Former LF superintendent dies suddenly

Ralph Coaster remembered for passion to build new state-of-the-art high school

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

Ralph Coaster, the former superintendent and principal for Lake Fenton Community Schools died Sunday, Oct. 20. He was 64.

Lake Fenton Board of Education Secretary Alberta Martin has known Coaster for many years and she was on the school board when Lake Fenton hired him. She said Coaster died while outside at his Grand Blanc home on Sunday and that his wife found him when she went outside to check on him.

Coaster said she saw Coaster not too long ago and she remembers him saying he had never felt better. “He was so upbeat and happy,” she said. She added that he was enjoying his retirement and doing quite a bit of camping with his wife. “He cared for kids,” said Alberta. “This is a sad, sad thing.”

Before retiring in 2010, Coaster had

New senior center building in ‘last stretch’

State legislators may ease debt worries for Michigan college graduates who choose to stay in-state after graduation.

Lawmakers seeking to curb state ‘brain drain’

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

Michigan is amongst the ‘brain drain’ states, a phenomenon where a large amount of college graduates move to another state after they obtain their degree.

Drywall contractor Shawn Richards sands the walls in the new 4,000-square-foot activity room in the building that is replacing the one that burned down in 2011. By Christmas, the fragmented activity groups

Ralph Coaster

Building to cost $860,000, should be open for activities by Christmas

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

Linden — On Monday, pinocchio players chat and play, while the sounds of construction push vaguely through the large metal door separating the former “Building C,” from the brand new community building at the Loose Senior Citizen Center.

“It’s gone up fast, it’s really attractive,” said member Dave Fantagrossi, before the cards on his table were dealt.

“We can hardly wait to get in.”

They’re excited, they want to go in tomorrow.”

Carl Gabrielson
Executive Director, Loose Senior Citizen Center said Marilyn Wales.

Building C will be known as “The Annex,” as it is connected to the new building, simply named “The Loose Building,” at least for now.

In 2011, “Building B,” the 3,000-square-foot former church building burned down, cutting the 4,000-member center for senior activities meeting space down considerably. Since then, the center has relied on the generosity of local schools and churches to keep the full roster of activities going.

In May the new building broke ground. Now, the 6,000-square-foot building is closed against the weather and looks nearly finished from the street.

“The building is absolutely beautiful,” said Loose board member and Fenton City Councilwoman Cheryl King. She said the loss of the old building was
Community mourns Ralph Coaster

The Lake Fenton community is mourning the loss of a former school administrator — and friend. I knew Ralph Coaster from the days when he was principal at Torrey Hill Middle School (now Torrey Hill Intermediate School), I remember a cute photo of my son Brad, who was in 6th grade, and Ralph posing together after Brad was named Student of the Month in 2000. What great memories.

When I began working for the Tri-County Times in 2003, I covered the construction of the new high school. During that time, I had many interviews with Ralph, who had become superintendent, to discover all the details about the new school that my children would one day attend. I respected Ralph and his work ethic for the daunting task of overseeing an entire school district.

My most vivid memory of Ralph, however, was after I had given the most emotional public speech of my life. In 2004, I stood up in front of the graduating class at Lake Fenton and handed out our first Brad Rossmaessler Scholarship. My son Brad had passed away in 2000 from an asthma attack and our family established a scholarship for Lake Fenton graduates in his memory.

During that 2004 speech, I read aloud the essay that Tyler Rossmaessler had written and which eventually led to him winning Brad’s scholarship. I barely got through my speech, and even today I can feel the weakness in my legs and elbows as those emotions come flooding back. I remember seeing my teary-eyed family in the audience as I awarded the scholarship to Tyler and showed him the plaque, which had his name engraved on it.

As I exited the stage at the old high school (now Lake Fenton Middle School), I felt so alone and I could feel my heart racing. As I began to open the door to the hallway, the door opened practically by itself. In the hallway was Ralph, waiting with a big hug for me. As a father himself, he knew what a painful experience I had gone through and was there for support. I can remember him saying, ‘you did good kiddo.’

Yes, the Lake Fenton community lost a wonderful advocate for children, a loving husband, and father and to me a man that I will always remember as my friend.

SUPERINTENDENT
Continued from Front Page

spent the previous 36 years in education. He started out as a teacher in Davison and was hired by Lake Fenton in 1989 as an assistant principal and athletic director. In 1992, he took a job as Kearsley High School principal.

Coaster returned to Lake Fenton in 1997 when he was hired as principal at Torrey Hill Middle School (now Torrey Hill Intermediate School).

In June of 2000, he began his role as school superintendent, replacing Gerald Laskey, who had retired.

In 2010, as he was preparing to announce his retirement before the school board he said in an interview with the Times, “Ev- 

eryone should leave a place a little bit bet- ter so that the next person can take it to the next level.”

Coaster said in that same 2010 article that he considered the growth of the district, approval of the bond to pay for the new high school, the bulk of the sinking fund to improve all of the facili- ties and being ranked in the top five for Genesee County for the MEAP scores are accomplishments that he treasured.

“The building of the new high school on time and $1.5 million under budget was a phenomenal accomplishment.”
THREE DRUNK DRIVERS WITHIN AN HOUR
At 2 a.m. on Sunday, Oct. 20, Fenton police responded to a fast-food restaurant on Owen Road on a report of a drunk driver in the drive-thru lane. Upon arrival, police learned that the 32-year-old Fenton Township man had been drinking beer. He registered a .16 on the preliminary breath test. He was arrested and taken to the police station for booking. At 2:40 a.m. another Fenton police officer initiated a traffic stop on a car traveling northbound on U.S. 23 from Owen Road for speeding. That 22-year-old Fenton Township woman was arrested for OWI. She was issued a Nov. 25 court appearance ticket for OWI. She was lodged at the Fenton police station until sober and was released. The final driver, a 31-year-old Fenton Township woman was arrested for OWI after registering .108 on the preliminary breath test. A third driver, a 31-year-old Fenton Township woman was pulled over in her 2012 Cadillac CTS for suspected drunk driving. She registered .146 on the preliminary breath test. A 32-year-old Fenton Township man had been drinking Red Bull, Monster, Rockstar and 5 hour Energy. What's in an energy drink? According to energyfiend.com, the top five ingredients found in most energy drinks include vitamin B12, vitamin B6, caffeine, vitamin B3 and Taurine. B vitamins are added to most energy drinks with the promise that they will boost mental and physical performance. While a vitamin B deficiency can lead to fatigue, getting more of it doesn’t equate to more energy. In fact, those having too much vitamin B in their systems will likely discharge the overage in the form of urine. Most levels of the B vitamins found in energy drinks aren’t toxic, but too much of B6 can be dangerous. See ENERGY on 7

The extrovert vs the introvert

Do you know which personality type you are?

“The meeting of two personalities is like the contract of two chemical substances. If there is any reaction, both are transformed.”

Carl Jung  Psychologist

Are we becoming a nation of energy-boost addicts? Sure, we all partake in an occasional cup of coffee or an icy cold soda for a little boost now and then, but the fact is Americans are spending more than $12.5 billion per year on energy drinks, shots and drink mixes. That is 60 percent more than we spent five years ago on drinks like Red Bull, Monster, Rockstar and 5 hour Energy. By William Axford

By Amy Mayhew

...and 5 hour Energy. What’s in an energy drink? According to energyfiend.com, the top five ingredients found in most energy drinks include vitamin B12, vitamin B6, caffeine, vitamin B3 and Taurine. B vitamins are added to most energy drinks with the promise that they will boost mental and physical performance. While a vitamin B deficiency can lead to fatigue, getting more of it doesn’t equate to more energy. In fact, those having too much vitamin B in their systems will likely discharge the overage in the form of urine. Most levels of the B vitamins found in energy drinks aren’t toxic, but too much of B6 can be dangerous. See ENERGY on 7

Energy drinks

Is the boost worth the risk?

By Amy Mayhew

news@tctimes.com; 810-629-8282

Are we becoming a nation of energy-boost addicts? Sure, we all partake in an occasional cup of coffee or an icy cold soda for a little boost now and then, but the fact is Americans are spending more than $12.5 billion per year on energy drinks, shots and drink mixes. That is 60 percent more than we spent five years ago on drinks like Red Bull, Monster, Rockstar and 5 hour Energy. What’s in an energy drink? According to energyfiend.com, the top five ingredients found in most energy drinks include vitamin B12, vitamin B6, caffeine, vitamin B3 and Taurine. B vitamins are added to most energy drinks with the promise that they will boost mental and physical performance. While a vitamin B deficiency can lead to fatigue, getting more of it doesn’t equate to more energy. In fact, those having too much vitamin B in their systems will likely discharge the overage in the form of urine. Most levels of the B vitamins found in energy drinks aren’t toxic, but too much of B6 can be dangerous. See ENERGY on 7

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Is the boost worth the risk?

ByAmyMayhew

news@tctimes.com; 810-629-8282
The right-wing amateur hour
Once again, it appears that President Barack Obama could hardly have chosen a more inapt bunch of opponents and critics. It’s only too bad that the nation has to suffer for it.

As the president and Republican lawmakers struggled and endured low approval ratings to agree on ways to reopen the government and avoid defaulting on its debts, everybody in Washington was coming up with theories as to why so much has gone so wrong. Here’s my theory: Too many amateurs have taken over.

I’m only serious. Americans have a long and storied romance with the popular, the best, and the amateur. Yet the founders wisely structured our national government to avoid having too much direct democracy, which they saw as something akin to mob rule.

AMATEUR LEADERSHIP. As the GOP has splintered into a sensible center vs. radical right-wingers, House Speaker John Boehner, a skilled and well-experienced professional, has looked more like a dog being wagged by a tea party tail. Even when he has the votes to pass a budget or raise the debt ceiling, he is reluctant to bring a bill to the floor because they’re mostly Democratic votes. He fears losing his speaker seat if he does that too many times.

AMATEUR RESEARCH. Experienced leaders know better than to listen too much to those who already agree with them. But today’s partisan media environment leads to more political polarization by making it too easy for people to choose not only their own opinion but also their own ego-stroking version of reality.

AMATEUR ECONOMISTS. The hazards that such closed information loops pose to democracy — and good sense — can be seen most vividly in the default deniers. Yes, like the deniers of climate change and President Obama’s birth certificate, we have some Republican lawmakers in both houses of Congress who deny that it would be all that bad to let the full faith and credit of this nation’s finances go into default. Try that excuse the next time you have to make a car payment.

AMATEUR SPEAKERS. Bill Clinton is not, of course, an amateur. He is a skilled, witty, and creative orator who can garner an instant crowd with his performance in golf and other sports. But he is not a skilled speaker seat if he does that too many times.

NEVER AGAIN WILL I waste my Sunday watching the Lions. They were totally inept. Detroit, Michigan, we deserve better than that.

HEY PEOPLE WAKE up, I just filled out my absentee ballot. There were three tax increases and one renewal. You get what you vote for.

I WAS RECENTLY in Canada visiting relatives. While at lunch, I started a conversation with the people at the table next to me. When I told them I was from the United States, they asked what I thought of the government shutdown. I told them that if the American people didn’t do their jobs the way the government does we would all be out of a job. ObamaCare was voted into law. Shutting the government down is not going to change it.

THOUSANDS OF AMERICANS want to adopt, but have to go overseas because of the greed of a lot of the adoption agencies. Why can’t mothers who want to abort put in the paper ‘baby unwanted free to good family’?

IF YOU REALLY want to know how greedy our leaders are, pay attention to the news. They are worse than 10-year-olds. Lord help us.

IF REPUBLICANS WITH their black-mail tactics can repeal ObamaCare, what will be next? Trash Medicare? Scrap Social Security? Do away with food stamps? Repeal unemployment compensation? Why would anyone want ObamaCare to fail and deny people vital health care?

TO THE HOT liner that denied the mess that Bush left to Obama. He needs mental health assistance that he will be able to receive under

ObamaCare.

I WAS WATCHING on TV a report on Detroit about their financial bankruptcy and the mayor being prosecuted. Kind of reminds me of the president of the United States. The similarities are awfully strong.

GOOD LUCK AT Regions on Saturday, Fenton cross country. We had a great season and I am proud of all of our accomplishments. Let’s end the season with a bunch of PRs.

TO MY NEIGHBOR. I am so happy you sold your home now I don’t have to listen to your screaming kids and barking dog.

SEE THE $500 reward in the Oct. 16 and Oct. 20 issues of the Tri-County Times.

ARE YOU KIDDING me? What mother of a freshman girl would allow her to read ‘50 Shades of Gray’? You are just asking for trouble.

I’M THANKFUL and respectful of the area I live in and I wish others would do the same.

SOME PEOPLE NEED to get a job and work in the real world instead of finding fault in other people. Keep your damn cat home.

Chronic Back Pain? We can help with that!

MED CORE
The MedX Lumbar Extension is perfect for low back problems including:
• Instability
• Weakness
• Stenosis
• Post-Surgical
The program will strengthen your back, reduce pain, and allow you to continue activities that you enjoy, plus improve performance in golf and other sports.

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11182 Highland Rd.
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Proven results in just 20 minutes a day, two times per week.

Grand Blanc
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A medically based exercise system that dramatically improves spinal health.

APTC
Advanced Physical Therapy Center
The experts in assuring you won’t have to survive!
www.AdvancedPhysicalTherapy.com

FROM THE LEFT
Clarence Page
Nationally syndicated columnist

FROM THE RIGHT
Cal Thomas
Nationally syndicated columnist

The bums aren’t the problem, we are!
A new Associated Press poll reveals some troubling statistics for members of both major political parties, if they can be troubled, given what looks to be their lack of concern for what they are doing to the country.

The poll finds fewer people approve of President Obama’s job performance (confirmed by a new Gallup Poll, which shows a 37-per cent approval rating), but that Republicans score even worse at 5 per cent approval. The poll ‘finds few people approve of the way the president is handling most major issues and most people say he’s not decisive, strong, honest, reasonable or inspiring.’

The poll also shows many people are fed up with the government, leading to a return of the ‘throw the bums out’ mentality. But the problem does not lie with the ‘bums.’ If it did, the newest elected ‘bums’ would have fixed things by now. It’s the rabid careerism of politicians and the entitlement mentality of too many voters that has consumed Washington and led to its dysfunction. Putting healthy people in an environment where plague rages ensures they will likely contract the disease.

It’s difficult to change Washington because too many benefit from its current practices. Republicans, who appeal to constitutional limits, spending cuts, lower taxes and the repeal of unnes-

sary regulations, are lambasted — even by fellow Republicans — when they try to rein in unsustainable spending. The Washington establishment is powerful and aims to protect it after it risks isolation and condemnation.

Since Franklin Roosevelt’s ‘New Deal,’ many Americans appear to have aban-

doned their restraint, individual responsibility and accountability in favor of govern-

ment as provider, protector and guarantor. We once promoted individual initiative, now we seem to punish the successful and treat the unsuccessful as victims.

Nothing would change Washington faster than the transformative idea that only we can make our lives better by our financial and moral choices.

Such a message will be labeled ‘harsh’ by some, but it is necessary to restore a sick economy and a nation that needs to return to its constitutional roots. This return is the cure for our national dysfunction.

What do you do when you need an energy boost?

“Drink a Mocha Frappuccino from Starbucks or take a nap.” — John Korte, Linden

“Exercise, either yoga or walk on the treadmill or outdoors.” — Nikki Black, Fenton

“Run short distances, like 400 meters; it makes me feel better.” — Dick Bagnall, Fenton

“Take a nap. I only drink caffeine in the morning. I don’t need more.” — Zack Blocker, Fenton

“Go for a walk on the walking path and have a hot cup of coffee.” — Jean Caimnir, Traverse City

“Drink a cup of coffee, the caffeine seems to help.” — Lauren Cogers, Fenton
**Head lice advice**

- Back to school often means infected kids

  Area children are back to school — and some of them might be toting head lice. As anyone who’s had an infected child knows, this involves both treating the lice on the child and doing some cleaning at home.

Anyone can get lice regardless of age, income, race or ethnicity, but most cases occur in children, according to the Genesee County Health Department (GCHD) website. The lice are passed from person to person, usually by close contact. They are usually found in hair, most often on the back of the neck and behind the ears, according to Web MD.

Each week, schools report the number of children with head lice to their local health department. It’s important for parents and caregivers to know what to look for, and what to do when children have lice, GCHD said. Most schools require a child to be lice- and nit-free before he or she can return to class.

Adult lice are a tiny brownish, wingless insect, which feeds off the human scalp. Head lice do not hop, jump, fly or swim. They move about by grasping onto a hair with lobster-like claws on the end of their appendages. Head lice live close to the scalp where the temperature is to their liking and their food (human blood) is readily available. Lice are sensitive to heat and light.

The most common sign of head lice is itching, according to Web MD. One might also see the insect and/or its eggs, or “nits.”

Adult head lice are large enough to be seen with the naked eye. Nits are the size of a grain of sand and a whish-

**How to prevent head lice**

- Ask children not to share hats, combs, and other items.
- Frequently examine the scalps of school-age children. It may help you discover and treat lice before they spread to the rest of the family.
- Avoiding prolonged close contact with a person who has lice will also reduce your risk.

**CREDIT**

Continued from Front Page graduates leave the state, down slightly from an average of 20 percent in 2007. In order to retain younger, educated workers, lawmakers have offered tax credits to help students avoid large student loan payments.

Dr. Jeremy M. Grove DDS 501 S. Bridge Street, Linden • 810-735-7511 www.dentistinlinden.com

**HOT LINE continued**

**TI**GERS ARE OVERPAID

The two highest paid ballplayers stunk up the baseball diamond with their lackadaisical playing. Fielder and Cabrera make a combined $44 million a year and show up for playoff games unprepared, three years in a row.

**THE CORNERSTONE PROJECT** sounds like a real winner for downtown Fenton. As a taxpaying citizen, I am eager for the project to be completed and add some much needed businesses and residential leasers to the LeRoy Street strip.

**CONGRATS TO FENTON** football team. Great effort to have no losses this season. Hope you go undefeated and win in State playoffs. Does anyone know how many undefeated football teams Fenton has produced in the last 50-60 years? Can only think of two and they were in 1966 and 1967.

**GOODWILL Industries of Mid-Michigan, Inc.**

**Halloween HEADQUARTERS**

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October Harvest Days Every Saturday & Sunday 11-6pm

Holly at Grange Hall Rd. & Dixie Hwy. 248-634-Kids(5437) oakhavenfarm.com

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/response

Continued from Front page

officials at their board of trustees meet-
ing Monday, addressing concerns about
response times and the coverage area of
ambulance companies.

“Under our new system, we see these
ambulances on patrol in the county,”
Ackley said. “We know exactly where they are.”

Ackley described the old system of dis-
patching ambulances through telephone
calls as archaic. He said under the new
system, dispatchers know where their
units are located in the county and how
many units are avail-
able to them. Since
the implementation of the new system
earlier this month, Ackley said paramedic
response times have averaged six and half
minutes, which was nearly twice as fast as
the old response times.

Ambulance response times have come
under scrutiny in Fenton Township when Genesee County Commissioner Tony
Brown claimed STAT EMS took more
than an hour to respond to a student
athlete injury at a recent Lake Fenton
football game. STAT EMS Chief Operat-
ing Officer Joe Karlichek said the lengthy
response was due to heavy traffic and the
injury being classified as tier two, preventing
the unit from using emergency lights.

Like Brown, Township Clerk Robert
Krug scrutinized the county medical
control’s tier system, believing injuries
involving high schoolers should be clas-
sified as a tier one injury so ambulances
can use emergency lights on the way to the
scene. Ackley did not agree with Krug’s
assessment.

Also of concern was contracted amb-
ulance companies providing coverage
outside of their contracted area. Ackley
said each ambulance company within the
county said they would respond to a life-
threatening call in another municipality,
if they had the closest units.

Township Supervisor Bonnie Mathis
said an ambulance is regularly called to
St. John Church about every six weeks
due to a heart attack or other health
problems during Mass. She said unless
the direct phone number to the Fenton
Fire Department is used, ambulances from
other companies may be called in.

Ackley said dispatchers have to call the
closest ambulance to an emergency, per
state law, which may result in contacting
the county said to a specific municipality or area.

“Our position is if I have an ambulance
ing right in front of your church, why would
we want to call someone who is three
miles away?” Ackley said.

Overall, Ackley and the board of trust-
steers agreed the new ambulance system is
welcomed improvement for the residents
of Genesee County.

“My people are so happy right now.
I think for Genesee County, this is long
overdue,” Ackley said.

Frustrated with Insurance?
There are so many choices and decisions.

• Where should I buy?
• What’s a good price?
• How much coverage do I need?
• What types of coverage?
• Will I have enough?

It can be overwhelming.

As your local independent Auto-Owners Agent specializing in
home, auto, business and life insurance product, we’ll look
at all your insurance needs and provide you with the best
combination of quality insurance products and superior
service at the most competitive rates.

Auto-Owners Insurance

Call today for a Insurance Quote and see how you can SAVE!!!
Call today for a free insurance quote
blackmore-rowe insurance
For ALL your Insurance Needs!
Beverly Miller
Mark McCabe
67th District Court
Ask the judge

The Office of the Great Seal of Michigan

Although I don’t have official poll
results on the question, it is my belief that
if you were to walk up to somebody and
ask them to tell you about the significance of
the Great Seal the likely response would be
that they had no idea what you were talking
about.

The likely reason for this is that this particular office doesn’t receive much
publicity. However, as a part of the Exec-
utive Office of the Michigan Department of State it plays a vital governmental
role as the official depository of certain
documents for filing from local and state
governmental agencies and certifying
their authenticity.

The Office is also responsible for
authorizing notary public commissions,
maintaining the records required to be
filed with the Secretary of State, issuing
certificates of authority and apostilles
for documents going to other countries,
and keeping and protecting the Great
Seal and ensuring its proper use. As an
aside, an apostille is a special type of
certification.

Some examples of the documents that
are filed include administrative rules,
gubernatorial appointment and procla-
mations, charters and boundary changes
and certain oaths of office.

As to the ‘Great Seal’ itself, think of
our State of Michigan flag. On the flag
are an elk and a moose, a bald eagle and
a crest with the word ‘Tabor’ and much
more. This is the official Coat of Arms
of the State of Michigan and if one puts
the words ‘Great Seal of the State of Michigan A.D.MDCCXXXV’ around
it you have our seal.

The seal has a history all its own.
It was designed by Lewis Cass, a famous
figure in early Michigan government,
and was officially adopted on June 2,
1835 by Michigan’s Constitutional
Convention of 1835.

There are many interesting parts of
the seal including the Latin phrase, ‘Si
Quaeris Peninsulae Amonem Circum-
space,’ which means ‘If you seek a
pleasant peninsula, look about you.’

Much more about the Great Seal and
the Office is available on the Michigan
Secretary of State website.

SONOW, if somebody asks, you’ll know.

POLICE
Continued from Page 3

BURTON WOMAN SHOPLIFTS
At 1:35 p.m. on Oct. 19, Burton
department responded to a retail store in the
3700 block of Owen Road for a
shoplifter in custody. Police made
contact with the 26-year-old Burton
woman who had her 7-month-old
baby with her. The loss preven-
tion employee reported that they
watched the woman select several
items, place them in her cart and
exit the store without paying. The
employee confronted the woman outside and escorted her
inside to await police arrival. The
woman told police initially that she
forgot to pay, but then told them that
she intended to pay had she been
approached. She has a Nov. 25 court
date for retail fraud. The $156 of
store merchandise was returned to
the store.

6 Wednesday, October 23, 2013 TIMES MIDWEEK www.tctimes.com
ENERGY
Continued from Page 3
Caffeine stimulates the central nervous system and puts the body on alert. Caffeine increases heart rate and blood pressure, but decreases a body’s hydration level. Most folks begin to experience sleeplessness, heart palpitations, headaches, nausea and a general case of “the jitters,” after ingesting more than 200 mg of caffeine.

Taurine is an amino acid that supports neurological development and helps to regulate the level of water and mineral salts in the blood. Taurine is also thought to have antioxidant properties. While taurine is found naturally in meat and breast milk, it’s commonly available as a dietary supplement. In fact, according to the Mayo Clinic, some studies suggest that taurine may improve athletic performance, which might explain why it is used in many energy drinks. Additionally, the Mayo Clinic says up to 3,000 mg per day of taurine is considered to be safe — but moderation is important as there is very little known about the effect of heavy or long-term use.

What’s on the label?
In April, the U.S. Food and Drug Administration (FDA) issued a stark warning against energy drinks and supplements containing dimethylamylamine (DMAA), an organic compound that the FDA maintains some energy drink manufacturers “mask over” with other names.

Energy drink-related visits to the ER have been on the increase, exploding in 2011 to 20,000 visits, and often being linked to heart problems associated with caffeine overdoses. The majority of the patients are teens and young adults who are unaware of the health risk associated with consuming the product.

A 2013 congressional report found that energy drink manufacturers independently determine whether to call their drinks beverages or dietary supplements — each of which have different sets of rules for what can be added and what must be disclosed on the label.

Energy drinks can’t include ingredients that aren’t recognized as being “generally safe” for foods by the FDA, while beverage manufacturers don’t have to disclose how much caffeine is in their drink, nor file a report with the FDA if somebody reports serious side effects from drinking it. Therein lies the rub.

What are the risks?
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Reports serious side effects from drinking energy drinks, however the best ideas are formed when people are alone as opposed to a group setting, where people’s opinions can be shaped by the most dominant person in the group as opposed to the best argument presented.

“IT turns out we can’t even be in a group of people without instinctively mirroring their beliefs,” Cain said in a 2012 TED Talk. “And groups famously mirror the opinions of the most dominate or charismatic person in the room, even though there’s zero correlation between being the best talker and having the best ideas.”

For Cain, the most fruitful way to reach solutions includes people developing ideas on their own and then meeting together after having a period of reflection.

That’s not to say extroverts don’t have their own set of strengths. As social creatures, humans interact for survival and pleasure and it can be hard not to be envious of those who are far more outgoing than we are.

According to the Wall Street Journal, some studies suggest that extroverts are happier than introverts and that forcing yourself to interact with strangers can make you happier. A 2012 Journal of Personality article detailed an experiment where introverts were forced into more day-to-day social interactions for a week. At the end of the week, participants reported elevated feelings of happiness acting like an extrovert instead of an introvert.

Whether you identify yourself as an introvert or extrovert, take comfort in the fact that people don’t wholly embody one personality type. Jung himself believed that all people exhibited signs of both personality types and could force themselves to act more outgoing or reflective.
Fibromyalgia

This often misdiagnosed disease disrupts lives with pain, fatigue and anxiety

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

Doreen Ahearn feels like she has the flu every day of her life. Fighting muscle pain and headaches, this 53-year-old Linden woman still works every day and tries to remain active and upbeat, but it’s a daily battle for her and at least five million others in the U.S.

She suffers from fibromyalgia, a disorder characterized by widespread musculoskeletal pain, accompanied by fatigue, sleep, memory and mood issues, according to mayoclinic.com.

“It has made my life much more difficult,” said Ahearn. “It’s something I live with every day. Even though I look fine on the outside, my muscles hurt so bad that even a hug hurts. It hurts to be touched. It’s extremely painful, but people can’t see it, which makes it difficult for others to understand.”

Who gets fibromyalgia?

Ahearn fits a typical profile of a patient suffering from fibromyalgia. Her gender makes it much more likely for her to have this disorder than males. Other women in her family also suffer from fibromyalgia, which tends to run in families.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event. Ahearn was diagnosed about 16 years ago by a rheumatologist. “Every year, it gets a little worse,” she said.

Sleep issues are one of the most difficult aspects of living with fibromyalgia. Sleep is often disrupted by pain and many patients have other sleep disorders, such as restless legs syndrome and sleep apnea that make symptoms worse. “I never get a full night’s sleep,” she said.

She suffers from fibromyalgia and that makes all the difference.

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See FIBROMYALGIA on 11

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See FIBROMYALGIA on 11
Holly author publishes new book

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

Local author and historian, Evelyn Lutz has published the history of Holly’s Seventh-Day Adventist Church and the Adelphi Academy (AA), “How Adventism Came to Holly, Michigan, and How it Grew.”

Having done most of the research and writing for the book several years ago, Lutz formally published the book this year as a way of celebrating the 150th anniversary of the organization of the Seventh-Day Adventist Church.

The book includes life sketches of early Michigan Adventist pioneers, information about the Holly headquarters of the former East Michigan Conference, camp meetings, photographs of both old buildings and new, local church school information and accounts of the Consecration and Dedication Services for the current Seventh-Day Adventist Church on Fish Lake Road.

Born and raised in Holly and lifelong members of the Holly Seventh-Day Adventist Church, Lutz, her husband, the late Harold Lutz, and their daughter, Cheri Lindstedt now of Cherry Valley, Calif. are all AA graduates.

Area residents may order a copy of Lutz’ book by sending their name, telephone number or email address and a check for $12 to Evelyn J. Lutz, PO Box 223, Holly, MI 48442-1425.

Weekly roll call of state representatives and senators

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

The Mackinac Center for Public Policy provides a weekly report of how elected officials in Michigan have voted and on what topics. This report was released Friday, Oct. 18.

Senate Bill 307: Let more cities impose additional public safety property tax.
To allow cities with fewer than 70,000 residents to impose “special assessment” property taxes for police and fire services. These taxes would be imposed over and above regular property taxes and require voter approval. According to the Senate Fiscal Agency, this could allow 278 cities to impose these additional taxes.
Passed 37-0 in the Senate
Sen. Jim Ananich
D-Genesee County

To make a person ineligible to collect unemployment benefits if a prospective employer requires a drug test as a condition of a job offer and the individual either refuses to take the test or fails it.
Passed 28-10 in the Senate
Sen. Jim Ananich
D-Genesee County

Senate Bill 475: Establish trampoline court regulations and liability limits.
To establish standards and regulations for trampoline courts and operators, and grant these businesses limited immunity from lawsuits if the proposed regulations are followed.
Passed 25-12 in the Senate
Sen. Jim Ananich
D-Genesee County

Senate Bill 277: Repeal requirement commercial trucks display owner’s name.
To eliminate a requirement that commercial vehicles weighing more than 5,000 pounds must display the owner’s name on the cab. Wrecker trucks and road service vehicles would still be subject to the mandate.
Passed 38-0 in the Senate
Sen. Jim Ananich
D-Genesee County

House Bill 4866: Authorize new bicycle rider hand signals.
To establish new signals for bicycle riders. Left turns would be indicated by extending the left arm straight out, right turns by either extending the right arm, or the left arm with forearm raised, which is the current standard, and slowing or stopping by “extending the left hand and arm downward.”
Passed 106-0 in the House
Rep. Joe Graves
R-Argentine Twp.

Senate Bill 332: Exempt “natural fertilizer” from phosphate content restrictions.
To exempt “natural fertilizer” from restrictions imposed by a 2010 law restricting spreading a fertilizer containing more than 0.5 percent of the plant nutrient “available phosphate” on a lawn, golf course or other grass.
Passed 102-6 in the House
Rep. Joe Graves
R-Argentine Twp.

Senate Bill 489: Review detail of property tax imposed on business tools and equipment.
To review details of a 2012 law that exempts from property tax up to $80,000 worth of tools and equipment owned or leased by a business in a particular jurisdiction. The bill would empower local assessors to retroactively deny exemptions for the three past years, authorize criminal penalties for claiming the exemption on ineligible property, revise what property is eligible, impose new record-keeping requirements on business and more. It and Senate Bill 490 are considered a “clean up” of provisions in that 2012 law.
Passed 82-26 in the House
Rep. Joe Graves
R-Argentine Twp.

House Bill 3121: Give five-year tax break to buyers of school property.
To give owners of property purchased from a public school district a five-year property tax exemption. Local tax-collecting units (local government) could opt out of providing the exemption.
Passed 62-44 in the House
Rep. Joe Graves
R-Argentine Twp.
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Gabrielson. Parking lots are a "stretch" of construction according to Executive Director Carl Gabrielson.

They left them no choice but to upgrade their facilities.

The size of the old, Gabrielson admitted, was "insufficient for the offices.

Comprise the activity center, the rest, offices.

As the new building will double the size of the old, Gabrielson admitted the fire was a blessing in disguise, and left them no choice but to upgrade their facilities.

Today the building is in the "last stretch" of construction according to Gabrielson. Parking lots are finished and striped, and with light poles installed.

Consumers Energy will be hooking the office power soon.

Gabrielson hopes the building will be open by Thanksgiving, and fully functioning with activities by Christmas.

The reason activities won’t automatically shift to the new facility is the sheer volume of scheduling needed — October alone has around 400 classes scheduled, with anywhere from a few to 20 people per class.

"They’re excited, they want to go in tomorrow," he said of the members. As printed in a previous article, the building will feature a fitness room, lounge area, office space and a kitchnette.

The new structure will also feature a fire suppression system, a public address system and wireless Internet.

Loose Senior Citizen Center mission statement

The mission of the Loose Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services, which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region.

FIBROMYALGIA

Continued from Page 8

more than a few hours of sleep at a time," said Ahearn. "This is one of the hardest parts of having fibromyalgia.

What are some of the symptoms?

Many people who have fibromyalgia also have fatigue, anxiety, depression, tension headaches, irritable bowel syndrome and temporomandibular joint (TMJ).

People with fibromyalgia have trigger points in their body that are especially sensitive to pain. These points are typically in the upper body, shoulders and back, back of the head, sides of hips, inner knees, outer elbows, etc. Current thinking centers around a theory called "central sensitization," according to mayoclinic.com. This theory states that people with fibromyalgia have a lower threshold for pain because of increased sensitivity in the brain to pain signals.

How is fibromyalgia treated?

Ahearn wears a pain patch to help her get through each day with the pain.

"I can’t take medication that is sometimes helpful for the disease, because it messed up my ability to think clearly," she said. She wears the pain patch in one spot for a week, and then switches it to a different location. "The pain patch helps a lot," she said.

While there is no cure for fibromyalgia, there are medications that help minimize symptoms. Medications designed to treat epilepsy are often useful in reducing certain types of pain. Lyrica (pregabalin) was the first drug approved by the Food and Drug Administration to treat the disease. Exercise, relaxation and stress-reduction measures also may help.

How does lifestyle affect fibromyalgia symptoms?

Maintaining overall health is an important goal for people suffering from fibromyalgia. That means eating a healthy diet, exercising, pacing activity, establishing sleep routines are important aspects of self-care. Therapy and holistic practices like acupuncture, massage therapy, yoga and tai chi are often helpful, too.

Joe Nagy of Carrabba’s Custom Painting works on an interior room of the new Loose building on Tuesday.

The next big expense could be furnishing the inside. The center may take out a loan if need be, to finish the project and outfit the offices.

Of the 6,000 square feet, 4,000 will comprise the activity center, the rest, offices.

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DEAR DR. DONOHUE: After brushing my teeth this morning, I got a glimpse of my tongue. It’s coated black. It doesn’t hurt. I’m writing you to see what this is. Please help. — A.M.

ANSWER: Most likely, it’s black hairy tongue, an elongation of the tiny papillae that stud the tongue’s surface. Sometimes antibiotic use brings the problem on. Most of the time, it’s something that just happens. Brush your tongue three times a day with toothpaste and a soft toothbrush. It should go away.

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

### THE INTERNSHIP
Billy (Vince Vaughn) and Nick (Owen Wilson) are salesmen whose careers have been torpedoed by the digital world. Trying to prove they are not obsolete, they defy the odds by taking their way into a coveted internship at Google, along with a battalion of brilliant college students. But, gaining entrance to this utopia is only half the battle. Now they must compete with a group of the nation’s most elite, tech-savvy geniuses to prove that necessity really is the mother of re-invention. PG-13, 1 hr. 59 min.

### THE CONJURING
Before there was Amityville, there was Harrisville. “The Conjuring” tells the true story of Ed and Lorraine Warren (Patrick Wilson, Vera Farmiga), world renowned paranormal investigators, who were called to help a family terrorized by a dark presence in a secluded farmhouse. Forced to confront a powerful demonic entity, the Warrens find themselves caught in the most horrifying case of their lives. R, 1 hr. 52 min.

### NEW DVD RELEASES
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### iPone Tip of the Week
**Experiment with live filters**
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Linden makes Wright moves, wins district crown

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

Fowlerville — Kevin Wright has picked the right time to get hot.

The Linden junior led the second-ranked Eagles by scoring a three-goal hat trick in Linden’s 3-0 Division 2 district championship victory against area rivals Fenton at Fowlerville High School on Saturday. The win put Linden’s varsity soccer team in the regional semifinal against Petoskey on Tuesday. Results of that game were not known at prestimme.

Wright has been on fire recently, scoring eight of his 20 goals this season in the last four contests. He ended up being all the offense for both teams on Saturday. He had the proper motivation.

He was going against the Tigers and his best friend, and Fenton striker Aron Ferguson.

“It’s always fun playing against Fenton,” Wright said. “My best friend plays for Fenton and I love playing against Fenton. It’s always an aggressive game. It’s always back-and-forth, a good game and it feels amazing to win. We’re one step closer to states.”

“Kevin is such a great player, but in all reality he’s playing out of position,” Linden coach Kevin Feiberntz said. “He’s not a forward by any means, but his pace is incredible. He can run at you and run all day. He’s really come on toward the end in the goal scoring. (Zach) Bakos did much of the scoring at the beginning, but Kevin has come out and done a lot of the scoring here at the end. We needed it. We need to spread the wealth out a bit.”

Wright wasn’t scoring, the Linden defense was playing stellar once again. Keeper Collin Hoebberling collected his 11th shutout of the season in net, being forced to make just two saves. Fenton mustered seven shots, but didn’t have a shot on target the entire second half. Hoebberling gave a lot of credit to another junior, Ben Thornton. See WRIGHT on 15

Fenton places fifth at state, Shegos records ace

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

The Fenton varsity girls golf team did what they wanted at the Division 2 state meet held at Forest Akers East Golf Course Friday and Saturday.

And Madison Shegos did something she never expected.

For the second straight season, the Fenton Tigers placed fifth at the state meet, posting a team score of 737. Meanwhile, for the first time ever Shegos carded an ace. She posted a hole-in-one on the par-3, 18th hole, recording the first ace on the redesigned hole.

“When the ball came off the club, I thought the shot was going to be short,” Shegos said, “It landed on the collar and it just appeared like someone was pulling the ball on a string to the cup. The ball just disappeared.”

The Tigers were paced by Samantha Moss, who finished seventh overall with a 92-73-165. She was hoping to contend for the individual title. Instead, Moss put together the best round of the tourney during her second day after a tough first 18 holes.

“Part way through her first round she just lost her swing,” Fenton coach Kurt Herbstreit said. “She was feeling pretty good on the second day. She was disappointed because she could’ve had a chance to contend for the top spot, but her second round shows her determination and heart to go out there and do what she did.”

Tailer Przybylowicz followed Moss with an 89-91-180, while Maddie Brown carded a 92-103-195. Sarah Cummings had a 103-94-197, while Shegos carded a 109-103-212.

The Tigers were pleased with their finish. Climbing in the top four would’ve been tough considering South Lyon placed fourth with a 702, 35 strokes better than Fenton’s final score.

“That’s what the goal kind of was,” Herbstreit said. “We wanted to finish fifth. We didn’t think we could jump those other schools.”

Holly’s Paige Johnson also competed and posted a strong 93-99-192.

Linden at the D3 state meet

Linden’s Hannah Jostin competed at the meet held at Grand Valley State University’s The Meadows, and carded a two-day, 36-hole score of 97-103-200.
By David Troppens dtroppens@tctimes.com; 810-433-6789

Linda Rusaw has a goal.

The coach wants to see her team win what would be an unofficial title. She wants the Fen- ton varsity volleyball squad to end the season as the best team in Genesee County.

The Tigers are making a pretty convincing argument that they might be just that, and made some more points toward that view on Saturday at the Davison Invitational.

The Tigers won five straight matches and advanced to the championship game, losing to Ann Arbor Huron 25-15, 25-11 in the title match.

In the process, the Tigers (29-14-3) won four straight matches in straight sets and also defeated a Genesee County squad in the semifinals. Davison, by a 25-20, 20-25, 15-12 verdict.

Linden also competed at the event, going 1-2.

“It was a fun day,” Rusaw said. “Every team had strong players and then we beat Mason in the quarterfinals and Davi- son, who we played in August, in the semifinals.

“We don’t want to lose a match to any team in Genesee County. I know it sounds silly, but it’s one of those things if people ask if you played so and so in Genesee County, we want to be able to say we beat them. It’s bit of a pride thing. We want to be the best team in Genesee County and that’s a realistic goal for us.”

Fenton beat Bay City Western, Mason (twice) and Henry Ford II as well en route to the title match. And while making it that far, the Tigers had an impressive day attacking the ball.

Carly Granger led the Tigers with 41 kills and a 38.1 hitting percentage, while Bobbie Eastman had 40 kills. Jaime Hansen followed with 30 kills, and Cassidy Rourke chipped in 18 kills.

“We had a good hitting weekend, and we’re up to .204 as a team,” Rusaw said. “That’s exciting because we are getting more kills and getting less er- rors. We are not going up in one category and up in the other. We are going up in one and going down in the other.”

The Tigers’ defense was paced by Granger’s 42 digs, while Amanda Cart had 33 digs. Hansen and Ashley Bearden had 29 and 27 digs, re- spectively. Bearden had 114 as- sists and also led the team with nine aces.


Taylor Ovington led the Eagles with 21 kills, 10 digs and four blocks, while Rebecca McDonald had 20 kills and five blocks. Bridget Adams chipped in 16 kills and five blocks, while Megan Klawitter had 20 digs. Bri Holsher had 17 digs.

Lake Fenton at the Bendle Invitational

The Blue Devils won the Silver Division Championship at Bendle, earning a 3-2 record for the day. Lake Fenton beat Bent- ley (twice) and the International Academy of Flint. The Blue Devils beat Bentley 20-25, 25-22, 15-5 in the title match.

“The team has made some great strides in these last few weeks by executing more on the court and terminating the ball for a score,” Lake Fenton coach Angel DelMorone said. “The passing continues to improve, but our offense is beginning to connect. The setters are making better choices and hitters are finding open real estate — that’s always a plus.”

Autumn Beardsley led the of- fense with 29 kills, while also pro- viding 12 digs and five blocks on defense. Alex Brunley chipped in 11 kills and three blocks. Alyssa Rogers had 34 assists, while fellow setter Riley Cole had 22 assists. Cole also had 11 kills and 10 digs. Alex Brunley chipped in 11 kills, while Reagan Goupil had seven kills.
WRIGHT

Continued from Page 13

“With Ben Thornton back there, his voice, him coming back from the Wolves, he’s a big part of our defense back there,” Hoeberling said. “He’s winning all the headers and directing the other guys. He does a great job.”

“Our defense has done a great job all year,” Fiebennitz said. “Normally we are three (defenders) in the back, but with the conditions (wet, rainy and cold) we had to go with four which takes a little out of our offense and our midfield. ... They didn’t get too many quality shots, which is good, and the big thing is we held strong. The conditions favored Fenton more than it did us because of the style of play, but a win is a win.”

The first half featured pretty even play between the two area rivals, but the Eagles eventually took the lead for good with 8:30 left when Zach Bakos attempted a shot. It was saved, but Wright responded with his first goal on a rebound shot. Linden held a 1-0 lead at the half.

“It kind of bounced out and I kind of took a touch and placed it because the keeper came out,” Wright said. “I got it and placed it.”

During the first half, Fenton had two shots on net during the first 20 minutes, but wouldn’t have another one the rest of the contest.

In the second half the Eagles took a little bit stronger control of the flow of play, and Wright made sure it showed on the scoreboard. He gave the Eagles a 2-0 lead with 16:53 remaining in the contest. The play started with cross in the box, which tapped off of Tyler Zecardi to Wright, who scored.

Fenton’s final decent shot to get into the contest came with 11:50 left in regulation. The shot was provided by Cole Jannison from about 15 yards out, but the shot soared wide. Then, with 9:15 left in the contest, Wright iced the victory with a final goal on an assist by A.J. Brasseur.

“I took a touch to my left and cut it across,” Wright said. “That’s what I’ve been trying to do lately. I took a touch to my left, played it with my left all the way across.”

The Eagles beat Fenton for the third time this year, and were thrilled with the result.

“It’s a great feeling, especially beating our hometown rival and especially doing it with this great group of guys,” Hoeberling said. “I wouldn’t want to do it with anybody else.”

CROWN

Continued from Page 14

Ransom in the 100 backstroke (1:15.66) and Alexis Kontorousis in the 100 breaststroke (1:23.60).

The Tigers won all three relays as well. Taylor Haaraoja, Gabrielle Haaraoja, Davis and Ransom won the 200 medley relay (2:09.20), while Haylee Skank, Siefker, Julie Siefker and Taylor Haaraoja won the 200 freestyle relay (2:00.23). Finally, the 400 freestyle relay team of Mariesa Elizzondo, Kontorousis, Lauren Sawle and McKenzie Mead posted the best time (4:35.68) in their event.

The Holly individuals who were declared winners in individual events were Alex Karaku in the 100 backstroke (1:20.70) and Allison Spirtie in the 100 breaststroke (1:30.01).

Fenton hosts Brandon on Thursday, while Holly hosts Lapeer.

After Saturday’s game, the Eagles were four games away from a state championship. The winner of Tuesday’s game plays in Saturday’s regional final, most likely at Fenton High School at 5 p.m. For Tuesday’s results, go to www.tctimes.com. The Eagles are confident.

“We are playing more together, more as a team,” Wright said. “We are connecting better. ... Among all of us, we’ve been doing well.”

“I think we have what it takes to go all the way,” Hoeberling said. “With Zach Bakos in our corner, he’s a good leader on the field and off the field, so we kind of follow in his footsteps. And with his leadership, I think we can make a run for it.”

Holly tennis places 12th at state meet

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

What was a strong season for the Holly varsity boys tennis team, concluded on a reasonably high note as well on Friday.

The Holly Bronchos had four flights win matches, helping lead the squad to a 12th-place team finish in the Division 2 state meet last weekend.

The seven points represent the most points the Bronchos have scored at the state meet since 2005.

“I was really proud of what the boys did,” Holly coach Will Sophiae said. “It was our best finish since 2005. We were one point away from the top 10.”

The Bronchos had two singles flights and two doubles flights earn victories. No. 3 singles player Mitch Hughes opened the tourney with a 6-4, 6-4 second-round victory against Gibraltar Carlson’s Aaron Herman. However, he was forced to face the No. 1 seed in the next round, Midland Dow’s Varun Shanerk in the quarterfinals having a 2-2, 6-0 verdict.

No. 4 singles player Will Moller also had the No. 1 seed in his bracket. But before losing to Midland Dow’s Michael Szabo 6-0, 6-0 in the round of 16, he defeated Groves’ Poinee North’s Tyler Scoggin 6-3, 7-5 in the opening round.

Holly’s No. 2 doubles team of Parker Czarnecki and Michael Rees also moved forward to the quarterfinals, winning a second-round match against Gibraltar Carlson’s Joey Carrer and Alexander Montry 6-3, 6-2. They lost to the No. 2 seed from Grand Rapids Forest Hills Northern, Parneet Gogireddy and Alex Winks, by a respectable 6-2, 6-2 margin.

Finally, the No. 4 doubles team of Morgan Baylis and Aaron Vergith also made it to the quarterfinals. They beat Birmingham Groves’ Jack Dolan and Nas Sorrell 6-3, 2-6, 6-3 in the round of 16, but lost to No. 1 seed Cole Williams and Spencer Bouck (Midland) 6-4, 6-1 in the quarterfinals.

“I’m proud of the seniors and the leadership and dedication they showed not for just four years, but for six or seven when you talk middle school and then longer when you talk the Holly summer tennis program,” Sophiae said.

“They’ve been the heart and soul of the Holly tennis program for eight, nine and 10 years. It’s going to be a challenge to replace all of those seniors.”
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SUCCESSFUL CANDIDATES MUST

Due to expansion... Our long term nursing care facility is seeking individuals that have a passion about providing the best in elderly care and is now hiring for the following:

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QUALIFICATIONS:
• Must have current, active license to practice as an RN in Michigan
• Graduate of an accredited school of nursing
• Basic Knowledge of Nursing is desired, but not necessary
• 1-2 years of experience in long-term care facility

DUTIES: Drug administration, Day-to-Day nursing, Employee relations and staff development, Safety compliance, Equipment and Supply monitoring, Care plan and assessment for guests, Fall prevention

DUE TO EXPANSION: We have an opening for an RN in the Afternoon Shift.

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Certified Nurse Assistant (CNA) positions available, full-time and part-time, 2nd & 3rd shift, hours will vary. Must have certification from the State of Michigan as a nurse aide and worked with the elderly in long term care environment.

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SOCIAL WORKER to provide assistance to our residents and their families

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TREASURY ASSISTANT- Detroit Annual Conference of United Methodist Church seeks a candidate with a minimum degree in accounting or finance, plus 15 years hands on GL accounting: administrative management skill; knowledge of financial software and excel spreadsheets, databases, word processing, communication processes; and good interpersonal skills. For full posting information and to apply, go to: www.detroitconference.org/treasuryassistant job. Application deadline is October 31st.

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UNIT MANAGER: Caretel Inns of Linden is currently seeking an RN Unit Manager. The primary purpose of the Unit Manager is to direct nursing care to the residents and to supervise the day-to-day nursing activities performed by staff nurses and nursing assistants. Such supervision must be in accordance with current federal, state and local standards, guidelines, and regulations that govern our facility.

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LINDEN - WOODWORKING tools, Arctic Cat parts/accessories, snowblower, etc. October 25-27th, 7:30 Byram Lake Dr., 10-4p.m. 810-735-4616.

LINDEN MOVING SALE. 13287 Harborview Dr. Glass coffee table with matching end tables and dinette set, wine rack, bedroom furniture, power tools, garden tools, October 26th, 10-3p.m.

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FORECLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. If you are in the Military, please contact our office at the number listed below. MORTGAGE SALE - Default has been made in the conditions of a certain mortgage made by Beverly D. Smith, an unmarried woman, to First Century Mortgage Corporation, Mortgage, dated March 12, 2003 and recorded June 18, 2003 in Ulster 716 Page 10214 Livingston County Records, Michigan, Said mortgage was assigned through means assigned to Lakeshore Loan Servicing, LLC, by assignment dated July 31, 2013 and subsequently recorded in Livingston County Records on which mortgage there is claimed to be due at the date hereof the sum of Eighty-One Thousand Thirty-Nine Dollars and Fifty-five Cents ($81,395.55) including interest 8.63% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public auction, Circuit Court of Livingston County at 10:00AM on November 30, 2013 Said premises are situated in Tyrone Township, Livingston County, Michigan, and are described as: A parcel of land located in Section 4, Township 4 North, Range 4 East, Cohoctah Township, Livingston County, Michigan, described as: The Northeast Quarter of Section 4, Township 4 North, Range 4 East, Cohoctah Township, Livingston County, Michigan, and in its later years, was very active in sports, playing softball, volleyball and in her later years, shuffleboarding. Surviving are: husband, Ted; children, Karen (Guy) Hazzard, Richard Fisher, Ted M. Fisher, Ronald B. Fish, Kenneth (Patsy) Fisher, daughter-in-law, Joyce Fisher; grandchildren, Ron Thomas, Nicki Thomas, Christine Fisher, Jeff Fisher, Bob Smith, Colly Fisher, Cosmo Fisher, great-grandchildren, Addi-son Thomas, Izzy Thomas, Corin Fisher. Bernard Smith. She was preceded in death by her father, her mother, and her brother, Joseph Reed Post. Memorial donations may be made to the Holy High School Athletic Dept. Thank you for your support. www.dryerfuneralhome-holly.com.

PUBLIC AUCTION due to_unpaid mortgage Foreclosure. 1159 N. Leroy St., 810-714-3707 on October 31, 2013 at 11:00 AM, Court of Claims, John Graham Mass will be celebrat-ed 11 AM Thursday, October 24, 2013 at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton, with Fr. Dwight Ezocoff. Burial will follow in Great Lakes National Cemetery, Visitiation on Thursday, October 24, 2013 at 7:30 PM Wednesday at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton and from 10 AM until the time of Mass Thursday, A scripture service will be held at 7:30 PM Wednesday at the funeral home. Doris was born January 8, 1925 in St. Clair County, MI, the daughter of Rolly and Helen (Ankropp) Williams and was a 1943 gradu-ate of Flint Northern High School. She was married to Theodore Joseph Fisher on June 25, 1948 in Flint. Mrs. Fisher was a member of St. John the Evangelist Catholic Church. She was very active in sports, playing softball, volleyball and in her later years, shuffleboarding. Surviving are: husband, Ted; children, Karen (Guy) Hazzard, Richard Fisher, Ted M. Fisher, Ronald B. Fish, Kenneth (Patsy) Fisher, daughter-in-law, Joyce Fisher; grandchildren, Ron Thomas, Nicki Thomas, Christine Fisher, Jeff Fisher, Bob Smith, Colly Fisher, Cosmo Fisher, great-grandchildren, Addi-son Thomas, Izzy Thomas, Corin Fisher. Bernard Smith. She was preceded in death by her father, her mother, and her brother, Joseph Reed Post. Memorial donations may be made to the Holy High School Athletic Dept. Thank you for your support. www.dryerfuneralhome-holly.com.
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