Is a college degree worth it?

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

According to the National Center for Education statistics, the average student debt upon graduating in 2010 was just under $25,000, which is up from $15,000 in 2000. In the slow Michigan economy, students must weigh the value of a degree, against the tuition they’ll have to pay back. “We were fortunate,” said Marty Rymarz, of the Tri-County Times.

**Summary**

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<th>Average Student Loan Debt</th>
<th>Source: National Center for Education statistics</th>
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**Summary**

Despite the weak job outlook, students still attend college to prepare for careers, which will in turn help them pay back their loans.

*Are you ready for some football!*

By Robert Fuller

rootalldetroit@sbcglobal.net; 810-766-1122

Boys, age 7 to 9, learn about football at Toney-Eastern Elementary School in Fenton in a class offered by Southern Lakes Parks & Recreation. “They’re doing great. A lot of these kids have never had pads on before,” said Rob Fuller, head coach.

Many new businesses opening in Fenton over next few months

By Sharon Stone

scstone@tctimes.com; 810-433-6785

Fenton — Nearly everywhere you look, there is some type of activity taking place in the city of Fenton. Here is a summary of many of the pending, or recently completed projects in Fenton. See COMING SOON on 11A

**Summary**

Despite the struggling economy, several businesses, as well as a couple of churches are either moving into Fenton or expanding their already established endeavors.

**Hobby Lobby**

The store which features departments ranging from crafts, hobbies, picture framing, jewelry making, fashion fabrics, floral, cards and party, baskets, wearable art, home accents, and holiday supplies has a purchase agreement with Spartan foods and has plans of moving into the 50,000 square foot space of the old Farmer Jack building on Silver Parkway, according to Brad Hissong, Fenton’s zoning administrator.

**Culver’s restaurant**

Brother and sister Kevin Powers and Katie Schmitt, who own a Culver’s restaurant in Clarkston, have been working with the city to open a second restaurant on Owen Road, at the site of the existing State Bank building. Site plans have been submitted and approved. Hissong expects to see and review construction drawings in order for the owners to pull a building permit. The restaurant should be open for business by the end of the year.

**Fenton**

Despite the weak job outlook, students still attend college to prepare for careers, which will in turn help them pay back their loans. “We were fortunate,” said Marty Rymarz, of the Tri-County Times.

**Summary**

Despite the weak job outlook, students still attend college to prepare for careers, which will in turn help them pay back their loans. “We were fortunate,” said Marty Rymarz, of the Tri-County Times.
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Clothing, tutus and homemade food are hot commodities

By William Axford
axford@tctimes.com; 810-433-6792

Pet owners are giving new meaning to the phrase “it’s a dog’s life.” A term once used to express something wretched, a dog’s life now includes custom treats and even clothing. At Barking Babes Pet Boutique in Fenton, dogs are living the high life.

See DOG on 12A

Summary

Experts offer simple and no-cost tips to shed a few pounds. Fewer calories and more activity will lead to a healthier lifestyle.

Don’t want to lose weight

Change of seasons is great time to change daily routines

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

The kids are heading back to school, there’s a crisp undertone in the air and the new fall television shows are being advertised. With all of these changes, now is also the perfect time to shed a few bad habits — and pounds.

See LOSE WEIGHT on 23A
Things I have learned from personal experience

- I have learned to stay far away from any woman who uses the word misogynist.
- I have learned that it is really difficult to memorize the Military Alphabet (Alpha, Bravo, Charlie...).
- I have learned that grieving families may not remember if you did visit the funeral home, but they sure as hell will remember if you didn’t.
- I have learned that quietly singing a child to sleep in your arms is the most gratifying feeling in the world.
- I have learned to never work on a ‘hot’ electrical outlet.
- I have learned that few groups are as clueless to the realities of life as college students are.
- I have learned that every small town festival in America is named after a fruit or a vegetable.
- I have learned that people who march around and carry signs in public protests are interested only in benefitting themselves.
- I have learned that if you do anything that gets your hands wet, oily or dirty, your nose will itch.
- I have learned that with bumper stickers that read ‘Make Love Not War’ or ‘War Is Never the Answer’ are naive imbeciles.
- I have learned that the cheapest and most expensive of anything are usually both bad deals.
- I have learned that when someone talks, listen. Don’t just be waiting for your turn to talk.
- I have learned that grandkids who never hear anything you say, will always hear you mutter “Shut up!” under your breath.
- I have learned that, for some reason, rich people’s jokes are funnier.
- I have learned that most of what children learn from their parents isn’t taught, but observed.
- I have learned that there is no point finishing a book you aren’t enjoying. Life is too short.
- I have learned that there is no correlation between the price of batteries and the life of batteries.
- I have learned that cough syrup doesn’t stop you from coughing, it knocks you out.
- I have learned that almost no one stretches, flosses or gives compliments often enough.
- I have learned to live as though my days were numbered — because they are.
- I have learned that almost everyone who experiences a fire or flood finds they can live well without an entire houseful of ‘stuff’ they previously thought was indispensable.
- I have learned that most TV programming is imbecilic crap that has absolutely no social or practical value.
- I have learned that all compliments should be handed by simply saying ‘Why, thank you.’
- I have learned that no one ever wished on their deathbed that they had worked more.

Opinions offered in If I Were King are the author’s alone and do not necessarily reflect the opinions of the Tri-County Times or its staff. E-mail the King at king@tctimes.com. Some information reprinted from the Internet.

Compiled by William Varford, Staff Reporter

Is a college degree worth the cost and effort?

“‘Yes, because you get the basic college training. You need to be able to relate and know things when talking to other people.’—Bran Bodany, Grand Blanc

‘Yes, because you put the effort and time into getting it, and that’s something a potential employer wants to see.’—Sue Chambers, Linden

‘No, there are a lot of successful people who don’t have a college degree.’—Tanya Barup, Argentine Township

‘Yes, because a degree is an investment in your future. Unemployment may be high, but it’s not going to last forever.’—Eugene Foco, Linden

‘There are too many variables to tell. It’s not all cut and dry.’—Glenda Fredrick, Byron

‘If you’re looking for a good job, then you need it. But there’s a lot of people who blame the best government program ever created, for the deficit?’—Charlie Fredrick, Byron
Angry Holly residents look for answers

Frustration mounts over high water/sewer bills

By Tim Jagielo

Holly — Many residents spoke their mind at the Holly Village Council meeting on Tuesday. Questions about the new water and sewer rates kept coming up during public comment, until the council started providing answers.

For the quarterly fully water and sewer bill, residents saw their bill increase by $48, regardless of the amount used. This base rate was decided after lengthy discussion by the council and a public forum earlier this spring. The rate increase was set in place to pay for water and sewer system operations, and bond repayment.

Residents also said that the water rate increase would not only discourage people from moving in, but also cause current residents to sell their homes and move away. “I think we’re going to see the affects very drastically,” said resident Lenore Johnston. “Where we are is where we are, unfortunately,” said Jeff Miller, village council

“I wasn’t even living here, and I know the answers to these questions.”

George Kullis
Holly resident

Summary

After hefty water and sewer bills were received by Holly Village residents, questions were raised at the village council meeting.

“Don’t look at something, we can test drive the idea. I think the idea is great.”

Jeff Miller
Holly Village Council president

Campbell

That have

goal of lining all the streets in downtown Holly, starting with Saginaw Street. Campbell said she currently has enough funds for 44 flags.

Council member Sandra Kleven expressed concerns about where the 10-foot fiberglass poles would go, and if they would interfere with ground wires. “We’re checking on Miss Dig,” said Campbell.

The vote came after discussion on the project, as described the problems that have caused difficulty, including not being able to use the utility poles downtown to hang the flags. “We didn’t expect the glitches,” she said.

Council member Pauline Kenner asked if after the information is provided from Campbell, that council hold a special meeting for the flag project to avoid further delays.

More delays for Holly flag project

By Tim Jagielo

The Holly Village Council voted 4-2 to take no action on the downtown Holly flag project, spearheaded by council member Jackie Campbell. Council members Campbell and Jason Hughes cast dissenting votes.

The motion was to take no action on the project until Campbell provides drawings illustrating the flag and pole, and a cost breakdown. “If we look at something, we can test drive the idea,” said council president Jeff Miller. “I think the idea is great.”

Hughes said he would have preferred the council make an official decision on the project, because the delay could cause the flags to go up in the middle of Patriot Week in Holly, which begins on Sept. 11. Campbell has raised about $1,900 for the American flags and poles by community donations, with a


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POLICE REPORT

MOTORCYCLE CRASHES
On Monday, Aug. 15, troopers with the Michigan State Police Groveland Post responded to an injury crash involving a motorcycle on Milo Road, south of Canter Lane in Rose Township. A 40-year-old Auburn Hills man was traveling southbound on Milo Road when he lost control of his bike. The man was thrown several feet and the motorcycle struck a guardrail. There was no alcohol involved and the man, with minor injuries, declined to go to the hospital.

GAS CANS STOLEN FROM PONTOON
On Sunday, Aug. 14, a trooper with the Michigan State Police Groveland Post responded to the 8700 block of Hickory Ridge Road in Rose Township to investigate a larceny of gas cans complaint. The property manager of Brown’s Landing said sometime between 12 p.m. on Aug. 14 and 6 p.m. on Aug. 15, six red gas cans, containing a mixture of gas and oil, were stolen from a pontoon, near the docks. The manager believes the suspect might be someone from the lake who needed gas for a boat. Stolen property was valued at $400.

BURTON MAN RETURNS DAMAGED HYDRO-SEEDER
A trooper with the Michigan State Police Groveland Post responded to a landscaping supply business on Orange Hall Road in Holly Township to investigate a malicious destruction of property complaint on Monday, Aug. 15. The manager reported that a 33-year-old Burton man rented a hydro-seeder the previous Friday and returned it Monday, damaged and filthy. The trooper noticed extensive damage and suggested it was negligence, rather than malicious. The trooper advised the manager to seek a remedy in small claims court for the $750 damage to the $10,000 piece of equipment.

DEBIT CARD FRAUD
On Aug. 10, the Michigan State Police Groveland Post received a debit card fraud complaint from a 57-year-old Holly Township woman. The woman learned that someone used her debit card to purchase dating service material from an online site. A third party who monitors purchases for her credit union in Waterford spotted the suspicious purchase.

CALL TO 911 RESULTS IN ARREST
On Friday, Aug. 19, a trooper with the Michigan State Police responded to the 17000 block of Southport Drive in the Cogshall Trailer Park to investigate a 911 hang-up call. Upon arrival, police met with a 21-year-old male who said he was the one who called 911. He had gotten into an argument with his cousin, who he declined to name. Through a computer check, police learned that the man had a valid Friend of the Court warrant against him. He was taken into custody and turned over to FOC.

QUAD TURNS INTO PASSING VAN
On Friday, Aug. 19, the Michigan State Police responded to a crash involving a van and a four-wheeler. According to police, a 55-year-old Holly woman was traveling on Rose Center Road in Rose Township and attempted to pass a four-wheeler. Four-wheelers are not permitted on roadways. As the van passed the quad, the 16-year-old male driver on the quad turned left and struck the right side of the van. There were no injuries. The driver of the quad was at fault in the crash.

MAN’S WALLET TAKEN FROM CONVERTIBLE
On Aug. 24, a 65-year-old Fenton man filed a larceny report with Fenton police. The man said he had parked his 2004 convertible Mustang, with the top down, in a parking lot on Silver Parkway from 5 to 6 p.m. When he returned to his car, he noticed that someone had stolen his leather wallet, containing an undisclosed amount of cash and credit cards. He learned that several charges were made with his cards in the Sterling Heights area. Fenton police will be working with Sterling Heights police to identify a suspect.

See POLICE on 14A

SUNDAY, AUGUST 28, 2011
Increasing response time for firefighters is hot topic

By William Axford

Linden — A proposed policy that would require volunteer firefighters in Linden to respond to a minimum of 30 percent of all yearly incidents was a topic of discussion at the Linden City Council meeting on Monday.

Councilor Ray Culbert did not support the proposed policy, asking how much the city would have to pay if they forced firefighters to volunteer and participate more.

“I support what you’re trying to do, but what is the financial implications of this?” Culbert asked. He added that only half of the money paid to the fire department last year involved personnel leaving the station and driving to a location. Culbert is concerned that requiring volunteers to be more active would result in more firefighters sitting around instead of improving services.

“I was astounded,” Culbert said about last year’s payment of services for the fire department. “Why would I want to pay tax dollars to have people sitting around?”

City Manager Christopher Wren said it is not known how much would cost the city to mandate more participation from volunteers. He said that there is a concern that the city pays to train volunteers and that some volunteers are only active once or twice a year.

“I look at this proposal as a mandate for volunteers that don’t show up,” said councilor Ed Ciesielski, who supported the proposal.

Linden Fire Chief Brian Will said that the fire department has received an increase in calls over the past few years and that this policy would ensure more participation from volunteers.

“It’s been a very few times that we had an overabundance of people,” he said.

Culbert said that he would reconsider the proposal once the council is aware how much increasing volunteer participation will cost the city. It will be discussed further at an upcoming meeting.

HOT LINE CONTINUED

I AM NOT in favor of giving tax breaks to rich people. But I am in favor of tax cuts for businesses (many of which are small and decidedly non-rich) in order to encourage job growth in our state. Let’s give employers reasons to stay in this state, and maybe some of those who left will come back.

I WOULD LIKE to thank Sgt. Story, from the Holly Police Department, for his help last night. He stopped to jump our car when we were stuck outside of Jumbo Video. Thank you for your assistance; it was greatly appreciated by both of us.

FATHERING A CHILD out of wedlock is easy. Most of us just got lucky. Those of you without sin cast the first stone.

I JUST CANNOT believe that there will be a Hobby Lobby store practically on top of the Michael’s store. Don’t you think that is a little too much? Just how many craft items can anyone in this area need or want? There could have been a much better use of that building. It would have been a nice location for a community college. I don’t know how that would have been implemented.

NOT ONE MORE dime should be given to other countries. If we could do that, we could save this country and rebuild our own infrastructure. We need to stop supporting the illegal immigrants in this country. What a savings that would be. I do not mind helping my fellow Americans in need.

WHO DOES PAUL Scott go after, after he smacks the MEA in the mouth? He’s coming after the community service unions like police, fire, DPW, city/village employees. Get a clue, people.

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School is starting and now is the perfect time to continue to enhance your child’s education. Does your child have difficulty reading or comprehending material? Has your child been diagnosed with ADD or ADHD? Fenton Vision Center offers a vision therapy program specifically designed to help resolve visual problems that interfere with reading, learning, and educational instruction. All vision therapy sessions are run on site at Fenton Vision Center Therapy Clinic. For more information regarding vision therapy, see our website at www.fentonvisioncenter.com or call us at 810-629-3070.
I WANT TO know why Argentein Township sends out meeting notices with content that is purposefully vague. Oh, wait a minute. They don’t actually want you to attend. If they put it in the letters what they were actually proposing, they’d have a whole angry town to deal with. I know you are fulfilling your legal obligations but how about putting out exactly what you are proposing. Be clear. What are you afraid of?

I KNOW THE Hartland principal in question, along with her husband and kids. Our kids played sports and went to school together. I know her to be a caring, responsible parent who is active in her community. I agree, ignorance is no defense, but you cannot look at one situation and form an opinion. They are two of the nicest people you could meet.

Driving in Fenton has been difficult for many years. The new ordinance allows pedestrians and bicyclists to cross streets wherever and whenever they please. This will slow traffic. It also turns helpless motorists into lawsuit bait. That ordinance is one more reason for me to stay out of Fenton.

I WONDER IF anyone on the Fenton council realizes that there is a school on State Road in Fenton. Looking at all the brush hanging over the road, ready to scrape the busses, and the potholes that would break an axle, I don’t think they even realize there’s a school there. State Road is a disgusting situation.

THE BUDGET is like a three-legged stool. It’s made up of spending cuts, raising the debt ceiling, and revenue increases. Take away any one of those legs, and the stool will fall. That’s why the president for a common sense, balanced approach. His opponents wanted to cut two legs from the stool, but did compromise on the debt ceiling issue, leaving one leg short, dooming the stool to collapse.

I HAVE NOTHING against affluence. We certainly don’t need to want more poor people. Millionaires are OK, but when you realize it takes one thousand millionaires to make one billionaire, it becomes mind-boggling. How about taxing 100 percent of the billionaires’ income exceeding $1 million and using that income to pay down the deficit, rather than cutting needed programs.

THE LAST REPUBLICAN president to balance the budget was Dwight Eisenhower. The first budget surpluses occurred under Clinton. Tax-and-spend Democrats? I don’t think so. I was doing great under Clinton and I’d vote for him again.

LIBERAL LOGIC is belief in sharing, versus the conservatives’ belief in greed. Liberals believe in sharing the work, the rewards, the sacrifices, the responsibilities, the tax burden, the defense, and most of all, the belief in the idea of all people coming together to ensure a safe and prosperous future for all Americans — not just for the wealthy.

THERE IS A restaurant out east that will not seat children under age 6. The ACLU doesn’t have a thing to say about it, either. The Fenton area needs an adult-themed restaurant.

I’M IMPRESSED with the work done on the corner leading to Poinemah Drive. It looks good, was done quickly and looks well done. Unfortunately, I live off Torrey Beach Drive. Are we next? I hope so.

I COULDN’T HELP but comment on the Hot line about beating Obama. Oh, I like the Democrats don’t have that on their minds at election time, too. By the way, Obama’s approval rating is 26 percent at this time, nowhere near 100 percent.

THERE ARE FOUR other evenings in the week, but the DDA has to pick Wednesday to hold its film series. My husband and I would love to attend these, but some people go to church on Wednesdays.

WHAT I WOULD like to know is why is it a big deal about the trucks down at the lumber yard with weeds around them, when there are two houses down by city hall in Linden that look like a jungle, and also a house one block east on the street that’s just as bad?
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Everything is going well and in the right
In July, city of Fenton announced plans for the three-story Cornerstone Building that will change the landscape in downtown Fenton. The biggest project that will change the downtown area as Fenton moves forward with several projects. There are 375 to 421 parking spaces available within 500-foot radius, including 246 off-street spots and some on-street spaces.

The old Topps fruit market location
The Freedom Center has plans for a community meeting place on the site of the old Topps fruit market in downtown Fenton. Diplomat and preliminary studies have indicated that there is ample parking in the downtown area as Fenton moves forward with several projects. Plans are being developed when the $4.3 million project at the church’s main campus is near completion, they will have the city review the next phase of their plans. The downtown facility will be called “The Bridge,” said Weigant. The 38,000-square-foot building will house, among other things, a 7,000-square-foot indoor playscape, featuring rock climbing and a foam pit. The facility will also feature a fitness center, offices, counseling centers, medical clinic, a 300-seat auditorium and a full-service coffee shop. Weigant said they would have an outdoor fire pit near the river and kayak rentals for families to enjoy. The church intends to have a place that will draw families and visitors to downtown on a regular basis.

Cornerstone Building
The biggest project that will change the landscape in downtown Fenton is the proposed $4 million, 30,000-square-foot project called the Cornerstone Building. In July, city officials and the Saab Group announced plans for the three story building at the southeast corner of Silver Lake Road and North LeRoy Street. This building would be the first of three phases. Two more structures that are similar are forthcoming. The Saab Group is buying the property from the city for $1, with expectations of generating $116,000 per year in tax revenue for the city. The city had purchased the property in December of 2010 for $325,000. City Manager Lynn Markland said Monday that the deal is not finalized yet, however, everything is going well and in the right direction. The first floor will include retail, restaurants, the second floor will include office space, and the third floor will be residential units. Parking will be behind the building, including the area of the vacant Republic bank. The bank building would be demolished with the project. Ghassan Saab, his sister Elisabeth Saab and their father Khalil Saab, of Fenton, along with real estate consultant Jerry Mansour, of Fenton, Stephen Auger and Associates, of Lake Orion, and the Fenton Downtown Development Authority are working together to develop the corridor to expand the business. If all goes well, construction should begin in the spring of 2012. As many as 200 trade workers could be employed. Ghassan Saab said that since the press conference there have been numerous talks with potential tenants. “We do have some commitments, but we can’t release their names yet,” he said. He added that they have also been talking with banks on proper loans. Saab and his partners are connected with the number of commercial and retail businesses interested in the property. “We’re making progress,” he said. They still have second floor office space and first floor retail space available that they would like to see commitments on. He does not anticipate any issues with renting the first-floor apartments, as they believe there is a strong rental market in the area. Anyone interested in space at the Cornerstone Building is advised to call Jerry Mansour’s office at (810) 232-1600.

Fenton Winery and Brewery
Hisssong said the owners of the business are applying Tuesday in order to get started on a major expansion of the winery and brewery on North LeRoy Street.

First Presbyterian Church of Fenton
This past spring, the First Presbyterian Church of Fenton began a $1.6 million expansion and renovation project. The renovation is improving and expanding areas important to the programs of the church, including increased space for fellowship and youth activities. The major focus of this renovation has been the relocation and expansion of the fellowship hall, including a modern kitchen, an enlarged narthex-gathering space, consolidation of the offices, a new entrance and the addition of a second youth room. Senior pastor Dale Swihart said, “We believe that this renovated building will be a blessing to both our congregation and the Fenton community.” It is expected to be finished by early December.

Planet Fitness
Hisssong said there are plans of a health and fitness club, Planet Fitness, moving into the large space next to Goodwill on Owen Road.

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Sycamore trees are symbols of hope. I HOPE you adopt me. Look into my eyes and feel the love!

Fenton Community & Cultural Center
Lindhour Associates Architects of Brighton is working with the DDA to update the building. The Community Center Restoration Committee has been developing a multi-phase plan. The first phase of the project is to develop the service core area that provides both a gateway to the building and handicapped accessibility. Markland said the city has been meeting with the architect as options are being prepared for the elevation of the south side of the building where the elevator is to be located. The City will be using $62,000 in Community Development Block Grant (CDBG) money for the elevator.

Crest
The owners of The French Laundry are transforming 104 W. Caroline St. into a baking company, called Brookstone Farms. The shop will feature small batch, handcrafted baked goods. Hisssong said the building permit has been issued for the bakery and construction is underway.

Michigan Eye Institute
The Michigan Eye Institute is celebrating 20 years in business by moving from Adelaide Street to a new 3,500 square foot building on Silver Parkway. The company has broken ground on the new facility and expects to finish this fall.

Fenton House
The owner of The Fenton House restaurant, Kenny Nevels is investing $264,000 in an expansion project at the restaurant. The restaurant will also be Shifting a $37,500 grant from the DDA to improve the building’s façade.

Michigan Brewing Co.
Just south of the future Cornerstone Building is the site of the future Michigan Brewing Co. restaurant. The owners received the keys in March after finalizing a deal with the DDA, which includes a seven-year lease at $1 per year. At the end of the lease, the owners will have the option of buying it for $1. The DDA also was expected to provide 80 percent of the project cost, up to $400,000. The owners have applied for a small winemaker, microbrewery and small distillery license. Favorable reports from the city and police department will most likely result in the restaurant obtaining its requested liquor licenses. The Fenton United Methodist Church across the street from the building, initially filed an objection to the liquor license request; however, it later withdrew the objection. Hisssong said the owners are renovating the building in phases, with the first being the interior. Owners have submitted their site plans and the administrator is reviewing those plans. Hisssong expects to see architectural drawings soon. The restaurant would then pull demolition and renovation permits to get started. Exterior patios would be done in the next phase. Hisssong said a retaining wall, with fenc- ing are being worked out so that it would coordinate with the city’s streetscape plans.

Hi, I’m Sycamore

Hi, I’m Benson

Benson is a love bug with a great nose. He is a young guy looking for a family to love.
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DOG
Continued from Page 3A

"Right with whole truth and nothing we have are court tutus," said store manager Marisa Suarez. "We can custom make the tutus for Chihuahuas to St. Bernards."

Suarez said that the demand for the tutus is so great that Barking Babes sells 10 to 12 of them per week. The tutus are one of the store’s specialties and are sewn right in town by two local seamstresses. At last week’s Back to the Brick’s event in Fenton, the store sold out their entire inventory of tutus in a single day. The tutus sell for $28 and up.

Male dogs aren’t left out of the dress up craze either. Shorts are hot commodities too and can be customized for a holiday, sports team or by color. Suarez said dog owners dress their pets up for events, holidays and parties. The shorts sell for $16.

Also popular is the toy Water Cruncher, where owners can put an empty bottle into a cloth covering and let their dog chew it up, without having to worry about injury.

Food for our canine companions is changing too, with some people feeding their dogs healthier and better tasting dishes. The food is so good that even people are eating it.

“All of the food I make here, I have no problem eating it,” said Canine Kitchen owner Brandy Dollinger. Canine Kitchen creates homemade dog food using ground beef, chicken, carrots, brown rice and other foods that are mostly associated with owners and not their pets.

“My philosophy is, if commercial dog food is supposed to be good for your dog, why does it smell so bad?” Dollinger said.

HOT LINE CONTINUED

NOT SURE WHERE you were working and making only $70 per week, but I was working and making $200 a week at a local dealership, and I graduated from Fenton High School in 1975. GM employees back then were getting $280 per week. Today, they are getting paid $3,120 per week. And of course, that cost is being passed on to the customers. I can’t afford it. Today, they are getting paid $3,120 per week. And of course, that cost is being passed on to the customers. I can’t afford it. Today, they are getting paid $3,120 per week. And of course, that cost is being passed on to the customers. I can’t afford it. Today, they are getting paid $3,120 per week. And of course, that cost is being passed on to the customers. I can’t afford it.

JUDGING OF THE Hartland principal is out of line. How can you condemn someone when you have no substantial information? Let the legal system do its work. The facts will come out. If she is guilty, then you can call for her job. Just don’t jump the gun. Remember, in America, we are ‘innocent until proven guilty.’ Back off.

KIDS, TODAY, ARE spoon-fed by their parents. There is no discipline whatsoever. They don’t have a clue that their actions are going to affect their futures. For every child who gets a job, here is a little advice. Open a bank account and save every penny you make and own. It may be all that you have left when you think of retiring. There won’t be any government handouts when you do.

YES, OBAMA THREW us under the bus, then drove over us with his Canadian-made busses.

HUNGRY FOR CHINESE FOOD?

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EAT IN OR CARRY OUT
SCOTT
Continued from Front Page

The signatures are considered a preliminary canvass of the petition filed with the Secretary of State on Aug. 5. Scott has until Sept. 9 to challenge the validity of the signatures.

If approved, the recall would be added to the ballot this November in Fenton and Linden. Fenton and Argentine townships are not holding an election and would have to hold an unscheduled election if the signatures are approved. If Scott is voted out of office in November, another election will be held on Feb. 28.

State Senator John Gleason said that he supports recalling Scott. “As an elected official, you have a higher level of responsibility. From the activities in his district, he has been more than abusive.” Gleason said that Scott sought support from organizations with traditional family values and acts contrary to his supporters’ beliefs. “He lied to who he sought his endorsement from, and therefore lied to the general public.”

As chairperson of the House of Education Committee, Scott has met opposition from the Michigan Education Association on teacher reform laws in Michigan.

Gleason believes that recall efforts are too easy however, and is currently working with other legislators on changing recall requirements and laws. Gleason hopes that recalls in the future will require more signatures from voters in a district. “I’m generally against recall efforts, but Scott is a special circumstance,” Gleason said. “We do have legislation changing recall laws and we’re trying to get it moving.”

Spokesperson for the Michigan Department of State, Fred Woodhams, said that although the Bureau of Elections found a significant number of signatures, an official recall election has not been announced.

“The preliminary canvass is not a final determination. Scott still has the ability to challenge the signatures.”

Fred Woodhams
Michigan Department of State

“I’m generally against recalls, but Scott is a special circumstance.”

John Gleason
State Senator for District 27

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Medical Alert

Restless, tired legs at the end of the day can drag you down and varicose veins could be the problem.

The symptoms of this unsightly condition include:
PAIN, LEG HEAVINESS, LEG FATIGUE, SWELLING, BURNING AND ITCHING.

Now that your deductible has been met... it’s time to have your varicose veins treated.
POLICE

Continued from Page 6A

LOUD MUSIC AT BUSH PARK

At 6:40 p.m. on Tuesday, Aug. 23, a Fenton police officer was sent to Bush Park to investigate a complaint of very loud music being played in a Chevy Avalanche, parked in the lot. Upon arrival, the officer heard the loud music and made contact with the occupants of the vehicle. An 18-year-old Fenton Township male was the driver and a 19-year-old Rose Township male was a passenger. While speaking with the teens, the officer detected the odor of intoxicants. The driver registered .115 on the preliminary breath test and the passenger registered .05. Both were issued tickets for Under 21 Consumption. The driver was issued a municipal infraction for the noise violation and has 10 days to pay the $250 fine or fight the ticket in court.

BOY BITTEN BY DOG

At 5:30 p.m. on Aug. 22, Fenton police were sent to Dauner Road, east of LeRoy Street to investigate a dog bite complaint. A 24-year-old Fenton woman reported that her 7-year-old son, who was playing at a playground near their home, had been bitten by an Australian Shepherd. She said an 11-year-old girl was walking the dog and she had warned the boy to stay away from the dog. Lt. Jason Slater said the boy didn’t listen to the girl and approached the dog, which subsequently bit him in the face, ribs and arm. Animal Control was contacted and the dog has been put in isolation. The boy’s father took the boy to the hospital for medical treatment. The owner of the dog, a 31-year-old Fenton woman, was cited for not having control of a female dog in heat, having no dog license and for keeping a vicious dog. The dog owner told police she intends to have the dog euthanized after the isolation period.

COLLEGE

Continued from Front Page

Linden, whose son, Austin, received scholarships through Reserve Officers Training Corps (ROTC) to attend Southern Illinois University (SIU). Austin was also sought for wrestling by his college of choice, SIU, who offered in-state tuition rates, making the ROTC money go even further. In the end, his son had to pay only a few thousand out of pocket.

Even if Austin had to pay back student loans, he would still support going to college. “I think it’s the price of admission to get into jobs nowadays,” he said. “If you want to pursue a professional career, you have to have a four-year degree. It’s pretty much mandatory, now.”

Marty thinks it will be worth it, especially since his son probably wants to be a career army officer, and could eventually teach. Not only does Marty think that a four-year degree is necessary, he also thinks it should be done right out of high school. “It’s much easier to do when getting out of high school, before a family,” he said.

And he leads by example. Marty recently finished a master’s degree in business administration (MBA), paid for by his employer, General Motors. His education was delayed during the company’s bankruptcy. His MBA was required for his job, so Marty was glad to not have to pay tuition. He has recently enrolled into another master’s program for theology. “I also think it’s a good message to your kids,” he said. Even with a family, a degree at any age is worth it.

Emily Hoisington, 20, of Fenton, is headed to school at Grand Valley State University (GVSU). Her financial situation, like many students, makes her nervous. She was thrifty, and took out what she thought was the absolute minimum she could live on in loans. Unlike last year, she might get a job to help supplement her loans. “There are jobs out there, but you have to be willing to look for them and to look for them,” she said.

She also didn’t like that there are fewer grants, making her take out more loans. “Paying loans make me nervous,” she said. Hoisington does have need-based grants for her sophomore year.

To save money, she lives off campus, and buys her own groceries instead of using the school food plan. She also budgets her money carefully, but she still says it’s hard.

Hoisington expects to have to pay back around $30,000 after her schooling is completed, which is as much as she could hope to make as a social worker per year when she graduates.

She also made a conscious decision to pursue a four-year degree instead of going to a less expensive community college and transferring credits. “If they’re trying to save, I look for them to go to a community college first,” she said.

The four-year degree is more about the experience. She loves the GVSU campus near Lake Michigan, and having a chance to strike out on her own with peers her own age. To her, it’s worth the extra money.

For high school seniors thinking about going to college, Hoisington suggests shrugging off the pressure from friends and family and to focus on what they actually want to do. “I feel like in high school kids put a lot of pressure to decide where to go, what to do,” she said. “It’s hard.”

Despite the pressure and debt she is taking on, school is still exciting for Hoisington. “I appreciate this opportunity to learn,” she said. “I’m not going to let money bother me. I’ll pay it back when I have to, but I’m not going to worry about it now.”

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FENTON MOVING Estate Sale. Saturday, August 27th, 9-4p.m., 13151 Torrey Rd. King bedroom set, antique oak table and file cabinets, glass table, bar set, oak desk set, TV's, glassware, wall art, lamps, scuba equipment, compound bow set, snow shoes. Everything goes.

FENTON THURSDAY only sale! 9am-3p.m., 10869 Ridge View Trail, in Hills of Tyrone Subdivision. Boys clothes (size 8 and up), household/ miscellaneous items, crib, much more. Free wooden swingset.

FENTON SEPTEMBER 1st- 3rd, 950 S. Howard, Water’s Edge Subdivision, 9-6p.m. Books, kids items, household, more.

Holly

HOLLY COMMUNITY YARD sale. Holly Gardens/Holly Village, August 26-28th, 4041 and 2681 Grange Hall Rd., Holly MI 48442, 1/2 mile east of North Holly Rd.

LINDEN MOVING sale. August 26-28th, 9-3p.m. Golf balls, golf equipment, household physicians, TV’s, books, no baby clothes. 4043 Rolston Rd.

Lake Fenton

LAKE FENTON 3 family garage sale. September 1st- 2nd, 9-6p.m., 12209 Jennings Rd., between Lahrning and Thompson.

Linden


LINDEN MOVING sale. August 26-28th, 9-3p.m. Golf balls, golf equipment, household physicians, TV’s, books, no baby clothes. 4043 Rolston Rd.

Real Estate For Sale 13

FENTON - LOON lake 2 waterfront and 2 wooded lots, $16,000 and up. Quick sale, terms. 810-629-8694, 810-964-3472.

OLD GRAVEL TRUCK ROAD, starts at Hartland Road and runs to Genesee County line. Total acreage 9.5 acres. Road runs to Genesee County line. Starts at Hartland Road and 4261 Grange Hall Rd., Holly MI 48442, 1/2 mile east of North Holly Rd.

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SALE - Default has been made in the conditions of a certain mortgage made by: Shirley A. Hunter; an Unincorporated Business, to Ameriquest Mortgage Securities, Inc., as nominee for American Home Mortgage Acceptance Corp., Mortgagee, dated July 21, 2006 in Instrument # 200607210005664 Genesee County Records, Michigan. Said mortgage is assigned to: CitiMortgage Inc., by assignment dated July 5, 2007 in Instrument # 200707050021536 Genesee County Records, Michigan. Said mortgage is collateralized by a debt. Any information obtained will be used for this purpose. If you are in the State of Wisconsin, call the Department of Law at 1-800-771-7843. This notice is NOT an attempt to collect that debt. Any information obtained will be used for this purpose. If you are in the State of Massachusetts, contact your local county legal aid. This notice is NOT an attempt to collect that debt. Any information obtained will be used for this purpose. If you are in the State of Illinois, call the Department of Law at 1-800-771-7843. This notice is NOT an attempt to collect that debt. Any information obtained will be used for this purpose.

SALE - Default has been made in the conditions of a certain mortgage made by: Arthur R. Mallord, a Single Person, to Bank of America, N.A., Mortgagee, dated November 12, 2007 in Instrument # 200711120028323 Livonia County Records, Michigan. Said mortgage is assigned to: CitiMortgage Inc., by assignment dated April 10, 2008 in Instrument # 200804100030384 Genesee County Records, Michigan. Said mortgage is collateralized by a debt. Any information obtained will be used for this purpose.

SALE - Default has been made in the conditions of a certain mortgage made by: Sandra St. Onge a/k/a Sandra E. St. Onge, a Single Person, to: JPMorgan Chase Bank, N.A., Trustee for Option One Mortgage Securitization Corp., Mortgagee, dated November 12, 2007 in Instrument # 200711120001107 Livingston County Records, Michigan. Said mortgage is assigned to: CitiMortgage Inc., by assignment dated April 15, 2008 in Instrument # 200804150000916 Livingston County Records, Michigan. Said mortgage is collateralized by a debt. Any information obtained will be used for this purpose.

SALE - Default has been made in the conditions of a certain mortgage made by: William R. Elliott, a Single Person, to Bank of America, N.A., Mortgagee, dated September 14, 2009 in Instrument # 200909140002163 Genesee County Records, Michigan. Said mortgage is assigned to: CitiMortgage Inc., by assignment dated September 24, 2009 in Instrument # 200909240003714 Genesee County Records, Michigan. Said mortgage is collateralized by a debt. Any information obtained will be used for this purpose.

SALE - Default has been made in the conditions of a certain mortgage made by: Linda E. House & Paul J. House, regarding the mortgaged premises located at: 7120 N. Saginaw Rd., Lansing, MI 48911, in the County of Ingham, in the State of Michigan. Said mortgage is collateralized by a debt. Any information obtained will be used for this purpose.
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PENDING

2 BEDROOMS, 1.5 BATHS, 1120 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

LINDEN
220 S. Beltline Highway
PENDING

4 BEDROOMS, 3 BATHS, 2550 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

DEERFIELD TOWNSHIP
15045 South Road
PENDING

3 BEDROOMS, 2 BATHS, 1750 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

LAKE ORTON
15255 S. Antwerp Road
PENDING

3 BEDROOMS, 3 BATHS, 2400 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

FENTON TOWNSHIP
240 S. Second Street
PENDING

3 BEDROOMS, 1.5 BATHS, 1200 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

LINDEN
14524 Utica Road
PENDING

4 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

GAINES TOWNSHIP
12343 S. Dixboro Road
PENDING

4 BEDROOMS, 3 BATHS, 2400 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

HOLLY
3080 S. Lee Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

TRENTON
1500 W. Saginaw Highway
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

COLEMAN
3333 E. Marion Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

FENTON TOWNSHIP
27742 N. Telegraph Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

DEERFIELD TOWNSHIP
14345 US 23
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

TRENTON
1500 W. Saginaw Highway
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

COLEMAN
3333 E. Marion Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

FENTON TOWNSHIP
27742 N. Telegraph Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.

DEERFIELD TOWNSHIP
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PENDING

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COLEMAN
3333 E. Marion Road
PENDING

3 BEDROOMS, 2 BATHS, 1800 SQ. FT., WALKOUT BASEMENT, LARGE YARD, 3 S/2, BRIGHT, NUMEROUS STORAGE.
LOSE WEIGHT
Continued from Page 3A

People commonly make New Year’s resolutions to eat healthier, quit smoking, lose weight, etc., but why wait until the first of the year to make a few simple changes?

Dr. Deborah Duncan, of the Center for Medical Weight Loss in Fenton, works with patients daily to help them achieve their goal of losing weight and managing a healthier lifestyle. The simplest way to eat less is by eating slower, she said. Put down the fork between bites and concentrate on what you’re eating. Once the food is chewed and swallowed, pick up the fork to take another bite. “This helps to tell the brain when you’re full,” Duncan said. “You eat less.”

Add healthy items to menu

Nobody likes to be told they can no longer eat the food, oftentimes the fattening food, that they love. Rather than denying yourself, try adding healthy foods, you also love, such as cherries, grapes or apple slices, according to WebMD.com. Small pieces of fruit can space up a bowl of cereal and extra vegetables can easily be added to soups, stews and sauces.

By adding healthier choices to what is eaten in a day, there will be less temptation to munch on the more fattening items. Keep an eye on calories too.

Get active

If the word “workout” scares you, replace it with the phrase, “activity I love doing,” so that you will be more likely to do it on a regular basis.

Those looking to burn a few calories and tone muscles can do so by riding bikes with a friend, family member, reading a few chapters of a favorite book while watching the television machine, taking a walk, playing Frisbee with the kids, playing catch with the dog, tending to the flower bed, shooting a few hoops with the kids or dancing to upbeat music.

Walk more

Walking whenever possible is a great way to burn a few calories. Although it might take a bit longer, try walking behind a push mower rather than sitting on a riding lawn mower, or parking as far as you can from the store’s front door.

Sweep the driveway and sidewalk rather than using the leaf blower or take a short walk with coworkers before eating lunch. Take stairs rather than the elevator. Walk around the entire department store or mall before shopping for specific items.

Lighten up

Switch to lower calorie versions of sauces, cheeses, ice creams, beer, and pop to cut down on the amount of calories. Duncan can said salads could have so many hidden calories in them, especially when topped with cheese, dressings, olives and deli meats.

Some of her patients have lost weight simply by drinking fewer beers and cocktails, which contain empty calories, but add to caloric intake.

Add more fiber

According to the Mayo Clinic, fiber, along with adequate fluid intake, moves quickly and relatively easily through your digestive tract and helps it function properly. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day (see sidebar).

Duncan said foods high in fiber and protein make a person feel fuller longer. “Avoid the white foods, rice, potatoes, sugar and flour,” she said. These make people feel hungrier more quickly.

Drink more water

Drinking a glass of water before a meal will make a person feel fuller. Try adding water or a no-calorie drink at snack time and if you’re heading out to a social activity, keep a no-calorie drink in one hand so that you’ll be less tempted to grab a cocktail or beer, laden with calories.

Share a meal

With the large portions that some restaurants serve, one way to cut down on calories is by sharing the meal. Duncan said to cut calories, people should eat smaller portions. Practice this at home by leaving at least one bite of food on the dinner plate. “Don’t eat the whole thing,” she said. At restaurants, where portions are “huge,” she suggests people tell their server, right at the beginning, to put half of the serving in a box to take home. Rather than ordering the dinner entree, try ordering just an appetizer.

Eat at the dining room table

Not only is television distracting to a good conversation between friends and family members, it can cause people to lose track of how much they are eating. Set up a pleasant place setting, with real plates and silverware and focus on enjoying the prepared meal — each bite at a time.

Grams of fiber in popular food items

1 cup raspberries.......................... 8 grams
1 medium size apple..................... 4.4 grams
1 cup cooked, whole-wheat spaghetti... 6.2 grams
1 cup cooked split peas.................. 16.3 grams
1 medium cooked artichoke........... 10.3 grams
1 cup cooked peas ....................... 8.8 grams

This helps to tell the brain when you’re full. You eat less.”

Dr. Deborah Duncan
Center for Medical Weight Loss in Fenton

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HOLLY POLICE CHIEF BRIEFING

Holly Police Chief Elena Danishevskaya addressed the Holly Village Council at its meeting on Tuesday, discussing the rash of larcenies from autos that have been occurring in Holly. She urged residents to report any suspicious people, and to tell friends and neighbors about the crimes, and also to lock their vehicles.

COUNCIL APPROVES FUNDS FOR PUMP REPAIR

Department of Public Works Director Brian Klausen requested the Holly Village Council approve spending up to $13,545 for a water plant pump repair. The pump in question is five years old, and may need repairs, but first must be pulled out and examined due to abnormal output readings. The council approved the request in a unanimous vote.

THIS WEEK’S INSERTS

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DENTURE RELINES

Dentures help to restore esthetics and function of the smile when teeth are lost due to dental disease or trauma. An estimated 20% of the U.S. population are denture wearers. A new, well-made set of dentures should perform well and give the patient little if any trouble. The dentures should fit snugly and comfortably and look natural. As time passes, changes happen to the jaws especially to the residual ridges. As stated in my previous article, the edentulous ridges naturally resorb (shrink) over time. The more the jaws change, the less accurately the dentures fit. Instead of a nice snug fit, the dentures become more and more loose and unstable. The dentures become more difficult to retain and more uncomfortable to wear. In these situations a denture reline may be the answer. Like remodeling of older homes, relines can provide new life to older dentures at low cost. There are basically two types of denture relines. An in-office denture reline is performed while the patient is in the office. The biggest advantage is that the patient does not have to leave the dentures and go out with the second type of denture reline is a laboratory reline. In a laboratory reline an impression is made and the denture sent to an outside dental laboratory. The denture is returned either the same day or early the next day. Laboratory relines are stronger, provide better fit, and last longer than in-office denture relines but require the patient to leave the dentures and return for a second appointment. If you are suffering about the possibility of a denture reline.

I welcome your questions and comments. Feel free to e-mail me drsulfaro@comcast.net
You don’t have to have a “green thumb” or even a garden to enjoy the benefits of canning some of your favorite fresh summer bounty.

Just ask Tina Ritchie, of Gaines, who started canning 15 years ago after a friend, Sue Fleming, showed her how. “I didn’t even have a garden back then,” said Ritchie. “I had grown up in a family that gardened, but I really wasn’t interested in gardening until I learned how to can. Sue was so passionate about canning that she got me interested, although it was years later before I’d try pressure canning on my own.”

This former novice canner has become so adept at the process that she has canned as many as 500 jars in a season, but typically cans about 300. “I started out learning the water-bath process of canning seen CANNING on 4B

You can find canning recipes and tips in this article. Christy Rivette, Michigan State University Extension educator, advises those who are new to canning to start out with a tested recipe from a professional source, rather than “grandma’s” recipe. Kids of all ages will love this delicious homemade applesauce for breakfast, lunch, or dinner. Mix sweet and tart apples for a unique flavor.

Applesauce
Makes eight (16 oz.) pints

INGREDIENTS:
• 12 lbs. apples, peeled, cored, quartered, treated to prevent browning and drained (about 36 medium)
• Water
• 3 c. granulated sugar, optional
• 4 T. lemon juice
• 8 (16 oz.) pint glass jars with lids and bands

DIRECTIONS:
Prepare boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil.

Canning tips
“I advise people to start out slowly, maybe freezing foods first, then moving onto the water bath process, then pressure canning,” said Christy Rivette, extension educator for Genesee, Saginaw and Shiawassee counties. “We can e-mail you with information or you can pick up printed materials giving step-by-step instructions.”

MSU Extension also provides food safety classes and food preservation classes, with many of the classes offered during the growing season. There is a class on food preservation basics on Thursday, Sept. 15, from 5:30 to 7:30 p.m. at the MSU Extension, Saginaw office. For more information, contact Rivette at (810) 244-8500.

The MSU Extension Office in Flint is open Monday through Friday from 8 a.m. to 1 p.m., and Wednesday until 5 p.m.

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Proper push-ups
Push-ups are, hands down, one of the best full-body toners — the basic move works your abs, arms, and chest. Medical experts suggest to easily master full push-ups, start in a more vertical position, working your way down to the floor as you master the form. When you can do 5 reps with good form (body in line from head to feet), move to the next step.

“Too ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”
—William Londen

“Learn as if you were going to live forever. Live as if you were going to die tomorrow.”
—Mahatma Gandhi

“You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision.”
—Bob Proctor

Can’t stand the rain?
Moods really are tied to the weather
According to popular belief, there’s long been a link between mood and weather. Some of us can’t stand the rain. Others aren’t happy unless we can feel the warm glow of sunshine on our shoulders.

But does rain really make us blue? And does the sun really cheer us up? A new study in the journal Emotion explored this popular belief by surveying nearly 500 adolescents and their mothers and found that for some of us, weather does indeed have a direct affect on our mood.

“We identified a group of ‘Summer Lovers,’ who were happier, less fearful and less angry on days with more sunshine and higher temperatures and less happy and more anxious and angry on days with more hours of precipitation,” says Dr. Tom Frijns, a psychologist at Utrecht University in the Netherlands and co-author of the study.

Frijns and his colleagues also identified a group of so-called “Summer Haters,” who were less happy and more fearful and angry when the temperature and the percentage of sunshine were higher and happenier and less fearful and angry with more hours of precipitation.

Summer Lovers comprised 17 percent of the group of adolescents, while Summer Haters weighed in at 27 percent. Rain Haters made up 9 percent of the group with the rest of the test subjects falling into a group they labeled Unaffected, i.e., neither rain nor snow nor sleet nor sun seemed to affect the mood of this group of potential postal workers.

Interestingly enough, the study also found evidence that “weather reactivity” runs in families. “Summer Loving mothers more often had children who were also classified as Summer Lovers than would have been expected by chance,” he says. “Similarly, the observed frequency of Rain Hating mothers with a Rain Hating child was twice as high as the expected frequency on the basis of chance.”

Simple ways to cut 500 calories
At Breakfast
Make a trade. Swap your bagel for an English muffin to slash 220 calories, a glass of whole milk for skim to save 70 calories, and a three-egg omelet for one egg and two egg whites, or pork sausage for turkey sausage to cut about 125 calories each.

At Lunch
Move on your lunch hour. “A brisk 15-minute walk burns about 100 calories, and it gives you less time to eat,” says Marjorie Nolan, RD, CND, CPT and national spokesperson for the American Dietetic Association. Walk during your lunch for five days and burn 500 extra calories.

Dining Out
Leave something on your plate. Restaurant dishes are up to 250 percent larger than a normal portion size, so simply leaving a quarter of the meal on your plate can save up to 500 calories. Leaving a few bites of any potato or noodle dish cuts up to 100 calories alone because they almost always have added butter, oils or other fats, says Susan Kleiner, RD, PhD, co-author of The Good Mood Diet.

Children’s diet book draws criticism
When Maggie looks into the mirror she sees a thin girl holding up a small pink dress. But in reality, Maggie is a chubby young girl who is troubled by her weight.

That’s a description of what is seen on the cover of an upcoming children’s book titled Maggie Goes On A Diet, written by Paul Michael Kramer. The book is set to come out on Oct. 16, but has been getting much criticism from parents, pediatricians and nutritionists.

Online bookstore Amazon describes the book as being “about a 14-year-old girl who goes on a diet and is transformed from being extremely overweight and insecure to a normal sized girl who becomes the school soccer star.” Through time, exercise and hard work, Maggie becomes more and more confident and develops a positive self image.”

Role models like Maggie can perpetuate the idea that “if you don’t look like Cinderella, you’re a failure,” Ikeda said. “I wouldn’t want a child to read this because they might, in fact, try to do this and fail. What is that going to do to their self-esteem?”

“Downsize your plates. Rather than depriving yourself of food to drop pounds. “People eat as much as is on their dish rather than the amount that their body actually needs,” says Jacob Teitelbaum, MD, author of Beat Sugar Addiction Now! “If you shrink the size of your dishes by a quarter, you’ll cut 500 calories without feeling deprived.”

“Eating Dessert
Make over your sweets. You won’t miss belt-busting peach cobbler or banana splits if you have other good-for-you options to choose from. Save up to 400 calories by making grilled fruit kebabs: Slice one peach and one small banana into quarters, thread four pieces fruit each onto two skewers, and brush with one tbsp honey each. Grill each side for about 4 minutes, or until flesh is tender but still firm. Sprinkle on cinnamon.

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Tina Ritchie, of Fenton, started canning about 15 years ago. Her favorite canned item to give away is peaches. “It’s a sense of joy, and I know I’m feeding myself and my family good food,” she said.

CANNING

Continued from Page 1B

with peaches, then moved on to pickles and relish,” recalls Ritchie. “When our church secretary gave me a bunch of green beans about eight years ago, I knew I had to pressure can them on my own. That was it. After that, I was hooked.”

Today, she and her husband, Carey, have their own large garden, and she cans and preserves everything that she grows, except for her own peaches. “Even though we don’t grow our own peaches, they’re my favorite thing to can because the color is so vibrant, and the taste of a freshly canned peach is like nothing you’d ever get from a store,” said Ritchie. “It’s so much fun to see other people enjoy them, too.”

This year, Ritchie’s garden is at least two weeks behind schedule, which means that she’s just beginning to think about canning this season. “Typically, I’ve already done green beans, dilly beans, relish, pickles and beets by now,” she said. “This year, everything is so late. I’ve just started with one batch of relish.”

Ritchie’s farmhouse kitchen boasts a huge pantry filled with colorful jars of peaches, dilly beans, beets, tomatoes, pickles, corn, grape juice and more, but this time of year, the shelves are getting bare as she awaits the onslaught of fresh produce to can and preserve. She still has pickles left from last year’s season, so she doesn’t plan to can them this year. “Even though I know it’s safe to keep canned foods for long periods of time, I try to use everything up within two years,” said Ritchie. “That’s the timetable I’m most comfortable with.”

She estimates she saves thousands of dollars a year on food costs and her family eats healthier because of her passion for canning. “Even if I use the most expensive, organic sugar and vinegar, it costs about 30 cents a quart for pickles, compared to several dollars per quart if you bought them at the store,” said Ritchie. “My grocery bill for our family of four is only about $200 per month.”

Of course, that estimate doesn’t include the cost of Ritchie’s time. With her flexible schedule as a church secretary and house cleaner on the side, she saves enough time into her late summer schedule to accommodate the demanding needs of her garden this time of year.

She spends a full eight-hour day canning peaches, another two days canning pears, three days canning tomatoes plus another day for making tomato sauce, spaghetti sauce, etc. Usually, she spends about five days making pickles and relishes, but won’t be doing that this year. “I also spend about a day making applesauce and a day making jams,” she said.

However, those figures aren’t meant to intimidate a person who might like to start canning, and has never done it before. She spends so much time at it because it’s something she enjoys and looks at it as time for herself. She suggests that a person interested in trying it for the first time choose a food that they really enjoy and would like to preserve over the winter. “Start out with something you really want to eat,” she said. She also suggests that novice canners arm themselves with a good book, like Better Homes & Garden Home Canning Cookbook or The Ball Blue Book.

“Contact the Michigan State University (MSU) Extension office, too,” said Ritchie. “They are really the experts.”

The MSU Extension office for Genesee County is located at 605 N. Saginaw Street, Suite 1A in Flint, telephone (810) 244-8500.
The man who gave his way to health

John D. Rockefeller, the wealthiest man of his time, pursued money with a passion. By the time he was 33, he had made his first million. At 43, he controlled the largest business on earth. At 53, he was the only known billionaire in the world. In spite of having all this money, however, he was unhappy – because his money had him.

Once Rockefeller shipped $40,000 worth of grain across Lake Erie without insurance because he thought the $150 premium was too high. That night a vicious storm raged over the lake, endangering his investment. This poor rich man was so concerned about his load of grain that when his partner, George Gardner, arrived at their office in the morning, he found John D. anxiously pacing the floor.

Immediately, Gardner went out to buy insurance on the jeopardized cargo, if possible, while Rockefeller continued his pacing and fretting. Though successful in getting the insurance, when Gardner returned to the office he found his partner in an even worse state of mind. In his absence, a telegram had arrived announcing the ship had made its destination safely. Rockefeller was now so upset over having wasted the money on the insurance premium he had to go home and spend the day in bed.

At the age of 53 and a billionaire, Rockefeller was described by writer Ida Tarbell as, ‘the oldest man that I have ever seen.’ His health was so poor that he existed on crackers and milk. His hair, including his eyebrows and eyelashes, had all fallen out.

Most thought he would not live another year. Fortunately, Rockefeller recognized the destructive power of money exercised over him in time to save his life.

Seeing his only hope of freedom as a reversal of his past, this wealthy man began giving away dollars millions of them. This change from getting to giving worked a miracle in John D. Rockefeller’s life. His inner struggles began to subside.

In trading his self-seeking attitude for one of service to others, Rockefeller became healthy and happy. By losing his life, he found it.

The man who was thought to be near the end of his life at 53 lived to the ripe old age of 98 and finally died having accomplished more by giving than would have been possible had he chosen to keep his wealth to himself.

Most of us have trouble identifying with the money blues of a wealthy man like John D. Rockefeller. We chuckle at the thought of a millionaire pacing the floor and worrying about a cargo of grain when an insurance premium smaller than those we pay on our automobiles would have taken care of the risk. But we understand the anxieties and pressures money problems can create. We know about the knotting up within that can come when bills are overdue and we don’t know how to pay them.

Here are a few suggestions for untying those knots.

Remember, our Heavenly Father owns all wealth. He loves you and your financial crisis has not taken Him by surprise. While you don’t have Rockefeller’s millions, you are probably able to give something to someone whose need is greater than your own and your selfless act of faith will change your cycle of despair.

Roger Campbell is an author, a writer and a columnist who was a pastor for 22 years. He can be reached at reminstry@ameritech.net.
Welcome Back to School!

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Come tour our beautiful facility and campus. Teachers, administration, and parents will be available to discuss our outstanding curriculum and philosophy.
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We will have a ribbon cutting ceremony to celebrate our new playground at 4:45pm before the Open House.
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MIDDLE SCHOOL – 6:30-8:00pm
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www.hollyacademy.org

Tomato Paste Salsa
Yields 7 to 9 pints
INGREDIENTS:
• 3 quarts peeled, cored, chopped slicing tomatoes
• 3 cups chopped onions
• 6 jalapeno peppers, seeded, finely chopped (use gloves)
• 4 long green chilies, seeded, chopped
• 4 cloves garlic
• 2 (12 oz.) cans tomato paste
• 2 cups bottled lemon or lime juice
• 1 T. salt
• 1 T. sugar
• 1 T. ground cumin (optional)
• 2 T. oregano leaves (optional)
• 1 t. black pepper
DIRECTIONS:
Wash and rinse canning jars and keep hot until ready to use. Prepare lids as manufacturer’s instructions. Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle into clean, hot jars, leaving half-inch headspace. Remove air bubbles. Wipe rims. Apply band until fit is fingertip tight. Process jars in a boiling water canner for 20 minutes.
Note: Do not alter the proportion of vegetables to acid and tomatoes as it may make salsa unsafe. Do not substitute vinegar for lemon juice.

Dilly Beans
Courtesy of Tina Ritchie
INGREDIENTS:
• 2 lbs. trimmed, fresh green beans
• 3 whole peppercorns or ¼ t. cayenne per jar
• 1 garlic clove per jar
• ½ t. mustard seed per jar
• 6 - 8 fresh heads of dill
• 3 c. water
• 3 c. white vinegar
• 6 T. kosher salt
DIRECTIONS:
Pack beans into hot pint jars, leaving ½ inch head space. Add three whole peppercorns to each pint or ½ t. cayenne, 1 clove garlic, ½ tsp. mustard seed, and 1 head dill. In a medium saucepan, combine water, vinegar and salt and bring to a boil. Pour boiling hot mixture over beans, leaving ½-inch head space. Wipe rims of jars, place hot lid on top, and tighten rings over lids just until snug. Process 10 minutes in water bath canner.

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Joe Ceresia, of Lake Ponemah Marina, shows a luxury model of Avalon Pontoons manufactured in Alma. “People love that our pontoons are made right here in Michigan,” he said.

Lake Ponemah Marina earns ‘Gold member’ status

By Sally Rummel

Lake Ponemah Marina in Fenton is proud to have earned the “Gold Member” dealer status in 2011 from their supplier, Avalon Pontoons.

“We have been an Avalon Pontoon dealer since 2002, and have earned this award for many years,” said Lake Ponemah Marina owners Joe and Dana Ceresia. “We’re pleased to have once again earned this status, thanks to a strong sales year at the marina.”

The Ceresias credit the quality of the Avalon product, its status as a Michigan product manufactured in Alma, a healthier Michigan economy and a beautiful Michigan summer for the excellent sales of Avalon Pontoon products this year at Lake Ponemah Marina.

No other pontoon manufacturer has the range of products, from basic features to luxury models,” said Joe. “This year, Avalon has come out with a luxury model that is like nothing else in the marketplace. It features a retro ‘deco’ design with all new 21st century construction, including an automobile finish, side vents for interior ventilation and heavy-duty aluminum walls. It’s designed for people who want a little bit of luxury with their pontoon.

Lake Ponemah Marina is located at 3506 Silver Lake Rd. in Fenton Township, telephone (810) 750-8443.

Lake Ponemah Marina earns ‘Gold member’ status
Doctor Helps LEGALLY BLIND to Read & Drive!

International Academy of Low Vision Specialists member helps macular degeneration sufferers with reading, driving, TV, & maintaining independence.

By Elena Lombardi, Freelance Writer

Just because you have macular degeneration (or other vision-limiting conditions) doesn’t always mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. A Michigan optometrist, Dr. Sheldon Smith, is using miniaturized binoculars or telescopes to help people who have lost vision from macular degeneration, diabetic retinopathy or other eye conditions. “Some of my patients consider me the last stop for people who have vision loss”, said Dr. Smith, a low vision optometrist who limits his practice to visually impaired patients in his offices throughout Michigan.

Macular Degeneration is the most common eye disease among seniors. The macula is one small part of the entire retina, but it is the most sensitive. When it degenerates, Macular Degeneration leaves a blindspot right in the center of vision making it impossible to recognize faces, read a book, or pass DMV’s vision test.

“In some states, Biopic Telescopic Glasses can be used to pass the vision test for driving”, says Dr. Smith. “This can allow some with conditions like macular degeneration or diabetic retinopathy to continue driving”.

“Our job is to figure out everything and anything possible to keep a person functioning,” says Dr. Smith. “Whether it’s driving, reading, TV, seeing faces, check writing, bingo or bridge. We work with whatever is on the persons ‘wish list’.

With interest free payment options this technology is now more affordable than ever. If you want to experience the freedom and independence that custom designed low vision telescopic glasses can bring, call Dr. Smith now, for a free telephone consultation.

For more information and a FREE telephone consultation, Call Today: 877-677-2020.

Do you believe ‘there’s nothing left to do’, ask if you qualify for a free low vision screening.

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**Obituary Entries**


**Sally Ann (Judson) Ellis**

1954-2011


**Anthony Bugis Jr.,**

Anthony Bugis Jr. – age 84, died January 21, 2011. Services provided by Sharp Funeral Homes.

**Durwood Barber**, Durwood Barber - age 87, died August 22, 2011. Services provided by Sharp Funeral Homes.

**Suzanne Cannon**

Suzanne Cannon - age 74, died August 21, 2011. Services provided by Sharp Funeral Homes.

**Sharon Jackson**

Sharon Jackson - age 69, died August 25, 2011. Services provided by Sharp Funeral Homes.

**Dixie Ulrich**, Dixie Ulrich - age 88, died August 20, 2011. Services provided by Sharp Funeral Homes.


**Bradley Joseph Shaltz**, 1956-2011

Bradley Joseph Shaltz - age 54, of Linden/Fenton, died Friday, August 19, 2011 at his residence, after a two year struggle with cancer. Funeral Mass was celebrated 11 AM Monday, August 22, 2011 at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton, Fr. David Harvey celebrant. Burial followed in St. John Cemetery. Visitation was held 7-9 PM Saturday, 2-5 & 7-9 PM Sunday at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. A vigil service was held 4 PM Friday. Bradley was born December 31, 1956 in Flint, the son of Frederic and Judith (Holmes) Shaltz. He was a graduate of Flint Central High School and Ferris State University. He was married to Kathleen M. “Katy” Shaltz, Hammerberg in 1981. Mr. Shaltz was Vice-President and a partner of Delta Land Surveying and Engineering. He was a member of St. John the Evangelist Catholic Church, Spring Meadows Country Club, Fenton Chamber of Commerce, Genesee Regional Chamber of Commerce, First Board of Realtors. He also was a member and served as past-president of Flint Builder’s Association. He was also a member of Team Hammer, served on the Fenton Township Planning Commission and was a past board Trustee. Surviving are: wife, Katy; children, Bradley Joseph Shaltz Jr. and Chad Robert Shaltz both of Raleigh, NC; grandchildren, Skyley Ann Shaltz; father, Frederick Joseph Shaltz Sr. of Fenton; brothers, Brent Shaltz, Brian and wife Stephanie Shaltz, Frederick Joseph Shaltz II all of Fenton; several nieces and nephews. He was preceded in death by his mother and brother, Brandon. Tributes may be positioned on the obituaries page of www.sharpfuneralhomes.com.

**Joseph Steinka**, Joseph Steinka - age 46, died August 18, 2011. Services provided by Sharp Funeral Homes.

**Maxine Scaffede**, 1930-2011

Maxine Scaffede - age 81, died August 25, 2011 at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton. Rev. David Harvey celebrant. Interment followed at St. John Cemetery. Visitation was held 4-PM Thursday at Sharp Funeral Homes, Linden Chapel, 209 E. Broad St., Linden. At 7 PM Thursday there was a time of sharing at the funeral home for all family and friends to participate in. In lieu of flowers, contributions may be made to Grace Hospice. Maxine was born August 14, 1930 in Hemlock, the daughter of the late Edward and Carrie Ann (Winchell) Shaltz. She married Joseph Scaffede on April 15, 1955 and he predeceased her in death February 1, 1995. Maxine was employed as an operating room technican by Saginaw and Flint Osteopathic Hospitals and later employed as a bus driver by Lake Fenton Schools. She was a volunteer reader for the blind and a member of St. John the Evangelist Catholic Church. Surviving are her 4 children, Russell Scaffede (Barbara) of Holland, Joe Scaffede of Linden, Lisa Millenbach (Bobb) of Texas, Tom Scaffede (Leah) of Lenon; 7 grandchildren, Mary, Russ Jr., Michael, Zachary, Logan, Rydor, Danielle; 4 great-grandchildren, Lauren and Timothy Cylker, Gabrielle Scaffede, Wilson and several wonderul nieces and nephews. She was preceded in death by her grand daughter, Krista Scaffede; great-grandson, Shawn Knight; 4 sisters; 4 brothes; and an infant son. Online condolences and tributes may be posted on the obituaries page of www.sharpfuneralhomes.com.

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*Biopic Telescopic Glasses Help Woman to Keep Driving*

Ethel Stroope, who suffers from macular degeneration sought help for reading, watching television and movies and for seeing street signs at a distance. Biopic telescopic glasses were prescribed. “These Glasses have made it very easy for me to continue my activities both at home and on the road with these glasses.” I should have done this two years ago, says Ms. Stroope.
Whines on Facebook are cringe-worthy

DEAR AMY: My daughter-in-law “Wendy” uses Facebook to complain. Her entries focus on how much she hates her job, her boss, how much she feels cheated by being a working mother, and even a post or two about the shortcomings of her new husband (my son), who apparently failed to buy her a lavish enough Mother’s Day present. These posts create a kind of online persona that makes her seem almost vicious, and she really isn’t that way. At least I never thought so before. But the really embarrassing part is that she is Facebook “friends” with everyone in my family, and believe me, her posts are a topic of not-too-flattering gossip, along with some outright concern. My son is not on Facebook. I have mentioned to him a few times when her posts have become offensive, and he is trying to deal with it offline. Should I offer to have a talk with my daughter-in-law? Or just hope my son figures this out?

DEAR CONCERNED: When your daughter-in-law posts her complaints, selfishness or negativity on the public bulletin board that is Facebook, she runs the risk of ruining her personal and professional reputation. And that’s her business. When her whining veers into family territory, that’s your business. You can assume that because her public online persona is unpleasant, your son is aware of her unpleasantness in the private, personal arena. A gentle and respectful “heads-up” (to her) is in order — and then you should back off, adjust your settings (both metaphorically and on Facebook) and stop reading her posts. You can say to her, “I’m worried about some of your postings, especially when you write negative things about family members. It can create some hurt feelings, and I’m sure that’s not your intent.”

DEAR AMY: “Peace-loving Parents” wrote to you saying they do not want violent video games in their home. They are not alone! I never let my son purchase or rent a violent video game in their home. They are not alone! I never let my son purchase or rent a violent video game when he was younger (he is now 18). Parents should look at the purchase of these games as an extension of your family values. These games are guests in your home and playmates to your children. Would you let someone into your home who wanted to play with your children using a baseball glove or a guitar? I would imagine so. But would you let your child pick up a gun and shoot up the neighborhood with his new playmate? Obviously not. Parents should be willing to be “the bad guy” in this scenario. I have no regrets. We have remained close as a family, and as our son starts his first year of college he has outgrown playing video games almost entirely.

DEAR MOM: Your son will find that this issue does not stop at the campus gates. He will find that many of his colleagues are hooked on these games.

Sunday Jumble

ANSWER KEY LOCATED IN THIS EDITION

DEAR DR. DONOHUE: I have sleep apnea. Before being treated by a sleep specialist, I was very sleepy during the day and had no energy. My specialist prescribed a mask that pumps air into my nose. It helps somewhat. Later a friend told me about Provigil. It makes me feel much better, but I am not 100 percent. What else could help me? — J.K.

ANSWER: “Apnea” is Greek for “no breathing.” Sleep apnea is periods during sleep when a person stops breathing for 10 or more seconds. There can be five to 30 or more such spells every hour. Quite often, an apneic period is preceded by snoring that gets progressively louder and louder. At the end of the no-breathing episode, the person grunts and half-wakens and then starts breathing again. This fragments sleep and leaves the person sleepy and without energy the next day. The problem lies in a narrowed passageway for air as it travels through the throat to the lungs. Redundant throat tissue blocks the narrow airflow. Weight loss is one way to get rid of excess throat tissue, if one is overweight. Don’t drink any alcohol from the evening meal on, because it relaxes throat tissue. The mask you wear is called CPAP (continuous positive airway pressure), it delivers air under pressure so it can pass through the obstruction in the throat. Don’t abandon it. You can ask your dentist about fashioning a device that keeps the jaw forward during sleep. That opens the throat too. Stick with your Provigil, since it’s working for you. There are a number of surgical procedures that can pare excess tissue from the back of the throat. And there is a new remedy called the Pillar Palatal Implant System. It consists of three small, plastic rods inserted into the back part of the upper palate to keep it propped up. For some, a droopy palate obstructs air flow. Since you’re doing pretty well with the way things are going now, you might not want to upset things with any more treatment.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate trivia in his columns whenever possible. Readers may write him or request an order form of available health newsletters at P. O. Box 536475, Orlando, Fl. 32853-6475.
Snap Shots

Equine Sports, of Fenton, held a Summer Activity Day at their horse training facility. Participants rode sidesaddle, drove a miniature horse named Sam, vaulted, rode horses and created beautiful crafts to decorate the horse stalls.
**Fenton Tigers win season opener at Lapeer West, 24-16**

By Al Zipsie

dtroppens@tctimes.com; 810-433-6789

Linden cruised to easy first week victory 36-10

By David Troppens

dtroppens@tctimes.com; 810-433-6789

**Linden cruises to easy first week victory 36-10**

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Linden — It wasn’t perfect.

But Linden’s defense was pretty darn good, and the offense was effective enough in the Eagles’ season-opening 36-10 home victory against the Swartz Creek Dragons.

Swartz Creek scored twice, but those scores weren’t really the fault of the defense. An interception set up Creek’s 29-yard fade play from Creek quarterback Mitchell Ryan to Maxwell Cummings, giving Creek a 7-0 lead early. The lead grew to 10-0 after a fumble gave Creek the ball at Linden’s 13, but the defense held and only allowed Jackon Maxwell a 30-yard field goal. From that point on, Creek’s offense mustered just 92 yards.

Meanwhile, the offense, which started Travis Marsh at quarterback but also had Shaye Brown play, slowly got itself going.

A long Dillon Nash punt return gave Linden the ball at the Creek 14. Five plays later, David Juhl scored from one yard out, cutting the gap to 10-6 with 8:33 left in the first half.

On Linden’s next drive, Brown and completed four passes, sparking a 58-yard drive. It was completed by Eddie Walterhouse’s 10-yard TD run. He also caught the two-point conversion, putting Linden up 14-10 with 4:47 left in the half.

In the second half, it was all Linden. Brown completed a 15-yard jump-ball pass to Nash for a score, and also completed a two-point conversion to Kevin Baker. The lead was up to 22-10 with 6:41 left in the third quarter.

Set up by a blocked punt by Nicholas Carlson, the Eagles scored on a 19-yard drive. Brown scored from a yard out and completed the two-point conversion to Nash. Linden led 30-10.

Linden, a team known for its spread, almost ran the clock out on its final possession running on 12 straight plays and, scoring on Brown’s five-yard scamper. Brown completed 13-for-18 passes for 131 yards and ran for two scores. Marsh ran for 91 yards.

Defensively, Garrett Bolen and Walterhouse had interceptions. Aaron Kersten recovered two fumbles.

**Bronchos lose tough one in OT to East, 30-29**

By Mark Elswick

dtroppens@tctimes.com; 810-433-6789

Holly — The Bronchos lost a heartbreaker in their season-opening contest against the Lapeer East Eagles.

The Eagles lost 29-28 in overtime after the Eagles converted a two-point conversion for the victory.

By Mark Elswick

dtroppens@tctimes.com; 810-433-6789

Holly scored a touchdown on its overtime possession and also kicked its extra-point. However, Lapeer East responded with a touchdown of its own. Lapeer East then scored on a two-point play on a play that looked like something from a backyard family game, earning the victory.

Holly led 14-8 at the half, but East scored two TDs in the third quarter, taking a 22-14 lead. Holly responded with a touchdown and a two-point conversion in the fourth quarter, resulting in the tie game after regulation.

Holly travels to Swartz Creek for a Thursday night contest during the second week of prep football season.

For more on this game and all of Friday night’s contests, go to www.tctimes.com.
By David Troppens
droppens@tctimes.com; 810-433-6789

Fenton — The Fenton varsity boys soccer team is off to a good start.

The Tigers finished the Metro League preseason tourney with a pair of 2-0 victories against Lapeer West and Clio on Aug. 20. They followed that up with a loss against Brother Rice, but then capped the opening week with a dominating 3-0 victory against Carman-Ainsworth Thursday at Fenton Soccer Field.

The Tigers’ defense dominated, allowing the Cavaliers just four second-half shots. Meanwhile, the Tigers’ shot total was in the 30s, resulting in a pretty tilted pitch in Fenton’s favor.

“At the beginning, we kind of struggled a bit,” senior defender Logan Bowby said. “The first couple of seconds we let them dribble right through us, but overall we did pretty well.

“We want to control the ball. We wanted to keep possession. We wanted to take quick touches.”

For the most part, that’s what Fenton did for 80 minutes. Fenton dominated the first half, but only took a 1-0 lead into the break. That goal came on a long thru ball from Bowby to Aron Ferguson, resulting in a Ferguson goal.

The Tigers made it 2-0 on another long cross from Logan Vollmar to Jake Davis at the far-side post, resulting in a goal. Finally, with 14:40 left, the Tigers scored their final goal. On this goal, Chase Marcola dribbled to close to the goal line and then crossed it for Brett Austin, who pounced the pass into the net.

Derek Jenkins earned the shutout in net for Fenton.

The win has Fenton at 3-1 overall and feeling pretty good about themselves just a week into the season.

“They are moving the ball really well,” Fenton coach Matt Sullivan said. “The biggest thing we’ve been working on is being unselfish with the ball, moving the ball fast. We have a lot of kids with skill, but they have to know when to use it — when to dribble and when not to. They are doing a good job with that. They are moving the ball quickly, and when you do that it encourages others to move without the ball. If they trust each other to pass the ball and move the ball, they are going to make runs off the ball. It’s a snowball effect.”

In the tourney win against West, the Tigers got goals by Carl Berkey and Marcola, with Evan Hudson and Vollmar earning assists. In the 2-0 win against Clio, Austin and Marcola scored, while Vollmar and J.D. Davis had assists. Jenkins earned the shutout against West and shared shutout honors with fellow keeper Julian Wineberg against Clio.

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By Al Zipsie
droppens@tctimes.com; 810-433-6789

Clio — Lake Fenton’s Wyatt Wilson played his first ever soccer game, Thursday, and came up with 16 saves as a goalkeeper.

However, the Blue Devils weren’t able to score against Clio, resulting in a 3-0 season-opening victory for the Mustangs. The Mustangs have not allowed a goal in three full games. All three Clio goals were provided by Troy Sprague.

“It was our first game, and Clio is a good team who have five games under their belt (Clio played two shortened games in the Metro League tournament),” Lake Fenton coach Lenny Glassetteder said. “Wyatt did a nice job in goal with some nice saves.”

Clio dominated field position and had 19 shots on goal to only five for the Blue Devils. Wilson, a junior, started last season for the Lake Fenton baseball team as a catcher. He had never played soccer in youth or high school and will be a good addition for the Blue Devils.

See LF on 13B
LF perfect at meet; Linden splits matches

By David Troppens

droppens@tctimes.com; 810-433-6789

Linden — It was a day in which two area teams could leave feeling good about their performances.

Both teams showed steady improvement.

And when one is taking about early season matches, that’s all one can ask for.

The Lake Fenton Blue Devils won matches against Linden 26-24, 16-25, 25-20 and Swartz Creek 13-25, 25-21, 25-14, while the Eagles ended the night with a tight 29-25, 27-25, 10-15 victory over Swartz Creek at Linden High School on Wednesday.

Lake Fenton’s 2-0 night came after finishing 1-5 at the tough Hartland Invitational and a 2-0 performance against Montrose and Byron on Monday. The wins improved the Blue Devils to 5-5 overall. More importantly, first-year coach Angie Del Morone is seeing progress.

“We’re improving every single day,” Del Morone said. “We had a lot of two-a-day practices. I put them through the ring. I had them working five hours a day.

“They are becoming mentally tough. That was a mentally tough match (against Swartz Creek). We won that not because of our skill mainly, but because we were going after it. That was the kicker for these girls today.”

The Blue Devils seemingly got better as the night continued on, with one exception.

The first set against Swartz Creek was clearly their worst performance. However, the Blue Devils started playing better again in the second set, earning that win. In the third set, Lake Fenton took a 6-0 lead and never looked back. They got out match point seconds after Trudee Bruce made a strong dig for Lake Fenton. The Blue Devils returned the ball, and Creek’s next attack was a hit error, giving Lake Fenton the win.

Lake Fenton had a balanced attack. Ellesa Smith, Bruce and Sidney Scott each had seven kills. Setter Rachael Mundy had 47 assists. Defensively, Mundy had 13 digs, while Bruce had four blocks.

The Eagles capped the night with a tight match with the Dragons. The first set featured six set points, three for each team. The Eagles eventually won the set 31-29 after a Sabrina Kinney kill.

In the second set, Linden had set point, but Creek scored a kill, tying the match at 24-all. Creek then had two set points, eventually winning the game on a hitting error.

In the third set, the Eagles took over. Tied at 4-all, Kaitlyn Dunlevy scored a kill, sparking seven straight Linden points. That run was capped by an assisted block kill by Lexi Downes and Jordan Sargent, giving Linden an 11-4 lead. From there, the Eagles cruised.

“At the beginning it was kind of slow and not much intensity,” Kinney said. “But as the matches went on, we had more intensity.”

“At the Flint Metro League Tournament we started out a bit shaky. We have the potential to beat every team because even though we are small in size, we have the potential to put up a good block. We have good team chemistry in the back as well, we all talk to each other. I think we have a better chance of taking the Metro this year.”

Kinney capped the night with 19 kills and 23 digs, while Dunlevy had 15 kills and 17 digs. Downes had 11 kills and 10 blocks, while Sargent had 40 assists, 17 digs and six blocks. Mary Starns finished with 27 digs.

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810-732-7999

Guaranteed quality all year round.

Free Estimates Tear-Offs Re-Roof

Nelson Roofing

Charles Nelson

License #2101140011

810-732-7999

Guaranteed quality all year round.
**Welcome on behalf of First Student and Linden Community Schools**

Our number one priority is to provide safe and reliable transportation. We are looking forward to serving you during the 2011-2012 school year. We focus on the safest loading and unloading procedures for your child. Michigan State law requires buses to stop at a minimum of 200 feet apart from another.

The entire bus fleet is equipped with the eight light system, crossing gate, side stop arm, two-way radios, digital cameras and all buses are equipped with the child check mate system. All the drivers use a uniform crossing pattern, and check their bus after each route to deactivate the child check mate system and hang a T-A CARD SIGA to ensure no sleeping children are left on board.

• Prior to employment we perform an extensive Local, State and Federal background check on both criminal and drivers license records. After employment we update these records yearly.
• Physical and substance abuse screening. Random substance abuse screening is performed on the entire transportation staff throughout the year. Post accident screening.
• Every driver will be fully trained with a minimum of 52 hours of training.
• Every driver is to attend scheduled safety meetings.
• Every driver is re-evaluated at least once a calendar year.

The policy, for the safety of your child is to have consistent pick up and drop off locations. You must maintain the same pick up and drop off location every day throughout the week. Your bus pick up may be different from your PM drop off.

• We feel it is very important for you to be visible by the bus driver when unloading your children; this reassures the bus driver and child you are home.
• Please keep your emergency card up to date, any bus changes please notify transportation as soon as possible.
• Please have your kindergarten child wear their bus tag for the first two weeks of school.

DO NOT CHANGE THIS TAG FOR ANY REASON WITHOUT CONSULTING TRANSPORTATION. Please contact the Linden Transportation Department if you have any questions or need additional clarification regarding this information at (517) 591-9996. Your cooperation and assistance in making sure these policies and guidelines are followed will help insure the personal safety of your student.

Sincerely,
First Student Transportation
Linden Community Schools

Routes will be posted on Linden Community Website
ROUTE BLUE HEART MRS. KENZER
Leave Garage at 7:35am
Right on Torrey Rd (no stops)
Right on Fenton Rd
Left on Jennings Rd
Left on Ray Rd
Right at Butcher Rd
Left on Thompson Rd
Turn around
Right on Fenton Rd
Right on North Long Lk Rd
Left on Cook Rd
Right on Baldwin Rd
Left on Butcher Rd
Left on Fenton Rd
Right on Wakefield Rd
Left on Thompson Rd
Turn around
Right on Fenton Rd
Left on Rice Rd
Left on Paull Rd
Left on Fenton Rd
Right on N Towne Commons Blvd
Turn around
Left on Fenton Rd
Right on South Long Lk Rd
Right on Torrey Rd

ROUTE RED SQUARE MS THOMPSON
Leave Garage at 7:30am
This Route Services Linden Rd from Cook Rd to Grand Ln
This Route Services Torrey Rd from Cook to North Long Lk
Turn around
Right on Lakes Ave
Right on Rolston Rd
Left on Jennings Rd (no stops)
Right on Torrey Rd
Left into School
Drop West Shore Breakfast @ 8:10am
Proceed to Torrey Hill Drop @ 8:30am
Proceed Back to West Shore Drop @ 8:30am

ROUTE BLUE SQUARE MRS. POSH
Leave Garage at 7:40am
Right on Torrey Rd
Left on North Long Lk Lake Rd
Right on Fenton Rd
Right on Windsor Beach Dr
Turn around @ Dollar Lk
Left on Windsor Beach Dr
Right on Fenton Rd
Left on Butcher Rd
Turn around @ Gage and Kurs Rd
Left on Butcher—Gage
Right on Fenton Rd
Left on Carmella Dr
Turn around at Natille
Right on Fenton Rd
Right on N Long Lk Rd
Left on Torrey Rd
Left on Ahead Rd
Right into School
Drop West Shore Breakfast @ 8:10am
Proceed to Torrey Hill drop at 8:20am
Proceed Back to West Shore drop at 8:30am

ROUTE BLUE STAR MS FUEWELL
Leave Business at 7:45am
Right on Torrey Rd (no stops)
Right on Lahr Rd
Left on North Rd
Right on Torrey Beach Dr
Turn around
Left on Torrey Beach Dr
Left on North Rd
Left on Rolston Rd
Left on Tupper Lake Way
Turn around
Right on Rolston Rd
Right on Four Lakes Ave

GREEN HEART MS THOMPSON
Take Home
Leave Bus Garage at 11:45am
This Route Services Torrey Rd from Lahr Rd to Fenton Creek
Left on Torrey Rd
Right on Lahr Rd
Right into West Shore
Right on Lahr Rd
Left on North Rd
Right on Torrey Beach Dr
Turn around
Left on Torrey Beach Dr
Left on North Rd
Left on Rolston Rd
Left on Horrell Rd
Turn around
Left on Rolston Rd
Right on Tupper Lk Way
Right on Rolson Rd
Right on Four Lakes Ave
Turn around
Right on Rolston Rd
Right on North Rd
Left on Jennings Rd
Left on Thompson Rd
Left on Paull Rd
Left on Lahr Rd
Left on Butcher Rd
Left on Fenton Rd
Left on N Minettonka Rd
Turn around
Right on Lahr Rd

GREEN SQUARE MS LUCY/MS PAULA
Leaves Bus Garage at 7:30am
This Route Services Thompson Rd from Fenton Rd to Wiggins Rd
Right on Torrey Rd
Right on Thompson Rd (no stops until Mott College)
Cross over North Long Lk Rd
Right on Main Rd
Cross over Thompson Rd
Right on Ray Rd
Left on Fenton Rd
Left on Baldwin Rd
Turn around @ establishment on the left before Torrey Rd
Right on Baldwin Rd
Right on Fenton Rd
Left on Apple Blossom Blvd
Right on Princedow Blvd
Right on Butleret Ct
Left on Princedow Dr
Left on Apple Blossom Blvd
Right on Fenton Rd
Left on Thompson Rd
Left on Torrey Rd (no stops)

GREEN SQUARE MS LUCY/MS RAVICCHIO
Leaves Bus Garage at 11:45am
This Route Services Torrey Rd from North Long Lk to Fenton Creek
Right on Torrey Rd
Right on Thompson Rd
Turn around at administration
Left on Torrey Rd
Left on Golden Shore Dr
Right on Torrey Rd
Right on Margaret Dr
Left on North Rd
Left on Rolston Rd
Left on Horrell Rd
Turn around
Left on Rolston Rd
Right on Tupper Lk Way
Right on Rolson Rd
Right on Four Lakes Ave
Turn around
Right on Rolston Rd
Right on North Rd
Left on Jennings Rd
Left on Thompson Rd
Left on Paull Rd
Left on Lahr Rd
Left on Butcher Rd
Left on Fenton Rd
Left on N Minettonka Rd
Turn around
Right on Lahr Rd

GREEN STAR DAVE BADOUR
Leaves Bus Garage at 7:30am
This Route Services Torrey Rd from North Long Lk to Fenton Creek
Right on Torrey Rd
Right on Thompson Rd
Turn around at administration
Left on Torrey Rd
Left on Golden Shore Dr
Right on Torrey Rd
Right on Margaret Dr
Left on North Rd
Left on Highland Rd
Right on Highland Rd
Left on Butcher Rd (Turns to Torrey Rd)
Turnaround
Left on Butcher Rd
Left on Fenton Rd
Left on Fenton Rd
Go to End Turnaround
Right on Fenton Rd
Left on N Long Lk Rd

KINDERGARTEN
Dear Parents,

On behalf of First Student and Lake Fenton Transportation Department, we would like to welcome you to our new school year. We take great pride in our department and are looking forward to serving you and your kids through the 2011-2012 school year.

Our number one priority is to provide the safest and most reliable student transportation service. We focus on the safest loading and unloading procedure for your child.

Michigan State law requires bus stops to be 200 feet apart from one another. Please have your child at his/her bus stop 15 minutes early for the first few days of school. Loading times are approximate until drivers adjust the routes. When routes have been adjusted we recommend your children are at their bus stop 5 minutes prior to their loading time.

The entire bus fleet is equipped with the eight light system, crossing gate, side stop arm, two-way radios, and all buses are equipped with the child check mate system. All the drivers are fully trained with a crossing pattern, and check their bus after each route to deactivate the child check mate system and hang an EMPTY FLAG. Afternoon drivers ensure no sleeping children are left on board.

All drivers prior to employment will have an extensive Local, State and Federal background check on both criminal and drivers license records. After employment we update these records yearly. Physical and substance abuse screening. Random substance abuse screening is performed on the entire transportation staff throughout the year. Post accident screening. Every driver is fully trained with a minimum of 52 hours classroom and behind the wheel training. Every driver is to attend scheduled safety meetings. Every driver is re-evaluatetd at least once a calendar year.

We ask, for the safety of your child and to continue consistency for the driver that you maintain the same pick up and drop off location every day throughout the week. Your AM pick up may be different from your PM drop off.

• We feel it is very important for you to be visible by the bus driver when unloading your children; this reassures the bus driver and child you are home.

• Please keep your emergency card up to date, any bus changes please notify transportation as well.

Please contact the Lake Fenton Transportation Department if you have questions or need additional clarification regarding this information at (810) 591-5890. Your cooperation and assistance in making sure these policy and guidelines are followed will help insure the personal safety of your student.

Sincerely,
Laura O’lewin— Contract Manager
Melissa Huffman— Director
First Student Transportation
Lake Fenton Schools

WHO QUALIFIES FOR TRANSPORTATION?

Michigan State Law does not require a school district to provide transportation to and from school. The Lake Fenton Community School District, as a courtesy to the public, provides transportation to all students who live outside the designated walk area from their home to school. The Lake Fenton Community School District has established a one pick up one drop off procedure; this means that a student must have the same pick up point Monday through Friday and the same drop off point Monday through Friday. The morning pick up location may be different from the afternoon drop off point.

School District practice requires that a parent or other designated responsible adult be visible at the bus stop for students at, or under, the kindergarten grade level. If the child misses the bus, the responsible adult must escort the child across the road. Kindergartens without adult supervision present at the bus stop will be instructed to remain on the bus and that student will then be transported to Kids Club. Parents of students in grade first through fifth may make a written request that the procedure used for kindergarten students be used for their older children. First Student and the Lake Fenton Community School District will make every attempt to honor each of these requests. It is strongly advised that the parents of young children make arrangements to meet the bus both before and after school, especially during the first week that your child rides to school. This provides a wonderful opportunity to start and finish the school day on a positive note and ensures safety during the walk to and from the bus stop. There are certain programs that require parents or adults to meet the bus. If your student is involved in these programs information concerning special transportation procedures will be made available.
<table>
<thead>
<tr>
<th>Model</th>
<th>Lease Price</th>
<th>Sale Price</th>
<th>Additional Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2011 FORD EDGE SE</strong></td>
<td><strong>$154</strong></td>
<td><strong>$259</strong></td>
<td>Lease plus tax, title, plates &amp; doc fee; security deposit waived; 10,500 MPY</td>
</tr>
<tr>
<td><strong>2011 FORD TAURUS SEL</strong></td>
<td><strong>$212</strong></td>
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<td><strong>2012 FORD FOCUS SE</strong></td>
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<tr>
<td><strong>2012 FORD ESCAPE XLT</strong></td>
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* & ** Based on A/Z-Plan. All factory rebates to dealer. Credit approval requires PURCHASE plus dest. & state & doc fees; payments $1999 down. To qualify for $1000 trade offer vehicle must be 2000 or newer, and/or 100,000 miles or less and in drivable condition. See dealer for details; must take delivery by 8/31/11.