Beauchamp’s widow featured on Inside Edition

Deadly flu epidemic making headlines across nation

By Sharon Stone

It’s not your imagination. Everywhere you go and just about everyone you see is talking about, and expressing concern over, the flu epidemic sweeping across the country. The Lake Fenton community is mourning the death of two people in recent weeks, that of 15-year-old Joshua Polehna and 44-year-old Kirk Beauchamp. Both experienced severe flu-like symptoms prior to their deaths.

Nationally syndicated news show Inside Edition aired a segment on Thursday, Jan. 10, that included interviews with Hollywood celebrities, including Whoopi Goldberg and Rob Lowe, each of whom had been suffering from the flu and flu-like symptoms.

The widow of Kirk Beauchamp of Fenton was featured on that segment of Inside Edition as well. Beauchamp, and his wife Amy, both came down with flu over Christmas break. While Amy’s symptoms ultimately improved, "I wish the 'whole truth and nothing but the truth.'" Beauchamp's widow featured on Inside Edition

Drain commissioner, state rep question charges, motives

By William Axford

Linden — The Linden City Council is hitting up 21 businesses for sewer tap-in fees. If successful, businesses will have to pay $3,000 per tap-in and the city could accumulate $240,000.

Mayor David Lossing said the city is collecting the fees after encouragement from the county. Lossing said monies collected from the sewer tap-ins would be placed into the city sewer fund, which is a restricted fund that can only be used on the city’s sewer system. Lossing said the sewer fund has become deficient after funding numerous projects such as the Linden water treatment plant and updates to East and West Broad Street, North Bridge Street and other streets.

“We’ve known for a number of years that we need to do this,” said Lossing. “We need the money to pay for the repairs.”

See story on Page 15A

CITY TO BUSINESSES:
‘You owe us $240,000’

Drain commissioner, state rep question charges, motives

By William Axford

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“We’ve known for a number of years that we need to do this,” said Lossing. “We need the money to pay for the repairs.”

See $240,000 on 7A

Mayor’s blood stem cells save leukemia patient

Impromptu visit to donor booth saves life six years later

By Sally Rummel

In 2006, Linden Mayor David Lossing stopped at a “Be the Match” national bone marrow registry booth on the University of Michigan campus and had his cheek swabbed to be a potential donor.

“I’d been giving blood for years,” said Lossing, now 49. “When I saw the Be the Match booth, it seemed like the next logical thing to do.”

It turned out to be a life-changing experience. However, he didn’t know he needed a donor.

We talk about changing the world, and here with this one event I was able to save someone’s life.”

David Lossing
Mayor of Linden and a recent Be the Match donor

See LEUKEMIA on 22A

See story on Page 15A

Sledding: where to go in the area

Tammy Sack of Fenton Township and 10-year-old son Liam blast down the hill at Clover Beach in Linden on Sunday. This is their first trip of several they make to go sledding during the winter.
Ditch the workout, join the

Party!

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No matter what, pets look out for their owners

Dogs and cats pull own weight in relationship

By Ryan Tackabury
news@tctimes.com; 810-629-8282

Dogs may be man’s best friend — and there may be a good reason for that. Don’t count cats out of the equation either, as studies have shown that having a dog or cat can have large health benefits for pet owners, even helping to extend their lives.

“As far as I am concerned, there are definite health benefits from owning a pet. One is the obvious fact that you do have a companion,” said Licensed Veterinary Technician Karen Braden of Animal Health Clinic in Fenton. “Especially if the person that owns the pet is

See PETS on 21A

TRI-COUNTY TIMES

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SMART SOLUTIONS

1. Remove sticky labels

Remove sticky labels in a snap with this homemade solution. Combine equal parts white vinegar and lukewarm water in a basin, then soak the glassware for 10 minutes. The acetic acid in the solution dissolves adhesive and mineral deposits so the stickers practically peel themselves off.

2. Aluminum blinds

Make smudges on your aluminum blinds disappear with this simple trick: Rub them with a pencil eraser. The rubber lifts the unsightly marks quickly and easily.
No world peace, President re-elected

Despite the utter failure to attain world peace in 2012, and the re-election of Barack Obama, I am continuing the practice of drafting 12 New Year’s resolutions — albeit with some simplification in the interest of a higher fulfillment rate — for the year 2013.

And so, in the year 2013 I resolve to:
1) Find out why NBA baskets continue to remain at the same 10-foot height despite the fact that the average height of an NBA player has increased by more than a foot over the last several years.
2) Stop repeating myself over and over and over.
3) Stop lathering, rinsing and repeating. Clearly, it is just a highly complex marketing ploy to double shampoo sales.
4) To care a lot less about what the Kardashians and Lohans are doing this coming year, and spend more time watching Honey Boo Boo.
5) Conduct a full investigation to determine why the producers of movies insist that the year the movie was made be displayed in Roman numerals. Many people (me not included) do not possess the necessary skills to decipher this obsolete numeric enigma and thus are forced to watch the entire movie sans the knowledge of the year it was made.
6) Trade my guns in for white flags and yellow T-shirts in order to foster world peace.
7) Call the producers of the multiple CSI TV programs and ask them why all the beautiful female detectives/technicians with long hair (which is all the female detectives/technicians) don’t have to wear a hair net like the cooks at McDonalds in order to prevent evidence contamination due to hair fall-out.
8) Not fidget and sigh audibly when the person in front of me at the fast food restaurant spends several minutes looking at the menu as if they weren’t the same from year-to-year and coast-to-coast for the last decade.
9) Stop pretending it isn’t time to take the garbage out by repeatedly slamming it down when it would have been easier just to take it out in the first place.
10) Not judge our society’s moral state by pondering the inevitable conclusion that New Year’s Resolutions exist because most people think that they are fat, dumb and ugly.
11) Not give in and shake the hand of even the most well intentioned friend or acquaintance that stops at my restaurant table. Truth be told, most people (me not included) don’t wash their hands after using the restroom, especially in public. Shaking in the restroom and shaking in the dining room are, unfortunately, not mutually exclusive.
12) Find out — once and for all — why there are no seat belts on school buses.

YOU GOT THAT right! Obama has been working non-stop to get re-elected. The job he has been elected to do is not being done because he’s too busy to do it! That’s what you get from a community organizer who doesn’t understand the definition of hard work! Glad you voted for him?

WAY TO GO on the ‘Memorable Photos’ page for 2012. The write-up in May of my daughter and grandson Bryan was special. Now to see them again on Dec. 30. Bryan will be 31 in March. Raising a special needs child was good to see again.

I WANT TO thank the nice stranger who paid my $3.79 bill at Burger King on Silver Parkway on Dec. 13.

PRESIDENT OBAMA did his best under the yoke of the close-minded Republican representatives who refused to believe his vow to fix everything in his second term.

ANYONE WHO EVER used the word misogynist, in any form, are a close-minded man-eater. Do the math from there.

I VOTED FOR President Obama but I agree with the Hot line that asked ‘why would any citizen want any other citizen to pay higher taxes.’ This is a mindset unprecedented in American history.

IN CASE YOU missed the story, the conservatives caved in. Most of them voted with the liberals for higher taxes on everyone, and no reduction of entitlement spending.

TO THE LADY teacher that blasted the King. You must be the only teacher in America that doesn’t realize how on target his observation was. Some schools have more than 90 percent female teachers. That’s a social disaster. Young men require leadership from older men. Always have, always will.

THIS MIGHT BE a good time to consider a noise ordinance for this coming summer. We may enjoy our motorcycles but they are getting entirely too loud!

DEAR TRI-COUNTY TIMES: Please consider covering the council meetings — with very accurate detail as to how each council member votes.

AGAIN I find the comment, ‘another idiotic law’ we don’t need. Individual communities should be allowed to run themselves into the ground if that is the will of those elected by the community citizens.

See HOT LINE throughout Times.
HAS superintendent search ‘on target’

Questions established, first screening of candidates on Feb. 5
By Tim Jagielo
tjagielo@tctimes.com; 810-433-6795

Holly Area Schools (HAS) is on track to pick its next superintendent. Kent Barnes, the current superintendent, is retiring at the end of his contract in July. This is only the first year of the superintendent search.

Rich Ramsey, adjunct consultant for the Michigan Association of School Boards (MASB), is facilitating the search.

“It’s going well, (we’re) right on target,” he said.

On Tuesday night, the Holly Board of Education met to hash out the questions they will ask the final candidates, who will ask them and in what order. They also reviewed the calendar, and clarified legal ‘do’s’ and ‘don’ts’ for questions. For example, it’s illegal to ask about an applicant’s height, weight or sexual preference.

They also reviewed the schedule for the rest of the search. The job was posted in mid-December, and Jan. 30 is the deadline for applications.

The questions candidates will face were based on the board’s feedback, along with the district’s staff, and some from the community. District staffers and the public gave input through a survey. Ramsey said the board can craft questions that address the concerns staff, and residents have. “I think they’re looking for someone that can bring energy to the district, to keep alive the good things going on now, and appreciate the work they’ve done and even add to it,” he said of the staff members.

However, Ramsey couldn’t share what any of the questions are. “A lot of candidates read newspapers,” he said.

Ramsey wasn’t sure how many have applied thus far. He expects there will be around 20 candidates to sift through. The first round of interviews will be Feb. 5, and that meeting is open to the public, though attendees may not ask questions or engage in the discussion.

None of the names will be made available until the candidates have accepted the first round of interviews, which will take place Feb. 19 and 20. The second round will be Feb. 26.

The next superintendent of HAS will be in place just as Barnes retires.

Enbridge project in Rose, Tyrone continues

Weather, holidays, negotiations slow project in 2012
By Tim Jagielo
tjagielo@tctimes.com; 810-433-6795

The heavy equipment and destruction of property for Rose and Tyrone townships is expected to be finished in March. Because of the weather, the holiday season and ongoing contract negotiations with residents, the project is in Rose Township had slowed.

Ellie Vance of Rose Township was deeply involved in educating her neighbors of the Enbridge Energy pipeline project running through her property, as well as many other properties in the area.

Enbridge public relations contractor Patty Rusten said that the company took a 1½ week break over the holidays and work has resumed with March as a scheduled end date. Originally, the project was expected to be done by the end of 2012. The project is to lay a new pipe next to the existing one that flows through several area townships. Once the new one is in, the old one will be taken out of service.

Jason Manshum, senior adviser of community relations for Enbridge said negotiations with residents delayed certain parts of the construction. “With any project, you always have some negotiations that take longer for some reason,” he said. “The whole point is to work with people. We essentially have to live together, on this property.” Residents like Vance, and Debbie Hense in Tyrone have had souring experiences with the pipeline projects.

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The next superintendent of HAS will be in place just as Barnes retires.
Fenton VFW looking for new members

Local veterans looking to recruit for community service

By Olivia Dimmer
news@tctimes.com; 810-629-8282

These people are veterans. They are the fathers, mothers, sons, daughters, brothers, sisters, and grandsons and granddaughters of those who have served this country on foreign soil. They volunteer their time, money and efforts to assist aging veterans, drive the underprivileged to their non-emergency medical appointments and seek out any way to help the community through churches and other organizations.

These are members of the Veterans of Foreign Wars and the auxiliary and they are looking for new members.

“As far as my experience, it has been great. We do a lot for our veterans and our community. We do whatever we can to help whether it be monetary help or physical help, for whoever is in need. It has been very rewarding.”

— Michael Zack, Secretary/Treasurer of Men’s Auxiliary, VFW Fenton

Interested volunteers can give as much or as little time as able, and yearly memberships are also available for those who can commit more time. Members help to raise funds for community service events such as scholarships. They also host bingo events that are open to the public, and funds raised go to benefit the VFW and their endeavors. See VFW on 1A
Icy roads blamed for fatal highway crash

**Flint man loses control, strikes parked semi-trailer**

Michael Herrell, 47, of Flint was killed after he lost control of his pickup truck Wednesday morning as he exited U.S. 23 at Center Road in Tyrone Township.

According to the Livingston County Sheriff’s Department, deputies were dispatched at 7 a.m. to the southbound exit ramp of Center Road for a two-vehicle injury crash.

The preliminary investigation revealed that Herrell was exiting the highway in his 1997 Chevrolet 5-10 when he lost control on the icy roadway. His truck struck the rear of a 2003 Hyundai 53-foot semi-trailer that was parked on the shoulder of the ramp. The trailer was being pulled by a tractor owned and operated by L & B Cartage out of Saginaw.

The 51-year-old driver of the commercial truck was not injured in the crash. Alcohol does not appear to be a factor.

The sheriff’s department was assisted at the scene by personnel from the Fenton Fire Department, Livingston County EMS and the Michigan State Police Motor Carrier Division. The southbound exit ramp was closed for about three hours while deputies investigated the scene.

The incident remains under investigation by the Livingston County Sheriff’s Department Traffic Safety Bureau.

Indiana man arrested for shooting friend

**Fenton man hospitalized after being accidentally shot in leg**

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

A 21-year-old Fenton man was transported to Genesys Health Park for a gunshot wound and his 22-year-old friend from Fort Wayne, Ind., was arrested for shooting him in the calf.

Fenton police responded to a residence in the 1100 block of North Road on a report of an accidental shooting. Upon arrival, responding officers made contact with the victim. The bullet had gone through one side of his calf, and exited the other.

Police observed the pistol, as well as liquor bottles on a table inside the home.

**$240,000 Continued from Front Page**

that commercial property owners were deficient in sewer tap-in fees,” said Lossing. “An audit) should have been done years ago.” The mayor added that an annual audit on sewer usage and fees will now be conducted.

According to former City Manager Mark Tallman’s 2012-2013 recommended city budget, the sewer fund has an estimated balance of $1,310,154 as of June 30, 2012. Tallman projected the sewer fund to reach $1,352,453 by June 2013.

Lossing said the city is assessing the tap-in fees based on forms and documents from the Genesee County Drain Commission. At an October meeting, City Attorney Charles McKone said the tap-in fees are set by and paid to the county.

The Indiana man said he was getting ready to go to bed and was unloading the pistol when it accidentally fired. The man gave first aid to the victim and called 911.

Suspecting the Indiana man had been drinking, a preliminary breath test was administered. He registered a blood alcohol content of .105 percent.

The Indiana man was arrested for the use and discharge of a firearm while under the influence of alcohol causing serious impairment. This is a five-year felony. Fenton police are awaiting the official charge from the prosecutor’s office.

While at the hospital the victim told detectives that it was an accidental shooting. He has since been released.

**Summary**

A Flint resident was killed in a Wednesday morning crash on U.S. 23.
Q: I have a '02 Buick Century Custom. I've had filler neck to gas tank replaced. Now the gas nozzle shuts down when fueling. Do you have any ideas?  
Richard

A: Richard, this type of problem usually occurs when the evaporative vent solenoid is not functioning properly. It will not allow the air to vent when filling the tank. If your filler neck was rusted out prior to replacement, the excess air may have been venting through the rust hole and masking the vent problem. There are two other things that may be the cause such as a rollover check valve in the tank, or possibly the new filler neck had a plastic cap in one end and was missed during installation. I strongly suspect the evap vent problem being the cause though. This would take some knowledge of wiring diagrams and hose diagrams to properly diagnose. I would recommend finding a reputable repair facility to diagnose one for you.

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

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**News briefs**

**'ASK THE LAWYER' COMMUNITY SEMINAR**

Need free legal advice? Come learn about issues focusing on lowering property taxes and disputing property taxes at the Genesee County Bar Association’s “Ask The Lawyer” free community seminar on Thursday, Jan. 24, at the Grand Blanc McFarlen Library, 515 Perry Rd., Grand Blanc from 6-7:30 p.m. RSVP by calling the Genesee County Bar Association at (810) 232-6000 or register online at www.gcabw.org. Seating is limited. This free service is brought to you by the attorneys of the Genesee County Bar Association in collaboration with Legal Services of Eastern Michigan.

**BOATERS SAFETY CLASS**

Lobdell Bennett Lake Association is offering Boaters Safety classes, beginning next month. The first class is scheduled for Saturday, Feb. 23 at the Argentine Township Fire Hall, 9048 Silver Lake Rd, Linden. The instructor will be Marty Murdock. Cost for the class is $25, which includes lunch. To register, contact Marty Vyskoci at (810) 425-5674 or martyvyskoci@lobdellbenettlake.com. Summer classes are set for Tuesday, June 18, Tuesday, July 23 and Tuesday, Aug. 13.

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**Featured columnist**

By Roger Campbell

The danger of listening to the wrong people

While the speaker at a Wisconsin church Bible conference, I met a discouraged visiting minister who said he had just resigned as pastor of a church he had served for 11 years. During his time as pastor, the church had grown from only a few families to a sizeable congregation. He had enjoyed his work there until one of the members began to criticize him; then he had allowed this grumbler to drive him to despair. Finally, tired of the attacks of his critic, he had quit.

Hearing the former pastor’s heartbreak, I very reminded me of a paragraph in the book, ‘The Tongue — Angel or Demon?’ that has been played out again and again in too many churches. ‘Contentious tongues have hindered the work of God a thousand times over. Critical tongues have broken the hearts and health of many pastors.’ Here before me was living proof of author George Sweeting’s accurate observation.

But ministers aren’t the only targets of cruel critics. Sadly, fault-finders exist everywhere. And they’re always engaged in their favorite pastime: cutting down all who don’t live up to their exaggerated expectations. Oliver Wendells said, ‘The human race is divided into two classes — those who go ahead and do something and those who sit still and inquire why it wasn’t done another way.’

When we find ourselves unable to please our critics, we are in good company. Some grumbled when our Lord healed sick people on the Sabbath, others complained because they felt He spent too much time with sinners. Judas was upset when He allowed a woman to anoint His head with an expensive ointment, saying it should have been sold and the money given to the poor. Judas didn’t care about the poor, but linking his protest to the needy made him look good. Those who focus on faults are always looking for ways to justify their caustic comments that injure innocent people.

Peter said we are most like our Lord when we take unjust criticism patiently (1 Peter 2:20-21), but that’s a tall order. Few aspire to follow the steps that led to the cross.

Opportunities to demonstrate the reality of our faith with our lives abound because there is never a shortage of critics. These negative nuisances are everywhere, continually searching for something wrong with those who are doing their best to serve the Lord. They are always the first to hear of anything wrong and feel it their duty to spread the word. For centuries, their cruel tongues have kept ministers on the defensive, trying to work out so well for you. You are as time on earth because eternity isn’t going to work out so well for you. You are as time on earth because eternity isn’t going to work out so well for you. You are as

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**HOT LINE CONTINUED**

**A LITTLE VACATION**

In Hawaii? Yes, I do take one vacation a year, but Obama has had a vacation every other month for the last four years. Also, ‘little vacation’ is not what he takes, his vacations cost us millions of dollars.

I AM ONE of those Obama hater-whiners who is smart enough to know he did raise taxes on the middle class. The ‘Barack, you rock’ guy should really stop drinking the Kool-Aid.

TO ALL OF YOU who voted for our current democratic policies. Over 56 million dead babies and counting. Hope you enjoy your time on earth because eternity isn’t going to work out so well for you. You are as responsible as the doctor who performs the abortion.

KEEP IN MIND it is the low-information voters, many of whom do not pay taxes, who listened to the vast left-wing media and voted in Obama because Mitt was portrayed as such a terrible, mean person. So the fact that our taxes are going up doesn’t bother them.

OUR PRESIDENT is a tireless worker and patriot who puts his country above his family even. Stop maligning the best president since JFK.

I HAVE TO LAUGH at the limp-wristed libs that think guns are the issue. It’s the liberal policies of gay marriage, single mother households, ban God, anything goes on media, ACLU intervention, violent video games and fatherless young men who are the root cause of all our current ills. We’re a nation of scaredy-cat pansies.

FIFTY-SIX MILLION children killed since 1973. It seems the government is OK with aborting innocent children, yet they want to take guns from law-abiding people because a few nut bags go off the cliff.

THE PRESIDENT has been working non-stop for four years to get reelected, not just one.

LAWS, RULES AND regulations are put in place for a reason. No one is above the law. However, your President thinks he can run a third term. This is dictatorship thinking.

I WAS SO excited to see the sign on Thompson Road about the new Fenton Township community park! Great job Fenton Township! We can’t wait to go to the new park! The kids are going to love it.
TELEVISION
Continued from Page 3A
As far as sitcoms go, CBS’s ‘The Big Bang Theory’ tops the charts with an average 12,013,000 viewers tuning in Thursdays at 8 p.m. for the newest episode. This quirky comedy chronicles the antics of a group of best friends — who also happen to be roommates and scientific geniuses. The ratings just keep going up for them — their recent episode ‘The Egg Salad Equivalency’ was watched by 19.25 million people according to the show’s website.

Next on the DVR list is ‘NCIS,’ CBS’s long-time running drama centered around criminal investigations. The show matched the viewership of their previous seasons, averaging 19.5 million throughout the season. NCIS airs on Tuesday evenings at 8 p.m.

In the realm of reality competition, we have CBS’s ‘American Idol,’ which has the highest amount of viewers on Thursday (results night) and hits around 18 million viewers. The show returns on Jan. 16.

Standing at about 18 million viewers as well is ABC’s ‘Dancing with the Stars,’ which showcases the dancing talents of celebrities. The dancers for the upcoming season of Dancing with the Stars will be revealed on Tuesday, Feb. 28 during Good Morning America.

Lagging a little behind is CBS’s ‘Two and a Half Men,’ which hovers around 13.8 million viewers. Ratings have steadily gone up since actor Charlie Sheen was killed off the show. The most recent episode aired on Jan. 10 at 8 p.m.

‘Breaking Bad’ also is climbing through tree lines, pools, sheds and septic systems. The flags designate where the new pipeline will go, parallel to the old one.

Recently Vance and her husband changed land agents, and are in a waiting pattern now. She said land agents attempted to have her sign a contract allowing for the use of several private driveways. She resisted and it was eventually dropped.

To spare some properties, Enbridge decided to let the new pipeline cross over the old one to avoid destroying one resident’s septic tank. Another resident’s property was spared completely.

Mandum said the project ending in March covers around 70 miles. The next 210 mile phase will start this year in other areas.

ENBRIDGE
Continued from Page 5A
Rusten said the project affects 6.59 miles of pipeline in Tyrone Township and 6.63 miles in Rose Township. She estimates the projects are about 60 percent completed.

Spring 2012 brought land agents from the Canadian company to residents’ front doors to negotiate the terms of the use of their land, a use allowed by a permanent easement agreement signed 50 years ago. It gave Enbridge the right to use the land when they needed to, but the company must first pursue an agreement and compensation to use the land.

Vance’ property is still dotted with small flags setting barriers and direction of a crude oil pipeline, which runs

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Lion-dog creates quite the roar

Onlookers in Norfolk, Va., thought they were on the plains of Africa on Tuesday. Observers in downtown Norfolk saw Charles, a Labradoodle walking down the street, and thought they were looking at a baby lion. Police called the local zoo to make sure all lions were accounted for. In reality, according to FOXNews.com, “Charles the Labradoodle has turned heads for some time.” Enough heads that the dog has more than 1,000 friends on Facebook, because he’s shaved to look like the Old Dominion University mascot. Although Charles has been mistaken for a lion on several occasions, “the dog loves children and tailgating at ODU football games, as well as the occasional slice at University Pizza.”

Village debates fate of old properties

Council member, resident, argue to save Victorian-style house

By Tim Jagielo
tjagielo@ctimes.com; 810-433-6795
A light agenda brought heavy discussion at the regular Holly Village Council meeting on Tuesday.

Most of it centered on three village properties that brought responses from several residents during public comment time, according to President Jason Hughes.

The waterworks park, old train depot, and a multi-unit home at 102 First Street are owned by the village, and were all discussed. Some, like resident John Lauve, feel the home has historic significance to the area, though Hughes said it has none with the state.

The property at 102 First Street brought much discussion, said Hughes. “There’s a lot of commotion over that old house,” said Council Member Bob Allsop.

Lauve made a presentation to restore the property. Hughes said the home was bought by the village in October and was up for sale with little other interest. Hughes said the cost of renovating the home is high. It would cost $20,000 to demolish the home to make way for a gravel parking lot fitting around 33 cars, said Village Manager Jerry Walker.

Walker said this is the building’s likely fate. Allsop would rather the home be spared, and made that sentiment official when he made a motion to work with Lauve on restoring the property. The motion failed without support.

“I felt it was a worthwhile while home to revitalize,” said Allsop. “It can be really nice, that place. I just hate to see beauty go.”

He thinks Lauve buying it, putting it on the tax roll and having another village water tap-in is better than a parking lot.

“It’s a solid building, it’s all Victorian notched trim, it was built by a wealthy family.”

John Lauve
Holly resident, property owner

Summary

Much of the discussion at the regular Holly Village Council meeting on Tuesday was on three village properties, the Waterworks Park, the train depot, and the home at 102 First Street.

“VFW
Continued from Page 6A
The requirements for applying to the VFW are to have papers of honorable discharge from any foreign war and the campaign ribbon proving service. If an applicant has all the necessary paperwork, the application process is quick and easy. To be in the VFW auxiliary, a person needs to be a direct relative to a veteran. Both positions are open to men as well as women.

“I’ve been very pleased in giving my time to the VFW,” Post Quartermaster Ernest Paulin said. “I’ve been a member since 1989, and my wife (Sharon) since 1991. We really do honor the dead by servicing the living.”

Including women’s and other auxiliary, Paulin estimates the VFW has about 1,500 members, but are always looking for more.

“We are asking for men who are interested to join our unique group,” Jack Weingard, president of the men’s auxiliary said in a letter advocating the group. “The application process is straightforward. The personal satisfaction to be gained is priceless.”

Additional information is available by calling the VFW secretary/treasurer Mike Zack at (810) 730-3605 or the post at (810) 629-3700. The VFW hall is located on 1148 North LeRoy St. in Fenton.
Local parks and businesses turn into sledding spots for the winter

By Olivia Dimmer
news@tctimes.com; 810-629-8282

Linden — Driving by, Jillian Fishback and Isabella Morton look like tiny bundles of purple and pink being pushed down the large hill alongside Clover Beach in Linden. Nicole and Russ Fishback look on as the pair begins to master the art of steering the sled, a skill that Nicole said they had just picked up on.

“We grew up around here and this was always our favorite sledding spot,” Nicole said. “Now we get to take our daughter and niece.”

This hill alongside Linden Road is probably one of the most heavily used sledding spots in the area. Almost every weekend and weekday, a passer-by can spot a few red-cheeked kids racing down the hill and nearly miss the frozen patch of pond that has settled at the bottom. Although this is one of the most well known, it is certainly not the only.

Hannah Pilarski, 21, of Fenton, lives near a local gravel pit and frequents the sledding spots there.

“I find it really exhilarating because the hills are really tall and steep,” Pilarski said. “It’s fun because of the bumps and jumps, you just have to look out for rocks.”

Based on the rockiness and steepness of the hill, this spot is not recommended to younger sledders.

Maggie Dewan, 18, recommends the hills near the Coyote Preserve Golf Club.

“Sledding there was awesome,” Dewan said. “A little scary because the hills can get steep, but it was really fun. One time we made a sled train with all of my cousins.”

The hill behind St. John School in Fenton is also a popular sledding destination, along with the hill next to the Fenton Community and Cultural Center.

“My favorite sledding spot outside Southwestern High School in Detroit,” Brooke Holden, 18, of Fenton, said. “The hill is huge and it’s so much fun, especially when it’s covered in ice.”

Other sledding spots outside the immediate area include Kensington and Indian Springs Metro Park, both of which have been reported to have hills for optimal sledding.

While your own backyard might not have as much of a slippery and snowy slope as desired, just ask around to see where your friends are going and add sledding to your list of winter must-do activities.
Basketball teams hold top spots in Top Five poll

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

Things are getting exciting with the Tri-County Top Five Winter Poll.

For the most part, doing the list has been pretty easy with little controversy.

That’s starting to change now. Some teams have taken some drops, while others are improving their resumes considerably.

That said, the tough decisions don’t start until we get to the third spot. The first two have established themselves as a legitimate leaders. But there are about five teams out there that have a legit beef to be somewhere from No. 3 to No. 5. This is where it gets fun making these lists.

Remember, these rankings do not include games that were played Friday, Jan. 11.

No. 5: Fenton/Linden girls ski - The girls just started their season this week, and did so in pretty convincing fashion, beating Holly/Oxford 27-62. We suspected the ski squad, in its first year with a co-op with Linden, would eventually make an appearance in our poll, but they actually had to compete before they snuck on the list. Now they have posted a nice first meet.

Now, the only question that remains is if there will be snow to continue the season next week.

No. 4: Lake Fenton wrestling - Quietly, the Blue Devils are putting together a pretty solid season. No, they aren’t the caliber of the team they were a couple years back when they went to the state championship match, but at 17-4, they’ve proven they have some pretty solid talent on that team.

They might be a squad to kind of watch out for as January moves into February.

No. 3: Holly girls bowling - All the Bronchos do is keep on winning, and usually by a pretty whopping margin. After a 27-3 victory against Linden on Wednesday, the Bronchos are now 4-0 and have won those events by a combined score of 99-21. Now, that’s impressive. Hiedi Martin flirted with a 200 against Linden, rolling a 189.

No. 2: Holly girls basketball - The Holly girls that remain from last year’s title run don’t want to see the squad fall short again this season. So far, they’ve done a good job making sure that won’t happen again.

The Bronchos are the only remaining undefeated team in Metro League play, and they made sure that was the case by earning wins against Clio and Linden within the last 10 days.

The Bronchos return last year’s Tri-County Girls Basketball Player of the Year, Alyssa Copley, but they are much more than her.

Freshman Kaitlin Smith has helped as well, spreading out the offensive wealth. Others are having fine seasons, but those are the two that have stuck out to this point, and are among our early candidates for this year’s Girls Basketball Player of the Year.

No. 1: Fenton boys basketball - They are an easy No. 1 selection right now.

Holly players Kaitlyn Smith (left) and Alyssa Copley (right) trap Linden’s Majia Satkowiak during a recent game. The Holly varsity girls basketball team is No. 2 in our Tri-County Top Five.

Entering Friday night’s game against area rival Linden, the Tigers were 7-0, winning their games by an average of almost 21 points.

Cory Cox and Eric Readman give the Tigers an outstanding 1-2 offensive punch, but probably more important is how the others are playing around them. Depth was a concern entering this season. So far it hasn’t been an issue.

Fenton has a key Metro League game against the Holly Bronchos at home on Friday. If the Tigers win that game, is anyone going to be able to catch them?
Holly’s Williams giving wrestling a try during senior year

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

Flint — Johnny Williams was on the Holly varsity wrestling team before. It was his freshman year, but he was a bit disinterested.

“I came out my freshman year a little bit,” Williams said. “But (two-time state champion) Josh Houldsworth and all of those guys were here and I wasn’t into it.”

Since then, Williams has made a name for himself as one of the greatest football players ever to play at Holly High School. But after finishing his prep football career with 1,440 rushing yards and 23 rushing TDs this fall, he found himself being prodded to join the wrestling team one last time.

The prodding worked. Williams, who has been on the Holly wrestling team since Thanksgiving, is now starting on the varsity team and holds a 5-1 record.

“A couple of my buddies — Jesse Torres and Mason Cleaver — convinced me to come out here again,” Williams said. “I missed the first two weeks of the season, but then I came in. I like winning, but I don’t like losing. But when you stick a kid, it feels good.”

Williams looks like he could make an impact on the Bronchos’ squad. While it is obvious he doesn’t have the polish of a four-year varsity performer, he was impressive in the Broncos’ dual match victories against Kearsley and Lapeer East on Wednesday. Holly defeated Kearsley 57-19 and then beat Lapeer East 57-24. In both of his matches, Williams (171) earned pinfall wins. He won his first match by pinfall in just 31 seconds, and then won his second with a pinfall in 2:55.

“Right now I’m relying a little bit on my athleticism and strength,” Williams said. “But everyday I’m working with Andrew Scott and Anthony (Gonzales) and all those guys. They are giving me more and more tips, teaching me more tricks to get a kid.”

Holly coach Don Pluta has been impressed with Williams’ performances so far.

“Johnny’s back and he’s going to help us,” Pluta said. “He’s done well. He’s not going to beat the top-of-the-line kids at this point but he’s certainly going to beat a lot of kids just by sheer athletic ability. We have another month before the league is over and districts are here. He’s advanced so quickly in the last two weeks just based on past experience and the fact he’s an athlete and a competitor.”

Williams, who has committed to play football at Michigan Tech, said his first big adjustment was wrestling practices.

“The thing with wrestling is it never stops, and it’s about 110 degrees hotter than it is during the regular football season,” Williams said. “Getting through that, getting through the heat and getting used to it and not stopping is tough though.”

Williams hopes he can speed up the learning curve and make an impact in the postseason this year. However, that said, he’s realistic in his approach.

“Obviously, I’m shooting for the best. I’m trying to win a league championship,” Williams said. “I want to make it to the state meet, but my first goal is to make it through districts. I don’t think I am going to go through districts pinning kids, but I want to go through winning three matches.

“From there I’ll just keep pushing forward.”

The Bronchos are pushing forward themselves right now. After losing seven
**TRI-COUNTY SPORTS**

**By David Troppens**

droppens@tctimes.com; 810-433-6789

Holly — Make that five victories in a row. It appears it took the Holly varsity boys basketball team’s young squad about two games to figure out how to play at the varsity level.

Since those two opening losses, the Bronchos have won five straight, including a 66-53 Metro League victory against Lapeer West Tuesday night.

“We are having a lot of fun,” Holly coach Lance Baylis said. “It was the same old thing. All 13 guys played, 13 played in the first quarter and we had nine people score last night. Everybody did something once again. It’s a team made up of guys that want to play together. So everyone has a role and is doing their role.”

Freshman Kyle Woodruff is proving he’s ready for the varsity. He had his third 20-plus point performance game, scoring a game-high 22 points on 8-of-16 shooting from the field.

“For a freshman to score 20 points is outstanding,” Baylis said. “And he does it within the flow of the game.”

The Bronchos led for most of the contest and had a 33-24 lead at the break. West cut that margin to 46-43 entering the fourth quarter, but the Bronchos scored 20 points in the final period, earning the win.

“They never wavered,” Baylis said. “They got as close as two but even then I felt comfortable. They just keep playing hard.”

Lapere West is a good team with good athletes, good leadership and a good coach. It was a good quality win and we’ll keep going forward.

Baylis is most impressed with his team’s unselfish nature.

“The coach that can get his team to pass, wins,” Baylis said. “That is the way it is, but not many teams can get their kids to pass. This team is subscribing to this theory. They get it.”

Joshua Simms added 13 points for Holly, while Logan Spiker and Michael Alexander chipped in eight points. Justus Kerner had seven points and seven assists. Alexander led the Bronchos with 12 rebounds.

While the Tigers did a pretty solid job holding Detroit Country Day’s Asia Doss to just 14 points, the visitors had too much firepower, resulting in a 54-42 Metro League victory.

“I felt like we fought from beginning to end,” Fenton coach Becki Moore said. “We were down five at the half. They have an All-Stater who hit three threes. They put it up with 14, but is averaging 20 points a game. The defense we played on her was excellent. (Payton Maxheimer) and (Hannah) Evo had her pretty much the whole night.”

Fenton (6-3) trailed 13-8 after one quarter and 26-21 at the half. Country Day outscored Fenton 16-10 in the third quarter, helping stretch the lead entering the fourth quarter.

Country Day entered the game averaging just over 58 points a game. The

See **DEFEASE on 19A**

**BOYS BASKETBALL**

- **Durand 56, Lake Fenton 49:** The Blue Devils were outscored 17-11 in the fourth quarter, resulting in the loss. Lake Fenton trailed just 41-38 entering the fourth quarter.

- **Darian Welch led the Blue Devils with 25 points, while Chase Hanson had 12 points,** Jeff Burke chipped in five points.

- **Lake Fenton got to the free-throw line just seven times, making two shots. Conversely, Durand was 17-for-25.**

**GIRLS BASKETBALL**

- **Holly 42, Lapeer West 33:** The Bronchos (6-0, 8-1) remained in first place in the Metro League with a big win. The team outscored the Warriors 12-8 in the third quarter, resulting in the loss.

- **Darian Welch led the Blue Devils with 25 points, while Chase Hanson had 12 points,** Jeff Burke chipped in five points.

- **Lake Fenton being held to just 41 points in the final three quarters, resulting in the loss. Lake Fenton trailed just 41-38 entering the fourth quarter.**

- **Darian Welch led the Blue Devils with 25 points, while Chase Hanson had 12 points.**

- **Lake Fenton got to the free-throw line just seven times, making two shots. Conversely, Durand was 17-for-25.**

- **Goodrich 68, Lake Fenton 22:** The Blue Devils (6-2) suffered just their second loss of the season against the top-ranked Martians. Lake Fenton scored just 12 points in the final three quarters, resulting in the loss.

- **Mackenzie Gottron led Lake Fenton with 13 points, while Sidney Scott netted six points. Goodrich’s Taylor Gleason netted 33 points, while Tania Davis had 20 points.**

**COMPETITIVE CHEER**

- **Metro League Meet:** The Fenton Tigers were the top team at the first Metro Meet at Lapeer East High School Wednesday night, placing fifth with a team score of 606.66.

- **Holly was seventh (597.88).**

- **Weed was ninth (588.74).**

- **Boys Ski**

- **Bowl**

- **League 21, Fenton:** Jessica Bailey led Fenton with a 1-42-161-303 series. Rachel Bellingar rolled a 150 game. **Boys Bowling**

- **League 23, Fenton:** Spencer Baughman led Fenton by rolling a 160, 150-310 series. Bailey Gauss rolled a 163.
Tigers remain perfect, cruise by Brandon Blackhawks, 62-41

Readman nets game-high 25 points in Flint Metro League home victory

By David Troppen dtroppen@tctimes.com; 810-433-6789

Fenton — Brandon wanted to stop Fenton’s Cory Cox from lighting up the scoreboard.

It’s a sensible strategy. The Fenton senior entered Wednesday night’s game averaging just under 22 points a contest.

But the Blackhawks quickly found out the Fenton varsity boys basketball team can beat squads in many other ways beyond Cox scoring.

Fenton’s Eric Readman scored a game-high 25 points, and the Tigers scored assists on 18 of the team’s 24 field goals, resulting in an easy 62-41 home victory against the Blackhawks.

“Brandon came out trying to stop Cory. They made a concentrated effort for him not to touch the ball,” said Fenton coach Tim Olszewski.

“We played excellent defense in the first half. That set the momentum and carried us and we were patient offensively.”

Fenton (6-0, 7-0) enjoyed an 18-7 lead after one quarter and had the lead balloon up to 34-15 by the half. The Blackhawks did win the third quarter 14-8, but Fenton blew the game right back open with 20 points in the final quarter.

“In the third quarter we had a letdown. We quit being impatient and were not as good defensively,” Olszewski said.

“Third quarter was not very good for us as a team. But we put it together in the fourth and were able to do some of the things we did in the first half.

“I give the kids credit. Everyone fights us and gives us their best game. It’s not only physically challenging, but mentally challenging. I was pleased with the outcome.”

Readman not only scored 25 points, with nine coming from behind the three-point arc, but also had four assists and two steals. Mitch Shegos netted 14 points, while Cox still scored 10 points. He also became a distributor, collecting a team-high five assists.

The Tigers’ defense was stellar, forcing 24 Brandon turnovers. The 21-point loss represents the worst defeat this season for the Blackhawks. Brandon lost to Swartz Creek by 15 and the Dragons actually trailed 32-29 at halftime against the Blackhawks.

Another Metro contender, Holly, defeated Brandon by 16 points, 60-44. At 6-0, the Tigers remain a game ahead of Swartz Creek in the loss column.

“We held Brandon to the fewest points of anyone,” Olszewski said.

“We did some things. I like the overall picture so far.”

Mitch Shegos takes a shot during a recent game. Shegos netted 14 points in the Tigers’ victory against the Brandon Blackhawks on Wednesday.

Fenton’s Carly Granger (right) scrambles for a loose ball in a past Tigers’ game. Fenton lost to Detroit Country Day 54-42 in a non-league home contest on Tuesday.

DEFENSE
Continued from Page 18A

Tigers (6-3) held them to four points below their average.

Ellie Cowger led the Tigers’ offense with 10 points, while Evo netted eight points. Evo also contributed eight rebounds and five assists.

Cassandra Reuschlein had seven points and four rebounds, while Maxheimer had six points and eight rebounds.

Country Day’s Mariah Jackson and Jordan Wright had nine points, while Tiana Gimipci and Brittany Washington had eight points.

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**EAGLES**

Continued from Page 18A

Just as was the case in the first half in a 40-31 road loss to Holly on Friday, the Eagles’ offense struggled. It didn’t matter in the first quarter, as the Eagles held a 9-6 lead entering the second period. However, the Eagles were outscored 22-8 in the second quarter and trailed 28-17 at the half.

Linden tried working itself back into the contest. The Eagles outscored Clio 16-13 in the third quarter, cutting the gap to 41-33, but never took the lead in the final eight minutes. Clio’s Allison Kitchen did most of the damage. She scored a game-high 27 points, netting 9-of-11 free throws.

Maja Satkowiak led the Eagles with 16 points and 12 rebounds, while Niki Sargent netted 13 points and 10 rebounds. Kelsey Brecht had six points, seven rebounds and five assists.

**Boys Basketball**

Clio 65, Linden 48

The Eagles trailed 43-22 at the half and tried to make a comeback, but it fell short.

Linden cut the gap to as little as 10 points several times during the second half, but never got any closer.

The Eagles (0-6) were paced by Travis Rinks, who had 14 points and six steals. Shaye Brown netted eight points and 10 rebounds.

The ‘Eagles’ JV team lost a tight 55-53 verdict. Tanner North had 12 points, while Mike Gold netted 11 points.

The freshmen beat Clio 45-26. Logan Steer had seven points, while Nolan McDonald and Nolan Hill had six points each.

**SKINNER**

Continued from Page 17A

“This is not about personal gain. It’s about building a program and relationships. I want to share this victory with all the boys and coaches that have ever stepped on a mat for Linden.”

The Eagles opened the night with a tight 36-32 loss to Lapeer West.

Winning two matches for Linden were Luke Zimmerman, Zach Shaw, Austen Golden, Austen McNeil and Cliff Coleman. Karrah Varner, Dylan Musall, Tanner Shuck and Aaron Kersten each went 1-1. Nick Soui won his only match of the night.

**Lake Fenton 55, Betley 19**
**Lake Fenton 55, Byron 16**

The Blue Devils had Jared Coccoran (119), James DeMember (125), John Barry (135), D.J. Melton (160), Andy Donoho (171), Chase Hull (189), Blake Mireles (215) and Lucain Allen (285) earn 2-0 records in the two GAC matches.

The wins improve the Blue Devils’ record to 17-4 overall.

**TRI-COUNTY TIMES | MARK BOLEN**

Linden’s Aaron Kersten (right) works on a takedown in a recent match. The Linden varsity wrestling team split a pair of Metro League matches on Wednesday.

**WILLIAMS**

Continued from Page 17A

With ear wrestlers due to reasons ranging from people moving to injuries, the Bronchos aren’t as deep as they’ve been in past years. They also have fought the flu bug this year. But that said, the team remains 12-4.

“Although we are 12-4, we don’t call it a good 12-4,” Pluta said. “West and Brandon are the two main teams that have the most depth to challenge us.

“It’s going to be tough this year.”

The Bronchos took care of Wednesday’s foes relatively easily. Along with Williams, Cleaver (135), Torres (140) and Colton Cleaver (103) also earned two pinfall victories. Keegan Soles (130) and Andrew Scott (160) also finished with a 2-0 mark on the day. Scott earned a pinfall victory in 1:39 in one of his matches.

Tres Flores (152) won his only match by a 6-2 decision, while Noah Brenner (285) also won a match by decision 2-0. Josiah Varner (215) recorded a pinfall win in 47 seconds. Those earning a forfeit win were Justin Hennard (103), Jacob Palleson (119), Sam Johnson (125) and two-time state champion Anthony Gonzales (145). Gonzales is still nursing a bout with the flu.

However, one concerning issue in the matches were the few losses the Bronchos did take in matches. Among the seven Holly lost, four were by pinfall.

“Kearsley has some good kids and East has some good kids, but we knew they didn’t have the depth to really hurt us,” Pluta said. “But next week we have Clio and Lapeer West and they are going to have more depth."

“We need more of that (depth) and we’re working hard at it. But when you have kids that don’t have a lot of experience as far as mat time, you have to just keep working. We keep telling them we can’t compete at the JV level, but need to start thinking at the varsity level. They’ve bought into it, but it takes time and is a process to get them to where they need to be. I’m hoping we can get there.”

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Holly’s Mason Cleaver (left) works on a takedown in a recent match.

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PETS
Continued from Page 3A
someone living on their own that doesn’t have a spouse or children with them, it tends to give them more reason to get up and have something to take care of and talk to."

Braden said that studies conducted have shown an improved quality of life for pet owners.
The Centers for Disease Control and Prevention (CDC) has conducted studies that show people with pets exhibit decreased blood pressure and minimized risk for heart attacks, as well as faster recovery times for those who have already had heart attackers. It is believed that these effects are due to pet’s ability to act as a stress reliever.

“They have been known to be great stress relievers. Just the fact of sitting and petting a pet has a calming effect on a person,” Braden said.
The boons passed onto you by your furry friends can help those of any age. A study published in the Journal of Allergy and Clinical Immunology shows that children who are exposed to animals are more likely to develop a stronger immune system. Infants who grow up with a cat in the home are less likely to develop asthma.

Those who own pets tend to stay more active as well. “Walking them too can help. It gets the owner out to do things,” Braden said. “It helps people to get out and walk around and do things with their animals. It also really does a lot for their mental wellbeing.” In fact, therapists have been known to use pets to help people who are battling depression.

Even more amazing, is that while researchers are not entirely certain as to why, but cat owners have fewer strokes than those without a feline companion.

While it may seem you are doing all of the work in the relationship, it is clear that your pet can return the favor. Adopt-A-Pet Director Jody Maddock agrees that it is physically and emotionally healthy to have the company of an animal. In many ways, when you adopt an animal, it is adopting you in return.

“From our standpoint obviously the benefits of having a pet in your life is the company, the companionship, the unconditional love that they provide you when you have a crummy day,” Maddock said.

“They are always going to be there no matter what, wrapping around your legs or looking at you with those adoring eyes and they kind of help you snap out of your nasty mood that you might be in.”

THE HISTORY OF cats and dogs
AS COMPANION ANIMALS

While there is some debate as to when man and dog first became friends, we know the two have been together for more than 14,000 years. Unearthed campsites show fossilized evidence of animals that were killed by humans for food, as well as being grilled by a canine. Further evidence is offered by cave paintings showing that the relationship between man and their best friend is nothing new. Dog and man shared a mutual interest of survival, and bonding together for protection and hunting purposes benefitted them both.

In the years that followed, dogs would be used for many different purposes. They were utilized as guards, for medical purposes to differentiate those who were dead as opposed to those who were comatose, and shepherding. As more time passed, dogs also found themselves kept as pets simply for company, and not necessarily for any specific utility. In addition to hunting and their other uses, a dog may have once ruled a nation. In the 11th century when the ruling King Eyesten’s son was murdered, he gave the people a choice — to be ruled by a slave, or by his dog, Saur. The people made their decision, and Saur is said to have held the position of King for three years.

Source: JaneDOGS.com, www.dogpark.com

Summary
- Owning a pet can help reduce stress, reduce your risk of a heart attack, and strengthen children’s immune systems.

Ted-Ish Facts:
- People who are depressed, or have been known to attempt suicide, are better able to control their moods, and have a better quality of life when they have a pet.
- The presence of pets seems to have a calming effect on the psyche and reduces stress.
- Pets have been known to help people take better care of themselves.
- No matter what, wrapping around your legs or looking at you with those adoring eyes and they kind of help you snap out of your nasty mood that you might be in.”

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LEUKEMIA
Continued from Front Page
that until six and a half years later, when he received a call last October that he was a potential match for international patient with acute leukemia. “I had totally forgotten about it until I got the phone call,” said Lossing.

The next step was for him to return blood vials to Be the Match, to narrow down the profile. When he found out that he was a good potential donor, he went to Michigan Blood in Grand Rapids for more extensive physical and testing. “I was the best match,” he said.

There are two types of extraction processes for obtaining stem cells for a transplant. One is the non-surgical donation of peripheral blood stem cells (PBSC) and the other is a marrow donation through a surgical outpatient procedure in a hospital under anesthesia, which one is used is determined by the recipient’s physician.

Lossing’s procedure was the PBSC, a five-day process leading up to the donation. His extraction was set up for Dec. 14-17 and the actual donation day was Dec. 18. “I was given shots of filgrastim every day at home to increase the number of blood-forming cells in my bloodstream,” said Lossing. “Then Suzanne and I went to Grand Rapids for the actual donation process.”

The blood was removed through a needle in one arm and passed through a machine that separates the blood-forming cells. The remaining blood was then returned to Lossing’s system through the other arm. The blood-forming cells are back within four to six weeks, according to Be the Match.

“I felt achy and fatigued, but that’s all,” said Lossing. “Every day of the shots, it was a different part of my body that hurt, and finally on day 3, I took Motrin. I was still working at my job throughout the process.”

As soon as the bone marrow was extracted, it was immediately taken to Detroit Metro Airport for an international flight to an unknown destination. The patient was expected to receive the parcel on Dec. 19.

Lossing had also sent a birthday card for the patient getting his bone marrow.

“The transplant actually resets the clock to a person’s birth,” said Lossing. “He now has a brand new immune system. He’ll end up with my blood type and my DNA. Now I have an ‘evil twin.’ Happy Second Birthday!”

Lossing admits he felt a mixture of excitement and anxiety as he approached the whole process. “I did a lot of research so I understood what would be happening to me and how the whole process would also work on the recipient end.”

He hopes to use this experience and his own connections in state government to encourage more people to join the Be the Match registry.

“Would he do it again? ‘In a heartbeat,’” said Lossing. “We talk about changing the world, and here with this one event I was able to save someone’s life.’”

David Lossing, Linden mayor and blood stem cell donor, stands with the donor team at Michigan Blood in Grand Rapids.

Visit David Lossing’s blog about his donor experience at: http://my-bonemarrowdonation-adventure.blogspot.com

Here’s how to be a donor...

• Join the registry, either online at bethematch.org or in person if you are at a Be the Match event. Ninety percent of good matches are between the ages of 18 and 44. Because funds are limited, monies to help fund these registrations are appropriated to this younger group where matches are more likely.

• If you are between 45 and 60 and in good health, you may register by sending a tax deductible payment of $100 with your form.

• If you register online, complete the form and order your registration kit. Follow the instructions to collect a swab of cheek cells and return the kit.

• Get ready to donate. If you get a call that you are a match, Be the Match will ask if you’re willing to donate. They will then set up additional testing, an information session and a physical exam.

• Donate in one of two ways, depending on the recipient patient’s physician. About 75-80 percent are done non-invasively.
  — PBSC (peripheral blood stem cells), a non-surgical procedure requiring five days of injections up to the extraction.
  — Marrow donation, a surgical outpatient procedure done in the hospital under anesthesia.

• Recovery and follow-up. Donors should be able to resume their regular activities between one and seven days after donation.
Meet David Lossing

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

David Lossing, 49, is a registered lobbyist for the University of Michigan, director of Government Relations for U-M-Flint, president of the Michigan Municipal League and last but not least — mayor of the city of Linden. He still finds time to do things that are important to him, most recently, donating his blood marrow through the "Be the Match" program.

People see you locally as mayor of Linden, and many probably don’t realize you also have a full-time job. I’ve always wanted to work at U of M, and now I’ve worked there for almost 13 years, now in Flint and before that in Ann Arbor. I’m also a registered lobbyist for U of M, so I spend a lot of time in Lansing. I’m in my fourth academic year at U of M Ann Arbor as a member of the teaching faculty. Never in my wildest dreams did I think I’d have a chance to be on faculty.

What do you teach? I’m one of four who teaches a total of 140 students in a web-based class platform entitled “Michigan Student Caucus.” Students participate in the legislative process by writing their own resolutions in six different areas like health and human services, business and economic development, etc. All the students vote for the top one or two resolutions, which then get presented to a panel of real legislators at the end of the semester. The legislators ask questions and challenge the students’ assumptions. It’s a great process, and has given me the inspiration to go back to school to get my PhD.

What is your educational background? I’ve earned my bachelor’s, master’s and education specialist degrees. I just applied to Colorado State University for their PhD program. It will take me about three or four years. To me, education is a lifelong thing.

What’s it like to be president of the Michigan Municipal League? I love policy work; it’s in my DNA. The MML represents 554 cities, villages and some townships in Michigan and serves as a statewide advocacy for government. We’re doing a lot with a “Town & Gown” initiative, providing interaction between cities that host institutions of higher learning. Michigan is reinventing itself and education is the key. The work I do in higher ed and the municipal league is a nice mix. I’m a policy junkie. I’m hoping we’ll work together to find common ground.

What about your work as mayor in Linden? The old Union Block is what still drives me. My goal is to find a developer who can rebuild what we’ve lost (in the fire in 2007). In 2107, 100 years after the fire, I’d like the residents to be proud of what we were able to put in that space.

As mayor, what are your responsibilities? My main responsibilities on paper are to run city council meetings, sign ordinances and resolutions and conduct wedding ceremonies. But I like to do a lot more than that. I serve on the planning commission and as chair of the Downtown Development Authority to create an action plan for downtown. My goal is to have the Union Block area done in two years. I’m good through 2014. Good thing, take time, so I try to be patient. Suzanne and I have lived here since 1996. We love it here. After the fire, the outpouring of public support was amazing. That’s what it’s all about at the end of the day.

What do you like to do in your spare time? We walk, bike and kayak all over the place. We take our dogs Isabelle and Fritz with us. We walk, bike and kayak all over the place. We take our dogs Isabelle and Fritz with us.

David Lossing

“...the old Union Block is what still drives me. My goal is to find a developer who can rebuild what we’ve lost (in the fire in 2007). In 2107, 100 years after the fire, I’d like the residents to be proud of what we were able to put in that space.”

David Lossing

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2012 Chevrolet Camaro 2SS
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SAVE OVER $8,300!
Clients create routines to fit their lifestyle, goals

By Tim Jagielo

**Fenton** — At Fenton Fitness and Athletics, free weights thunder to the ground with each lifter’s repetition as Florence and The Machine plays on the radio. Around 1 p.m. the gym is busy with six to seven people, and then four seemed to leave at once.

This is the ebb and flow of the daytime schedule of a local gym. Around 1:30 p.m. on Wednesday, Dan Stamos and son Todd work out together, tossing a medicine ball back and forth. Then, Dan winces as he leg presses 190 pounds. “It hurts,” he said. He was still grinning though, through the hour-and-a-half workout. “We’ve done it since growing up,” said Todd. “I used to take him when he was younger,” said Dan, a senior.

In the exercise room, Nancy Clemmer, 72, of Fenton, uses resistance straps and floor exercises during her hour-long session. She started coming five years ago because of a knee surgery. “I want to maintain what I have,” she said. It seems to be working, as Clemmer looks younger than her age. “Balance is important,” she said. “And strength.” She likes the variety of equipment available during the day.

Chris Smith, 27, of Mundy Township, stands engrossed in his droid phone, looking for an idea for his next exercise. Without clients during the lunch hour, he spends time at the gym. “Since my son was born, I’m just trying to get back into a routine,” he said. He settles on hurling a 14-pound medicine ball against the wall several times.

On Wednesday after 5 p.m., Powerhouse Gym in Fenton has more clients, many of them males, lifting weights. Austin Rowe, 18, of Fenton, uses resistance straps and floor exercises during her hour-long session. She started coming five years ago because of a knee surgery. “I want to maintain what I have,” she said. It seems to be working, as Clemmer looks younger than her age. “Balance is important,” she said. “And strength.” She likes the variety of equipment available during the day.

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CHAMBER’S FORECAST BREAKFAST IS JAN. 16
The Fenton Regional Chamber of Commerce is hosting its annual Forecast Breakfast on Wednesday, Jan. 16 at the Fenton Community and Cultural Center from 7:30 to 9 a.m. Keynote Speaker is Chuck Hadden, the CEO of the Michigan Manufacturers Association. The MMA is the state’s leading advocate devoted to promoting and maintaining a business climate favorable to industry. The MMA works to foster a strong and expanding manufacturing base in Michigan. Area municipality leaders from the City of Fenton, Fenton Township, City of Linden, Tyrone Township, and Argentine Township have been invited to share their five to seven minute community forecast views for 2013. In the past, this event has been very well attended and proven very informational for business representatives. The Fenton Regional Chamber of Commerce cordially invites all interested parties to attend and asks that you please RSVP to (810) 629-5447.

NATIONAL CEMETERIES TOPIC AT NEXT HISTORICAL SOCIETY MEETING
Tyrone Township Historical Society will hold its next meeting on Monday, Jan. 21 at 6:30 p.m. A meeting and program will follow the potluck dinner. The group meets at the Tyrone Township Hall on Center Road. Everyone is invited. The speaker for Jan. 21 is Rick Anderson, administrator of the Great Lakes National Cemetery in Holly Township. He will offer historical information concerning national cemeteries and information for veterans. All veterans are encouraged to attend. Contact Connie Powell at (810) 692-2031 for more information.

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Summary
A gym forms a community all its own, with different people using the facilities for a varying degree of needs. All of them point to keeping, and improving health.

GYM Continued from Page 1B
of Linden “shrugs” 405 pounds, with several repetitions. He comes here five days a week and has improved from power lifting 200 pounds two years ago. He started lifting in high school, and sees it as a hobby.

Across the room, his mother Shelly Rowe listens to Pitbull on Pandora radio as she walks the treadmill for half an hour. She does cardio on the off days, and works with a trainer three times per week. She barely was breaking a sweat. “It’s just part of my daily routine,” she said. “I like it.”

Austin and Shelly don’t plan workouts together, they just happened to be there at the same time on Wednesday, but they don’t seem to mind, as they chat after their respective exercises.

A 24/7 gym tends to have a medium flow of people, with consistent mild activity during off hours, and busy early mornings and evenings.

At 11 a.m., David Thorin, manager at Anytime Fitness of Linden, has five people inside, using the cardio equipment and free weights. As one of the daytime managers, he is relatively hands-off with this crowd. “For the most part everyone has their routine,” he said. Classes at night or the early morning yield more questions, especially when staff is changing out equipment that their customers have gotten used to using.

He said there is a wider variety of people during the day, everyone from seniors, to college students in between classes. At night, most are daytime workers on their way home. “The exciting thing for me is meeting the people of Linden. We’re a small community,” he said. As a University of Michigan-Flint student, he feels like this community is giving him some useful experience. “For me it is a part-time job, but it is allowing me to experience how a small business operates.” He said every day is a lesson in retention of clients.

At 8 a.m. Thursday, two men use the facilities, one runs the treadmill, and the other does push-ups. He soon has the entire facility to himself as the other man leaves.

Great coupons from these brands and more!
How should I get the vaccine?

There are two types of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

**FLU SHOT**
- Made with inactivated (killed) flu virus
- Given by needle
- Approved for use in healthy people older than 6 months and people with chronic health conditions

**AVAILABE IN 3 TYPES:**
- Regular: for people 6 months and older
- High-dose: for people 65 and older. This type contains a higher dose vaccine, which may lead to greater protection against the flu.
- Intradermal: for people 18-64. This type of shot is given with a needle 90 percent smaller than a regular flu shot and injected in your skin.

**NASAL SPRAY**
- Made with weakened live flu virus
- Given with a mist sprayed in your nose
- Approved for healthy people between the ages of 2 and 49, except pregnant women

**SIDE EFFECTS:**
Mild side effects usually begin soon after you get the vaccine and last one to two days. Serious side effects usually begin within a few minutes to a few hours after receiving the shot.

**FLU SHOT MILD SIDE EFFECTS:**
Soreness, redness, and swelling at the injection site. Fainting, mainly in adolescents. Headaches, fever and nausea may also occur.

**NASAL SPRAY MILD SIDE EFFECTS:**
Runny nose, wheezing, headache, vomiting, muscle aches, fever.

Q. How do flu vaccines work?
A. Flu vaccines (the flu shot and nasal spray) cause antibodies to develop in the body. These antibodies provide protection against infection with the viruses that are in the vaccine.

Q. Does the flu vaccine work right away?
A. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu.

Q. Is the vaccine safe?
A. Seasonal flu vaccines have a very good safety track record. Although there are possible side-effects to vaccination, the Centers for Disease Control and Prevention and the Food and Drug Administration closely monitor the safety of seasonal flu vaccines.

Q. Should I get the flu vaccine if I’m not feeling well?
A. If you are sick with a fever, you should wait until your fever is gone before getting a flu shot. However, you can get a flu shot if you have a respiratory illness without a fever, or if you have another mild illness.

The nasal-spray flu vaccine can be given to people with minor illnesses, such as diarrhea or a mild upper respiratory tract infection, with or without a fever.

Q. How long is my flu vaccination effective?
A. The flu vaccine will protect you for one flu season.

Q&A

**Who should get a flu shot?**
A. Everyone 6 months of age and older should get the flu vaccine. Seasonal flu vaccines have a very good safety track record.

**What does the 2012-13 flu vaccine protect against?**
A. Flu vaccines are designed to protect against three flu viruses that experts predict will be the most common during the upcoming season. Each year, one flu virus of each kind is used to produce the seasonal flu vaccine.

**When should I get the vaccine?**
A. Get the vaccine as soon as it is available in your area. Flu season usually peaks in January or February, but it can occur as late as May.

**Can I get the flu from the vaccine?**
A. No, you cannot get the flu from the flu shot or the nasal spray. The flu shot contains inactivated (killed) flu viruses that cannot cause illness. The nasal spray contains weakened live viruses.

**Does the flu vaccine work right away?**
A. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu.

**Where to go?**

Rite-Aid...............Fenton, Holly, Linden
VG’s Pharmacy.................Fenton
Kmart Pharmacy..............Fenton
Walmart........................Fenton
Walgreens......................Fenton
Target..........................Fenton
CVS.............................Holly
Meijer..........................Flint, Hartland

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Fenton resident rejoins Granger Construction Company

Suze Cherney of Fenton has rejoined Granger Construction Company as a project engineer/energy advisor. She is currently working on closing out Oxford Community Schools and implementing a new Energy Program for the firm’s K-12 clients. She previously worked for Granger as a project manager working on the company’s South Lyon Community Schools and Sparrow Hospital projects. Cherney has 13 years of experience in construction and three in energy management. Recently, as an employee of Consumers Energy, she promoted their Energy Savings Program to industrial businesses across the state in an effort to lower their energy consumption. She earned her Bachelor of Science degree in Building Construction Management from Michigan State University. Cherney has been married for fourteen years and has a 10-year-old son and 8-year-old daughter, who attend St. John Catholic School in Fenton. Founded in 1959, Granger provides design-build, construction management and general contracting services to clients throughout Michigan.

Prudential Great Lakes Realty

Fenton office merges with other Prudential franchises in Michigan

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

There’s strength in numbers, and that’s why Prudential Great Lakes Realty in Fenton is excited about its new ownership.

This long-time Fenton realty office has merged with Prudential Preferred Realtors, Prudential One Realty and Prudential Preferred Properties Network under owner Steve Fase, who has been a Prudential franchise broker since 1989.

“Our company now has 39 offices spanning from northern Indiana to the Mackinac Bridge, and expands our market presence to the western shores of Michigan,” said Fase. He is joined in the company by his son, Steve Fase II, who provides regional corporate support for Prudential.

“This new partnership enlarges the network of Prudential Realtors under the same ownership to more than 500 sales associates, making Prudential Great Lakes Realty stronger than ever,” added Mike Doherty, regional manager of Prudential’s eastern region. This group includes six offices in Fenton, Grand Blanc, Davison, Clarkston, Commerce and Troy.

The Fenton office of Prudential Great Lakes Realty is located at 2359 W. Shiawassee Avenue, telephone (810) 629-0680.

Marathon Auto Glass

Fenton business expands into same-day glass repair

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

Marathon Auto Glass has opened inside the Marathon Gas Station, expanding the family owned business that has been operating in Fenton since 1998.

“People know us and trust us,” said Raven Yousif, who is running Marathon Auto Glass inside the gas station owned by his father, Joe Yousif. “I’ve been repairing auto glass for six years now, and am pleased to offer my services locally with the opening of my own business.”

Marathon Auto Glass provides same-day glass repair inside the gas station or as a mobile service to a customer’s home or business. In addition to windshields, they offer door window repair and chip repair.

What sets this business apart from many other glass repair services is that Marathon Auto Glass waives the deductible, saving his customers money. “I always guarantee my customers the best price,” he said.

Marathon Auto Glass is located at 402 Silver Lake Rd. Business hours are Monday through Friday from 8:30 a.m. to 6 p.m. and on Saturday from 8:30 a.m. to 3 p.m. For more information or to make an appointment, call (810) 922-4469.

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Tri-County Times | Sally Rumme
Families who “play” together set a healthy example to their children for a lifetime of good health. Whether you go to a fitness center or find ways to be active at home or in your community, the important thing is that you keep moving and lead an active lifestyle.

Here are some tips for getting your family more active:

• Be active together. Spend quality time together doing an activity, rather than watching TV or driving in the car. Make a family decision to walk together every evening after dinner. Go bowling or skating on Sunday afternoons.

• Play with your kids. Throw a ball together, fly a kite or play hopscotch. During the winter, build a snowman, a snow fort or have a friendly snowball fight.

See FITNESS on 6B
Local family-friendly fitness facilities:

ANYTIME FITNESS, FENTON  
1145 NORTH LEROY ST., FENTON  
(810) 750-1149

Kids aged 14-16 can work out accompanied by their parents. Kids who are 13 can have their own 24-hour access key.

CHASSE BALLROOM & LATIN DANCE STUDIO  
3180 WEST SILVER LAKE RD.  
FENTON, (810) 750-1360

Kids will enjoy Zumba Atomic programs that combine Zumba Latin dance moves with games to get kids moving. There are two age groups for kids (ages 4-7 for 30 minutes and ages 8-12 for 45 minutes). Parents can enjoy their own Zumba sessions or other dance classes.

FENTON FITNESS & ATHLETIC CENTER  
404 ROUNDS DR., FENTON  
(810) 750-0351

Young people from age 12 on up can sign up for sports performance training with parental permission. Sports training, functional training, cardio and resistance equipment, personal training and group fitness classes are available for members 18 and up.

FENTON HIGH SCHOOL  
3200 WEST SHIANASSEE AVE.  
FENTON, (810) 591-2600

Fitness walking from Jan. 14-March 14 from 6 to 8 p.m. takes place in the hallways of FHS with sign-up through Southern Lakes Parks & Recreation. Fenton’s pool is available for open swim on Friday evenings, as well as for other aquatic activities and lessons through SLPR.

FENTON KARATE  
1366 NORTH LEROY ST.  
FENTON, (810) 750-9800

This family oriented traditional martial arts facility offers programs for all ages, training in Korean Tang Soo Do style of karate.

PLANET FITNESS  
3150 OWEN RD., FENTON  
(810) 714-8000

Teens from 13 on up can work out on equipment and/or cardio equipment or sign up for personal training, when accompanied by an adult.

TOP FITNESS TIP FOR FAMILIES:

“When parents are supportive of a child’s desire to get healthy, they have a much better chance of success. The Snap Fitness official policy is that kids need to be 13 to workout with their parents, but I understand the importance of kids getting started early with good health habits, because I was an overweight kid who turned into an obese adult. I’ll work with kids on a case-by-case basis and let them use the gym with their families, if they’re all ‘on the same page.’ Parents must accompany kids under age 16 and sign a parental consent for kids 16 and 17.”

— Matt Letten, owner  
Snap Fitness in Linden, Holly

POWER HOUSE GYM  
1376 NORTH LEROY ST.  
FENTON (810) 714-0911

SNAP FITNESS  
• 614 WEST BROAD ST., LINDEN  
(810) 735-3375  
• 13213 NORTH HOLLY RD., HOLLY  
(248) 634-2000

While the official policy is for teens 13 and up accompanied by an adult, owner Matt Letten will allow younger kids to work out on a case-by-case basis. Parents must accompany teens 16 and under.

SOUTHERN LAKES PARKS & RECREATION  
150 SOUTH LEROY ST., FENTON  
(810) 391-0080

A number of youth and adult programs provide fitness activities from tennis to karate, cardio to pilates in SLPR’s 2013 Winter and Spring brochure. Visit slpr.net for online brochure.
Healing hands

Massage is more than just an indulgence, it’s a therapy with significant healing benefits

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

Today, massages aren’t just for the pampered who visit a salon and want a few moments of relaxation. Massage therapy is now included as part of a person’s total wellness program, utilizing the significant health benefits that have characterized the power of touch for thousands of years.

Lowers blood pressure
According to Tiffany Field, PhD of the Touch Research Institute at the University of Miami School of Medicine, a massage offers the same affect as finishing a run for most people.
There’s the same feeling of total relaxation, plus the benefit of lower blood pressure and a decrease of the heart rate. Mental acuity increases, too.

Eases pain
Massage therapy helps people spend more time in deep sleep, a restorative state in which the body barely moves. Frequent massages help people sleep longer, reducing substance P, a neurotransmitter that’s closely associated with pain. The less restful sleep a person gets, the more substance P is emitted and the more pain is felt. Using massage for fibromyalgia patients helps break the cycle of pain and sleep difficulties very effectively.

Reduces stress
Massage therapy lowers cortisol, a hormone that’s produced in response to stress, by an average of 31 percent. This also eases pain because when cortisol levels decline, serotonin increases. That’s one of the body’s main antipain mechanisms. By lowering cortisol, a person boosts the ability to fend off pain and reduce stress.

Strengthens immune system
When cortisol levels are up, natural killer cells — the white blood cells that are the front line of defense for a person’s immune system — attack cancer cells, viral cells and bacterial cells.

How do you beat the ‘winter blues’?

“Massages are the touch deep when a massage gets, I want longer, Miami of a more natural total P, people utilizing front Medicine, pain. The power who aren’t cortisol, plus killer — wellness person that’s the that blood with therapy for benefit also Massage therapy and in eases program, pain a the a the help visit lower therapy spend of pain."

“I go shopping for summer clothes and bathing suits.”

Kayla Skyner, Swartz Creek

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“I go to the gym and do cardio, lift weights and tan. It makes me feel a little better.”

Ethan Hartman, Argentine Township

“I love clothes, so I go shopping. I don’t just browse, I buy!”

Alyssa Bacon, Fenton

“I don’t mind the winter. If it’s a mild one like last year, I won’t have a problem.”

Larry Jenkins, Fenton

“We usually take a winter vacation to a warmer climate like the Caribbean.”

Rich Sobanski, Fenton

“We go to the casino. We’ve been there the last two weekends!”

Linda Moore, Mundy Township

Other conditions which benefit from massage cited by WebMd:

Osteoarthritis — massage therapy is shown to offer improvements in pain, stiffness and function.

Cancer — when used as a complement to traditional Western medicine, massage can promote relaxation and reduce cancer symptoms or side effects of treatment.

Back pain — Studies have shown it reduces low back pain better than other treatments, reducing the need for painkillers by 36 percent.

Headaches — Massage therapy can reduce the number of migraines a person has and also improve sleep.

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Advice for parents and their children about their own health

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

Kids used to spend the majority of their free time outside, playing with other children in the neighborhood and coming home to a home-cooked, nutritious meal. Today, children spend most of their non-school hours in front of the TV, the computer or the videogame console. Busy families with less time to cook often resort to fast-food restaurants for meal time or eat heavily processed “convenience” foods. Times have changed and so have the health issues for the next generation.

According to Kids’ Health, one out of every three children is now overweight or obese. Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water or a combination of these factors. Obesity is defined as having excess body fat, according to Centers for Disease Control and Prevention (CDC).

Overweight and obesity are the result of caloric imbalance — too few calories expended for the amount of calories consumed, and are affected by various genetic, behavioral and environmental factors.

“We’ve definitely seen a rise in childhood obesity,” said Penny Teffner, assistant administrator for Fenton Medical Center, which also houses the Center for Medical Weight Loss. “Preventing childhood obesity has been one of the goals for our practice since last year, and we will continue to make it a goal for 2013.”

At Fenton Medical Center, family doctors all work together to address each child’s health with his or her family. If the doctors feel that a family needs more specialized help in the area of nutrition, they’ll refer them to a dietician.

Prevention is the key to childhood obesity — starting with healthy kids leading healthy lifestyles led by example by their parents. It has been proven that parents who are overweight are much more likely to have children who are also overweight. It makes sense, since family members tend to eat the same foods and have the same attitudes about exercise. Obese children are more likely to have risk factors for heart disease, such as high cholesterol or high blood pressure. They are at greater risk for bone and joint problems, sleep apnea and social and psychological problems including low self-esteem. Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for developing diabetes.

Preventing childhood obesity is a family effort, requiring a healthy lifestyle at home that sets an example for the children. Instead of focusing on a child’s weight, which can lead to eating disorders when they reach the teen years, focus on making the right choices and encouraging positive behaviors. When parents are no longer a child’s primary influence, they will continue to adhere to a healthy lifestyle if they learned it at home from an early age.

In addition to healthy eating, families should make regular exercise an important part of their lifestyle at home. Join a family fitness center and exercise together, or simply enjoy an active lifestyle together by taking daily walks and playing outdoors. The most important thing is that a child does not spend the majority of his or her free time sitting.

Top 10 states for childhood obesity

State | Percent of Obese & Overweight Children
--- | ---
1) Mississippi | 44.4 percent
2) Arkansas | 37.5 percent
3) Georgia | 37.3 percent
4) Kentucky | 37.1 percent
5) Tennessee | 36.9 percent
6) Alabama | 36.1 percent
7) Louisiana | 35.9 percent
8) West Virginia | 35.7 percent
9) Washington, D.C. | 34.4 percent
10) Nevada | 34.2 percent

We’ve definitely seen a rise in childhood obesity. Preventing childhood obesity has been one of the goals for our practice since last year, and we will continue to make it a goal for 2013.

Penny Teffner
Assistant administrator at Fenton Medical Center

It’s just as easy to feed a child a piece of fruit as it is a cookie.

Kids health

How your family can help an overweight child:
• Reduce or eliminate unhealthy snacking, especially late at night.
• Don’t use food as a reward or punishment.
• Keep only healthy foods in the pantry and refrigerator.
• Always start the day with a good breakfast, which increases the metabolism.
• Eat as many meals together at home as a family.
• Teach how important it is to eat slowly and mindfully.
• Discuss with older children the fact that fast diets and diet pills don’t work.

Childhood obesity by the numbers:
• Childhood obesity has more than tripled in the past 30 years.
• The percentage of children aged 6 to 11 who were obese increased from 7 percent in 1980 to over 20 percent in 2008.
• Adolescents aged 12 to 19 who were obese increased from five to 18 percent over the same period.

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Whatever the need, you can count on me!
LISA BRANHAM
810-922-6553

REASONABLE RATES!

DID YOU KNOW?
Both New York City and Philadelphia have seen their child obesity rates drop by 5 percent since 2011, due to better access to fresh food, improved nutrition standards in schools and more visible calorie information.

Source: Robert Wood Foundation

Featured Section
www.tctimes.com
They don’t call it “winter blues” for nothing. The depression that occurs often during the long months of winter is so common that it has its own name: Seasonal Affective Disorder (SAD) and seriously affects about 5 percent of Americans, according to USA Today.

While the exact cause of SAD is unknown, darker days probably play a role. It can be dark in the morning when you leave for work or school and dark in the evening when you come home. Reduced levels of natural sunlight can disrupt a person’s internal clock, which can lead to depression. Lack of sunlight can also cause a drop in serotonin, a feel-good brain chemical.

If you struggle with SAD, then you’re likely familiar with the lethargy, depleted energy, lack of focus, and changes in mood and sleep that often accompany the disorder. Severe cases may require medical intervention and the use of an antidepressant.

Here are some ways to beat the ‘winter blues’

- **Consider light therapy.** Exposure to bright light helps mimic natural light is thought to affect mood-related brain chemicals and ease symptoms. One well known product is the Verilux Happy-Light, which is said to positively help 80 percent of SAD sufferers within four days of starting therapy at home. Light therapy can have mild side effects, such as eye strain and headaches. It isn’t recommended for people with skin sensitivity.
- **Go outside, even if it’s cold and cloudy.** Natural light is very good for a person, and it can help relieve SAD symptoms, especially if you go outdoors within two hours of waking up, according to TV’s “The Doctors,” who were interviewed by USA Today. At home, let the light in by opening up your blinds and drapes.
- **Eat right and exercise.** A well-balanced diet can improve energy levels. Regular physical activity works to boost mood and ease stress and anxiety, which can aggravate SAD symptoms.
- **Use your social network.** Spend time with people you enjoy, even if you’re feeling down. Staying connected socially and participating in your regular activities can fortify your spirits during the winter months.

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**Seasonal Affective Disorder affects about 5 percent of Americans**

By Sally Rummel

Seasonal Affective Disorder (SAD) is thought to be triggered by shorter days and less sunlight. Connecting with friends, being outside, and even light therapy can help minor cases.

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**Summary**

You can overcome some symptoms of the “winter blues” with a few simple lifestyle changes.

---

**HMB health, mind & body**

Ditch the workout, join the Party!

40% OFF All Zumba® Classes & Punch Cards in January

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Visit our website to sign up for email specials and link to our Facebook page.

3180 W. Silver Lake Rd., Fenton

810.750.1360

Imagine life without back pain!

FREE Initial Consultation

NEW! Spinal Decompression Table

Spinal decompression therapy is a proven non-surgical treatment for chronic neck pain and low back pain caused by:

- Degenerative Disc Disease
- Bulging/Herniated Discs
- Sciatica, numbness in arms, hands & legs
- Spinal Stenosis

Deehl Chiropractic

Life Center 106 N. PINE • FENTON • 810.750.9300

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Michael G. Hendricks, O.D.

DPA & TPA Certified

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Includes Cleaning • Exam Full Mouth X-Rays

Patricia McGarry, DDS

200 Lindenwood • Linden

810-735-9426

www.drmcgarry.com

Don’t be SAD this winter

By Sally Rummel

news@tctimes.com

TRI-COUNTY TIMES | DPFRANKLYMAN

Don’t be SAD this winter

By Sally Rummel

news@tctimes.com

TRI-COUNTY TIMES | DPFRANKLYMAN
Ditch the workout, join the Party!

40% OFF

All Zumba® Classes & Punch Cards in January

Zumba Fitness® Classes for All Ages & Levels of Interest!

Save with Punch Cards!

No Pre-Registration Required, Just Drop In!

Licensed Zumba Fitness® Instructors

Zumba Basic® is for those with experience in either Zumba® or other workout systems

Zumba Gold® is for those who are true beginners & the active older adult

Zumba Toning® is designed to sculpt the body by using maraca-like toning sticks

Zumbatomic® is designed for kids ages 4-12 and uses moves combined with games

Zumba®, Zumba Fitness®, and the Zumba Fitness® logos are registered trademarks of Zumba Fitness, LLC, used under license.
NEED AN IDEA FOR DINNER?
Find recipies at www.tctimes.com/living/food_for_thought

Growing healthcare corporation in Flint is offering an excellent opportunity for a professional, dynamic Director of Nursing. Please email us your resume to hrcreatealamerica@gmail.com.

REQUIREMENTS - Duties for this position may include:
• Current RN License for RN
• 2-3 years experience in management and in LTC
• Implements new plans and/or policies for the Nursing Dept. and monitors the progress of the implementation
• Evaluates all nurses and promotes good rapport among nursing personnel, medical staff, therapy staff, residents, family members and visitors
• Assists in the development of criteria and standards for measuring the quality of health care.

MUST HAVE:
• Licensed R.N. with previous management experience in a long term care facility.
• Knowledge of State and Federal Regulations.

PROFICIENT IN:
• MS OFFICE
• Outstanding writing / verbal / organizational skills
• Knowledge of State and Federal Regulations.

IMMEDIATE OPENINGS for
Caregiver/CNA. Openings for
hourly and live in shifts. Must have valid driver’s license and own vehicle. Apply in person Monday-Friday, 10-2pm at 5362 S. Dort Hwy., Flint.

On January 2nd 2013
Hazel Cutton’s family joined together to celebrate her 90th birthday!
Hazel was born and raised in South Berwick, Maine and hasn’t lost her accent!!
WE LOVE YOU MOM!
Joy Jane Cudlin

FENTON FÍTNESS has immediate opening for front desk staff afternoons and evenings. Interest in fitness and strong customer service skills required. Fax resume 810-750-6361.

WE ARE THE
LEADER IN
LONG TERM CARE!!!

HRCARE
Estate of Linden
526 N. LeRoy • Fenton

Top notch care for your loved one in our beautiful Assisted Living environment. Call us today for more information about the care we provide.

We have openings in our beautiful Assisted Living facility for part time Guest Assistants afternoon & midnight shifts only. DUTIES will include providing daily care, meal prep and medication administration to elderly residents. Prior experience is preferred, but we will consider training the right candidate if you have customer service experience. This job requires a high school diploma and 1 year of experience.

Certified Nurse Assistant (CNA)
(1 Part time shift only). Must have certification from the State of Michigan as a nurse aide and worked within the long term care environment.

Appley in person at 202 S. Bridge Street, Linden, MI 48451 – OR – send resume to hrcreatealinden@gmail.com

TRI-COUNTY
 REAL ESTATE

PERSONAL

1

Help Wanted

3

Help Wanted

3

Help Wanted

3

BOOKKEEPER WANTED part-time. Manufactures Representative Firm looking for bookkeeper. Approximately one day per week. Flexible schedule. Competitive wage. Must have knowledge of Generally Accepted Accounting Principles. Knowledge of Quickbooks helpful. Responsible for general ledger and preparation of financial statements. Payroll and general office tasks. Interested applicants can send their resumes to Major Lozuaway and Associates, 1117 W. Grand Blanc Rd., Grand Blanc, MI 48439 or email to lozuaway@lozuaway.com.

1996 MUSTANG GT, dark green, 164,000 miles, 5 speed. Good condition. $3,750.bl. 810-714-5724.

1996 MERCURY GRAND MARQUEE, 62,000 original miles, new tires, runs great, $5,000 or best offer, call 810-444-6464.

LEADER CARE - Let me help you with your loved one. I am experienced, with impeccable references. TB tested, CPR certified. 810-735-6910.

OPEN HOUSE SUNDAY, JANUARY 13th • 1-4 pm

7399 Ironwood Dr., Mundy Twp. (US-23 to Grand Blanc Rd. E to Ironwood N on Ironwood to home) Move In Condition 2 story home with 4 bedrooms & 1 1/2 bath w/laundry room. Towing & Appliances included. Many updates, new paint, new carpet, new windows. Newer roof, siding, windows and doors. $159,900.

2117 Glenbrook St., Fenton Call Today to Reserve Your Spot 810-629-2220

NEW LISTING

FENTON TOWNSHIP


Call Jim Laczynski 810-714-5724.

FLINT

FLINT 902 Bloor Avenue Great for rental or first time home buyer. Located close to Baker College. Clean, neat and move-in ready. 2 bedroom Ranch on corner lot. fenced backyard. Appliances included, full basement, covered porch and storage shed. Never lived in. windows, paint and flooring. $179,000.

Call Sheila Richdale 810-348-7397

1356 E. 21st St., Flint. Mark 810-955-1038

www.coldwellbankerprofessionals.net

OPEN HOUSE SUNDAY, JANUARY 13th • 1-4 pm

5470 Deer Trail
FENTON TOWNSHIP

Move-in Condition 2 story home with 4 bedrooms & 1 1/2 bath w/laundry, 2 car garage. Large yard. Stamped patio. 2 car garage. Swartz Creek Schools. Don’t miss this one!! $249,900.

Call Dennis, Jan, Dave, Grandkids 810-955-3736

526 N. LeRoy • Fenton

5 Bedroom w/Basement

NEW LISTING

LAKEFRONT

FENTON TOWNSHIP

Very rare opportunity to own private estate in All Sports Poinemah Lake. Home has it all...Dining room, Kitchen, Office, 5 bedrooms, 5 baths, 1st & 2nd floor laundry, 1st floor laundry, central vacuum, wet bar, lower level walkout/waterfront pool, 3 season & Daylight windows, hot tub, 5 car garage...too many amenities to list. $1,500,000.

Call Arlene Charney 810-265-6590

4 Fireplaces, Theater room, 1st floor laundry, Cedar rec room & Four Season finished basement, natural gas fireplace, in-ground pool w/ outdoor shower, outdoor sound system, large deck for entertaining, 3 car garage, Game room over garage, Gazebo & wine cellar. $1,000,000.

Call Arlene Charney 810-265-6590

NEW LISTING

lakefront

90th birthday!

www.tctimes.com/living/food_for_thought
**Start the New Year at Holly Ridge Apartments**

1 & 2 Bedroom Apartments

**FEATURES**
- SuperCrossword
- 1 & 2 Bedroom Apartments
- www.dhsmgt.com
- 248-634-8361

**APARTMENTS**

**201 Trealout Dr. • Fenton**

- Quiet area yet close to everything!
- Lake Fenton Schools
- Sparkling Interiors
- Lease by Jan. 31, 2013
- Receive February Heat included.
- Select Unit Specials
- New 32” flat screen TV. Many extras.
- 970 sq. ft. $650/month plus security deposit.
- Possible 3rd in basement. 970 sq. ft.
- Heat included.
- Limited Availability

**HOLLY - 3 BEDROOM**

- 1 bathroom for rent. Fenced yard with large shed. Includes new paint, tile in kitchen, and yard with large shed.
- Includes heat.
- 2 beds, finished basement, 1 car garage. $975/month plus security deposit.
- 2 bedroom, 2 baths, finished basement.
- $975/month plus security deposit.
- Pets welcome. Sparkling Interiors.

**FENTON - LOON lake 2 waterhouse for rent.**

- $12,000 and up. Quick sale,
- Lake Fenton Schools
- Utilities. Call 810-869-0293.
- Waterfront and 2 wooded lots. Lake 2.

**COMMERCIAL PROPERTY for lease.**

- Linen industrial Building- Space #1-3000 SF or Space #2- 9200 SF.
- Amenities: Office space included, 16’ overhead door, A/C in shop, Northern Oakland County, off Dixie Hwy., minutes from 1-75/E Holly Rd (Exit 52). Call for more information, 810-444-1380.

**APARTMENTS**

- **www.fentonestates@mrdeapartments.com**

**fentonestates@mrdeapartments.com**

** Fedline Park**

- One bedroom, one bath.
- Close to park and lake.
- Heat included.
- $599/month plus security deposit.

**LINDEN - ONE and TWO bedrooms.**

- Close to park and lake.
- Heat included.
- $499/$599 per month.

**FREE HEAT & HOT WATER**

- Limited Availability.
- Apartments
- Select Unit Specials
- Pets Welcome
- Sparkling Interiors
- Lake Fenton Schools

**INDUSTRIAL**

- **810-605-8658**
- For Rent

**HOLLY - REFRIGERATED STORAGE**

- 8000 sq. ft. $1200/month plus security deposit.
- 1 car garage.
- $1200/month plus security deposit.
- 1 car garage.
- $1200/month plus security deposit.

**REAL ESTATE**

- **888-605-8658**
- 201 Trealout Drive (Fenton, N. Leroy) 12080 Mantawauka Dr.
- 2 bedroom, 1 bath, 970 sq. ft. $650/month plus security deposit.
- 2 bedroom, 1 bath, 970 sq. ft. $650/month plus security deposit.
- 2 bedroom, 1 bath, 970 sq. ft. $650/month plus security deposit.
- 2 bedroom, 1 bath, 970 sq. ft. $650/month plus security deposit.

**HOLLY SCHOOLS, 2 bedroom, 3 possible in basement. 970 sq. ft. $600/month plus security deposit.**

**HERBERT W. CRIBB**

- 517-629-4957.
- 1 bedroom, 1 bath, 7067 sq. ft. $650/month plus security deposit.
- 1 bedroom, 1 bath, 7067 sq. ft. $650/month plus security deposit.
- 1 bedroom, 1 bath, 7067 sq. ft. $650/month plus security deposit.
- 1 bedroom, 1 bath, 7067 sq. ft. $650/month plus security deposit.

**FREEHOLD ESTATE, 2 bedroom, 1 bathroom.**

- 1 bedroom, 1 bath, 7067 sq. ft. $650/month plus security deposit.
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**LINDEN - ONE and TWO bedrooms.**

- Close to park and lake.
- Heat included.
- $499/$599 per month.
- 810-629-4957.

**FIREWOOD**

- **810-629-8194**
- FREE Heat
- FOR 21 STUNTS
- **888-605-8658**
- **FIREWOOD**
- **888-605-8658**

**LEGAL NOTICE**

- To CREDITORS: **The Elsie Marie Dye Revocable Living Trust**
- Dated the 5th day of August, 2003
- Swartz Creek, MI 48473
- Granted the 21st day of August, 2003
- 6752 Rolling Meadow Dr.
- Davisburg, MI 48350,
- Picked up $50/face cord. Call 313-938-9237.

**LEGAL NOTICE**

- **TO CREDITORS:** **The Elsie Marie Dye Revocable Living Trust**
- Dated the 5th day of August, 2003
- Swartz Creek, MI 48473
- Died August 6, 2012.
- The Elsie Marie Dye Revocable Living Trust dated the 5th day of August, 2003
- 6752 Rolling Meadow Dr.
- Davisburg, MI 48350,

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FORECLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are not the person to whom this notice is addressed, you are advised to return this notice to the person who is. If you are the person to whom this notice is addressed, you are advised to return this notice to the person who is.

Effective Date: 12/24/2012

1737 Country View Drive, Lansing, MI 48933

(248) 844-5123

Our File No: 12-66646

A creditor has made a claim of ownership to this property. It is necessary to determine the true owner of the property. If you believe you are the owner, please contact the property owner or the property holder for details.

If you are the owner, please contact us at (248) 634-9057, or at D.E. Schultz

Building, 1737 Country View Drive, Lansing, MI 48933, or in person.

If you are in the military, please contact our office at (734) 778-2596 for our free legal assistance.

TIMES CLASSIFIEDS

www.tctimes.com
PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
PUBLIC HEARING – 2013 LOCAL ROAD IMPROVEMENT PROJECTS

The Fenton Township Board will conduct a public hearing on January 21, 2013 to discuss local road improvement projects for 2013. Citizens are invited to provide input regarding potential projects, which may include improvements to paved or unpaved local roads. The hearing will be held in conjunction with the board’s regular meeting on Monday January 21, 2013 beginning at 7:30 p.m.

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON BOARD MEETING SYNOPSIS
JANUARY 7, 2013

The Fenton Township Board held a regular meeting on Monday January 7, 2013 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions:

1. Supervisor Mathis led the pledge of allegiance to the flag.
2. Approved the agenda as amended.
3. Approved invoices and expenditures for payment in the total amount of $225,559.17.
4. Received 4th quarter and annual fire department statistics from Fire Chief Ryan Volz.
5. Adopted Ordinance No. 752, a Zoning Ordinance amendment to revise provisions regarding commercial vehicles on residential lots.
6. Adopted Ordinance No. 753, a Zoning Ordinance amendment to revise the definition of Agricultural Tourism Facilities.
7. Scheduled a public hearing for January 21, 2013 to obtain citizen input regarding potential local road improvement projects for 2013.
9. Adjourned at 8:07 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK

Donald R. Beach

Donald R. Beach - age 83, formerly of Holly, after a lengthy illness, passed away January 4, 2013 at his residence in Tucson, AZ, where he had lived for the past 20 years. He was a 1947 graduate of Holly High School. He leaves behind his wife Renee. He was preceded in death by his parents, Charles and Clara Beach; his brother Stanley; his sister Joan (Jack) Sanborn, and his sister Alma Grace (Eddy) Samborski of Brighton. He is survived by his sister Vivian (Frank) Wells of Waterford. He also leaves his son from a former marriage Donald E. Beach and two granddaughters, Erin and Mary Beach who are the daughters of his son. Memorial services were held after cremation.

Gordon Primeau, 1932-2013

Gordon Primeau - age 80, formerly of Fenton, passed away Sunday, January 6, 2013 in Haines, City, FL. No services will be held.

Elaine Jipsin, Sharon Jipsin


Henry VanRiper, Henry VanRiper


Joshua Polehna, Joshua Polehna


Michael Jacius, Michael Jacius


Russell Bard, Russell Bard


Mitchell Jackson, Mitchell Jackson


Katie Brown, Katie Brown


Greta Alberts, Greta Alberts


Carl Partain, Carl Partain


Floyd Novak, Floyd Novak


Harry Lahar, Harry Lahar


Jacqueline Moore, Jacqueline Moore


Alvera Petiprin, Alvera Petiprin


Jack Skidmore, Jack Skidmore


Virginia Kallin, Virginia Kallin


Erl Youngs, Donnie Foster


Donnie Foster, Donnie Foster

DIRECTIONS

1. Stir in lentils, broth, and wine. Return chicken to pan, add 2 T. curry powder and salt. Cook and stir 2 to 3 minutes or until chicken is tender and no longer pink (170 degrees F).

2. Stir in lentils, broth, and wine. Return chicken to pan, add 2 T. curry powder and salt. Cook and stir 2 to 3 minutes or until chicken is tender and no longer pink (170 degrees F).

3. Remove chicken; stir bok choy into lentil mixture. Use slopped spoon to serve. Makes 4 to 6 servings.
Linden

16179 River Ridge • $184,900
First floor laundry. 3 bedrooms, 3 full baths. Walk in closet in master bedroom. Beautiful landscaping.

1222 Vista • $249,000
Quiet setting. Updates include: granite kitchen, bamboo flooring, new ceramic tiled bath with 5'x6'ft shower off the 32'x 50'ft indoor pool area.

16190 Crest • $328,000
Totally renovated in 2008, Up North style with 48' on Lobdell lake with open water view. 4 bedrooms, 3 bathrooms.

Myers Lake

15224 Murray Rd • Byron • $138,000
Reduced • All-Sports Myers Lake. Two homes side-by-side. Two bedroom and 1 bedroom guest house.

Lake Fenton

4300 Pondview • $135,000
First floor laundry. Walk in closet in master bedroom. Beautiful landscaping. 3 bedrooms, 3 baths.

Linden

COMING SOON
NEW ON MARKET
• Runyan Lake
• Lake Fenton
• Lobdell Lake

Fenton

13326 Wenwood, Fenton
Lake Fenton Waterfront
$225,000

9155 Bennett Lake, Linden
Bennett Lake
$218,000

2405 Margaret, Fenton
$205,000

Pending

SOLD

Silver Lake Waterfront, Fenton
$424,000

Lake Fenton Waterfront
$180,000

Lake Fenton Schools
$160,000

Lobdell Lake
$120,000

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