Football players credited for reacting quickly

Fenton Police Chief Rick Aro is crediting Fenton High School junior varsity football players for intervening in the correct manner when they had a hunch a boy was in trouble Tuesday afternoon. Aro said at 3:30 p.m. on Sept. 24, his police department received a 911 call from football players who were waiting for practice to begin at the high school. Police were told that a suspicious man had approached an 11-year-old boy who was hanging out near the practice field.

See INCIDENT on 20A

Unemployment benefits may require drug test

Legislators look to prevent drug abusers from receiving benefits

By William Axford

Passing a drug test and performing community service may become conditions to receive unemployment benefits in the state of Michigan. House Bill 4952, which was passed earlier this month, would require all unemployment recipients to pass a drug test before receiving benefits.

State Rep. Ken Goike (R–Ray Township) said he introduced the bill after hearing a business owner claim he turned away more than 50 job applicants because they failed the pre-employment drug screening but could still claim unemployment benefits.

See DRUG TEST on 14A

The fight to control blight

A contractor removes wood from around a window opening at the formerly blighted property at 102 First Street in Holly. Outside, a pile of material accumulates as the inside is gutted on Wednesday.

Local governments working to keep weeds, garbage, eyesores under control

By Tim Jagielo

Holly — The repetitive clattering emanates from the large primer-white house at 102 First Street. The place is a mess, with piles of broken wood, plaster and glass outside. Inside, the home is being gutted. Workers swing picks and crowbars, dust hangs in the air as piles of plaster ...

See BLIGHT on 15A
Understanding Hernia & Treatment Options

Presented by Dr. Michael McCann,
Medical Director of the Hurley Hernia Center of Excellence

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5:00 p.m. – Registration
5:30 p.m. – Refreshments and Presentation

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Director, Hurley Hernia Center of Excellence
Chief, Hurley Trauma and Surgical Critical Care
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William Bowling, MD, MBA, FACS
Board Certified: General Surgery, Critical Care Surgery

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Preschool OPTIONS AND OPPORTUNITIES FOR GROWTH

Each area school district offers a variety of preschool programs

By Amy Mayhew
news@tctimes.com

Childhood experts agree that sending a child to a high-quality preschool program helps prepare him or her for kindergarten and beyond. While finding the best option for your child takes time, tri-county area parents are lucky that its four area school districts offer a wide variety of preschool options from which to choose.

Fenton

In her sixth year as the Early Childhood Director for Fenton Area Public Schools, Linda Mora said her district offers a wide variety of preschool options from which to choose.

Fenton

In her sixth year as the Early Childhood Director for Fenton Area Public Schools, Linda Mora said her district offers a wide variety of preschool and early childhood development programs, both for children, and in some cases, also for the parents.

“...we offer tuition preschool classes for both 3- and 4-year-olds,” Mora said. “We have a program called WonderWay which is multi-age — that is having both 3- and 4-year-olds.” With flexible days and times, it’s open from 6 a.m. until 6 p.m., the program is an integration of preschool and childcare, Mora said.

Tuition preschool ranges from $100 a month, to $250 per month, depending on how many days the child attends class.

Fenton also offers both full- and half-day sessions of

See PRESCHOOL on 21A

WOMAN ARRESTED FOR COCAINE POSSESSION

A 37-year-old Flint woman was arrested for possession of cocaine at 10:30 a.m. on Friday, Sept. 20 in Fenton. Lt. Jason Slater of the Fenton Police Department said police were sent to a bank parking lot on a complaint of a male customer, later identified as a 47-year-old Grand Blanc resident, who would not leave. Police located the man sitting in his pickup truck, along with a 37-year-old Flint woman. During a consent search, police recovered crack cocaine and a syringe in the woman’s possession. She was arrested and processed at the police station. The woman initially gave two false names. Police identified her from fingerprints. She was transported to court for an outstanding warrant from Flint Township.

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Should welfare recipients be drug tested?

"Yes, because I am a tax-payer so I pay for it."
— Russell Summers
Fenton

"Yes, because they get enough freebies and they don’t need drugs."
— Marilyn Chapman
Linden

"Yes, people take a drug test before being employed and receiving their pay checks so welfare is like those peoples’ pay check."
— Brenda Hasse, Fenton

"No, the government should stay out of everything."
— Dennis Willingham
Fenton

"Yeah. If they can afford drugs they don’t need welfare."
— Elwood Bowers
Byron

"Yes, but they should get rid of welfare all together, people take advantage of it."
— Lenny Jaczynski
Las Vegas, Nev.

"Yeah. If they can afford drugs they don’t need welfare."
— Elwood Bowers
Byron

"Yes, but they should get rid of welfare all together, people take advantage of it."
— Lenny Jaczynski
Las Vegas, Nev.
History textbook from 1952 reveals attitude of post WWII Americans

By William Axford
axford@tctimes.com

“The inefficient and the lazy became indolent and the industrious disgruntled. Workers and peasants refused to work to support the ne’er-do-wells, and the government executed many for disobedience.”

No, the above sentence is not the latest rant in the Hot lines but rather, a description of communism from a 1952 American government school textbook. When compared to today’s version of government and history books, Magruder’s American Government 1952 edition is far different in tone and presentation. Published during the years of McCarthyism, the antiquated schoolbook carries a heavy anti-communist message while carrying America in high esteem.

“The class-struggle theory of the communist is disproven many times over by the American way of life… Ours is an individualistic society. We do not have sharp divisions of classes, and our standard of living is the highest in the world.”

It’s clear that objectivity was not the main focus of the writer and that the American public school system operated under a different mindset. For context of 1952, World War II was over and segregation was still a major part of American society. Martin Luther King’s ‘I Have a Dream Speech’ was a decade away and Elvis Presley had yet to record an album. Cable television was relatively new while smartphones and the Internet were found in science fiction novels, not reality.

Another startling difference between now and the 1950s are attitudes toward mental health. Rather than identifying ADHD, schizophrenia bi-polar or another psychiatric evaluation, people who acted differently from the majority were considered ‘insane.’ “Insane people, kleptomaniacs, and morons unable to compete under complex urban conditions commit crimes. We should endeavor to remove the cause of insanity, apply the laws of eugenics, and salvage as many prisoners as possible.” With other statements like “Mental and physical deficiencies caused about 4 million men to be rejected by selective service tests during WWII. This is not a record to which we can point with pride,” mental illness was still viewed with a stigma.

Alcohol and spirits were discouraged in the ’50s as the book quotes everything from the Bible to Shakespeare to Dr. Charles (founder of the Mayo Clinic) condemning the consumption of alcohol. Students were encouraged to learn a ‘wholesome philosophy’ at church, home and school. With sentences like “Atomic bombs and long-range bombers have made American cities prime targets in any future war. New York City has made great strides in preparing for such an attack,” it is clear nuclear war was an expectation rather than a possibility.

Contemporary textbooks used in today’s classroom are far more objective and obviously contain more history of America. History Alive!, a text book used by Fenton Area Public Schools, starts at the formation of America and ends at America’s global war on terror. Rather than focusing on battling communism and the impending future of a nuclear war, today’s history books show how American lives have been shaped by events and attitudes through different eras. Attitudes against the role of government grew after the resignation of Richard Nixon and the Vietnam conflict. The fears that came with the Cold War and communism were replaced by wars in the Middle East and terrorism. It’s also clear that the expansion of technology gave more people a bigger outlet to express themselves, thus leading into new social constructs and ideas.

Though today’s textbooks are written with more thoughtfulness in regards to wording and presentation than they were in the past, it’s not farfetched for people decades from now to view us as biased or partially uninformed. Even when lacking in what most people would refer today as ‘political correctness,’ history books are an invaluable look into how a society views itself. Who knows what they’ll say about us years from now.
Flu season is officially here

Health officials urge people to get flu shots early

By Sally Rummel
news@cttimes.com; 810-629-6828

This year, vaccinations have been developed for four strains (quadrivalent) of influenza, according to Mark Valacak, M.P.H., health officer of the Genesee County Health Department. A three-strain vaccination (trivalent) will also be available, as well as a Super Dose for seniors and others with compromised immune systems. A nasal mist for those who prefer not to have an injection will be available again this year for those age 2 to 49 in the quadrivalent strength.

“My preference for most people is the quadrivalent flu vaccine,” said Valacak. “It will provide added protection against four of the many strains of the flu that are out there.”

Of the 135 to 139 million doses of flu vaccine projected to be available this flu season, manufacturers estimate that 30 to 32 million doses will be available as quadrivalent flu vaccines, according to the Centers for Disease Control (CDC). Because there aren’t as many available, they might be more expensive than the trivalent flu vaccine.

A CDC website, www.flushot.healthmap.org, will provide Internet users with a chance to input their zip code and find all the local medical offices and pharmacies providing flu vaccines this year.

“You’ll be able to see what offices or pharmacies offer the kind of vaccine you’re looking for, as well as the cost of the vaccine,” said Valacak.

The flu season officially begins in October and runs through March, although it can extend through April and May. “You can get the flu at any time,” said Valacak. “In the northern hemisphere, flu season peaks in February.”

Valacak encourages local residents to get their flu shots early, before the holiday rush. “Protect yourself and your family early, before other things get in the way,” he said.

He is passionate about the importance of the flu shot, especially after several deaths related to the flu during the last flu season. “I’d hate to see pediatric deaths happen again in Genesee County,” referring in particular to the death of 15-year-old Joshua Polehna, a Lake Fenton student who passed away Jan. 5 after being hospitalized for flu-like symptoms. “That weekend, every pharmacy in the area ran out of the vaccine.”

Village to pay $9K for water study

Municipalities required to have study done every five years

By Amy Mayhew
news@cttimes.com; 810-629-6828

Holly — Village Manager Jerry Walker said last month’s site evaluation of Holly’s water distribution system by the Michigan Department of Environmental Quality came back satisfactory, but with the recommendation that the village update its Water System Reliability Study.

“It is required that the village or any municipality has their water reliability study updated every five years,” Walker said. “Our last study was done in 2008, and was performed by Rowe Services.”

Walker said Brian Klaassen, director for Holly’s Department of Public Works (DPW), checked what other comparable municipalities were doing for their water reliability studies, and reported that all were paying in excess of Rowe Service’s quote of $9,150. Walker said the funding is currently available in the budget.

The study will include hydrant flow testing, the creation and calibration of a hydraulic model that will update the electronic water model of the village’s existing system using the software application, WaterCAD, and a complete report and presentation to council in the future.

“Being the fact that Rowe provided the prior study, they already have information that will help keep the cost down in this study,” Walker said before making the recommendation that council accept Rowe’s proposal.

In a vote of 4-1, council approved the recommendation with newly appointed Councilman Jesse Lambert casting the negative vote. Lambert said he voted no simply because he hadn’t had the chance to review the information prior to his appointment.
Springfield Township firefighter dies from crash injuries

Twenty-year-old off-duty firefighter ejected from truck during rollover crash

By Sharon Stone
ssstone@cttimes.com; 810-433-6786

The driver involved in a single motor vehicle crash that occurred just before 10 p.m. on Hall Road, north of Andersonville in Springfield Township on Friday, Sept. 20, has died.

The driver, Jason Richard Hernandez, 20, of Waterford was pronounced dead at Genesys Health Park in Grand Blanc later on Sept. 23. Hernandez was an off-duty, probationary Springfield Township firefighter, according to the Oakland County Sheriff’s Office.

Deputies with the OCSO responded to the one-vehicle crash where one individual, later identified as Hernandez, had been ejected. Hernandez was not wearing a seatbelt. He and his passenger, a 20-year-old Waterford resident, who was wearing a seatbelt, were transported to the hospital via Star EMS. Hernandez was initially listed in critical condition and his passenger was listed in stable condition.

From their investigation, the OCSO crash reconstruction team determined that Hernandez’s 2001 Ford F150 pickup truck ran off the roadway, struck a guardrail and overturned, ejecting him from the truck.

Hernandez was not responding to a call at the time of the crash. According to the sheriff’s office, alcohol does not appear to be a factor. The crash remains under investigation.

HOT LINE CONTINUED

JUST FOR THE record. It is not OK to cut yourself, blow clippings into the street and leave them there. Clean them up!

HOMOSEXUALS HAVE NATURAL urges? I have urges to be slothful, to eat gluttonously, and slap idiots, but lucky for you I don’t do them because they are sin.

Your character is part of the sum total of the character of the nation. You can’t say it doesn’t affect others.

WE JUST MIGHT be tempted to keep our religion out of your government if your government would stay out of our religion. Your flawed logic led you to a faulty conclusion.

THE IDIOT IS the one who refuses to see that anti-discrimination ordinances have already been used to ‘attack’ Christian businesses. Call the American Family Association or the ACLU and ask for real world examples. They are in the hundreds.

OBAMACARE WILL COLLAPSE all by itself, without any help from the Republicans. The Democrats own the Obamacare train wreck, lock, stock and barrel. Getting healthy young people to purchase insurance even with subsidies, with money they don’t have, will be like herding cats. That is Obamacare’s premise and its eventual demise.

Holly 911 services to merge into Oakland County

State Rep. Joseph Graves (R-Argentine Township) announced Wednesday a $21,700 state grant to consolidate the village of Holly 911 emergency service with Oakland County. This merger is expected to result in more efficient and effective government.

On Wednesday, the Michigan Department of Treasury awarded $6 million to 17 local governments through the Competitive Grant Assistance Program. The money helps offset costs associated with consolidations, mergers, interlocal agreements and cooperative efforts for municipalities and school districts. Special consideration and preference was given to proposals calling for complete mergers of two or more local units of government, Graves said.
Theodore Roosevelt said we have a choice in life—whether we choose to be a snail going back to back or a butterfly tapping her wings. In American politics, we’re probably going to follow Roosevelt’s lead. The choice is clear—whether to continue to fall into the vortex of nepotism and payoffs or whether to start climbing.
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Council appoints former supervisor to empty seat

- Jesse Lambert to fill in until November 2014

By Amy Mayhew news@tctimes.com; 810-629-8282

Holly — A familiar face will be joining the ranks of Holly’s Village Council after Village President Ryan Bladzik nominated former Holly Township Supervisor Jesse Lambert to fill the vacancy during the Sept. 24 meeting.

The vacancy came as a result of Bladzik’s appointment to fill the village president slot following the resignation of former Village President Jason Hughes.

“Mr. Lambert’s experience serving as supervisor of Holly Township and his knowledge throughout the entire Holly community is really immeasurable,” Bladzik said. “Specifically, while he was supervisor, he has really continued to serve the community in terms of our sustainability, and most importantly, quality of life.

“Those are the things that are needed most if we’re going to see economic growth and if we’re going to see community engagement.”

Bladzik’s motion to appoint Lambert was supported by Councilwoman Jackie Campbell, and in a vote of 5-0, passed. Councilwoman Debra Musgrave, and in a vote of 5-0, passed. Councilwoman Debra Musgrave was excused from the meeting.

Lambert, who currently serves as the deputy treasurer for Rose Township, said being a part of Village Council isn’t that much different than serving Holly or Rose townships. “It’s still Holly — still all the same friends, neighbors and people that were there before,” Lambert said.

“The burdens and gratifications of leadership are the same no matter where you go — it just depends on the municipality and what the restrictions or the opportunities there are in front of you and that present themselves,” he added. “I’ll have a lot of homework to do, but I know I’m very comfortable in speaking with everyone on council to get up to speed quickly.”

Lambert’s term will end in November 2014.

TRI-COUNTY TIMES | AMY MAYHEW

Clerk/Treasurer Cathy Behrens swears Jesse Lambert into office on Tuesday. He was appointed to serve the remainder of Jason Hughes’ term, who recently stepped down.

Lambert’s motion will end in November 2014.

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OBAMACARE
Continued from Front Page

the exchange, healthcare won’t be the same.

“Most people are afraid of change and something that’s uncertain,” said Thomas Rupp, an employee benefits broker with Brown and Brown Insurance in Fenton.

“What people should know is that this affects everyone, whether you have coverage or not. This is going to be a huge transformation of healthcare as we know it,” Rupp said.

According to Rupp, healthcare plans are most likely to increase overall, however the quality of care and coverage is expected to improve.

Starting next year, all healthcare plans must include services such as maternity, mental health and physical therapy. People can no longer be denied coverage for pre-existing conditions and insurance companies cannot put a lifetime cap on how much they will pay per customer.

Federal subsidies may be available to some families, depending on what percentage of income a household pays in healthcare costs.

For people 40 and older, Rupp advises asking health insurance providers how their coverage and network will change and if they will have the same access to their doctors and specialists. Rupp said older generations are concerned about the quality of healthcare that will exist once doctors begin seeing more patients. While Rupp sees some positives and good intentions with the healthcare overhaul, his biggest concerns lie with costs.

In theory, hospitals should have less debt once doctors begin seeing more patients. Rupp said if a majority of Americans are paying for care profession will experience a transition period and changes in coverage rates in healthcare costs.

“Like anything new, we’re going to need time to adjust and the penalties can help the team raise money through this scrap drive. It takes place at Summiting Green Metal Recycling, 103 Wolfe Rd. in Ortonville. Drop-off is Monday-Friday 9 a.m. to 5 p.m. and Saturday 9 a.m. to 3 p.m. Please mention Truck Town Thunder so the team will get credit. Pick-up is also available by calling (248) 8320-6701. Visit www.trucktownhumder.com to learn more about the robotics team.”

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RESULTS

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I drove right into the building with no wait. Everything was bright and looked exceptionally clean. I was greeted as soon as I stepped out of my vehicle. Pat looked professional...Pat appeared to be anxious to help me. As Pat finished taking my information, he was telling me about the inspection...after he asked if I had any questions, he walked me to the lounge.

The lounge exceeded my expectations. They offered bottled water and coffee to drink. There were also various snacks, including freshly popped popcorn, various pastries, candy and chips. They have a large flat screen television, many comfortable chairs, and a few high-top tables for individuals to work at. All a sign was posted with their Wi-Fi information on it. The children’s play area also had a TV, table and chairs, coloring books, and numerous toys. Many Staff members walked by. Most of them would say hi, and some even asked how I was doing and if I wanted anything.

I was extremely happy with my visit. Everyone was friendly and I loved the lounge area. I will more likely return, and I will tell my friends and family about my experience.

What I liked most: I liked that I was treated with respect. I felt that I was treated fairly and the customer is the most important thing.

What could be improved: There was nothing that needed improvement.

*Vic Canever note: While we appreciate this comment immediately, we are always trying to get better and better.*

HOT LINE CONTINUED

THERE ARE MANY openly gay kids in schools who no longer are threatened with violence and hatred. They are friends with many of our own children in school. Your kids are growing up wondering why people continue to be so threatened by them.

**BY YOUR DEFINITION of discrimination, a new GM worker should be suing because of their two-tiered pay system. Teachers should be suing because their starting pay is less than someone with many years on the job. It is not one or the other. Both are issues that somehow discrimination? Switch to coffee.**

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Lake Fenton - $102,999
113’ Frontage, 3 Beds, 5 Baths, Over 4800 Finished Sq. Ft.

Fenton Schools - $599,999
4 Beds, 4 Baths, 4275 Sq Ft with Finished Walkout.

Lake Ponemah - $309,499
3 Beds, 2 Baths & Several Updates & Beautiful Views.

Lake Fenton Schools - $299,999
4 Beds, 3 Baths, 2660 Sq. Ft., 1st Floor Laundry.

Lake Fenton Schools - $430,999
4 Beds, 2.5 Baths, 2460 Sq. Ft., 1st Floor Laundry.

Fenton Schools - $374,999
4 Beds, 3275 Sq Ft, Finished LL, 2.1 Acres

Lake Ponemah Channel - $399,999 - 40’ Frontage, 4 Beds, 5 Baths, 999’ Sq F.

Lake Ponemah Channel - $224,999
3 Beds, 3 Baths, 1920 Sq. Ft.

Grand Blanc Schools - $145,000
91’ Frontage on All Sports Lake. Variety Private. 35 Acres

Lake Fenton Schools - $102,999
113’ Frontage, 3 Beds, 5 Baths, Over 4800 Finished Sq. Ft.

Fenton Schools - $599,999
4 Beds, 4 Baths, 4275 Sq Ft with Finished Walkout.

Lake Fenton Waterfront - $449,999
86’ Frontages, 2 Beds, 1952 Sq Ft

Fenton - $799,999
3 Beds, 3987 Sq. Ft, 5 Actos Gorgeous Inside & Out!

Silver Lake Channel - $224,999
3 Beds, 3 Baths, 1920 Sq. Ft.

Lake Fenton Waterfront - $449,999
86’ Frontages, 2 Beds, 1952 Sq Ft

Fenton Schools - $599,999
4 Beds, 4 Baths, 4275 Sq Ft, with Finished Walkout.

Lake Ponemah Channel - $399,999 - 40’ Frontage, 4 Beds, 5 Baths, 999’ Sq F.

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Lake Ponemah Channel - $399,999 - 40’ Frontage, 4 Beds, 5 Baths, 999’ Sq F.

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Lake Ponemah Channel - $399,999 - 40’ Frontage, 4 Beds, 5 Baths, 999’ Sq F.
DRUG TEST
Continued from Front Page

“It’s simple. The law states if you aren’t willing and able to accept work, you aren’t qualified for unemployment benefits,” Goike said in a press release. “By making individuals take responsibility for their actions, we are also able to save employers money, which will help them create jobs and pay better wages to the workers they currently have.”

If passed into law, employers could report perspective employees who fail pre-employment drug testing to the state of Michigan, making them ineligible for unemployment benefits. Potential employees who refuse to take a drug test or lack the proper documentation for medication would fall under the same category as those who failed a drug test.

State Rep. Vicki Barnett (D-Farming- ton) said a similar bill signed into law in Wisconsin last year was repealed after business owners were getting sued for ending unemployment benefits to potential hires who failed drug tests. With the possibility of false positives from poppy seeds and other legal, prescribed medications, Barnett said the bill will likely create more lawsuits, costing the state and employers more money rather than saving money from denying unemployment benefits.

“We should be in Lansing focusing on making the state a better place to do more business, not putting up barriers for people who need help,” Barnett said. “This bill is so egregious of how it controls the lives of perspective employees.”

The U.S. Department of Health and Human Services reports states that have done similar drug testing for welfare recipients vary when it comes to saving money. In 2011, Idaho saved $1.12 million with preventative substance abuse programs but spent $1.2 million in drug testing. Welfare drug testing in Louisiana cost the state an estimated $61,239 in 2011. Of the 8,797 welfare recipients tested in Florida during 2011, 3.8 percent tested positive for drugs. The department found that nationwide, 5 to 10 percent of welfare recipients had some sort of substance abuse problem, which was on par with the general population.

In 1999, Michigan briefly had a law drug testing welfare recipients. According to politifact.com, about 8 percent of 268 applicants tested positive for drugs. The law was eventually struck down as it was declared unconstitutional to drug test people without probable cause.

Readers on Facebook were divided on the issue, with some claiming too many people abuse the system while others said the drug testing was unnecessary. Tyler Hiliker posted, “certainly not everyone on welfare is like that but we need to seriously cut down in fraudulent cases and people using welfare as a career choice.” Ronna Kulogowski wrote “No, most employers already do drug tests and where is the money gonna come from to pay for these tests?”

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Social News

WEDDING

Whiteside
Chelsea M. Behrens of Linden
became the bride of Spencer A.
Whiteside of Chillicothe, Mo. on
June 29, 2013. The ceremony was
held at Linden Presbyterian Church
and was performed by Pastor Seth
Nor- manning. The bride’s parents
are David and Jill Behrens of Linden
and the groom’s parents are Steve
and Mary Pat Whiteside of Chilli-
cothe, Mo. Attending the couple
were Maid of Honor, Whitney Yeakely
and Best Man, Alec Whiteside.
Bridesmaids were Jenna Konal,
Alyssa Longhorn, Brooke Van Esley
and Angela McCloskey. Grooms-
men were Neil Evans, Tyler Ham-
mersma, Dan Zalenski, Ben Schachter,
Pat Hance ( usher) and Bob Riley
( usher). Amanda Bush was the
flower girl and Wyatt Riley was the
ring bearer. A reception followed at
Spring Meadows Country Club. Af-
after a honeymoon in Hawaii, the
newlyweds will reside in Grand Rapids.

HOT LINE CONTINUED

THE LIST OF businesses that are cutting personnel and hours due to Obamacare is continuing to grow. Obama and Obam-
care continue to be job killers. We must stop funding this ridiculous program. ■■■

IF YOU THINK I need meds or the Bible to get past knowing that my government is the most corrupt organization running my country and yours into the ground, you need glasses and a brain. ■■■

I AM GROCERY shopping at about 10 p.m. Bought a Tri-County Times, left it in
my front seat and I locked it. Some low-life
went into my vehicle and stole my Tri-
County. It’s not the price, it’s the principle
that someone got into my vehicle.

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BLIGHT
Continued from Front Page
and wood cover the floor. In some places there is no floor.

These sounds and smells are the signs of progress. The home that became known as “the gray lady” was blighted, abandoned and owned by Holly Village. Soon enough, it will be brand new inside, and restored outside by owner Matt McDonald.

Blight is something all municipalities deal with. Whether overgrown weeds, abandoned vehicles, commercial buildings or piles of garbage, each local government must deal with these issues.

In Fenton, fighting blight is constant. Brad Hissong is the zoning and building administrator, and he oversees blight control in Fenton. “We have problems in Fenton that you don’t see and don’t know, but we’re cleaning it up,” he said, and guesses that he spends one third of his time dealing with blight, or up to 600 incidents per quarter.

Things like large driveway cracks, weeds, brush, garbage, property hazards and maintenance issues are all things they consider blight, not to mention vacant structures like the former Topps building on Adelaide Street.

Sometimes when a family or individual knows they will lose their home they stop buying tags for garbage pick-up in the city. Hissong has had fenced-in yards filled with garbage — 350 bags — which were left when the family moved out. It took seven days to remove the garbage, and the bill was attached to the property taxes, which the next owner will deal with.

Some municipalities address blight control through complaints only — but Hissong said there is too much in the city to wait for complaints. His 25-hour-a-week code enforcement also patrols, looking for issues.

Should they find something, the first step is a written notice, along with the code enforcement taking photos. The resident will be given a number of days to correct the problem.

If it isn’t corrected, the officer will talk to the person directly, and give another deadline. If the person is making an effort, then the deadline may be lengthened. The worst case is when the city has to mow the weeds or clean the garbage, and give the person a court appearance ticket. Hissong said the goal is compliance, and avoiding a citation or court.

In Holly, blight control is split between the fire and police department. Capt. Dan Myers of the Holly Fire Department handles noxious weeds, maintenance issues, adding to about 10 each month inside the village. He said there are fewer garbage complaints, and more abandoned vehicles.

Holly police deals with abandoned vehicles. Police Chief Michael Story said they spend about eight to 12 hours each month on their side of blight control, which also includes cars, car parts and garbage. Blight happens in the village, and it’s a concern, but he said it’s not “rampant” in Holly.

Matt McDonald owns the house on 102 First Street, and said the community has embraced the project.

In Linden, code enforcement Jason Payne said the city sees mostly noxious weeds and tall grass.

The former “gray lady” in Holly has received primer as the exterior is on its way to being restored. The roof has been replaced and the interior will be completely new when restoration is finished.

**Summary**

- All local governments work against blight, which at its core is an eyesore, whether it’s tall grass, or abandoned cars or buildings. Each government has its own plan, though it’s often the code enforcement that handles blight.

**BLIGHT control**

Broken plaster covers the stairs at the home at 102 First Street, as the inside is torn apart.

**NEW Fall Rates**

<table>
<thead>
<tr>
<th>18 HOLES WITH CART</th>
<th>TWILIGHT AFTER 2PM</th>
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<tr>
<td>Weekdays</td>
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Fall teams are proving they are tops again

Linden boys soccer holds on to the top spot

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

It’s happening again.
During most years, all we do for our season list of top teams is a top five. It’s a nice number and with most seasons it’s pretty easy to find five squads that merit being on the list with some that are hard-luck squads that just missed the list.
But over the years I’ve learned one thing — an elite eight is desperately needed for the fall. Some of it has to do with the number of sports that are played during the fall. We’ve got football, soccer, swimming, tennis, golf, cross country (both sexes) and volleyball. With so many teams, it makes sense that filling a top five should be easier.
However, the number of teams doesn’t explain it all. Talent has something to do with it as well. Check all the Flint Metro League standings. There’s a tri-county squad on top of the ladder in every single case. And in every single case a team contending in second or third place is another Metro League squad. Not to be outdone, the Lake Fenton boys cross country team is undefeated in the GAC and the girls are doing fine as well. The Lake Fenton football team also has won their only GAC Red game entering Friday’s contest with Beecher.
And how good is this list? Well, the state-ranked Linden boys cross country team isn’t on it because they’ve taken “only” second in the first two Metro jamborees. Indeed, the fall is a great time to be a fan of tri-county sports. But, it’s a hard time being the local sports editor, because I have to figure out this nearly impossible poll. Enough griping. Here’s our poll through Thursday night’s results.

No. 8 - Lake Fenton boys cross country: Is this a typo? I can’t be serious? Well, I am. Just a few years ago the Lake Fenton boys couldn’t even field a complete team. Now, the squad is undefeated in GAC play and contending for a conference crown. They’ve also put together some nice results in recent weekend tourneys. The most recent was a second-place finish at the Linden Invitational.

No. 7 - Holly boys tennis: Their 20-year string of Metro titles ended last year, but the Broncos averaged some of that by defeating the Fenton Tigers in a battle of undefeated Metro League teams on Tuesday. With a first-place or second-place finish at the Metro League meet, the Broncos can make it 20 titles in 21 years. And, of course, their biggest challenge will be those tri-county rivals who became the champions last season once Holly forfeited the title — the Fenton Tigers. Holly will need to win the league meet if they want to stay in our challenging elite eight poll.

No. 6 - Fenton volleyball: Does anyone remember the last time the Tigers lost a Metro League match? Does anyone remember the last time the JV or freshman team lost a Metro League match? They’ve won every varsity title since 2008-09. We are guessing it’s not going to happen this year either.

No. 5 - Fenton football: The Tigers looked like they were destined for a slip-up game at halftime last week, trailing Brandon 14-0 at the time. However, the Tigers bounced back with 28 unanswered points and improved to 4-0 for the season. The defense led the victory.

No. 4 - Holly boys cross country: The Bronchos established themselves as the team to beat in the Metro League once again by winning the second jamboree. Now all they need to do is finish second at the league meet and they’ll be at least co-champions. If it happens, it’ll be Holly’s first boys title since 1996-97.

No. 3 - Linden girls cross country: Ranked fifth in the state, the Linden girls captured the Linden Invitational title and their second straight jamboree title in the last seven days. They won the Linden Invitational title overwhelmingly without their top runner, Sydney Elmer, who was sick. This team is good, and is a serious contender to end up No. 1 on our list before the season is over.

No. 2 - Fenton girls golf: The Tigers are a perfect 0-0 with the Metro League meet on the horizon. They also won the Davison Invitational since our last poll. It’s been an outstanding year, but it’s what they do over the next three weeks that will truly determine where they’ll finish in our poll. Right now, they are a serious contender to finish tops on this poll as well.

No. 1 - Linden boys soccer: Now ranked fourth in the state, the Eagles only loss has come against the No. 2 team in Michigan in Division 2. Linden beat Goodrich on Thursday, a team that is on the honorable mention list as well. They remain undefeated in Metro League play.

Kevin Wright and his Linden varsity boys soccer teammates remain at No. 1 in our Tri-County Elite Eight poll for the fall athletic season.

Here are a few quick hits:
— Now that the Detroit Tigers have clinched the American League Central Division and are in the playoffs, hope they rest Miguel Cabrera at least the first two games of this weekend’s final series of the regular season. Since the start of September, Cabrera is batting .246. Playing him through injury certainly hasn’t been the answer.
— Wolverine fans are feeling a bit unsettled these days. Yeah, the Wolverines are 4-0, but they’ve been pushed to the fourth quarter against what is considered sub-par talent twice already this year. However, the fans that are griping about these close calls will be the saddest of all later this year griping how Michigan should go to a BCS bowl because they have a 10-2 record. For getting exactly who those victories were earned against and how.
By David Troppens
dropsen@tctimes.com, 810-433-6789

Fenton — One is the defending champion.

The other feels they’ve been the defending champions.

Both came into a dual meet at Fenton High School with an undefeated Metro League record in boys tennis. And now with the actual in-side track to the 2013 Flint Metro League championship has been established.

The Bronchos, who were declared the 2012 Metro League champions, but voluntarily forfeited the title due to using what was later declared an ineligible play-er, defeated the defending 2012 champion Fenton Tigers 6-2 at Fenton High School.

With the victory the Bronchos, winners of 19 straight league crowns before last year’s results, established themselves as the favorites to win the league when the league meet is staged at Lapeer East High School on Tuesday. The win means all the Bronchos need to do is finish in second place at the league meet to capture at least a share of the title. The defending champ-ion Tigers probably won to need to win the league meet to earn at least a share of the crown for the second straight year, as the Bron-chos are certainly not expected to finish any lower than second at the meet.

The Bronchos were satisfied.

“We are still proud of the victory even though we kind of felt we’d get the job done,” said Holly’s No. 1 singles player Jeff Sopheira. “It’s a relief we did, though. We lost a lot of what we had done, at least. We ... I’ll get some practice in and be ready for the league meet for sure.”

“It’s a routine thing for us,” Holly se-ter Taylor Mills said. “We’ve been play-
Lady Eagles crush field in second jamboree

Fenton surprises field, places second at meet

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

The Lindenhurst girls cross country team has won or shared four of the last six Metro League titles.

But with all of the Eagles’ success, they’ve haven’t won back-to-back league crowns during that period.

On Wednesday, the Eagles took a nice stride forward to doing just that this year.

The defending Metro League champion won the second jamboree of the season, earning Lindenhurst the inside track for the league crown.

Linden finished the second Metro jamboree at Kearse’sy Arms Middle School with four of the top six runners, scoring just two team points. Fenton, who placed fourth in the first meet, was the surprise of the event. The Tigers placed second ahead of usual Metro contender Holly. The Tigers had their entire top five finish within the top 17 places, earning 63 points, five points better than third place Holly. The Tigers and Broncos enter the final meet, scheduled for Oct. 23 at Springfiled Oaks County Park, in a battle for second place. But more importantly for the second-place Holly is three points behind Lindenhurst. That means as long as Linden places first or second at the final meet, and they’ll be expected to do that relatively easily, the Eagles will have their second consecutive outright Metro League championship. The Lady Eagles have never won back-to-back league titles before.

“Winning another Metro title would accomplish one of our season goals,” Lindenhurst coach Teresa Wright said. “We are in a good position to do so as long as we stay healthy and work hard. We feel very fortunate to win the first two meets. We enter every meet knowing we have to run our best and stay focused on being competitive.”

The Eagles’ dominance was apparent. Sydney Elmer remained the dominant runner in the Metro, winning the race with a time of 19:23, 27 seconds ahead of Holly’s second-place runner Maggie Schneider.

The rest of Linden’s top scorers were McKayla Guy in third (19:53), Jordan Holscher in fifth (20:20), Savannah Ferrara in sixth (20:22) and Courtney Davis in 11th (21:07). Linden’s entire starting seven finished within the top 10, or better than any one else’s top five finished. Taylor Ganger placed 14th (21:32), while Maya Gossett placed 16th (21:38).

“The addition of Savannah and Jordan has definitely strengthened the dynamic of our team,” Wright said. “Those two, with Sydney, McKayla and Courtney have made us a contender everywhere we have competed so far. I hope it continues.”

The surprise of the jamboree were the Fenton Tigers. Fenton returned one of their key runners, Emily Bemis, and it certainly helped the squad. The Tigers finished with 90 points at the first jamboree, but cut that point total by 25 points, putting them in second. Fenton had its top five all finish within the top 17, and had six runners within the top 20. Senior Torrey Christoper led the squad, improving her placing from 12th to eighth place, finishing in 22:40 on Wednesday.

“I was really pleased with our performance as a team,” Christopher said. “We worked really hard to get where we are and it was nice to have all five that scored under 22 minutes.”

“We knew our top five needed to be within that time range and we all trained really hard. It was nice to get one of the girls that was hurt back as well, Emily Bemis.”

The rest of Fenton’s top five were Dani Halle in 12th (21:19), Emily Battaglia in 13th (21:27), Bens in 15th (21:36) and Jenna Keiser in 17th (21:39). Emma Lane also placed 20th (21:43).

Fenton fell to third place, but remain in second in the overall standings, a point ahead of Fenton. The Bronchos top five were not drastically different in terms of placings from where they were in the first meet, but the Tigers’ strong performance was able to eclipse them. Schneider placed second to Elmer for the second straight meet, earning a time of 19:50. The rest of the Bronchos top five were Alex Matvuchuk in seventh (20:33), Abby Brown in 10th (20:56), Courtney Kettle in 19th (21:42) and Haley Ruff in 32nd (23:32).

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**HOLLY**

Continued from Page 18A

jamboree, but not the second one because I felt, for the lack of a better term, I had all my bullets in the gun. I didn’t feel like we were going into a fight against someone who was ahead of all of them,” FBI said.

Holly’s Nate Fraser won his second jamboree of the season with a time of 16:18, eight seconds ahead of Fenton’s Jacob Lee. Unlike the last race though, the Bronchos had Vincent Cantu, who missed the first race with an injury. Cantu placed fifth (16:38), while teammate Dilon Lemp found placed sixth (16:44). Holly’s last two runners came within the top 15 overall, setting up the easy victory. They were Zac Felz in 13th (17:03) and Kurtis Cooley in 15th (17:12). Linden placed their entire top five within the top 17 but didn’t have any runners in the top seven, earning them 64 points, 24 less than Holly’s total of 40.

Jeremiah Gossett led the Eagles by placing eighth (16:46), while David Doyle finished 11th (16:57). The rest of Linden’s scorers were: Mikey Vrall in 12th (16:59), Ryan Torok in 16th (17:12) and Scott Schultz in 17th (17:43).

“When Kurtis Cooley finished ahead of Ryan (Torok), I knew we had our fifth ahead of their fourth man,” Brinker said. “I started wondering if I missed someone.”

The Fenton Tigers placed fourth overall with 103 points. The Tigers’ top two runners matched Holly’s first two, but the issue is getting the pack to improve so Fenton can get higher up in the standings. They made some progress at the jamboree. The Tigers finished fifth at the first jamboree but were

**TIGERS**

Continued from Page 17A

The Tigers did several other things well. From the service line, the Tigers had just two service errors while pounding 11 aces in 74 attempts.

Offensively, the Tigers had 44 kills on 105 hitting attempts. Granger led the squad with 10 kills, while Bobbie Eastman had nine kills. Bearden had seven kills while Hansen chipped in six. Bearden set 26 assists, while Kelse Fischer had nine.

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I've Arrived The “Real Jewell”

Contact
Jewell Helquist
for All Your Travel Needs
jhelquist79@gmail.com
or 810-354-8107

1 Day Crowns
No temporaries.
No messy impressions.
Just one easy appointment.

Travel Needs

TRAVELING MANICURIST

No messy impressions.
Jewell Helquist
1 Day Crowns
Dental Trick or Treat!

Bringing in your Little Monsters on Halloween, October 31st between 5-5pm, for a Halloween Treat!

If you call us, you’ll be happy you did, and you’ll have the smile to prove it!

General and Pediatric Dentistry Services include:
Wisdom Teeth Extractions • Root Canals • Cosmetic Dentistry and Bonding • Bleaching • Bridges • Crowns • Caps • Dentures
Cancer Screenings • Oral Surgery • Implants and Luminexers Preventative Care • Sealants • Whitening Kits

Sonoma Dental Group
2425 Owen Road • Fenton
810-629-7682
www.sonomadentalgroup.net

Dynamic Dental Care
111 Sawyer Road • Grand Blanc
810-694-7220

$50
Traveling Manicurist

For more information on these events, visit www.canever.com, call (810) 629-3350, or visit their Facebook page at www.facebook.com/VicCaneverChevy.

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We are the “Inboard Specialists”

- Inboard winterization
- Shrink wrapping

Your boat is kept clean and safe all season long.
We also offer outdoor storage for any make and model boat.

State-of-the-art storage facilities for inboard boats!

For over 33 years... Where FUN on the water is a LIFESTYLE!

810-750-3500

Exclusive dealer for NAUTIQUE
Inboard ski/wake boats
How can you make your company's image more meaningful to customers and society? To do so, you must consider how your business operates and behaves. Here are some tips:

1. **Threading with Community:** Establish or support community initiatives. For example, an organization offering adoption services can host in-person events or create awareness campaigns.

2. **Healthy Work Environment:** Ensure a safe and inclusive workplace. Regularly review employee feedback and implement necessary changes. Promoting diversity and equality enhances your company's reputation.

3. **Sustainable Practices:** Reduce your environmental impact. Consider switch to eco-friendly materials and energy-efficient technologies. This can improve your brand's image and attract eco-conscious consumers.

4. **www.criteslaw.com**

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**NEW**

**Adopt-A-Pet wins ‘Best of Fenton Award’ three years in a row**

Organizations recognized by USCA for enhancing positive image of area businesses

For the third consecutive year, the U.S. Commerce Association (USCA) has selected Adopt-A-Pet, Inc. for the 2013 Best of Fenton Award in the Animal Shelter category. The USCA “Best of Local Business” Award Program recognizes outstanding local businesses throughout the country. Each year, the USCA identifies companies that believe they have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and community.

Nationwide, only one in 120 (less than 1 percent) 2013 Award recipients qualified as Three-Time Award Winners. The 2013 USCA Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the USCA and data provided by third parties.

The USCA is a New York City based organization funded by local businesses operating in towns, large and small, across America. The purpose of USCA is to promote local business through public relations, marketing and advertising. It was established to recognize the best of local businesses in their community.

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**Adopt-A-Pet, Inc.**

Website: www.adoptapet.com

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**NEW**

**FIND THE RIGHT LAWYER FOR YOU!**

**BANKRUPTCY**

DiGiamberdine Law Offices
1030 S. Grand Traverse
Flint, MI 48502
810-410-4579
digiamberdine@sbconline.net

**ESTATE PLANNING**

Miner Law Office
Sharon K.S. Miner
107 S. Walnut St., Fenton
(810) 629-2222
minerlawyer@sbcglobal.net

**FAMILY LAW**

Fenton Legal Services, P.C.
Robert S. Balon-Vaughn
1024 N. Leroy St., Fenton
(810) 208-0273
www.fentonlegalservices.com

**DISABILITY**

Robert M. Crites & Associates
1030 S. Grand Traverse, Flint
9001 Miller Rd., Swartz Creek
810-767-5252
www.criteslaw.com

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**TRI-COUNTY TIMES | FILE PHOTO**

Ella Lauer of Fenton holds Whippet, a Chihuahua mix that was rescued from a hoarding situation.

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**NEW**

**LEGALLY SPEAKING**

How to choose the right lawyer for the right circumstance!

**A new parent checklist**

- **Things to know when starting a family**
  - Having a child can be one of the most exciting and meaningful things you do. Bringing a baby into your life can also be stressful, especially in the ways it affects your work and your income.
  - The checklist below will give you a place to start planning your family’s future.

- **Before your baby arrives:**
  - If you are pregnant, how much of your pregnancy and delivery will your health insurance cover?
  - If you are pregnant, do you want a doctor or midwife to care for you during your pregnancy and to deliver your baby? How do you select a good one? Where and how do you want to deliver your baby?
  - Can you take time off work for doctors’ appointments or to prepare for adoption?
  - How do you select a good pediatrician for your child?

- **Do you want** to conduct genetic testing during pregnancy?
- **How do you** tell your boss and coworkers that you will soon be a parent?
- **How much** maternity/paternity leave can you take, and how much of it will be paid?

- **After your baby arrives:**
  - How do you apply for a birth certificate and Social Security Number for your baby?
  - If you are the mother, what are your rights to nurse in public?
  - How can you arrange for health insurance for your new baby?
  - How can you make sure that your home is hazard-free? What about lead paint?
  - When you travel, how can you make sure your baby is safe?
  - How can you take advantage of the tax breaks available to parents?

- **Returning to work:**
  - If you are going to use child-care, what is the best kind for your family?
  - How should you manage the relationship to ensure the best care for your child?
  - If you are a nursing mother, how will you express breast milk at work? Do you have any legal right to do so if your employer objects?
  - Are there any laws that protect you against unfair treatment at work now that you are a parent?
  - What are your rights to take time off from work to care for your child?
  - If you are having trouble balancing work and family, can you create a new work arrangement?

- **Planning ahead:**
  - Whom should you name to be your child’s guardian if the unthinkable happened to you and your child’s other parent?
  - Do you need to write a will? What should you include in it?
  - Should you buy life insurance? And if so, how much?
  - What is the best way to save for your child’s education?

For help in learning what you need to know to make parental decisions, contact any of the legal experts in the tri-county area.
Fenton Schools
10347 Carmer Rd. - $144,000

Grand Blanc Schools
9150 Warwick Circle Ct. - $637,000

Linden Schools
14205 Cole Rd. - $189,000

Lake Fenton Schools
996 Plume Tree Ln. - $224,900

Linden Schools
16523 Downlight Dr. - $329,900

Fenton Schools
9085 Denton Hill Rd. - $199,900

Lake Fenton Schools
9107 Sharp Rd. - $219,900

Linden Schools
5226 Ray Rd. - $144,000

Hartland Schools
7202 Driftwood Dr. - $599,900

Lake Fenton Schools
2288 N. Long Lake Rd. - $529,900

Linden Schools
13199 Harborview Dr. - $669,900

Grand Blanc Schools
2088 E. Baldwin Rd. - $279,900

Lake Fenton Schools
9150 Warwick Circle Ct. - $637,000

Linden Schools
9165 Rood Rd. - $289,900

Grand Blanc Schools
10035 Mulberry Lane - $259,900

Holly Schools
6165 Rood Rd. - $289,900

Lake Fenton Schools
9475 Timber Ridge Dr. - $89,900

Lake Fenton Schools
4199 Minnetonka Dr. - $278,900

Hartland Schools
7202 Driftwood Dr. - $599,900

All Sports Byram Lake Waterfront
Go To GetKristy.com

Linden Schools
6306 Restwood Dr. - $239,900

Find Your Home's Value

Linden Schools
6306 Restwood Dr. - $239,900

Your Home's Value

11817 S. Saginaw St., Grand Blanc, MI 48439

(810) 691-3499

Find Your Home's Value at GetKristy.com

OPEN HOUSE
Sunday, September 29th. 11:00am - 3:00pm
All Sports Byram Lake Waterfront

OPEN HOUSE
Sunday, September 29th. 1:00pm - 3:00pm
Decorator's Showplace Home

RE/MAX Grande
TEST DRIVE
ANY NEW CHEVY VEHICLE
& Chevrolet will donate $10 to American Cancer Society*

Vic Canever Chevrolet supports National Breast Cancer Awareness Month with the National Test Drive Program!

TEST DRIVE DATES:
Saturday, October 5th
Saturday, October 19th
Tuesday, November 12th
Saturday, November 16th
*A valid driver’s license is required for all test drives.

NEW

2014 Chevrolet Silverado 1500
Double Cab, 1LT, 4x4, Stock# 1106139
Lease as low as $299/month
GM price includes all applicable rebates. $1000 down. Payment is plus tax, Due at signing: 1st payment, tax, plate, title, doc fees. First 6,000 miles a year thereafter $299/month for 36 months.

2013 Chevrolet Suburban LTZ
Loaded Leather, Autoride Suspension, Stock# 1378476
Was $62,100 Now $49,294
You Save $12,800
Over:

2013 Chevrolet Malibu ECO
Power Conv. Package, Stock# 6245041
Was $27,070 Now $20,493
You Save $6,500
Over:

2013 Chevrolet Sonic 1LT
Automatic, ECOTEC 1.8L, Stock# 3193053
Was $19,195 Now $15,913
You Save $3,200
Over:

2014 Chevrolet Camaro SS
Convertible, 6.2L V-8, 20" wheels, Stock# 8171985
Lease as low as $198/month
*39 month, 10,000 miles/year. Includes GM discount, plus tax, plates, title, doc fees.

AREAS LARGEST SELECTION OF CERTIFIED PRE-OWNED!

IN EVERY CERTIFIED PRE-OWNED VEHICLE
FROM CHEVROLET, BUICK AND GMC

IN EVERY CERTIFIED PRE-OWNED VEHICLE
BUILT-IN VALUE

- 2-Year/30,000-Mile Standard Certified Pre-Owned Maintenance Plan
- 12-Month/12,000 Mile Bumper-to-Bumper Limited Warranty with $0 Deductible
- 7 Year/100,000 Mile Powertrain Limited Warranty
- 24-Hour Roadside Assistance
- All Certified Pre-Owned Vehicles also come with a 5-Year/100,000 Mile Powertrain Limited Warranty and are backed by a 3-Day/150-Mile Customer Satisfaction Guarantee. That’s value customers can understand.

There’s

$2,135

OF BUILT-IN VALUE

2001 Ford Taurus SE
Stk#12272784C, $2,562

2002 Kia Soul
Stk#6243881B, $13,499

2001 GMC Sierra 2500HD
Stk#1191359C, $9,994

2006 Chevrolet Silverado
Stk#1919399C, $9,994

2004 GMC Sierra 1500
Stk#1125437B, $9,597

2008 Saturn Outlook
Stk#1210884A, $10,987

2007 Chevrolet Colorado
Stk#3249170A, $10,987

2005 Chevrolet TrailBlazer
Stk#1292890B, $4,986

2005 Saturn VUE
Stk#1963544A, $3,826

2005 Mercedes-Benz C230
Stk#13242194C, $10,887

2006 Buick Terraza CX
Stk#1120436C, $6,951

2005 Chevrolet Equinox
Stk#1110998B, $4,987

2010 Chevrolet Impala
Stk#2065878B, $9,769

2007 Chevrolet TrailBlazer
Stk#131039589, $9,266

2002 Ford Ranger
Stk#13727308A, $2,674

LIVE remote with WCRZ Cars 108 on October 19th
test drive event
FREE Refreshments
FREE Car Washes

Beginning Saturday, September 28, 2013, Vic Canever Chevrolet will participate in the 7th Annual Breast Cancer Fundraiser in conjunction with WCRZ Cars 108. The dealership will have limited edition “Pink Life” t-shirts for sale, with all proceeds going to the Breast Cancer Awareness for Life Group. Anyone visiting the dealership September 28-October 18, 2013 that makes a donation, will receive one of the exclusive t-shirts.

SALES HOURS
Mon, Tues & Thurs: 8:30am - 8pm
Wed & Fri: 8:30am - 6pm
Saturday: 10am - 4pm • Sunday: CLOSED

SERVICE HOURS
Monday: 7:00am - 8pm
Tuesday - Fri: 7:00am - 6pm
Saturday: 8am - 2pm • Sunday: CLOSED

Vic Canever
www.canever.com
3000 Owen Rd. • US-23 in Fenton • Toll Free 1-855-388-0328
How important is being ‘in’?

High schoolers shrug off some of the pressure to dress the part

By Tim Jagielo

Lake Fenton — At the end of the day, high school students spill out of the front doors, past the flag poles and out to the curb to wait for their bus, or their rides, or to get their own cars.

Outside there is a sampling of each clothing item, an outward selection based on personal choice or maybe just what fits well. Some might buy clothes because of what’s popular. There is everything from the athletic, feminine, neutral and flamboyant.

According to the National Retail Federation, back-to-school shopping for both college and high school was down this year, taking a $100 per household average drop for school, and college shopping. Americans still spent $836 on college, and $634 for school shopping.

This might explain Abercrombie and Fitch’s (A&F) earnings report, which reported a 33 percent profit drop in the third quarter of this year. Proﬁts dropped by 17 percent, when in May, a 2006 interview with CEO Mike Jeffries resurfaced.

“\nIn my mind it’s kind of important, because you don’t want to be judged. To some people it doesn’t matter at all, to some people, it’s everything.\n\nMadaline Hall
Fenton High School freshman
\n
Q: Gutters backed up and full of debris?
A: Call our cleaning team today!

GUTTER CLEANING SPECIAL
$199

Includes a 12 point winter readiness inspection

*Up to 100 feet. Other restrictions apply. Offer Ends 10/31/13.
When you look inside you, what do you see?

With all the “health crisis” talk these days, you might think no one’s doing anything to make living better a part of living well.

Here in the city of Flint and the communities of Genesee County, we’re writing new rules about healthy living. We’ve created an unprecedented partnership between business and the community to give real wellness a place in everyone’s long term plan.

What do you see when you look inside you? Spend some time in Flint & Genesee and See what’s possible.
What is your favorite, least favorite brand of clothing?

“Like American Eagle because it’s a well known brand. I don’t like Abercrombie, it’s a little young.”
— Samuel Strickhouser
FHS sophomore

“Everything I wear is a hand-me-down from my brother, but my favorite pair of pants is Ralph Lauren.”
— Evan Dietz
FHS senior

“I own the world’s only pair of Abercrombie & Fitch shorts, and it’s my favorite pair of pants.”
— Emma Lane
FHS sophomore

“Zoo York, because it’s comfortable and stylish. I don’t like Aeropostale.”
— Ethan Falletti
FHS freshman

“American Eagle. I like the way their jeans fit. My least favorite is Forever 21, their clothes don’t last long and they rip.”
— Lizzie Deming
FHS senior

“Hot Topic, they have a lot of different styles. I don’t like Aeropostale, everyone wears it and it’s overrated.”
— Emily Fleming-Miller
FHS sophomore

HOT LINE CONTINUED

WITH MORE LAWS, rules, regulations and more and higher taxes, the USA now has a newer meaning. We have become the Unhappy Slaves of America. We are hanging over a cliff by our fingernails with nothing but a huge dark hole below. Time for a war against Washington politicians. Amen.

DROVE BY A church in Fenton that had a sign stating ‘Pray To Stop Abortion.’ We do not need divine intervention when a simple human solution will do the job quickly and effectively. The sign should have stated ‘Stop Abortions — Do Not Vote Democrat.’

DOES ANYONE THINK since they made it legal for pharmaceutical companies to advertise their drugs on television that drug costs have gone down? I think the number of hypochondriacs have increased. Lawyers must love it when they start seeing the side effects.

SOME HOT LINES remind me of my friend’s older brother back in the ‘80s. He was doing acid and thought his ment was following him and watching him was doing acid and thought the govern-

I DON’T KNOW how someone can force abortion or gay marriage on anyone. If what you read or see on TV or read both-

I WISH SOME of the productive seniors would get some laws changed to allow me to die with some dignity on my terms. Physician-assisted suicide is not as much a religious issue as it is an insurance issue.

A HOT LINE agrees we should help people but too many people are living off

the taxpayers. Another saying minimum wage is no one’s business. Why can’t people see the connection between wages and public assistance? Lack of empathy I guess.

THIS RESPONSE TO the reader who tried to respond to the golf carts driven in the city and the only words he could muster up were to swear and tell us to get a life. You need anger management.

Business briefs

CUPAL IS ABO BOARD CERTIFIED

Dr. Cynthia Cupal, O.D., FAAO of Fenton Vision Center has become board certified by the American Board of Optometry (ABO). She passed the ABO’s Board Certification Examination administered in December 2012 to January 2013. To attain this honor, Cupal completed an accredited residency or a series of rigorous post-graduate activities. She then passed a challenging computer based examination on issues spanning the scope of practice of optometry. The achievement earned Cupal the title of Diplomate, American Board of Optometry. Cupal has enrolled in the ABO’s Maintenance of Certification program, a 10-year process designed to allow the doctor of optometry to demonstrate that he/she is dedicated to keeping current in the field of optometry and delivering quality patient care. Cupal and Fenton Vision Center can be reached at (810) 629-3070.

Preventative & Cosmetic Dentistry for the young, not so young, brave and not-so-brave!

For existing patients FREE X-RAYS OR FLUORIDE TREATMENT


Patricia A. McGarry, D.D.S.
Family Dentistry
Now Accepting New Patients!
We’re your state-of-the-art, home town dental care experts!

FENTON UPWARD BASKETBALL
REGISTRATION IS NOW OPEN:
2014 UPWARD BASKETBALL SEASON
All participants must complete a skills evaluation. Skills evaluations start NOVEMBER 5, 2013
Visit fentonupwardbasketball.com to register or call (810) 629-2132 for more information

Meet Nemo & Waterloo
We are the best of friends and love to play with each other and just hang out. Adopt as a pair and receive a discount!

Meet Baxter
Baxter is a young boy who has a lot of energy and a lot of love to give.

810-629-0723
www.adoptapetfenton.com
13875 Fenton Rd • Fenton
Closed Mondays - Open Tues.-Sat. 10-3pm • Sun. 1-4pm

810-629-2132
www.stitchesnthings.com
14288 N. Fenton Rd. • Fenton
810-629-3333
Want more HOT LINES?

Q: The heat in my car makes a chirping sound when I turn it on. What is it? Please help.

A: Alecia, This sounds like a blower motor getting ready to quit on you. You may want to take it out of the car first to make sure that there is not something caught in the squirrel cage as it can cause this as well.

We now offer free complimentary towing and roadside assistance package of up to $75.00 for 12 months or 12,000 miles with any repair or service (even oil changes) at Wilkinson Auto Repair, see store for details.

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

A: Chris Wilkinson, Certified Mechanic

Summary

▶ Clothing is a regular part of life — it can be a challenge and pressure for some, while others find it easy to express themselves. Some name brands also carry social impacts with their corporate messages.

Q: What is it? Please help.

A: Alecia, This sounds like a blower motor getting ready to quit on you. You may want to take it out of the car first to make sure that there is not something caught in the squirrel cage as it can cause this as well.

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Summary

▶ Clothing is a regular part of life — it can be a challenge and pressure for some, while others find it easy to express themselves. Some name brands also carry social impacts with their corporate messages.
PULLED OVER BY THE POLICE?
DON’T PANIC.

Here’s what to do and, more importantly, what not to do.

—expertbeacon.com

Wait for the officer to come to you. Under no circumstances should you leave your vehicle or approach the officer. When the officer reaches in your window, only then open your window. Keep your hands in plain sight.

Do be polite
When addressing the officer, address him as Sir or her as Ma’am. Be polite and courteous and maintain a conversational tone. Be focused on what the officer says. Maintain eye contact when listening and speaking. Remain calm. Do not be angry, confrontational or accusatory. Don’t get flustered or panicked.

If you have a recording app on your mobile phone, turn it on before the officer approaches the car and put it in the center console and then put your hand back on the steering wheel and wait for the officer.

As soon as you have safely pulled over and put the vehicle in park, turn off the car engine. Leave your seat belt on to avoid an unnecessary ticket. Keep both hands in plain sight — preferably on the steering wheel in the 10 and 2 position.

Do pull over only when it’s safe
You are not required to immediately pull over when you see the police car with its lights on. You are required to pull over, but only when it is safe to do so and when you feel comfortable.

Do turn off the car

So, you’re driving and in your rear view mirror you see the red lights flashing on top of the police cruiser. You catch your breath, your heart skips a beat and immediately your mind starts racing, wondering what you have done wrong. Regardless of why the officer is pulling you over, there are some simple things you should do that will help you get through this stressful situation.

DON'T PANIC.

Don’t argue the ticket
Once the officer issues you a ticket, you are usually free to go. Listen to what the officer says when he hands you the ticket. He/she will ask you to sign it, but remember that signing a ticket is not an admission of guilt.

Depending on the seriousness of the offense, you may want to seek the advice of a lawyer for the best course of action before you plead guilty and pay the fine. It is very important you know how many points you will get as a result of the ticket and what, if any, impact this can have on your ability to drive and your car insurance rates.

Do not forget to signal when merging
You just received a ticket and you’re mad or your interaction with the officer has you rattled and upset. Now is a poor time not pay attention to the road. Often accidents occur as pulled over motorist re-enter traffic since they are not paying attention. Sometimes the motorist will also conduct another infraction as they re-enter traffic and receive a second ticket.

Do not lie about anything
Absolutely do not lie to the officer. You are however under no legal obligation to answer any of the officer’s questions. If you are uncomfortable with any of the questions be polite and inform the officer you do not wish to answer his questions. It is perfectly legal. The standard advice is not to answer any questions; however, if you do decide to answer the officer’s questions then stick to short direct answers — preferably responding “yes” or “no.” Do not volunteer more information than asked.

Veteran police officer shares his advice on what to do when you are pulled over

If or when you have seen his flashers, do so and when you feel comfortable.

Do not resist the officer
As soon as you have safely pulled over and put the vehicle in park, turn off the car engine. Leave your seat belt on to avoid an unnecessary ticket. Keep both hands in plain sight — preferably on the steering wheel in the 10 and 2 position.

Do acknowledge
The police officer behind you doesn’t know if or when you have seen his flashing lights. The easiest and safest way to acknowledge him is to turn on the emergency flashers on your vehicle. Do not turn on your turn signal unless you mean to pull over immediately.

Do turn on your turn signal unless you mean to pull over immediately.

If you are arrested for any reason, immediately ask for a lawyer. Then keep your mouth shut. Do not answer any questions. Do not resist the officer. Do not argue with the officer. There is a process the arresting officer will follow. Simply follow his/her instructions but do not speak or answer any question asked by the officer.

Do be polite
When addressing the officer, address him as Sir or her as Ma’am. Be polite and courteous and maintain a conversational tone. Be focused on what the officer says. Maintain eye contact when listening and speaking. Remain calm. Do not be angry, confrontational or accusatory. Don’t get flustered or panicked.

When asked for your driver’s license, registration and insurance, first inform the officer where they are and then get them. If you don’t have any or some of the documentation, apologize to the officer and in a calm voice, tell him you don’t have the documentation. If you know where the missing documentation is located then inform the officer where you think it is. The officer will most likely return to his cruiser to check your documentation. Close your window and remain in your vehicle and wait.

Do ask for a lawyer if arrested
If you are arrested for any reason, immediately ask for a lawyer. Then keep your mouth shut. Do not answer any questions. Do not resist the officer. Do not argue with the officer. There is a process the arresting officer will follow. Simply follow his/her instructions but do not speak or answer any question asked by the officer.

Do acknowledge him is to turn on the emergency lights. The easiest and safest way to do so is located then inform the officer where they are and then get them. If you don’t have any or some of the documentation, if or when you have seen his flashers, do so and when you feel comfortable.

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Do pull over only when it’s safe
You are not required to immediately pull over when you see the police car with its lights on. You are required to pull over, but only when it is safe to do so and when you feel comfortable.
On behalf of the General Chairs, Dave and Sara McDermott, Father Dwight, The Core Team and the parish of St. John the Evangelist Catholic Church

Thank You
to this community for another successful Applefest!
Although the weather was not as cooperative as any of us had hoped, it did not dampen the spirits or the energy of everyone who worked so hard to make Applefest 41 such a wonderful event. Many thanks to everyone who had a hand in planning, preparing, setting-up, cooking, baking, parking, cleaning, tearing down, cleaning up any of dozens of other jobs and responsibilities that have to be managed in order to make this festival a success and in order for it to run as smoothly as it does!

Our thanks also go to everyone within and outside the parish who patronized Applefest in every aspect. The soggy weather was never reflected in the smiles and warm welcomes that were so evident everywhere!

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Junior running back Madison Wegener runs the ball down the field attempting to stay away from the senior defenders.

Seniors Brant Cassidy and Landon Mikulenas wear their swim T-shirts and khakis for “Twin Day.”

Seniors Megan Battaglia (back) and Tori Chapin participate in games hosted by the Fentonian (yearbook) staff on Monday afternoon.

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Seniors Megan Battaglia (back) and Tori Chapin participate in games hosted by the Fentonian (yearbook) staff on Monday afternoon.
Greg Pruitt taught middle school students in the Fenton school district for 37 years and coached track and wrestling for more than 20 years. Though his eyesight has been in decline since childhood, Pruitt stayed active in his career and athletics, serving as a source of inspiration to his students.

When did you start losing your sight? I lost my sight in fourth grade, at age 9 or 10. I think it was very sudden. When you’re a kid, your world is what it is. It wasn’t obvious to any adults that I had a problem until fourth-grade. At that point the doctors took a look, didn’t know what it was. In fact, almost 60 years later, they still don’t know what it was. What happened once the doctors realized you were impaired visually? Fenton had a program for visually impaired and there was a teacher in the building that was willing to take me back in a regular classroom. I went back and did sixth-grade. I’m not really sure what happened in ninth-grade, it was all kind of just fell apart. I had two teachers who would not accommodate me in any way. We butted heads, so that point, I was shipped to the school for the blind in Lansing and that’s where I did my high school.

How did you get drawn into sports? In the early 1960s, the school for the blind was the powerhouse for school wrestling. There were probably only 30 boys in the high school and half of them wrestled. Ten of them were either first or second in the state finals over the course of about three years. I took up wrestling because it was the only thing to do. What inspired you to become a teacher and coach? I think some of the most influential people in my life, the people who had the most for me, where teachers. I wanted to be with those sort of people and be that sort of person. I came to Fenton in ’69 and started teaching sixth-grade. For maybe about 10 years, I had seventh- and eighth-grade but for the most part, it was sixth-grade social studies. I started coaching track in ’72 and continued through the 2001 season. Wrestling, I’ve coached about 22 years. I was a real hands-on coach. I ran with the kids. My joke was that when I started coach-
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**When grace meets guilt**

Following his adulterous affair with Bathsheba, King David felt miserable. Guilt, one of the most unpleasant human emotions, drained his life of the joy that had made him a composer and singer of sweet songs, a man whose heart was filled with praise. Now he lived under a threatening cloud every day.

The guilty king felt older than his years. His thoughts were in turmoil and he had no peace. The one who had written about experiencing the constant care of his Lord now felt God had deserted him.

Viewing beautiful, bathing, Bathsheba from his housetop brought mighty David down. Lust accomplished in moments what the armies of his enemies had been unable to do in years of battle. David fell on his roof. Guilt’s anguish made him wish he had fallen off it.

Sound familiar? Have you been there? Worse! Do you live there?

Psychologist Gersen Kaufman wrote: ‘Guilt refers to shame which is clearly about moral matters, a poigniant disappointment in self owing to a sudden break with one’s most cherished values in living.’ No wonder guilt feelings are so devastating!

David’s immoral involvement with Bathsheba violated values that had been the very foundation of his life. During better days, he had pledged himself to purity. His mind had been occupied with thoughts of praise that have been preserved in the Psalms and are still treasured as sweet songs, a man whose heart was filled with praise. Now his joy was gone.

Lingering guilt can have devastating effects on its victims, bringing both emotional and physical illness. But there can also be a positive side to guilt. These unwelcome tormentors may move us to deal with the root cause of problems that would otherwise remain unsolved. In these cases guilt feelings can move us to confess our sins so that we can experience the freedom that follows forgiveness.

David confessed his sins to his Lord and was forgiven. Following his confession, he wrote, ‘I acknowledged my sin to You, and my iniquity I have hidden... and You forgave the iniquity of my sin’ (Psalm 32:5).

Forgiveness places the past forever behind us. And confession of sin always brings forgiveness: ‘If we confess our sins, He is faithful and just to forgive us our sins’ (1 John 1:9).

Too often, being afraid to open up to God, we attempt to hide the real reasons for our guilt. Hoping to find a way to relieve other than facing our wrongdoings, we postpone accepting His forgiveness. But our refusal to expose our sins to the light only deepens our darkness and feeds our fears. ‘Guilt makes cowards of us all,’ wrote Shakespeare.

Sensing a troubled man was afraid he had done something for which he couldn’t be forgiven, I told him to remember the Lord didn’t come to rub it in; He came to rub it out.

My simple statement about the purpose of God in redemption was all this guilty man needed to accept full forgiveness by faith.

When his guilt met God’s grace, he was finally free.
Lost fish and — bananas?

By Amy Mayhew
news@tctimes.com, 810-629-8282

Capt. Dave assured me that the loss of the day’s first catch — a 15-plus pound fish was not my fault. In fact, he was content to blame the whole ordeal on the netting faux pas of his greenhorn first mate, Lance. Mother Nature had afforded me a glimpse of what I would lose — a huge, silvery King salmon that, with a sharp slap of its tail, disappeared into the dark green waters of Lake Michigan in an instant.

Seemingly, a man of few words at that hour of the morning, our first loss of the fishing expedition only darkened Capt. Dave’s mood. ‘I hope this isn’t the way the rest of the day is gonna go,’ he grumbled as he navigated his way through a boat-choked Manistee harbor.

A few minutes later, history would repeat itself.

‘Fish on,’ Lance yelled handing the pole to Ken. Ken reeled furiously before our lunch boxes. ‘Did somebody bring fish, it’s fish in my direction,’ he said glancing at the dog-like attention Capt. Dave had been giving to his perch. It was as if a weight had been lifted from his shoulders — more confident than ever, and dare I say it, a little optimistic.

Did Capt. Dave know something that we didn’t? Was there something about the innocent and unbridled energy of a child taking a fish from the waters of Lake Michigan that could ultimately reverse the ‘curse’?

Ten Kings and over a hundred pounds of fish later, I had to wonder. In his 30th year on the water, I had to respect the man who never took lost fish and bananas for granted!

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Ben Stalley, 14, of Fenton shot this 9-point buck during the youth hunt last weekend in Fenton.

Ben Thornton, 16, of Linden shot this 10-point, 150-pound buck on the first day of the Youth Hunt, Sept. 21, while hunting with his granddad, Jack Yost in Fenton. This is Ben’s seventh deer.

Tri-County TIMES | AMY MAYHEW

Jess Mayhew, a then 11-year-old and her dad hold the first fish she caught on this particular expedition.

Haven’t you heard that about bananas?
Bananas are bad luck on a boat.
— Capt. Dave

By Amy Mayhew
news@tctimes.com, 810-629-8282

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Everyone seems to be on the gluten-free bandwagon

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

First it was low-fat, then it was low-carb. Now the diet craze of choice seems to be gluten-free, and more and more Americans are jumping on board — celiac disease or not.

For people with celiac disease, about 1 percent of the U.S. population, a gluten-free diet is essential. This condition, caused by an abnormal immune response to gluten, can damage the lining of the small intestine, which can prevent important nutrients from being absorbed.

Symptoms of celiac disease include diarrhea, anemia, bone pain and a severe skin rash called dermatitis herpetiformis. But celiac disease often has few or no symptoms, which means that only about 5 to 10 percent of cases are diagnosed in the U.S., according to WebMD.com.

Nutrition Works in Fenton has expanded its gluten-free food products, responding to the need in the community for a place to come for gluten-free products and more information. However, they realize that a lot of people are using gluten-free products for reasons other than celiac disease.

“It seems like a lot of people are trying it out to lose weight, but that’s not the way to go,” said Rachel Hasse, of Nutrition Works. “But for people who have health issues related to the way their bodies process grains, we are here to help.”

“Gluten free is not a fad if it is needed,” said Sarah Easlick, clinical nutrition manager at McLaren-Flint.

“Gluten free is not a fad if it is needed,” said Sarah Easlick, clinical nutrition manager at McLaren-Flint.

“It is important to eat a wide variety of foods, as eliminating gluten could have a serious impact on the overall balance of a diet.”

Sarah Easlick, Clinical Nutrition Manager at McLaren-Flint

Making smart choices on a gluten-free diet

Eat natural foods, like lean meats and fish, fruits and vegetables and low-fat dairy products. Grains that don’t contain gluten, such as quinoa and amaranth, are another healthy option.

Remember that many gluten-free products are twice as expensive as regular products, so choose carefully.

Limit gluten-free packaged snack foods. Some are high in saturated fat or cholesterol. Others may be high in calories but contain very little in the way of nutrition.

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Keep your skin supple all year long

Cold weather temps and dryness add special challenges

By Sally Rummel
nrmmel@tcitimes.com • 810-629-8282

Your skin might need a vacation this winter as much as you do, from the harsh conditions of cold weather. Cold temperatures and lower humidity result in drier air, which takes its toll on your skin. But you can keep your skin soft and supple in coming months, with a few changes in your regular routine and the products you use.

Up the moisturizer

“You’ll definitely want to add more moisture to your skin in colder weather,” said Susan Adam, skin care specialist at Spa Naturelle in Fenton. “If you’re currently using a moisturizer designed for oily or normal skin, you may want to add additional hydration by going up a notch to a moisturizer for dry skin. Check with your skin care specialist to see what will work best on your skin.”

When moisturizing, use it all over your body, not just on your face and neck. Pay special attention to areas prone to dryness, like your hands, elbows and feet.

Work with a skin care specialist

Working closely with a skin care specialist is the best defense for beautiful skin all year long. “We offer free consultations and are happy to do a face mapping for you,” said Cortney Gwaltney, a licensed skin care specialist/owner at The Retreat Salon & Skin Spa in Fenton. A face mapping is an analysis of the different skin-type zones in a person’s face.

“This will help determine the professional treatment and home care needed for each specific skin-type or combination. We also use a magnified lamp to take a good look at your skin type. That’s the most important way to find the right products to use for your skin.”

Use sunscreen all year long

Using a sunscreen of SPF 30 every day all year long is the single most important thing you can do to help your skin. Adam prefers using a sunscreen product that serves just that purpose, rather than using cosmetics that add sunscreen. “It’s more concentrated that way,” she said.

Experts suggest that you apply sunscreen first to clean skin, and allow it to penetrate for 20 minutes before sun exposure. Then top with moisturizer and cosmetics.

Read labels carefully

When choosing skin care products to use, make sure to read the labels. “A natural product like aloe vera should be the first on the label,” said Adam. “There shouldn’t be any chemical names of any kind on the list of ingredients. They are way too harsh for the skin.”

Gwaltney adds that the worst products for all skin types include mineral oil, fragrance, parabens and alcohol, to name a few. “Also, watch for skin care products to say that it is non-comedogenic, which means it doesn’t clog the pores,” she added.

Add moisture at home with humidifier

You can also add moisture to your home in the winter. This will help alleviate the dry, itchy skin that accompanies the dry heat coming from your home heating system.

Skin retains moisture and gets the most hydration when the relative humidity is 30% or higher, so a home or office humidifier will really help during the cold, dry winter months.

To keep your skin hydrated, you can use either a steam humidifier that boils water in a chamber, then releases the warm moisture into the air. A cool water humidifier releases a cool mist.

“Keep your skin supple this winter by exfoliating it. Using a glycolic wash will encourage cell renewal, revealing smoother brighter skin.”

Skin care tip #2

Cortney Gwaltney
The Retreat Salon & Skin Spa

We are pleased to introduce our new Oxygen Facial to our skin care menu at The Retreat. This treatment will plump your skin, reducing visible wrinkles and increasing collagen production.

Skin care tip #3

Maintaining your skin’s pH balance is one of the most essential things you can do to keep your skin supple all year long.

“You’ll definitely want to add more moisture to your skin in colder weather.”

Susan Adam
Skin Care Specialist at Spa Naturelle

It’s important to change the water in a humidifier daily to avoid a build-up of bacteria, mildew and mold, which can escape through the mist.

Gwaltney says that while a steam humidifier can be used at home, it’s best to have this process done professionally, especially when it comes to the extraction process after opening the pores.

Other skin care tips for cold weather:

• Revamp your cosmetics for the winter season. Save your bronzer for next summer, as well as frosty eye shadows that wash out your lighter winter skin color.

• Use lip balm with moisturizing agents. Even rubbing a little olive oil over the lips will help moisturize and prevent cracking.

• Turn your shower temperature down a bit for a more skin-friendly wash. Use gentle soaps and cleansers that won’t strip away essential moisture.

• Put a barrier between cold, winter air and your skin by bundling up when going outdoors, wearing hats and gloves or scarves to protect sensitive skin.
Letting your kids help with meal selections and preparation can be fun and it allows them to have some input as to what they will realistically eat. They will also learn how to put healthy snacks and meals together.

‘Fast food’ at home

Busy families can make their own with healthy ingredients prepared ahead of time

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

When you’re a parent, the clock is always ticking to get dinner on the table, especially on weekdays. Sometimes, “fast food” wins because there simply aren’t enough hours in the day to get a full, nourishing, sit-down meal on the table.

However, there are ways you can throw fast meals on the table, without resorting to the unhealthy expense of “fast food” eaten on the road.

Sarah Easlick, clinical nutrition manager at McLaren-Flint, offers these suggestions, as a mother herself:

• Plan ahead — have items ready that are needed for your meals, so you can throw them together quickly. “Dinner doesn’t have to take hours to prepare, and the kids will like to help,” said Easlick.

• Make meals that are quick and easy. Easlick’s family enjoys chicken or beef fajitas and stir-fries. “Cut up your peppers and onions and any other veggies your family likes, while your meat is marinating,” said Easlick. “About 20 minutes on the grill and dinner is ready. Or you can make the meat and veggies a day ahead and just heat them up and go. Throw the items in a tortilla shell, add toppings or toss with rice and dinner is served.”

• Make pasta sauces ahead of time, then all you have to do is boil noodles, heat the sauce and dinner is served.

• Dinner salads are quick when you have all the toppings ready. “Those same veggies that were made for your fajitas go great on a bed of greens with salsa as a dressing,” said Easlick. “Then you can add meat as desired.”

• Let your kids help with meal preparation. If you have nothing prepared and need a quick meal, ask them. “My children think it’s really fun to ‘pack a picnic’ when we have crazy sports running at night,” said Easlick. “They make their own sandwiches or salads and toss in apples and cucumbers or other fruits and veggies we have on hand, plus a water bottle.”

• Consider forming a Facebook group with other like-minded parents, who can then share recipes, strategies, etc. One local group is comprised of 15 families with young kids. Not only do they share cooking ideas, but also humorous parenting experiences and a giving spirit. All you need to do to get one started is to invite friends to join with you in a common mission and begin to help each other out with shared recipes, strategies, etc.

Busy Mom’s Slow-Cooker Chicken Fajitas

Recipe courtesy of Taste of Home

INGREDIENTS:

1 lb. boneless skinless chicken breast halves
1 can (16 oz.) kidney beans, rinsed and drained
1 can (14 1/2 oz.) diced tomatoes with mild green chilies, drained
1 each medium green, sweet red and yellow peppers, juliened
1 medium onion, halved and sliced
2 t. ground cumin
2 t. chili powder
1 garlic clove, minced
¼ t. salt
6 flour tortillas (8 inches), warmed

Shredded lettuce and chopped tomatoes, optional

DIRECTIONS:

In a 3-qt. slow cooker, combine chicken, beans, tomatoes, peppers, onion and seasonings. Cover and cook on low for 5-6 hours or until chicken is tender. Remove chicken; cool slightly. Shred chicken and return to the slow cooker; heat through.

Spoon about ¾ cup chicken mixture down the center of each tortilla. Top with lettuce and tomatoes, if desired. Yield: six servings.

NUTRITIONAL FACTS:

One fajita (calculated without optional toppings) equals 247 calories, 5 g fat (1 g saturated fat), 42 mg cholesterol, 778 mg sodium, 49 g carbohydrate, 7 g fiber, 26 g protein.

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#1 TIP FOR BUSY MOMS

I used to stress about dinner and felt bad to make sandwiches when we are busy. But the kids like it when they help, and it is much healthier for all of us to not eat fast food.

— Sarah Easlick

Sarah Easlick
Clinical Nutrition Manager at McLaren-Flint

Those same veggies that were made for your fajitas go great on a bed of greens with salsa as a dressing.

Sarah Easlick
Clinical Nutrition Manager at McLaren-Flint
Portion control
Simple tricks can be the key to successful weight loss

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

Tip #1: Avoid family-style eating
Eating meals family style can be a huge diet sabotage, encouraging second helpings, grazing, etc. Fix yourself one serving in the kitchen, enjoy it by eating slowly and mindfully, and get used to the feeling of fullness — which takes about 20 minutes.

Tip #2: Use meat as a side dish
When you’re planning your meal, use meat as a “condiment” and load up on healthy grains and vegetables. You will feel fuller faster, and take in more vitamins and fiber, which is healthier in the long run. Think stir fries and salads, and low back pain caused by:

Tip #3 Split a meal when dining out
Most restaurant portions are at least two to three servings of food. By splitting the plate in half, you can avoid eating a dangerous overload of calories. You might even save a buck.

Tip #4 Learn the size of a serving
Use visual tools to identify simple serving sizes. A three-ounce serving of meat is the size of a deck of cards. A standard serving of grains or raw vegetables is the size of a tennis ball or your fist.

Tip #5 Eat small meals
Keep your blood sugar even throughout the day by eating mini-meals. Eating more regularly will keep your energy up and allow you to eat less, since you aren’t ravenously hungry.

Tip #6 Portion out food
Divvy up your portion of food out of a large bag or box, before you begin eating. By separating out one portion, you know exactly what you are eating and are more likely to maintain control.

Tip #7 Break down leftovers
Separate leftovers into single servings to reheat later, instead of storing leftovers in a big container. This will help you limit how much you eat at one mealtime. You can also apply this rule to snacking. Portion out smaller helpings into snack-size individual bags. Make a vow never to put your hand into a large bottomless bag of chips, pretzels, etc. Portion them out.

Summary: Portion control is the key to success in losing weight and maintaining that loss.
Different scents for different moods

Aromatherapy can affect your productivity, your love life and your relaxation.

By Sally Rummel

Think of the memories that the smell of chocolate chip cookies evokes for you as they come fresh out of the oven. Maybe it’s a trigger for special time spent at your grandma’s house or a special memory of after school hours spent at home with Mom. Smell is one of the strongest senses and can influence brain activity in the areas of the brain that process emotion and learning. That’s why aromatherapy is so beneficial in positively affecting a person’s well-being. Using essential oils extracted from flowers, seeds, leaves, roots, fruits and twigs, they are formulated to work in harmony with the body, according to www.swansonvita

minds.com.

“People can find various aromatherapies uplifting, calming and relaxing,” said Jenny Stilwell, owner of Elements Day Spa in Holly. One of her spa’s most popular oils is the blend of lavender and peppermint. “Lavender is relaxing, while peppermint is soothing, cool and uplifting,” she said.

Here are a few other examples:

To boost mood and productivity — Lemon — This scent promotes concentration and has calming and clarifying properties to help when you’re angry, anxious or run-down. Lemon also has antiviral and antibacterial properties that can help fight sore throats and colds by boosting the body’s immunity system and improving circulation.

Lavender — Its calming properties help control emotional stress, offering soothing effect on nerves and a relief of nervous tension and depression. It’s also well-known as a natural treatment for headaches and migraines. Jasmine — It’s also used to calm nerves, but is commonly used as an anti-depressant because of its uplifting capabilities that produce a feeling of confidence, optimism and revitalized energy. Rosemary — This is a perfect Monday morning pick-me-up. It improves memory retention and has stimulating properties that fight physical exhaustion, headaches and mental fatigue. It can also be used topically to reduce muscle aches and pains.

Cinnamon — The stimulating properties can help fight mental fatigue and improve concentration and focus. Peppermint — Perfect for brainstorming, as it invigorates the mind, promotes concentration and stimulates clear thinking.

For relaxation — Lavender — It’s calming and balancing and helps to create a feeling of calmness and composure. If you have only one essential oil at home, it’s this one.

Orange — It promotes relaxation, joy and positiv

ity, while releasing stress and frustration.

Sweet Marjoram — This essential oil possesses the ability to both strengthen and relax. It is a superb calming agent and regulating the heart. It helps balance a person to relieve stress, worry and overthinking.

Yiang Yiang — This has an amazing effect on the heart, both as an organ and as the symbol of the center of emotions. This is the oil to calm palpitations, hypertension and rapid heart beat. It helps to cool frustration and agitation, as well as promote sleep.

Frankincense — This is a favorite for body and soul, promoting tranquility, delivering a person from nervous tension and exhaustion. It is also good for irritation, restlessness and insomnia.

How to use essential oils

Once you have chosen your essential oil, you can use them in the bath, inhaled from boiling water or on a tissue, and in a diffuser or you may add them to unscented bath oils, hand and body lotions, massage lotions and shower gels.

Where to buy essential oils

• Marije’s Gluten-free Pantry
  106 South LeRoy St., Fenton
  (810) 714-0959

• Heavenly Scent Herb Farm
  1370 White Lake Rd., Fenton
  (810) 629-9208

• Nutrition Works
  2815 West Silver Lake Rd., Fenton
  (810) 629-5559

GLUTEN-FREE

Continued from Page 10B

nutrition manager at McLaren-Flint. “Most people who have a true gluten intolerance have very severe side effects. Some do not have celiac disease testing done, because once they are eating gluten-free and symptoms are alleviated, they don’t want to add gluten back in for the testing to be done.”

Many people claim to have an alleviation of symptoms when they eliminate gluten from their diet. “This could be for many reasons other than the gluten itself, such as another ingredient in foods that contain gluten, as many items with gluten are processed items with many ingredients,” said Easlick. “It is important to eat a wide variety of foods, as eliminating gluten could have a serious impact on the overall balance of a diet.”

Easlick advises people who have eliminated gluten or are thinking of doing so, to be aware of any changes they experience. “Let your doctor or dietician know, to be sure to avoid nutrient deficiencies,” she said.

Lacking essential vitamins, minerals and fiber can be a problem with gluten-free diets. Since gluten is a protein found in wheat, barley and rye, foods containing these grains would have to be off limits. Gluten also shows up in many whole grain foods related to wheat, including bulgur, faro, kamut, spelt and triticale (a hybrid of wheat and rye). Some celiac disease experts warn patients to steer clear of oats as well.

Eliminating all of these foods makes it difficult to meet dietary guidelines. The many whole grains that contain gluten also offer an array of vitamins and minerals, such as B vitamins and iron, as well as fiber. Whole grain foods, as part of a healthy diet, may help lower the risk of heart disease, type 2 diabetes and some forms of cancer.

How do you know if you have celiac disease?

The only way to know if you have celiac disease is to be tested. The first test is typically a blood test that detects antibodies related to an abnormal immune response. If the blood test is positive, a biopsy is performed to confirm inflammation in the lining of the small intestine.

How many of the following symptoms do you have?

— Digestive symptoms
  • frequent bloating or gas
  • diagnosed with IBS or acid reflux disease
  • daily diarrhea or chronic constipation

— Neurological and skeletal symptoms
  • depression or anxiety
  • ongoing fatigue
  • chronic eczema or acne

Four or more symptoms indicate that gluten may be impacting your health, according to www.doctoroz.com. But even one symptom, if severe and chronic, can be a sign of gluten sensitivity. You may want to consult your doctor or try going gluten-free for two to four weeks.

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Lorne J. (Mike) Tew - age 90, went to be with the Lord on Saturday, September 21, 2013. Funeral services will be conducted on Thursday, October 3, 2013 at The O’Gunn Family Funeral Home in Clio. Pastor Ralph Parker will officiate. Burial to follow in Evergreen Cemetery, Grand Blanc with military honors. Friends may call at the funeral home on Wednesday from 11-8 PM and on Thursday from 10 AM until time of services at 11 AM. In lieu of flowers donations can be made to Eastwood United Methodist Church, 3132 Whittaker Rd., Flint, MI 48505. VFW Post #4087, 9474 Lapeer Rd., Davison, MI 48423 or VFW Post #822 5-G058 S. Saginaw St. Grand Blanc, MI. Mike was born May 30, 1923 in Flint to the late Lorne and Laura (Seeling) Parker. Mike proudly served in the U.S. Army/Air Force during WWII. He was a lifetime member of the Davison VFW Post #4087. He married Lillian Plato on June 2, 1945, whom he met in England during WWII. Mr. Tew worked at Fisher Body. Fitch Collection then retired from GMSPO as a supervisor in 1981. He was a devout member of Eastwood United Methodist Church. He was someone you could always count on to help. He loved to fish, was a veteran and deer hunter until the later years of his life. He is survived by his wife, Lillian, whom he worshipped; his four loving children, Michael, Brenda (Robbie), Tw Polzin, James (Sharon) Goth-Tew, Karen Tew, grandchildren, Jim Tew, Trevor, Anthony, Aaron and their families; sisters, Wilda Boyle and family, Donna Blackledge and family. He was also preceeded in death by his parents; brothers, Raymond and Bobby, and sister, Dolores. Tributes may be shared on the obituaries page at www.sharpfuneralhomes.com.

Donald Leon Parker, Donald Leon Parker - age 83, of Hale, formerly of By- on, died September 24, 2013 at Covenant Health Care in Saginaw. Funeral services will be held 11 AM Saturday, September 28, 2013 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. Pastor Jerry Paul Grubbs of Graceway Church, 3312 Whittaker Rd., Flint will officiate. Visitation will be held 2-4 PM and 6-9 PM at the funeral home. Those desiring may contribute to Covenant Health Care in Saginaw. Mr. Parker was born August 18, 1930 in Flint, MI to the late Wilfred and Emily (Holl) Parker. He was preceded in death by his parents; brothers, brothers-in-law, George and Edna Hisel; sisters, Carolyn Ricken and Betty Zemba. He is survived by his wife of 61 years, Dorothy (Denny) Parker; five children, Cindy (Rick) Christiansen, Mike (and Leslie) Parker, Ron (and Debra) Olmstead (Tom Line) of Howell, 5 grandchildren; brother, Glenn Parker of TN. He was preceded in death by his parents; brothers, Raymond and Bobby and sister, Dolores. Tributes may be shared on the obituaries page at www.sharpfuneralhomes.com.
Freshman tested by gossip incident

DEAR AMY: I am a freshman in a new high school. I love my new school. The teachers are awesome, I am involved in sports, and I have made many new friends. However, there was a recent gossip incident that has me scratching my head. What is the best way to deal with a false rumor and figure out who started it without making a big deal out of the rumor, especially if it involves boys? — Not Big on Gossip

DEAR GOSIP: You are being tested. This is common in ninth grade, and the fact that you are new to the school makes you a handy target. Let your parents know this has happened; they need to know what’s going on with you, even if you don’t want them to do anything about it. Tracking this rumor to the source may invite more scrutiny and ignite an escalation. For now, do not react at all. Ignore this rumor, and go about your business, doing well and making new friends. Rise above it and move on. If you become aware of anything beyond this, speak to a favorite teacher and/or the counselor at your school.

DEAR AMY: I am a college student. Over the summer, I met a guy at a recurring social event. He is a nice guy, and at the time we had a mutual attraction. I admitted via one of our text discussions that I thought I liked him. We ‘went out’ a couple of times but we were not dating. As the summer stretched on, I realized that there are some things about him I find off-putting, and then he said something that I find a deal-breaker for me, and I have pretty much lost any attraction I had toward him. However, he still acts as if he likes me, though he’s never explicitly said so. I’ve just started school again, and I have met one or two guys who I may be interested in dating. If so, what is my obligation to the guy back home? How would I ever begin to bring it up? — No Man’s Land

DEAR NO MAN: You are under no obligation to the guy back home. You do not need to wait until you are interested in someone else — if he asks you out and you are not interested in dating him, you should tell him so. Ideally this would have been conveyed in the summer, just after the deal-breaker. Your only obligation is to be brave enough to be truthful.

Fragrant pumpkin pie

• 1/2 cup sugar, divided
• 2 T. cinnamon
• 1 3/4 cups 1% low-fat milk
• 1 large egg
• 1/2 cup canned unsweetened pumpkin
• 1 t. vanilla extract
• 1/2 t. ground cinnamon
• 1/2 t. salt
• 1/2 t. ground nutmeg
• Cooking spray
• 1/4 cup chopped walnuts
• Dash of salt
• 1/4 cup heavy whipping cream

PREPARATION
1. Combine 6 tablespoons sugar and 2 tablespoons cinnamon in a medium saucepan over medium heat. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mix- ture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.
2. Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 5 minutes or until thoroughly heated, stir- ring constantly (do not boil). Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
3. Line a baking sheet with foil, and coat foil with cooking spray. Place the remaining 2 tablespoons sugar, walnuts, and a dash of salt in a small nonstick skil- let; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts. Transfer mixture to prepared baking sheet, and cool completely. Coarsely chop nuts.
4. Place cream in a bowl. Beat with a mixer at high speed until stiff peaks form. Fold each serving with 2 tablespoons whipped cream and about 1 table- spoon nuts.

In This Section

IOS 7: how to install the new software for iPhone and iPad

Plug it in
No matter how you choose to update the software, you should plug in your device. It is going to take a while and you don’t want to run out of battery midway through.

Connect to the Internet
The iOS 7 update is around 752 MB in size, depending on the type of device you have; so downloading using a data network is likely to be expensive. Apple recommends connecting to a Wi-Fi network.

Direct update or download with iTunes?
There are two ways to install IOS 7 on your iPad and iPhone — either directly on the device itself or by plugging it into a computer and updating through iTunes. For the impatient, the direct approach will probably allow the most instant gratification — just make sure you back up your device first.

There are those with little storage space, all their data backed up to iTunes or simply an inherent distrust of the iCloud — Apple’s remote storage service — it may be easier to plug your device into your computer and update through iTunes.

Back up your device
There are two ways of doing this: first, by using iTunes. All the settings and preferences, along with data will be saved there. Simply select your device in iTunes and click on the Summary tab. Then click Back Up Now button.

The other option is to backup from the iCloud. To perform a manual backup, connect to the Internet with WiFi and using the Settings menu to select iCloud Storage & Backup at the bottom of that page.

Clear some space
iOS 7 needs at least 3 GB of storage to successfully update. If you do not have this much available on your device, then the direct download may not work for you and you will have to use iTunes. Although you will delete some of the photos, music and apps that you don’t need to clear some space and try again.

Restart your device
It may not be necessary, but some iPhone and iPad experts recommend performing a restart prior to installing the new operating software.

Download and install the update
If downloading directly, you go to General Settings and select Software Update. Click Download and Install and let it run.

If using iTunes, then select your device and click Check for Update. Then click the prompt to Download and Update. Do not disconnect your device until the update has finished and your phone has restarted and fully synced with iTunes. This may take a while, so be patient.
The Word

SUNDAY, SEPTEMBER 29, 2013

PAGE 19B

GARAGESALE
for an updated list of garage sales.
810-475-2030

classified index
An alphabetical listing of categories found by their category number, which is listed at the right.

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HOUSEKEEPER WANTED, non-smoking position with some heavy lifting, minimum 30 hours. Call 248-634-1311.

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NOTICE TO ELECTORS OF TYRONE TOWNSHIP
LIVINGSTON COUNTY, MICHIGAN
LAST DAY TO REGISTER TO VOTE IN THE
NOVEMBER 5, 2013 SPECIAL ELECTION

ALL ELECTORS OF THE FENTON AND LINDEN SCHOOL DISTRICTS ARE HEREBY GIVEN NOTICE that a Special Election will be held in voting precincts 1, 2 & 3 of Tyrone Township on Tuesday, November 5, 2013, from 7:00 a.m. to 8:00 p.m., at which time the following proposals will be voted on:

MOTT COMMUNITY COLLEGE BOND PROPOSITION
Shall Charles Stewart Mott Community College, Genesee County, Michigan, borrow the sum of not to exceed Fifty Million Dollars ($50,000,000) and issue its bonds therefor in one or more series for the purpose of making permanent improvements to, renovating, remodeling, improving, equipping and reequipping College buildings and sites and other buildings to be used by the College for instructional purposes; acquiring buildings and sites for buildings; and constructing buildings and additions to buildings?

The maximum number of years each series of bonds may be outstanding, exclusive of refunding, is 20 years; the estimated millage that will be levied to pay the proposed bonds in the first year that the levy is authorized is 0.08 mills (which is equal to 80 cents per $1,000.00 of taxable value of real and tangible personal property in the College District); and the estimated simple average annual millage that will be required to retire the bonds is 0.25 mills (which is equal to 25 cents per $1,000.00 of taxable value of real and tangible personal property in the College District).

FENTON AREA PUBLIC SCHOOLS OPERATING MILLAGE RENEWAL PROPOSAL
This proposal will allow the school district to levy the statutory rate of 18 mills on all property, except principal residence and other property exempted by law, required for the school district to receive its revenue per pupil foundation allowance and renewes millage that will expire with the 2014 tax levy.

Shall the currently authorized millage rate limitation of 21 mills ($21.00 on each $1,000 of taxable valuation) on the amount of taxes which may be assessed against all property, except principal residence and other property exempted by law, in Fenton Area Public Schools, Genesee, Livingston and Oakland Counties, Michigan, be renewed for a period of 7 years, 2015 to 2021, inclusive, to provide funds for operating purposes; the estimate of the revenue the school district will collect if the millage is approved and levied in 2015 is approximately $4,269,734 (this is a renewal of millage which will expire with the 2014 tax levy and will be levied only to the extent necessary for the school district to receive its full revenue per pupil foundation allowance)?

Electors who wish to vote in the Special Election must be registered to vote no later than 5:00 p.m., Monday, October 7, 2013. To register, visit any Secretary of State Branch Office, the County Clerk’s Office, or the Tyrone Township Clerk’s Office. The Tyrone Township Clerk will be available for the purpose of receiving registrations at the following times and location:

Tyrone Township Hall
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2. Call your local vets.
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5. Make posters.
6. Call all local dog pounds and animal shelters.
8. Don’t Give Up!

A LOOK BACK AT THE TOP 10 SONGS

1. Music - Madonna
2. Give Me Just One Night - Britney Spears
3. Doesn’t Really Matter - Janet Jackson
4. Jumpin’ Jumpin’ - Destiny’s Child
5. Kryptonite - 3 Doors Down

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2. Hula naivè
3. iPod
4. Twenty-fourth century
5. Kryptonite
6. Matchbox Twenty
7. 98 Degrees
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