigorous styles, such as Iyengar yoga, can improve strength and endurance, according to WebMD.  
Maintaining or improving upper body strength is crucial as people age. There are yoga poses that improve upper body strength and some that target lower body areas. When practiced correctly, nearly all poses build core strength in the deep abdominal muscles.  
Because of the improved core strength, posture improves. With a strong core, people are apt to sit and stand straighter. Those practicing yoga will be more aware of when they are slouching and make adjustments.  
“Rather than building muscle, yoga builds muscle tone,” says Shaktar Kaur Khalsa, author of the K.I.S.S. Guide to Yoga. “Because yoga helps maintain a balanced metabolism, it also helps to regulate weight. Additionally, yoga stretches muscles lengthwise, causing fat to be eliminated around the cells, thus reducing cellulite.”  
Yoga teaches its students to focus on breathing while they hold the poses. This attention to breathing is calming and it dissolves stress and anxiety. Sherry Roberts of YogaMovement.com uses the breathing techniques on the tennis courts, in the dentist’s chair, or when she’s stuck in traffic.  
Anyone can do yoga regardless of how young or old he or she is. Those who consider themselves “couch potatoes” can even benefit from yoga, as there are modifications for every yoga pose.  
Getting started  
• Speak with your doctor to make sure you are healthy enough to do yoga. Doctors might recommend it for past injuries.  
• Each person should develop at their own pace and comfort.  
• Yoga students must be willing to put forth the effort for basic yoga mental exercises.  
• Choose the yoga class right for you and your expectations.  
• You must stay committed, as with any exercise class.  
• Have fun.  

“Yoga is an ancient practice that helps create a sense of union in body, mind, and spirit. It brings us balance.”  
— YogaMovement.com  

WORKING OUT  
Continued from Page 1B  
“I was always driving by the gym thinking, ‘It’s time for us to do this,’’ said Kathy, who was fighting her own health issues at the time. “I felt like I was dying if I didn’t start doing something soon. My body was deteriorating, my diabetes symptoms were up and I could feel the strength leaving my body. I had to do something.”  
A half-off special by Anytime Fitness in Fenton gave this couple the push they both needed to change from a sedentary lifestyle to an active one. Now, they go to the gym “religiously” four days a week, quips Dennis, who is pastor at Transfiguration Lutheran Church in Fenton. They spend about 1 1/2 to 2 hours there — Kathy on the elliptical and Dennis on the treadmill. They both use weights or weight machines for strength training.  
While Kathy was the most enthusiastic at the beginning of this new journey, Dennis quickly got motivated and put all of his energy into their new lifestyle.  
“Pastors are among the unhappiest group of professionals in the country,” he admitted. “We’re always sitting around at meetings, luncheons, etc. There are always lots of good cooks in the congregation, with lots of baked goods and other temptations.”  
Dennis has already lost more than 15 pounds and a pants size, while Kathy has lost inches and re-gained her energy. “I feel like I’m starting to get my strength back,” she said. “It’s easier for me to go up and down the stairs.” But, she admits that it has been difficult for her to have lost inches, not pounds. “When the scale doesn’t budge, it’s frustrating!”  
Couples who are getting fit together need to remember that it’s not a “competition.” Exercising as a couple should be about two people being healthy and enjoying the time that is spent together, health experts say.  
For Todd and Samira Whitting, of Fenton, that spirit of competition could be strong, if they let it be that way. Todd is a competitive bodybuilder. He is the current “Mr. Michigan,” in competition sponsored by the National Physique Committee. In contrast, Samira used to be a more “off and on” exerciser. But, since they got married last year, she’s much more consistent.  
The couple spends about five evenings a week at PowHouse Gym in Fenton, every night after work. “It gives us something to do together this time of year,” they said.  
For Todd, having Samira work out with him makes him feel that his efforts are being supported. For Samira, it helps keep her on track. “It has never been competitive between us,” said Samira. “His workout commitment is much more serious than mine because he has a goal with bodybuilding. But, I’ve done a lot more weight lifting than I used to. Before, it was all about cardio and boot camp. I have a lot more muscle tone now.”  
For all of these couples, eating nutritionally is another important part of the equation. Making healthier choices in lifestyle is much easier when it’s done as a team rather than a “singles” approach.  
“It helps us that we’re doing this together,” said Kathy. “We remind each other about what’s important to us now.”
Fenton area Toastmasters receive honors
Rochelle Jones and Dave Cady, member of the Fenton Area Toastmasters Club, received outstanding achievement awards and the Toastmasters’ Hall of Fame banquet. Fenton Area Toastmasters meets every Friday at the VG’s Support Center, 209 S. Alloy Dr. in Fenton, from 7-45 to 8-45 a.m. Guests are always welcome. For more information, call (810) 629-5447 ext. 401 or visit fenton.freestiohost.com.

Code of ethics ‘getting some teeth’
By Tim Jagielo
jjagielo@tctimes.com; 810-433-6795
Holly — In the near future, questions of ethics in village of government will be spelled out, in black and white. On Tuesday, the council voted unanimously to form an ad hoc committee to draft a code of ethics. Council members Jackie Campbell and Jason Hughes volunteered to draft a document, “giving teeth” to ethical questions in regards to the charter. “Without taking away from the charter, it sets a higher bar for us,” said President Jeff Miller.

Ethics are rules that govern behavior in a professional environment. They’re different from morals, as morals are based directly from religious texts.

Miller said the code of ethics would back up the village charter, not replace it. “I think it’s necessary,” he said.

Calendar of events

WEDNESDAY, FEB. 2
The Southern Genesee County Democratic Club will hold their monthly meeting on Wednesday, Feb. 2, from 7 to 9 p.m., in the lower level of the Fenton Community & Cultural Center, 125 S. Leftoy St. in Fenton. Guests are welcome to attend.

FRIDAY, FEB. 4
Local dentists are participating in Give Kids a Smile Day. They will be offering free dental cleanings, check-ups and basic services for underprivileged children in the community on Friday, Feb. 4. This free service is by appointment only and space is limited. Participating dentists include Dr. Jeremy Grove, Dr. Dawn Kulogowski, Dr. Heather Zielinski, Dr. Darrell Boyd and Dr. Steven Sutfaro.

WEDNESDAY, FEB. 9
Holly Aglow — A Community Light-house for Women meets the second Wednesday of the month at Holly Village Chambers, 315 S. Broad St., Holly, at 9:30 a.m.

Dough Lyons, of Linden, caught a 33-inch Northern pike during the Christmas holiday on Lake Fenton.

Fenton Township board approves hardship exemption policy
The Fenton Township Board of Trustees voted unanimously Monday to adopt the 2011 Financial Hardship Exemption Policy. These exemptions can be granted on homesteads only to qualified applicants. Applicants must meet the income standards, which are based on the Very Low Income standards as defined and determined annually by the U.S. Department of Housing and Urban Development (HUD) and the Genesee County Metropolitan Planning Commission. Anyone requesting an exemption must appear at a scheduled Board of Review meeting or submit their application no later than the completion of the meeting. For additional information, call (810) 629-1537.

Will the Michigan Brew Company be the driving force in the revitalization of downtown Fenton as predicted by the DDA?

Cast your vote at www.tctimes.com

L E A ST W E E K S R E S U L T S

What do you think of the new proposed tagline for the city of Fenton, “Be Closer”?

Love It — 6%

Hate It — 28%

How Ridiculous — 67%

Academic achievements
College for Creative Studies has announced that Emily Cowdrey has been named to the Dean’s List for the fall semester. She is a 2000 graduate of Fenton High School. Her parents are Jim and Kayn Cowdrey of Fenton.
Attention bookworms: Here's your chance to contribute to new library fund

By Anna Troppens
atroppens@tctimes.com; 810-433-6792

Fenton — Fenton is taking donations, to save money for a new library or make improvements to the current one, built in 1943. The city has a new fund that it can use only for the expansion, renovation and/or creation of a new public library.

Summary
► At the library board’s request, city council has set up a Library Fund 403(b) for the expansion, renovation and/or creation of a new public library. Donations can be made through Fenton City Hall, marked for “City of Fenton – Library.”

► City council approved designating the fund at Monday’s meeting. Donations can be made through Fenton City Hall, marked for “City of Fenton – Library.”

► The fund is not a 501(c)(3) as previously discussed, a separate corporate entity, recognized by the Internal Revenue Service (IRS). In contrast, Fenton’s Library Fund is a separate fund in the city’s financial system.

► Fenton had two donations set aside for the library, before the fund’s creation, said Assistant City Manager Michael Burns. Now, the fund is formally designated for the library.

► Donations can be made through city hall, marked for “City of Fenton – Library.”

Background
► The Jack R. Winegarden Library board asked city council to designate a fund for donations. The current building, at 200 E. Caroline St., has limited space for programs, constricted aisles, limited seating and table space, sub-par handicap accessibility, outmoded technology and limited parking, library board members have said.

► City council members have bought a piece of property nearby, 206 E. Caroline St., for $35,000. The property can be used to expand the library, and/or provide more parking for it, they said.

Kayak launch coming to Bush Park

By Anna Troppens
atroppens@tctimes.com; 810-433-6792

Fenton — The Keepers of the Shiawassee are busy planning river projects for warmer weather. REI outdoors co-op has awarded a $3,579 grant to Headwaters Trials for the Keepers of the Shiawassee. The Keepers will install a handicap-accessible kayak launch north of the old bridge at Bush Park, said Maggie Yerman, of the Keepers of the Shiawassee. Fenton Rotary is placing a second launch north of the newer bridge at the park. The launches will be in partnership with Southern Lakes Parks & Recreation, which will be able to offer kayaking lessons there.

The launches will be at each end of a short, less than one-quarter mile stretch of the river. In addition to small kayak trips, children will be able to float from one launch, south to the other with inner tubes, under parent supervision.

The grant doesn’t require matching funding, but matching volunteer hours are needed, Yerman said.

There are many types of volunteering that would qualify, and construction is planned for May 21-22. In addition, the Fenton Downtown Development Authority (DDA) has discussed adding a portage structure for canoes and kayaks headed from the millpond to the Shiawassee River, said DDA Director Michael Burns. It will be explored in more detail now that the DDA has its new engineering consultant, Orchard, Hiltz and McAdams, Burns said.
**Holly girls ice game in fourth quarter, beat Swartz Creek, 40-33**

*By David Troppens dtroppens@ctimes.com 810-433-6789*

Holly — The Holly girls varsity basketball team is getting used to winning close games.

The Bronchos (8-2, 10-3) won another one down the stretch, defeating Swartz Creek 40-33 on Friday night.

Holly’s defense limited Creek just to one field goal the entire second half. Meanwhile, Holly’s Ashley Xiong iced the game by scoring eight of her team-high 17 points in the fourth quarter. She also converted 6-of-6 free throws in the final 2:27 to ice it.

**By Al Zipsie dtroppens@ctimes.com**

Lake Fenton — The Lake Fenton varsity boys basketball team had its worst shooting night of the season, suffering a 66-48 GAC loss to Montrose Friday.

Lake Fenton had been hovering around 500 all season, but now has lost three straight games and is 3-5 in GAC play and 5-6 overall.

Senior Sean Canning poured in 31 of Lake Fenton’s 48 points, as on 10-of-15 shooting.

“It doesn’t matter how many points I have. We still lost,” said Canning. “I am the tallest guy on the team at 6-foot-3 and we are smaller than most teams.

“I try to make the best of my long arms (length). I get double teamed a lot. I get past a guy and another one is waiting.

“We just have to comeback Tuesday (at New Lothrop) and get a win and build on that.”

“We rely on (Canning). He opens up everything,” said Lake Fenton coach Matt Furey. “He can’t surprise anyone as he and some of our other seniors are in the third year of varsity and everyone knows them in the league.”

Austin Prevo got the Rams rolling with a trio of three-pointers, and freshman Jimmie Hodge scored on a slick move inside late in the opening quarter, giving Montrose an 18-9 lead after one quarter. Joe Anderson converted an offensive rebound into a score at the halftime buzzer, giving the Rams a 31-20 halftime lead. The lead grew to as many as 17 in the third quarter. The Blue Devils could not get the lead down to single-digits in the second half.

Prevo led the Rams with 19 points, while Boswell added 14. Anderson had 12 points.

Canning scored 19 of his points in the second half on eight field goals, all on drives. He also hit 4-of-7 free throws. Quick led with 11 rebounds and added eight points.

“We are in every game,” Furey said. “We just have to keep fresh and stay healthy. I was happy with how we handled the lack of scoring and kept fighting.”

**Holly’s trey earns Bronchos edge in triple OT**

*By David Troppens dtroppens@ctimes.com 810-433-6789*

Holly — On a day Holly honored Hall of Famers, Austin Hopkin had a Hall of Fame moment Friday against Swartz Creek.

The senior guard hit a three-pointer off a pass from Jared Plawski with 2.2 seconds left in the third overtime, leading the Holly varsity boys basketball team to an all-important 64-63 Metro League victory between the two teams that entered the night just one game behind first-place Fenton.

“I just wanted to get off a nice clean shot and hoped it went in,” Hopkin said. “And it did.

“I was just happy. Three overtimes — the other team played a great game and I was just happy we got the victory.”

The win means Holly (8-2, 9-3) remains a game behind Fenton, while Swartz Creek (7-3 in the Metro) falls into third place, two games behind in the loss column.

“This is the biggest game of our season so far,” Hopkin said. “We have to keep the winning streak going.

The Bronchos trailed by as many as 26-9 in the first half, but a layup by Creek’s Cal Henry with 5:00 left in the first half, but the Bronchos went on a 22-8 run. They took their first lead on a layup off an in-bound pass from Nicholas Stoll.

From there, the game remained tight. In regulation, the Bronchos had a 46-41 lead after a converted free throw by Andrus Gray with 2:42 remaining. However, Creek tied the game up at 46-all on a three-pointer by Max Cummings with 1:45 remaining. From there both teams failed to score on two possessions each, forcing the first OT.

In the first extra session, Creek took a 52-49 lead with 2:15 left on a layup by Darus Toins. However, Hopkin got fouled on a rebound and converted two free throws, followed by a Josh Fugate driving layup.

Holly led 53-52 with 50 seconds left in the extra session. Creek’s Logan Hull was fouled and converted one free throw with 0.7 seconds left, tying it at 53-all. Holly’s Brent Staffne had a three-pointer at the buzzer to win, but missed the shot.

The second OT had just four points. Creek’s David Whitney hit a putback shot early in the session, giving Creek a 55-53 lead, but Fugate hit a 17-foot jump shot with 55 seconds left, tying the game up. Both teams had chances to break the tie in the final 55 seconds, but failed to do so.

In the third OT, Fugate, who scored 21 points, opened the extra session with a layup and converted free throws by Creek’s Bill Quick with 7:06 left.

Hopkin hit a three-pointer, tying the game up once again, at 61-all. Creek took the lead on two converted free throws by Seitz with 12.8 seconds left.

It lasted until Plawski’s dish to Hopkin for a trey reasonably near the baseline.

Creek’s Toins had a half-court shot to earn the Dragons the win, but the shot went off the rim.

**LF girls win two close games, boys drop tight one**

*By Al Zipsie dtroppens@ctimes.com 810-433-6789*

Lake Fenton — The Lake Fenton varsity basketball programs had their share of thrillers on Tuesday and Thursday nights.

The girls won two cliff-hangers, while the boys had to settle for a frustrating loss.

The most recent was the Lake Fenton girls’ 65-64 double-overtime victory against Montrose on Thursday.

Makenzie Gottron scored a game-high 24 points, including all four of Lake Fenton’s points in the second OT, to lead the team. She hit on 10-of-13 free throws, including 7-of-9 from the fourth quarter and on. She tied the game up at the end of regulation.

Sydney Scott added 14 points and 12 rebounds, while Madison Nosek and Faith Weier had seven points each.

The Lake Fenton boys lost by a point with eight seconds remaining against LakeVille on Tuesday, but LakeVille got a steal and eventually scored on Andrew Haynes’ game-winning layup with two seconds remaining. The play was aided when many players on the floor were expecting a foul call on a possible foul by Lake Fenton. The Blue Devils had a foul to give and hoped to waste more time by giving it. But the foul wasn’t called, LakeVille got the field goal and won 53-52.

“I couldn’t be more proud of a group of guys who handled adversity late in the game, and after the game with complete character,” Lake Fenton coach Holly’s Nicholas Stoll (left, back) fights for a rebound with two Swartz Creek Dragons in the Bronchos’ 64-63 triple-overtime victory Friday night.

After Fugate’s 21, Hopkin had 13 points and Staffne had 12 points. Stoll had nine points and nine rebounds. Hull led Creek with 17 points.

**SPORTS TICKER**

Friday’s Games
Holly 64, Swartz Creek 63
Brandon 52, Linden 48
Montrose 66, Lk. Fenton 48
Monday’s Games
Fenton at Brandon
Holly at Clio
Tuesday’s Games
Swartz Creek at Linden
Lake Fenton at New Lothrop

**GIRLS BASKETBALL**

Thursday’s Game
Lake Fenton vs. Swartz Creek
Friday’s Games
Holly 40, Swartz Creek 33
Linden at Brandon, no report
Monday’s Games
Fenton at Brandon
Clio at Holly
Tuesday’s Games
Linden at Swartz Creek
Lk. Fenton at Gen. Christian

**BOYS BASKETBALL**

Friday’s Games
Holly 64, Swartz Creek 63
Brandon 52, Linden 48
Montrose 66, Lk. Fenton 48
Monday’s Games
Fenton at Brandon
Holly at Clio
Tuesday’s Games
Swartz Creek at Linden
Lake Fenton at New Lothrop
Fenton hockey wins thriller vs. Tri-City, 1-0

By David Troppens
droppens@tctimes.com; 810-433-6789

Hartland — The teams were made up a little different.
But it was the same result as fans have witnessed in recent history.
The Fenton-Linden hockey rivalry was changed into a Fenton vs. Linden,
Lake Fenton and Durand rivalry on Wednesday, with this year’s formation
of the Tri-City co-op team. The Fenton Tigers came out the 1-0 victors in a physical
and defensive-minded game.
The game’s only goal was provided by Fenton’s Tyler DeLong, off a cross from
Lake Fenton off the boards with 12:14 left in regulation. The goal held on
for the Tigers’ 1-0 victory at Hartland Sports Arena.

“I was just sitting there. The ice was just open and I looked over and there was
Jake, just waiting to pass it to me,” DeLong said. “I wound up and fired it right
over the goalie’s shoulder. It was great.”

Both keepers played strong games. Linden netminder Hannah Fremd had
an outstanding game, making saves on 21 of Fenton’s 22 shots. Fenton goalie
Joe Foguth wasn’t that busy, making 13 saves, but he did make some critical ones
in the contest.

None were bigger than the one he made with about 5:30 left in the game.
He saved a shot from Tri-City’s Brandon Bush. He made a kick save and
then swallawed the puck underneath his sprawled out body.

“I, somehow, got my pads over there
and, somehow, got the puck under me.”
Foguth said. “This win feels good. We have two schools — Linden and Lake Fenton — that we have bragging right over until we play them again.”

“Joe had a great shutout,” DeLong said. “That was an awesome kick save. I was right there in front of the net to witness it. It was a great game, so much fun.”

It was a game in which both teams concentrated on defense and the score reflected that. There were only nine shots on goal in the first period, and none that were particularly threatening. In the second period, Tri-City had a couple of good chances. Tri-City’s Evan Haller had a two-on-one chance with Joe Kazmaier, but Haller’s shot clanked off the post. Earlier in the period, Lucas Tuminling took a crossed pass, but Foguth made the game’s first key save at that time.

Tri-City was unable to get any offense going in the third period, minus that one
great save by Foguth, collecting just two shots on goal in the final 15 minutes. Fremd kept Tri-City just one shot away
with 10:25 left in the game with a strong save off of a shot from Ben Hackney, from a cross from Kevin Berry.

“I thought they outworked us overall.”
Tri-City coach Ryan Hoover said. “They were the better team that night. Besides Evan hitting a couple of posts and Bush missing the empty net late, overall, I thought we got outworked, Fenton wanted
ed it more than we did. Overall, Hannah played exceptional.”

Holly hoop teams sweep Lapeer East

After trailing 16-11 after one quarter, the
Holly boys varsity basketball team scored
53 points in the final three quarters, result-
ing in a 64-47 home victory against East.
The Bronchos (7-2, 8-3) blew the game open in the third quarter, outscoring the
Eagles 22-11 during the eight minutes.
Holly’s Josh Fugate, who was recently
nominated to potentially play in Chicago
for the 2011 McDonald’s All American
Game on March 30, continued his out-
standing season by scoring a game-high
19 points. He also shared in the team lead with six rebounds.

HOLLY GIRLS 44, LAPEER EAST 36

The Bronchos outscored Lapeer East 12-4 in the first quarter and pretty much
held that lead at the end of each quarter, resulting in the win.
Ashley Xiong led the Bronchos with 13
points, including hitting 6-of-7 from the line. Alyssa Copley had 10 points, while
Jenna Mitchell netted eight. East’s Cassie
Diaz led all scorers with 20 points.

被判，周日，但韦（7点）
和 Karlie Dieck（5点）
的 12 只蓝色魔鬼 16
的第四季度
3-4，胜利，结果在 60-57 胜利。

“我们是在第二半，” Lake Fenton
教练 Dennis Lucius 说。
“Karlie 和 Faith 都在第四
季度的比赛中是关键。”

The Blue Devils (4-3, 8-4) were paced
by Dieck’s 15 points and eight rebounds. Sidney Scott had 13 points, 11 rebounds
and five steals. Weier had nine points.
**Fenton cruises past Clio, 65-36**

**By David Troppens**  
dtroppens@ctimes.com

Fenton — Devan Beagle hasn’t always gotten a lot of playing time with this season’s Fenton varsity boys basketball team. But he earned some on Tuesday and made it count.

Beagle scored 14 points off the bench, helping spark the Tigers’ 65-36 home victory over the Clio Mustangs on Tuesday.

But while it was his offense that got most people’s attention, he had his defense to credit for the extra playing time.

“I just have to keep the intensity up,” Beagle said. "I’ve been working hard in practice. I’ve earned my minutes. I’ve definitely earned my minutes.

“On defense I really need to stay in front of my guy, just get the defense going."

“Scoring isn’t Devan’s issue at all,” Fenton coach Tim Oltzeski said. “He’s on a team that he has to fight for minutes. And on this team if you play defense, you get on the floor. And Devan, the last couple of weeks, saw the lightbulb go on and, I can do this.”

Devan’s long, athletic and causes teams a lot of problems. “He’s a natural scorer, but if we get all the pieces of the puzzle together for him, he has the potential of being a very good basketball player.”

The Tigers (8-1, 1-0) retained their one-game lead in the race for the Metro title, mainly through their defense against Clio. When the Tigers were struggling with their halfcourt offense in the first quarter, the defense held Clio to just nine points, earning Fenton a 10-9 lead after one period. The Tigers’ defense really went up a notch in the second period, limiting Clio to just one three-point field goal the entire quarter. Meanwhile, Fenton’s offense got going. Ryan Hickoff scored seven of his team-high 15 points in the second period, while Dylan Hickoff grabbed nine of his team-best 15 rebounds during the same time, helping spark the defense.

Fenton led 25-12 at the half.

Any shot the Mustangs had of getting back in the game ended with the Tigers’ continued defensive effort and Beagle’s offense.

See FENTON on 23B

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**Fenton girls drop critical Metro League contest against Lady Mustangs, 45-25**

**By Al Zipsie**  
dtroppens@ctimes.com; 810-433-6789

Clio — The Fenton girls basketball team’s winning streak ended at eight straight games as they fell to Clio 45-25 Tuesday in a pivotal Metro League contest.

The loss also was a critical blow to Fenton’s Metro League chances, as they are now two games behind Clio in the standings.

The Lady Tigers (7-2, 9-3) struggled with their shooting and with turnovers.

“I don’t know if anybody else is capable of beating them in the league, let alone twice. They played very well,” said Fenton coach Brad DeWitt. “We didn’t make shots, had trouble with ball handling and they took us out of our game early. We made mistakes, but credit Clio for doing a great job. All we can do is lick our wounds and move onto the next ball game.”

The loss also kept DeWitt’s run at becoming the winningest Metro League coach on hold for at least one more game. DeWitt has won 245 Metro games, tied with Oxford’s Ian Smith (1983-2001). DeWitt, who took over the program after LeRoy Decker retired, has an overall career record of 339-148.

“LeRoy is still an icon at Fenton in basketball, and I’m humbled because Ian was the best coach I have ever coached against,” DeWitt said. “None of this would be possible without the great kids who have made it happen through the years.”

The loss stung a bit for the girls because of DeWitt’s win status.

“We didn’t get it done for such a good coach. We will get him (the record) next.”

See GIRLS on 23B

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**ORDINANCE NO. 329**

**CITY OF LINDEN**

**AMEND TITLE 15 — SECTION 15.04**

**AN ORDINANCE TO AMEND TITLE 15 — SECTION 15.04 TO ADOPT THE 2009 MICHIGAN BUILDING CODE INCLUDING THE 2009 MICHIGAN RESIDENTIAL CODE WHICH ESTABLISHES MINIMUM REGULATIONS GOVERNING THE DESIGN, CONSTRUCTION, ALTERATION, ENLARGEMENT, REPAIR, DEMOLITION, REMOVAL, MAINTENANCE AND USE OF ALL BUILDINGS AND STRUCTURES; AND TO REPEAL ANY AND ALL INCONSISTENT ORDINANCES IN CONFLICT HEREBOTH; EFFECTIVE DATE.

THE CITY OF LINDEN ORDAINS:

Section 15.04.010 Adoption of Building Code. That certain document, three (3) copies of which are on file in the office of the city clerk, city of Linden, being marked and designated as the “2009 Michigan Building Code” including the “2009 Michigan Residential Code” and the “2009 Michigan Rehabilitation Code for Existing Buildings”, as published, by the Michigan Department of Consumer Industry & Industry Services, is hereby adopted as the building code of the city of Linden, Genesee County, Michigan; for control of buildings and structures as herein provided; and each and all of the regulations, provisions, penalties, conditions and terms of said 2009 Michigan Building Code including the 2009 Michigan Residential Code and the 2009 Michigan Rehabilitation Code for Existing Buildings are hereby referred to, adopted and made a part thereof, as if fully set out in this ordinance.

Section 15.04.030 Repowering Clause. All other ordinances of the city of Linden or parts of ordinances in conflict herewith are hereby repealed.

Section 15.04.040 Savings Clause. Nothing in the ordinance or in the building code hereby adopted shall be construed to affect any suit or proceeding in any court or any rights acquired or liability incurred, or any cause or causes of acquired or existing, under any act or ordinance hereby repealed as cited in Section 15.04.030 of this ordinance; nor shall any just or legal right or remedy of any character be lost, impaired, or affected by this ordinance.

Section 15.04.050 Effective Date. This ordinance shall be published as required by law and shall become effective ten (10) days after its publication.

ENACTED at a regular meeting of the Linden City Council on the 24th day of January, A.D., 2011.

THE CITY OF LINDEN:

By: David E. Lossing, Mayor

By: Martha A. Donnelly, City Clerk

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**Trio County**

**2011 Season**

**Fenton Little League**

**Registration**

**Registraion location: Fenton High School Cafeteria**

2300 Shawassee Ave. • Fenton, MI 48430

Boys 4-14 and Girls 4-16

New this year: 4 year olds are able to play T-Ball.

Questions? Email to info@fentonlittleleague.org

Check us out at www.fentonlittleleague.org
Holly wrestlers take inside track to Metro crown

By Al Zipispe
droppens@ctimes.com

Lapeer—Holly’s varsity wrestling team came one step closer to winning the Metro League championship Wednesday. The Bronchos (6-0, 19-3) dominated Lapeer West 64-6. The last time Holly won the league with an unbeaten record was 1991-92. The Metro League meet, which counts for half of the standings, is at Lapeer West Saturday. Holly looks poised to enter the meet 8-0.

“We were expecting closer competition. West (6-2 in Metro) was 17-4 and have been wrestling tough,” said Holly coach Don Pluta. “We are in the driver’s seat with league matches left with Clio and (Swartz) Creek. We want to win it and don’t want to share it.”

Linden (5-1, 23-8), ninth in the Division 2 state rankings, beat Kearsley 53-28 to stay one match behind Holly in the Metro. The Eagles got pinfalls from Justin Mackenzie (119), Austin Golden (125), Alex Neal (130), Kyle Fisher (215), Shane Stevens (152), Cliff Coleman (285) and Kyle Fisher (215). Fisher is 35-0. Zack Shaw and Brenden Davis won by forfeits.

Even with defending state champion Anthony Gonzales out due to illness, the Bronchos dominated. The Bronchos’ Dominic Russ (119) got things rolling with a fall. Kyle Pepper (125) took a void. Esteban Gonzales (33-0), who prefers “Stevie” (130), nailed a 58-second pin. Zach Jones (135) then had an 8-7 decision in two overtimes over West’s Nate Ireland. Jones got a take down in 42 seconds in the second OT to earn the win.

“Wrestling with all your heart is what they teach at Holly,” said Jones. “It was my first time wrestling (Ireland), but he had beat my brother and I just wanted to turn that.”

Freshman Andrew Scott (140) earned an 11-1 major decision for a 25-0 lead. Holly scored the next 39 points as well. Holly’s Joey Spencer (145) had a pinfall in 1:14. Mike Neal took a forfeit (152) and then Cas Guzzidi (160) won by pin in 3:34. Shawn Scott (171) improved to 34-0 with a 5-2 victory over C.J. Melton. Joe Scanlon (189) had a fall in 2:38. Joel Schermerhorn took a void at 215 and Joe Piwowarski (285) had an 8-6 decision. Mason Cleaver (119) finished the meet with a 3-1 decision win. The Bronchos want to complete their Metro title quest during the next week.

“We are coming through on our goals to win the Metro, and we want to get to Battle Creek (team finals),” Cleaver said. “We have a lot of talent in the lower weights and that just makes everybody on the team better.”

LAKE FENTON VS. BYRON & BENTLEY

The Blue Devils defeated Byron Byn- 61-9 and Bentley 81-0. Winning two matches were Jacob Carley (103), Robert Zoll (119), Bryce Hopkins (125), Todd Melich (130), Baddy Puyen (135), Zach Corcoran (140), Justin Melich (145), Chris O’Quinn (152), Connor Branchecu (160), Chase Hull (189) and Ray Denam (215). Nate Franks and Mike Connelly each had pinfalls at 285.

FENTON

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scored nine of his 14 points in the third quarter, and also dished an assist, helping lead the Tigers to a 51-21 lead after three quarters. Fenton made up for a sluggish first quarter, netting 26-of-59 field goals for the contest. Meanwhile, Clio managed just 11 field goals the entire game, while turn- ing the ball over 20 times. The Mustangs didn’t get a single offensive rebound in the first half.

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“We need to keep the defensive intensity,” Beagle said. “That’s when we started pulling away.”

“The credit goes to the kids,” Olszewski said about the defensive effort. “They are buying into it, they understand it and see it.”

Dylan Hickoff had 13 points and four steals to go with his 15 boards. Eleven Tigers scored at least two points. No Mustang scored in double-digits, with Colby Smart and Zachary Borowski having eight points each.
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