



Live it up after 50

Special pages geared toward lifestyles of today's Baby Boomers

9-12

Top five New Year's resolutions and what you can do to improve your odds of succeeding

2013 was loaded with championship efforts



tctimes.com

COMMENTS

HOT LINES Will someone

tell the fast food people that those are



designed to be entry level jobs, not careers. Be happy

you have a job.

441 can't hear you. Hello, global



warming whiners. where are you.

441 couldn't find



one good movie to see over the holidays. Wasted

\$40 seeing American

44 Does anyone



out there know why the MSU linebacker was suspended?'

I shopped local for all my gifts and



it was the best Christmas ever. Thank you Times for promoting

our wonderful business community.





FLIP THRU THE E-EDITION

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WEDNESDAY, JANUARY 1, 2014

Early Michigan winter gives Mt. Holly a boost

▶Season pass sales up 30 percent this year

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

Groveland Twp. — David Dicks and his family from Linden are excited about skiing.

Last Thursday, David and wife Jody brought their two sons and a neighbor friend out for an ideal day at Mt. Holly. They are surrounded by hundreds of other enthusiasts who had the same idea.

"I'd rather do this than anything outdoors in the winter time," said David, while hanging out for a moment near the snowboarding run, with Jody. Son Simon, 9, added that he prefers skiing over playing his Xbox. The Dicks family has only been into skiing for a couple years.

They've also committed to season passes, which at full price runs at around \$500. They are part of a 30-percent increase in season pass sales, according to Mt. Holly general manager



TRI-COUNTY TIMES | TIM JAGIELO

The day after Christmas, Mt. Holly is busy due to Christmas break and ideal snow conditions. Season pass sales are up 30 percent, and the resort is ahead of the 2012-13 season.

Mark Tibbitts. He said more season passes are an indication of a strong season ahead for a resort that experienced virtually no snow in the 2011-12 season.

These extra season pass sales

means skiers are ready to commit, and take a gamble in the sport. "To us it's just really exciting, people are planning on indulging themselves in this sport," he said.

"Skier interest has been elevated by what looks like 'a real winter," said Tibbitts. "Rain, ice storms, it's kind of normal in Michigan winters."

See MT. HOLLY on 6

Traditional landlines to be phased out by 2017?

▶ Police, AARP concerned about impact to seniors and emergency services

By William Axford

axford@tctimes.com; 810-433-6792

Copper landlines may be phased out of Michigan starting in 2017. Senate Bill 636 would allow phone companies to discontinue phone services via copper landlines. Instead, phone companies may be allowed to have customers mandatorily switch to wireless services or Voice over Internet Protocol (VoIP)

State Sen. Mike Nofs (R-Battle Creek) initiated SB 636, which has passed through the Michigan Senate and has advanced to the

See LANDLINES on 6

Business openings and closings, 2013

Fenton Fire Hall, Halo Burger mark growth in Fenton

By William Axford

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Businesses have opened up and closed throughout the tri-county area during 2013, changing the atmosphere of the community. Here's a look back

See BUSINESS on 7

Summary

►This past year saw both growth and closures for the local area, as new businesses started up and some older ones were phased out.

TRI-COUNTY TIMES FILE PHOTO In addition to Consumers Energy employees, hundreds of contractors were called in from out of state. More than 3,000 were on the ground working to restore power last week.



Some in area still without power

▶Consumers Energy revises number of customers that lost power to 409,000

By Tim Jagielo

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Consumers Energy has made quick work of restoring power to residents who lost it, starting on

Saturday, Dec 21. To some, however, the effort isn't quick enough.

Fenton has two areas without power — one concentration in Dibbleville, the other near Dauner Road on North LeRoy Street. A neighborhood near Bevins Lake in Holly is still out, and Linden has a group just

See POWER on 7





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FEATURES AND **NEWS**

Police&Fire report

Spike in calls for service

Due to the ice storm, Fenton police have seen an increase in the number of calls for service. Lt. Jason Slater said from Dec. 20 to Dec. 30, the department responded to 355 calls, 20 of which were automobile crashes (injury and property damage only). As a comparison, the police department responded to 293 calls for service during the same 10 days in 2012, an increase of 62 calls.

FYI — Vehicle tinted window laws

The law that covers window applications is MCL 257.709 Tinting is limited to the rear side windows; the rear window if the vehicle has outside mirrors on both sides; and the top four inches of the front side windows. There is a exception for tinting front windows for medical necessity with a doctor's prescription. Michigan does not have a specification for the darkness of the window application, but does prohibit applications with a solar reflectivity greater than 35 percent.

TRI-COUNTY TIMES

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Along with enjoying life and quitting smoking, losing weight is one of the most popular New Year's resolutions. Here, 150, mostly women attend the free "Burn off the turkey" Zumba class at Chassé Ballroom and Latin Dance Studio after Thanksgiving

How resolved is your resolution?

▶Top five New Year's resolutions and what you can do to improve your odds of succeeding

By Amy Mayhew

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Now that it's officially 2014, it's time to make good on that resolution you made during your New Year's Eve party. And while the thought of it may add yet another dimension to the post-party haze, it's comforting to know that at least some people make good on them.

In fact, according to a study in Forbes Magazine, the stuff that resolutions are made of — or that is, the desire for self-improvement, is what drives more than 40 percent of Americans to cut the deal in the first place.

But sadly, for all the good intentions, only a few of us actually achieve our goal — just 8-percent, according to research done by Scranton University.

What we say we'll do may surprise you.

Summary

► Keeping goals simple and tangible, and having faith in your abilities will increase your chances of keeping those New Year's Resolutions.

According to a poll conducted by General Nutrition Centers and Quicken, the fifth most popular resolution made by Americans is simply to enjoy life more.

Based on our hectic lifestyles, and how most of us struggle to make ends meet, it's no wonder that "enjoying life more" has become a more popular resolution in recent years. Let's face it - enjoying life more leads to a happier and healthier you.

The fourth most popular resolution among Americans is to quit smoking. Fortunately, many over-the-counter nicotine replacement therapies now give smokers easier access to proven

See RESOLUTION on 5

NEW YEAR RESOLUTIONS

- 1. Spend more time with family and friends
- 2. Excersice to get fit
- 3. Quit smoking

TOP 10

- 4. Tame the bulge
- 5. Enjoy life more
- 6. Quit drinking
- 7. Get out of debt
- 8. Learn something new
- 9. Help others
- 10. Get organized

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FROM THE LEFT **Clarence Page** Nationally syndicated

2013: A year to 'twerk' your 'selfie'

If you managed to get through 2013 without 'twerking,' 'vaping,' 'taking a selfie' or 'mining a bitcoin,' rest easy. I think your life may be the richer for it.

Some words in each year are new. Others are old but find new life in new times. Among the most-used words in 2013, prominent themes include money, narcissism, entitlement, self-delusion and overflowing waste. As a social critic, I am grateful to find so much sustenance for my inner grump.

Examples include:

Affluenza: A theoretical term in psychology for what most people call 'a spoiled kid.' Lawyers cited affluenza in 2013 to defend a wealthy16-year-old Texas kid who killed four people and paralyzed one while driving drunk. The judge apparently bought it. He sentenced the kid to 10 years probation, no prison, just therapy at a lush California rehab clinic, paid for by his parents.

Lean In: It's not just good advice to near-sighted desktop computer programmers anymore. As a recent episode of the FX sitcom 'The League' put it, 'lean in' is the white-collar version of 'Git-R-Done,' Larry the Cable Guy's famous slogan. 'Lean In' became a clarion call to upwardly ambitious professional women after Facebook COO Sheryl Sandberg's bestseller by that title. A decade after rapper Fat Joe's 2004 hit 'Lean Back,' it's time to change

Selfie: Oxford Dictionaries' international Word of the Year, beating out 'twerk' and 'binge-watch.' Its usage this year received a boost from President Obama's celebrated selfie with the Danish Prime Minister and British Prime Minister David Cameron at the memorial for Nelson Mandela.

Twerk: A booty-shaking dance move of uncertain origin that evolved through hip-hop culture. It erupted into the mainstream when Miley Cyrus alarmed parents during MTV's video awards show.

Vape: A chic new verb for the act of sucking on electronic cigarettes, which deliver vaporized nicotine instead of tobacco smoke.

Young Invincibles: Young adults aged 18 to 34 upon whom the Affordable Care Act relies to help pick up the cost of the health insurance program. Trouble is, young people are the least likely to comprehend why they will ever, ever need it.

SEEMS TO BE a great deal of turmoil about 1.3 million losing long-term unemployment. What about the 1.2 million new people going on unemployment every

HILLARY SAID ABOUT

the four Americans killed in Benghazi; 'it happened, so get over it.' It didn't apparently bother her. Her husband Bill said, 'I did not have sex with that woman,

not much difference in how they think. You want her for president? Really?

PRESIDENT OBAMA MADE it possible for millions to refinance their homes after the housing and banking collapse. Without that, millions more would have lost their homes.

WHEN IS AMERICA going to wake up and understand that Jesus Christ will return for his people? Are you going to be ready?

MERRY CHRISTMAS FENTONITES, from the banditos of Owen Road with \$3.49 a gallon gas vs. \$3.11 a gallon in Flint.

MY RESOLUTION FOR 2014 is to join the ranks of the long-term unemployed, with \$1,300/month long-term unemployment, \$668/month in food stamps, free cell phone, free healthcare, free tuition, free energy, free medication, Section 8 housing assistance and of course, I can still work full-time for cash under the table. Beautiful!

FOR THOSE OF you who scream about 'Obamaphones,' the Lifeline program was created in 1984 by Reagan to give free landline phone service to

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other insurance plans

All submissions, if approved for publication, must be 50 words or less and do not necessarily reflect the views of the Tri-County Times. We

low-income people, and Bush signed the expansion to cell phones in

ONE OF THE best

things President Obama has done that gets little press is that he has been securing loose nuclear materials around the world to prevent them from getting into the hands of terrorists. Both Clinton and Bush could have done this but Obama did it.

'AFFLUENZA' IS HARDLY the newest word from the liberals. Rather, it is a concept invented by highly paid attorneys to relieve a wealthy Republican's offspring. It is the doctrine of self-serving motivations and situational ethics.

TO THE CURSING GM employee. I know hundreds like you. Complaining about the company being run by idiots your entire career as you took advantage and everything you could from them. Blinded by ignorance as you killed the company slowly for 40 years until bankruptcy.

READERS SHOULD TAKE the lessons learned from many GM workers. Diversify your investment portfolio. When you own stock, you own a piece of the company. Take responsibility for your choices. Get professional advice if you have questions.

AT 6 P.M. ON Dec. 29, I fell in the icy parking lot at a local store. Noticing someone sitting in their truck, I expected to be ignored or laughed at. Instead, suddenly a man with a very deep, pleasant voice was there and helped me up. God Bless you!

See **HOT LINE** throughout Times



Big Brother 2013

In his classic novel '1984,' George Orwell warned about the evils of a totalitarian state dominated by a single ruling party with total power over its inhabitants. Oceania, his fictional superstate, is under complete surveillance by the authorities. The character known as 'Big Brother' reminds everyone he is constantly monitoring the citizens of Oceania, mainly by 'telescreen.'

At the end of 2013, the federal government may not yet have telescreens, which in Orwell's imagination had the ability to eavesdrop on people's conversations and broadcast propaganda, but it does have the nonfiction equivalent — data collection, drones and other technological invasions of privacy. Our government does have the National Security Agency.

And because we have the NSA, and drones and all the rest, U.S. District Judge Richard Leon recently ruled, in an ongoing civil lawsuit, that it's 'significantly likely' that the agency's wholesale collection of our phone records is unconstitutional — a clear violation of the Fourth Amendment's protection against unreasonable searches and seizures.

President Obama has said, 'Nobody is listening to your telephone calls.' He named a panel to review the NSA's methods and the balance between privacy and security. The draft report, expected to be released next month, seems to favor privacy over security.

So which is it?

In Washington's tainted political atmosphere, you can be for maximum freedom and privacy — until there is a terrorist attack.

NSA Director Keith Alexander claims 50 potential attacks were prevented because of the government's surveillance programs, but we only have his word for it.

Freedom is a precious commodity. Like virtue, once it is given up it is difficult, if not impossible, to regain.

Jihadists don't discriminate between political parties. They have vowed to kill as many Americans as possible. Striking the right balance between security and freedom is critical to both. Recent history provides numerous examples of nations that have traded freedom for security and gotten neither.

What must be avoided is the kind of thinking Orwell warned against: 'Doublethink means the power of holding two contradictory beliefs in one's mind simultaneously, and accepting both of them.'

Compiled by Torrey Christopher, intern

What memory from the past year makes you smile most? Streettalk



"Watching my grandchildren open their surprise Christmas gifts and being happy."

Fenton



"My daughter graduated from college. I smiled watching her walk across the stage."

Connie Foley Slippery Rock, Penn.



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David Hecherinaton



— Mark Prieu

Linden

house. We moved to Linden.'



"Having my granddaughter want me to hold her and keep her warm."



"My grand babies and my family went to Disney World in Florida."

—Joan Beck West Branch

— Karen Fusero Fenton



TRI-COUNTY TIMES I TIM JAGIELO

Darryl Gazeeny of Fenton does chin-ups, concentrating on his shoulder and back Monday morning at the Powerhouse Gym in Fenton. Sticking to an exercise plan is another popular resolution.

Li'm always

vowing to lose

weight in the New

Year. I'll get a good

the end of January,

start on it, but by

I'm usually back

to my old eating

habits. 77

Steve McNamara

Former Fenton resident

RESOLUTION **Continued from Page 3**

remedies. The average smoker will try to quit four times before successfully kicking the habit for good. If this is your resolution, look to free support services, hotlines, and other smoking cessation classes to help you become one of the successful 8 percent.

The third resolution on the American list is, you guessed it — losing weight. With more than 66 percent of us considered to be too plump, it's not surprising to find this one on our list. If this is your choice, boost your chances by keeping it real, setting reasonable goals and staying focused on them.

Number two on the list is made by those who wish to remain fit by

sticking to some sort of a daily or weekly exercise plan. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure and even improves

Spending time with family and friends tops the resolution list. More than 50 percent of Americans vow to appreciate and spend more time with friends and family members, promising to meet with friends for an evening of fun, or take the family on a vacation or on routine outings for fun.

While former Fenton resident Steve McNamara said he often makes New Year's resolutions, rarely does he keep them. "I'm always vowing to lose weight in the New Year," McNamara said. "I'll get a good start on it, but by the end of January, I'm usually back to my old eating habits."

More often than not, people who fail to keep their resolutions blame it on their own lack of willpower. In fact, the surveys conducted by the University of Scranton indicate that the would-be resolvers repeatedly say if they had more selfdetermination, they would have overcome the obstacles and achieved their goals.

"It's like I don't have enough willpower," McNamara said. "I actually do better on giving things up for Lent because it's a shorter timeframe," he said. "It's easier to see the light at the end of the tunnel."

Whatever your resolution may be, there are several things you can do to better your chances of succeeding. **Keep it simple**

Many folks use the New Year as an opportunity to create huge bucket lists or attempt extreme makeovers, whether it be personal or professional. While it's a

> nice aspiration, experts agree that this type of approach is doomed to failure, and that shooting for the moon can be so psychologically daunting, you'll end up failing to launch in the first place.

Make it tangible

Goals should be bound by rational, achievable metrics. In fact, making a resolution to lose weight isn't all that easy to follow. It's a lot easier to come

up with a plan for cutting all of the fast food, potato chips and ice cream out of the diet for six weeks. Instead of saying, you're going to start going to the gym in 2013, be more specific and set a clear ambition like attending a weekly class, or lifting weights every Tuesday and Thursday.

Never stop believing

It all boils down to this — you have as much willpower as you think you have, which means that on some level, your journey toward self-improvement will be a self-fulfilling prophecy.

HOT LINE CONTINUED

IS TALKING ON your cell phone more important than using your directional signal and stopping at a stop sign? Maybe you'd like to cause an accident because of that?

I'M GETTING SICK of people saying 'Thank the line workers.' I mean, nobody thanked the lady at the gas station making \$7.40 an hour on Christmas Day, but you can thank a guy making \$40, \$50 an hour? Plus, they're not even doing an adequate job. Going for a week now without power and they still don't have a clue.

REGARDING GAYS MARCHING

in Fenton's 4th of July parade vs. Phil Robertson on Duck Dynasty not being able to voice his opinion on homosexuality. Rather than seeing it as a double standard, how about seeing it as love vs. hate?

Feeling SAD?

▶ Lack of light in winter months can affect brain chemistry, lead to depression

By William Axford

axford@tctimes.com; 810-433-6792

The cold and dark weather can make people feel SAD all winter. While feeling sad from time to time is a natural part of life, seasonal affective disorder

(SAD) is a depression that is associated with the changing of the season, particularly in the fall and winter.

According to the Mayo Clinic, SAD can cause feelings of hopelessness, social withdrawal, oversleeping and loss of interest in activities.

The changing of seasons at the end of the year leads to fewer hours of

daylight, which affects some people more than others. The happinessinducing brain chemical serotonin can lower in levels during darker days, triggering a depression. Melatonin is a hormone associated with sleep and may increase during the winter as well. Overall, the fewer hours of sunlight may alter your biological clock, causing your brain to think the body needs more sleep than it actually does.

SAD is more common in women but the symptoms are more severe for men, according to the Mayo Clinic.

With Michigan winters lasting three months or longer, SAD can affect a sizable portion of the state's population. Webmd.com lists light therapy, antidepressants, counseling and exercise as possible treatments for SAD.

Light therapy can include sleeping with dim lights that simulate dawn or sitting near bright lights every morning. Ultraviolet light, full-spectrum light, tanning lamps and heating lamps are not recommended for light therapy. Webmd.com estimates that it

> can take three days to two weeks for people to start responding to light therapy. Light therapy works by resetting a person's biological clock back to spring and summer, possibly increasing serotonin levels and decreasing melatonin levels. Exercise also has the same affect.

> The National Library of Medicine states that there are no tests to identify SAD.

People who are unsure if they have SAD or a similar disorder should meet with a healthcare provider and review their past symptoms. Alcohol and non-prescribed drugs should be avoided by those who identify with SAD. Eating healthier foods and getting the correct amount of sleep can also alleviate symptoms.

Summary

► The low amount of light during the winter months can cause depression for some people. Light therapy and exercising can offset the symptoms of Seasonal Affective Disorder (SAD).

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TRI-COUNTY TIMES I TIM JAGIELO

Most Mt. Holly chair lifts were running on a busy Thursday, Dec. 26. Tickets are \$34 for weekdays, \$43 for weekends.

MT. HOLLY Continued from Front Page

He'd much prefer this combination of a blanket of snow, and temperatures that maintain the snow, along with their guests' comfort. So far, he said attendance is good, despite the early December erratic weather which included rain on at least two occasions. Each time it rains he said it takes a few days to bring skiers back. They're "way ahead" of the 2012-13 year so far.

Skiers like David were able to start nearly a month early this year. Traditionally, the days after Christmas are when ideal ski conditions tend to start.

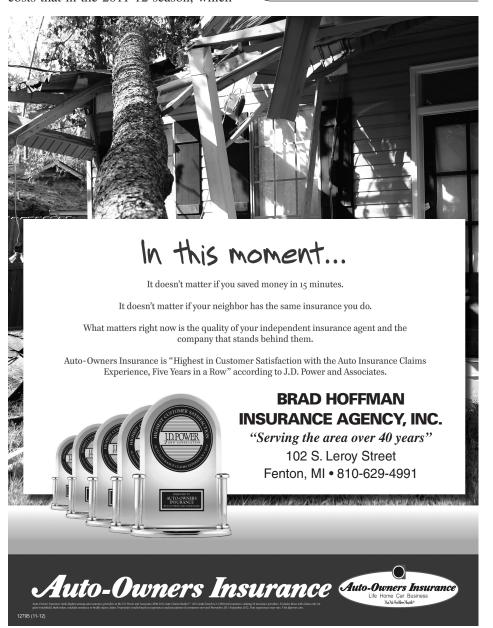
But had Mt. Holly lost power, generators would not have handled the lifts and lights required to run the place. "Consumers (Energy) loves us, three months of the year," said Tibbitts.

If there wasn't natural snow, it costs the ski resort \$4,000 every 12 hours to coat the slopes with artificial snow. These are costs that in the 2011-12 season, which

left much of the landscape brown, were a factor. But today, all they have to do is maintain the historically thick, 3-feet of snow all over the resort.

GETTING STARTED WITH SKIING

Mt. Holly general manager Mark Tibbitts said the most economical way to start is the "Discover Michigan Skiing," program, which offers programs that run from \$20 to \$40 for beginners. Go to goskimichigan.com and follow the "programs" tab at the top. Scroll to the "discover Michigan skiing" heading. The program is for any beginner, aged 7 and older. This program aside, a regular Mt. Holly lift ticket is \$43 on the weekend and \$34 on the weekdays. Rentals are \$27. Tibbitts strongly suggests a basic lesson before getting started, which would teach you how to stop and use the lifts, among others. Private lessons are \$55, and group lessons are \$22.



LANDLINES

Continued from Front Page

House of Representatives.

"New and innovative technology brought us the telephone in the 19th century and now broadband and 4G wireless in the 21 century," Nofs said in a Dec. 5 press release. "This legislation establishes the process for transitioning to new technology while ensuring citizens' continued access to reliable home phone service. This legislation will not remove landlines, it will modernize them."

Concerns about possible delayed emergency response times and communication for seniors have been raised in opposition to the legislation. The Michigan Sheriffs' Association (MSA) and the American Association of Retired People (AARP) are urging state representatives to vote down the legislation.

"The ability of our citizens to have a sure, reliable, affordable and available means to contact us in an emergency is absolutely necessary and can make the difference in life or death. SB 636 will remove that ability," Robert Stevenson, executive director for the MSA said in a recent press release.

According to the Federal Communications Commission (FCC), traditional landline customers in Michigan have dropped from 6.5 million in 2002 to 2.6 million in 2012, a 60-percent decrease. Pew Research reports that as of May 2013, 91 percent of adults in America have a cellphone.

Out of 1,300 AARP members surveyed, 85 percent of them said they currently use a landline phone. A majority of members polled said they oppose SB 636.

Phone companies would only be able to terminate traditional landline services as long as another service provider is in the area or if the existing phone provider offers a comparable service. Customers have to be notified 90 days before their landline services are discontinued and may contact the Michigan Public Service Commission (MPSC) for an investigation regarding access to emergency services. Phone companies will have to continue providing landline services if the MPSC finds no other service providers in an area or if contact to emergency services is negatively impacted.

Nofs persists that the legislation will keep lines of communication open for seniors and 911 services.

"The Internet has changed the way the world works, and it has already changed how millions of people talk on the phone," Nofs said. "This bill ensures our constituents are protected while delivering new and improved technology. It's the best of both worlds."

A BRIEF HISTORY OF THE TELEPHONE

1876 — Alexander Graham Bell has his first successful experiment with his invention, phoning his assistant, "Mr. Watson, come here, I want to see you."

1919 — **Dial telephones** have come into existence and coast-to-cost phone service is standard.

1979 — Analog cellphones

are used in Tokyo, spreading to other countries during the 1980s. Cellphones continue to be popular in the 1990s, causing more people to abandon their landline phones.

1997 — **Ericsson is the first** to use the term smartphone but it isn't until the late 2000s that smartphones come with an operating system, like Android or the iPhone.

Source: About.com



Protecting yourself against credit, ATM and debit card loss and fraud

Recently, the national retailer Target has been in the news regarding the theft of some 40 million customer credit and debit card records from its computer database.

When all is said and done hopefully the ultimate damage to consumers will be minimal but events such as these remind all of us that the credit, ATM and debit cards that we carry are precious commodities and it is important to protect them and the data they contain to the fullest extent possible.

The Federal Trade Commission (FCC) has several publications with useful tips on keeping your cards and account information secure, which are available online at their website. They include exercising caution about giving account information over the phone, cutting up old cards, and opening monthly statements promptly and comparing them with your receipts. A very important additional tip is to never carry your personal identification number (PIN) in your wallet or purse or write it on your ATM or debit card.

If the unthinkable happens and your cards are stolen, federal law gives you certain protections, which are dependent upon the type of card that has been lost. The rationale behind this is that a credit card is a form of bank loan while an ATM or debit card accesses your own account.

If it's a credit card, the maximum exposure is \$50 but if you report the loss before any unauthorized use there is no liability.

For ATM, debit card or fraudulent transfers, the exposure is \$0 if reported within two business days of learning about the loss or theft, and \$500 if the report is made more than two business days and less than 60 calendar days after a statement is sent. A report after 60 calendar days exposes you to a loss of all money in the account up to the date of the report.

If it is debit card data only but the card isn't lost, there is no liability if you report it within 60 days of the statement being sent to you.

Here the wisdom found in the expression 'an ounce of prevention is worth a pound of cure' can't be overstated. I would advise going to the FTC and other websites for much more on this.

HOT LINE CONTINUED

I WOULD LIKE to thank the family that sat behind me at Bob Evans on Friday, Dec. 27 around 6:30 p.m. that paid for my dinner. It was an honor to serve this great country of ours. I will pay it forward, two-fold. Once a Marine always a Marine!

ONLY LOSERS AND those who are on welfare think that the current regime is doing a good job!

WE WISH TO thank councilwoman Cheryl King and VG's for supplying food for us at the Dauner Haus during the power outage. Your kindness was so appreciated. Thank you.

U.S. health improves in 2013

► Michigan ranks 34th out of 50 states in America's Health Rankings

By Sally Rummel

news@tctimes.com; 810-629-8282

The good news is that Americans made a "notable shift" toward better health in 2013. The bad news is that Michigan slipped down a notch from 33 to 34 in statewide rankings from healthiest state in the U.S. (Hawaii) to the least healthiest state (Mississippi).

These findings were reported by America's Health Rankings, which released its annual report on Dec. 11.

In other good news nationally, there appears to be a leveling off of the obesity epidemic as the percentage of adults who are obese — defined as roughly 30 or more pounds over a healthy weight — holds steady. This is the first year since 1998 that obesity rates didn't increase, according to a report from the United Health Foundation.

America's Health Rankings uses data from the Centers for Disease Control and Prevention (CDC), American Medical Association, Census Bureau, Department of Education and even the FBI. It looks at 27 measures, including tobacco and alcohol abuse, exercise, infectious diseases, crime rates, public health funding, access to immunizations, premature birth rates and cancer and heart disease rates.

Gains were seen in more than two-thirds of the measures analyzed, including a decline in smoking rates to 19.6 percent of the population, a drop in physical inactivity from 26.2 percent of adults who had done no activity outside of work for 30 days, to 22.9 percent of adults.

Among the challenges noted in the report is the increasing percent of diabetes diagnosed among adults. Approximately 9.7 percent of adults are affected by this chronic condition, about double the rate in the mid-1990s, according to the report. This disease is the seventh leading cause of death in the U.S. and contributes to heart disease and stroke, the first and fourth leading causes of death, respectively.

According to a thumbnail report on Michigan in the rankings, health strengths of this state are low incidence of Salmonella infections, low percentage of uninsured population and a small disparity in health status by educational attainment. However, Michigan's challenges are its high prevalence of smoking and binge drinking,

obesity and high violent crime rate.

In the past year, Michigan's smoking rate remained constant at 23.3 percent of adults. Approximately 1.9 million adults smoke in this state. Nearly 1.9 million adults are physically inactive and almost 2.5 million adults are obese.

In good news for Michigan, the violent crime rate decreased by 22 percent in the past 10 years, from 555 to 455 offenses per 100,000 population. In the past year, the percentage of children in poverty decreased from 22.7 percent to 19.2 percent of persons under 18 years old. In the past five years, air pollution decreased by 40 percent and immunization coverage increased from 60.2 percent to 68 percent of adolescents aged 13 to 17.

In Michigan, 52.7 percent of adults aged 25 years and older with at least a high school education report their health is very good or excellent, compared to only 25.6 percent with less than a high school education, resulting in a gap of 27.1 percent.

Bringing numbers even closer to home, Genesee County ranks 80 out of 82 Michigan counties, according to the County Health Rankings & Roadmaps program—a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

A total of 23 percent of Genesee County residents use tobacco, compared to 19.6 percent nationally. Thirty-six percent of residents are obese, compared to 25 percent nationally.

STATE-BY-STATE RANKINGS

1 Hawaii 2 Vermont 3 Minnesota 4 Massachusetts 5 New Hampshire 6 Utah

7 Connecticut 8 Colorado 9 North Dakota 10 New Jersey

11 Nebraska 12 Idaho 13 Oregon 14 Washington 15 New York

16 Maine 17 Wyoming 18 Iowa

19 Rhode Island 20 Wisconsin 21 California 22 South Dakota

23 Montana 24 Maryland

24 Marylar 25 Alaska 26 Virginia 27 Kansas

28 Arizona 29 Pennsylvania 30 Illinois

31 Delaware 32 New Mexico

33 Florida
34 Michigan

35 North Carolina 36 Texas

37 Nevada 38 Georgia 39 Missouri

39 Missouri 40 Ohio 41 Indiana

42 Tennessee 43 South Carolina 44 Oklahoma

45 Kentucky 46 West Virginia 47 Alabama

48 Louisiana 49 Arkansas 50 Mississippi

(Source: American's Health Rankings)

POWER

Continued from front Page

south of downtown, and west of downtown. On Monday morning the outage map for the tri-county area showed several pockets of residents without power, numbering between one and 20 homes in each area. These areas are in Fenton, Linden and Holly.

As of Sunday evening, Consumers Energy reported 470 still without power on its Facebook page.

As of Saturday Dec. 28, 18,000 customers were still without power; 5,522 in Genesee, 570 in Livingston and 687 in Oakland County. Customers in five other counties also lost power.

As the storm repairs continue, the total reported number of who lost power grew, as those with power restored has increased along with it.

Initially Consumers thought 205,000

of their customers were without power. Almost 60,000 were out in Genesee County, the most customers in Michigan.

As of Saturday, the day of expected restoration for Genesee County, the number who lost power was 409,000, or 23 percent of their entire customer base.

If you were without power for more than five days, see sidebar for outage credit information.

Your Electric Outage Credit

Qualifying customers can be reimbursed a certain amount for each day they were without power. Go to consumersenergy. com and search "Electric Outage Credit."

The top result will be a form customers can fill out, which can get them started with a credit for each day without service. Have your account number and other standard information ready.

BUSINESS

Continued from Front Page

at what's new and what's gone.

The Fenton Fire Hall opened its doors this winter, after numerous delays and growing anticipation. The three-story bar and restaurant brews a special in-house beer, has rooftop seating for the warmer months, and is located close to city hall.

Boston's Restaurant and Sports Bar took over the former O'Malley's Galley/Andrico's location on Owen Road at U.S. 23.

Although it's always been on North LeRoy Street, Halo Burger moved down

the street from Uncle Ray's and into the former Burger King location. The franchise started in Genesee County and it plans to continue its expansion throughout the state.

After 21 years of live music and food, Mo Doggies closed its doors for good. The Torrey Road bar had a loyal following up until the day it closed.

Suski's Used Cars held a brief presence in the tri-county area, opening and closing both their Fenton and Holly locations this year.

Bridge Street Exchange on North Bridge Street in Linden became the one-stop shop for all things manly, selling shaving creams, flasks and whiskey stones. The exchange is a play off the Linden Hotel, back when it was known as "the Exchange."

The closed Sakura Buffet on Silver Parkway was a premier Chinese buffet. It opened Aug. 5, 2012. Tacos and Treats, another eatery located on Silver Parkway, also went out of business this year.

Round Town Cupcakes has been satisfying people's sweet tooth since June, inventing concoctions such as Lava Fudge and Red Velvet. The addition came at a great time as Kathy's Patisserie Cakes and Bakes closed.

Athletes and fitness aficionados found a new safe haven this year with The Colosseum in Fenton. The Torrey Road training facility offers customers training, fitness programs and event services.

Downtown Holly saw a surge of new businesses this year, giving the small

> town an eclectic variety. The French Flamingo offers a wide variety of accessories to help perfect a wardrobe.

> Other businesses that have opened up this year on South Saginaw Street include Holly Tool Chest, Avia Family Dining and Fabulous Finds. In total, seven new businesses opened their

doors this year within Holly.

Summary

▶This past year

saw growth and

closures for the

ones closed.

local area, as new

businesses started

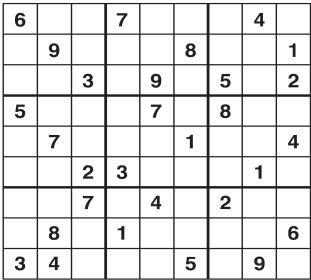
up and some older

As the Internet continues to change the way people enjoy media, some businesses are finding themselves unable to compete. That was the case with Blockbuster on Silver Parkway. But in its location is Leo's Coney Island, a Detroit born franchise that has been in operation since the 1970s.

Those looking to do some antique shopping but want to stay in Fenton may want to visit Cobblestone Old and New, located at 110 North LeRoy St. Visitors can take a trip to yesteryears, exploring vintage clothing, jewelry and other collectibles.



WednesdaySudoku



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

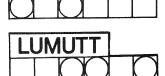
Answer in this Sunday's edition of the Tri-County Times

WednesdayJumble

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.









Now arrange the circled letters to gested by the above cartoon.

12

15

54

57

Answer in this Sunday's edition of the Tri-County Times

PAUL G. DONOHUE, M.D. To your good health

DEAR DR. DONOHUE: My daughter is 58 years old. For the past 10 years, she has heard her heart pulsating. It's a loud and disturbing noise that she hears from time to time. She has had an MRI and other heart-related tests. The results are normal. What is your opinion? - E.G.

ANSWER: Pulsatile tinnitus is ear noise, usually heard in one ear, that's synchronous with the heartbeat. The noise can arise in the carotid arteries in the neck. arteries in the vicinity of the ear, malformed vessels in the head and neck or disturbed blood flow through veins of the head and neck. Impacted earwax is another cause. Your daughter has had many tests that should have uncovered blood vessel problems. I'm at a loss to suggest a cause of her tinnitus. If her hearing is not as acute as it was, that might be the problem. Has she seen an ear, nose and throat doctor? If not, she should. An ENT doctor would pick up on that. She might be able to tolerate tinnitus at night if she turns a bedside radio to soothing music.

NEW DVD RELEASES

DVDs and movies released this week



DON JON

Jon Martello (Joseph Gordon-Levitt) is a strong, handsome, good old-fashioned guy. His buddies call him Don Jon due to his ability to "pull" a different woman every weekend, but

even the finest fling doesn't compare to the bliss he finds alone in front of the computer watching pornography. Barbara Sugarman (Scarlett Johansson) is a bright, beautiful, good old-fashioned girl. Raised on romantic Hollywood movies, she's determined to find her Prince Charming and ride off into the sunset. Wrestling with good old fashioned expectations of the opposite sex, Jon and Barbara struggle against a media culture full of false fantasies to try and find true intimacy in this unexpected comedy written and directed by Joseph Gordon-Levitt. R, 1 hr. 30 min.

SWEETWATER

In the late 1800s, a beautiful former prostitute (January Jones: "Mad Men") is trying to build an honest life with her husband in the rugged plains of New Mexico. When she catches the eye of a sadistic and powerful religious leader



(Jason Isaacs: Harry Potter series), her life is violently turned upside down. She embarks on a bloody course of vengeance with the assistance of a renegade sheriff (Ed Harris:

Pollock, The Hours, A Beautiful Mind, Apollo 13) who has pretty violent tendencies of his own. R, 1 hr. 35 min.



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iPhone tip of the week

Listen to music using iTunes Radio

iTunes Radio is Apple's new music streaming service. iTunes Radio lets you create personalized stations based on one or more artists, songs, or genres of your choice. You'll have access to more than 250 DJ-curated and genre-focused stations. However, iTunes Radio doesn't offer access to live Internet radio streams.

To use iTunes Radio, simply open Music app and tap the Radio button in the tab bar.

The tip is provided by Handbook for iPhone Lite.



KING FEATURES

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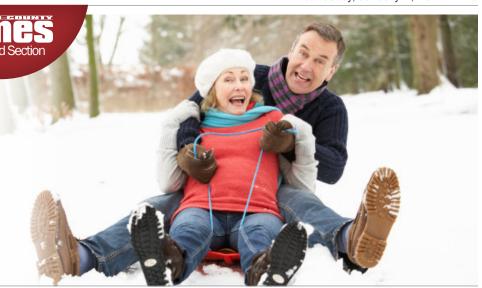
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 - Peruvian 48 Merganser
 - duck 49 Fork-tailed
- flier 29 Hang around 52 Before
 - 53 Pump up the volume

Answer in this Sunday's edition of the Tri-County Times

LIVE IT UP

after 50



Health problems? Find the light

pending time outdoors during pleasant, sunny weather is a pastime enjoyed by many. New research finds that it also may be vital to senior health.

The vitamins and health benefits provided by the sun are important for everyone to receive, especially the senior population.

And while medical professionals know that sun exposure is crucial for elders, specific recommendations for just how much are hard to pin down.

Skin types, time of day and geographic location all play a role in determining an optimum amount for each individual. Consult with your physician to find out what would work best for your body.

VITAMIN D

The Vitamin D Council recommends that on days that you do not get enough full body sun exposure that you take a supplement to help keep your levels high.

You can also give your body a boost by eating Vitamin-D rich foods, like fatty fish, beef liver, egg yolks and fortified cereals. The council, however, urges people not to depend on food alone for their vitamin D intake.

EYE HEALTH

The British Journal of Ophthalmology recently found that elders may have both a higher need for natural light and a harder time getting it compared to younger people.

This can lead to the lack of blue light from the sun, which usually helps the brain produce melatonin to regulate the body's sleep-wake cycles.

This eye issue can lead to insomnia and other medical problems that can be major factors in conditions like depression and heart disease.

DON'T OVERDO IT

Spending too much time outdoors without protection from the sun's ultraviolet (UV) light can be damaging to the eyes and skin.

Seniors are also susceptible to overheating or dehydration in warm conditions, so use your judgment when you're trying to take advantage of the

Avoid extremely hot and humid days that can drain your energy. On days you do go outside, drink plenty of water and mix in a few breaks inside instead of spending hours working in the garden without breaks for rest or hydration.

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TRI-COUNTY TIMES I SUBMITTED PHOTO Sally Rummel enjoys taking 2 ½ -yearold granddaughter, Ava, for a wagon ride outside the Fenton condo she shares with her husband, Mark.

Downsizing

▶ 'Smaller-size' living with fewer worries was our best gift to each other this year

Sally Rummel

By Sally Rummel

news@tctimes.com; 810-629-8282

The saying is that "less is more," and that certainly is true when it comes to downsizing your home and uncluttering

your life.

With kids grown and out of the house and retirement years looming perilously close, Mark and I decided that selling our house and moving into a small condo would make a lot of sense. Not only would it give us a chance to rid ourselves of much of the "stuff" we've ac-

cumulated in over 35 years of marriage, it would also be a good financial move.

Certainly, half the house would cost half

the taxes, half the house payment and half the utilities. Not to mention the fact that a condo lifestyle would offer freedom from outdoor chores (neither of us have ever really liked

lawn mowing or snowplowing).

happen — the end result has been

well worth it.

Now I can look out of the windows of our second floor condo and view the beauty of

That dream became a reality when we moved into a 1,336-square-foot condo on Nov. 1, downsizing from our 1,988-square-foot family home of 15 years. While the process itself was not easy, in fact, it was downright challenging to juggle all the balls required to make it

our Michigan winter from an "outsider's" perspective, not worrying about how we're going to plow through it to get to work or salt the sidewalks for company. That's being done for us as part of our homeowner association fees. By the way, those fees aren't any more than we were already paying on our own at home for lawn mowing/ aerating/fertilizing,etc., plus snowplowing, saving for a new roof, etc.

Thinking about downsizing? Here are a few things to consider before making a decision to down-

• Does size matter? Not only is your home your shelter, it's also a barometer of status for some people.

is better."

your condo?

Going smaller goes against the grain of conventional thinking that "bigger

 Will you miss certain things about a more spacious home? There are

always sentimental things you'll miss

your family in, but hopefully, the ease

about a home you may have raised

of cleaning, etc. and fewer outdoor

· How will other life events be af-

fected by living in a smaller home?

Is it possible you may have adult kids moving back home? Will a smaller

space cramp your style for entertain-

ing? What about guest parking at

chores will be worth the downsize.

Other advantages to our condo lifestyle include the accessibility of all our rooms, belongings, etc., in a very well planned out smaller space. We really aren't lacking any amenities of a full-size three-bedroom home, other than that extra bedroom. In our new arrangement, Mark's office space multi-tasks as a bedroom for our 2 ½ year old granddaughter, Ava, when she comes to spend the night or a weekend. It works

We also love the fact that we've done a lot of the cleaning out of our family home now, so that our kids won't have to later. That was a big motivation for us, as we recently went through a huge estate sale following the death of Mark's dad, Walt Rummel, two years ago. We're still sorting through and cleaning out boxes and boxes that belonged to his dad, a small-town newspaperman and historian in Sebewaing, Michigan's Thumb. Thank goodness, our new digs include a two-car garage, which is filled with boxes of history to be sorted through and delivered to the proper places. One day at a time . . .

Hoping to spare our own two kids some of that heartbreaking work in the future certainly got us moving to clean out our own drawers, closets, basement and garage. Then we enlisted the help of Gina Korpela at Novelties, LLC in Fenton to help us with the logistics of having an estate sale. We held it in our home the weekend of Oct. 11-12, making sure the house was ready for our homebuyers to move in the very next day with their young family.

There's still plenty of "stuff" our kids will have to deal with when our time comes, but it won't be nearly as massive as it would have been, and our kids know we've tried to lessen their load in advance.

Of course, condo living isn't for everyone. Growing families need not only the extra space of a full family-sized home, but also a place for memories to grow, including roam-able yards, gardens, basements/entertainment areas, etc. But if your children are grown and you'd like a new lease on life, downsizing into a condo or more manageable space is the best gift you can give to each other in 2014.



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TRI-COUNTY TIMES I SALLY RUMMEL

Lee Asplund is leading the learning curve in her age group by embracing the technology of tech gadgets like her iPhone 4 and her new laptop computer.

Tech-savvy seniors

I had to get on

the bandwagon if

I wanted to stay in

touch. 77

Lee Asplund

► Age group of 65 and older is fastest growing group to use social media

By Sally Rummel

news@tctimes.com; 810-629-8282

Lee Asplund of Fenton carries her iPhone with her just about everywhere she goes. She uses it to check her email, her Facebook messages, the weather, even to order what she needs from Amazon. But most importantly, she uses it to keep in touch with family, especially her grandchildren, who range in age from 9 to 40.

Not only does she sport an iPhone and new laptop, she also uses her Kindle to download books, her Kindle Fire, a Bluetooth speaker set, a Blu-Ray player

to stream the latest movies, even a wireless printer that she can operate from her phone.

That makes Asplund a very youthful 83 years old, and a shining example of how useful and comfortable technology can be for anyone at any

age. In fact, seniors age 65 and older represent one of the fastest growing age groups to use social media, according to Pew Research Center's American Life Project. More than half of this age group now uses the Internet, compared to only a sixth back in the year 2000.

"My grandkids don't call, they text," said Asplund, mother of four, grandmother of six and great-grandmother of two. "I had to get on the bandwagon if I wanted to stay in touch."

This octogenarian does more than just stay in touch. During the recent ice storm in Fenton, she was out snapping photos with her iPhone's camera, digitally sending them to her grandson Josh, who lives in Arizona. "I use my iPhone for just about everything," said Asplund. "I even have a flashlight app that I find very useful."

She also likes to play games on her iPhone. "I've got about 25 people who like to play Words with Friends with me," she said. "That way, my brain doesn't get rusty."

Asplund was also pleased to find a brand new Dell laptop computer under the Christmas tree this year. "I've had an Apple Mini for years, but it was outdated, so my kids got me a new Windows computer," said Asplund. She says she doesn't use her computer as much as her iPhone, because she carries her phone

with her all the time.

Asplund admits that she's pretty much self-taught on her computer and her iPhone, although if she "gets stuck," her children or grandchildren will walk her through it. "I've always been able to figure things out on my own," she said. "I've just kept my brain working all these years. When my husband had a stroke at age 56, I had to take care of everything at home. When stuff broke, I fixed it."

For residents age 50 and older who found new computers, tablets or iPhones under the Christmas tree this year, there is help out there to familiarize yourself with your new tech toys.

The Loose Senior Citizen Center in Linden has iPad classes coming up in February, taught by local computer expert Kelly O'Connell. Beginning

> iPad classes will be held Wednesday, Feb. 5 and 12. This class will familiarize a new user with the camera, calendar, mail, notes, photos, iTunes, iPod, videos, App Store and more.

> A more advanced class, iPad 2, will take

place on Feb. 19 and 26. This class will take iPad skills a step further by helping participants understand settings, iPad tricks and how to maximize this new technology.

Mott Community College also offers computer training for seniors through its Computer Technology Center. For more information about classes, call (810) 232-2512.

When asked if most of her friends have kept up with technology like she has, Asplund admits she may be ahead of the curve of other seniors. She attributes it to an active mentality and a youthful approach to life.

"When I look in the mirror, I know what age I am, but in my heart, I'm still in my 40s," said Asplund.















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SPORTS TRIVIA

BASEBALL

How did the **New York** Yankees obtain the rights to Joe DiMaggio?

DiMaggio was a star minor league player for the Pacific Coast League's San Francisco Seals when he was traded for five minor leaguers on Dec. 19, 1934. He was 19 at the time.

DAVID'S DABBLINGS

I wasn't shocked on Monday when the Detroit Lions fired head coach Jim Schwartz. He guided the team to a 29-51 record during his five seasons, and also saw the team lose its last eight games in 2012 and finish 1-6 during its last seven games this year.

Yes, most people can agree Schwartz had to go. But what worries me is the people that hired him will be making the call on who will be the next coach as well. After all, it's not like anyone they've brought has been successful.

They've brought coaches that went to the Super Bowl and they failed. They've hired rookie head mentors, and they've failed. In my lifetime, every single Lions' coach that's been hired has finished their career with a losing record, except one. The exception was interim coach Gary Moeller. He went 4-3 and was fired. I'm not saying Moeller was the answer, but am I the only one that finds it a bit ironic that the only mentor they've had with a winning record, they fired before he had a chance to coach a full season? Now, that's the Lions' way.



Bearden does it all for Fenton

▶Tigers' versatile senior setter/hitter named 2013 Tri-County's Most Valuable Volleyball Player

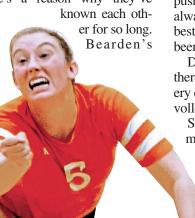
By David Troppens

dtroppens@tctimes.com; 810-433-6789 Fenton varsity volleyball coach Linda Rusaw knows Ashley Bearden well.

After all, she's known Bearden since the day she was born.

"I saw her when she was about a day old," Rusaw said. "I gave her her first ice cream and her first cherios. I don't have any girls so she's the closest thing I have to a daughter."

There's a reason why they've



mom is Fenton's JV coach Tracev Helms, so it was only natural when Bearden took a liking to volleyball that Rusaw would be one of the first to know. And thankfully for the Fenton volleyball program she did because Bearden is our 2013 Tri-County Most Valuable Player of the Year.

"I have known her as long as I can remember," Bearden said about her relationship with Rusaw. "I think it has helped me to always push myself. Our relationship has always been to try to make me the best player I can be. She's always been there."

During the fall, Bearden was there for the Tigers in just about every capacity you can imagine on the volleyball court.

She was one of the team's primary setters, making 2,381 good sets out of 2,411 attempts. She finished the season with 926 assists, earning a new school record. She also could hit

when asked to do that, earning 255 kills and a 29.5 hitting percentage.

In the back row, she was pretty dynamite as well. She led the Tigers with 427 digs. Bearden also provided strong offense from the service line, converting 622 of her 661 service attempts inside the court. She also finished with 99 aces, tying a Fenton school record.

This was her third season collecting a varsity letter with the squad, also earning first-team All-Metro League her junior and senior seasons. She also was a member of our Tri-County Volleyball squad last year. She concluded this season making All-Region (also earned that honor her junior year) and notching All-State Honorable Mention status this fall.

The Tigers finished the season with a perfect Metro League record and their fifth straight league crown. Fenton followed that by winning a Class A district title for the second

See **BEARDEN** on 14

Fenton's Ashley Bearden was an outstanding setter, defensive player, attacker and a leader for the 2013 Tigers' varsity volleyball team. Her strong season has earned her our 2013 Tri-County Most Valuable Volleyball Player award.

2013 was loaded with championship efforts

photos by

Scott Schupbach

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Editor's Note: This is the first in a two-part series looking back at the 2013 sports season in the tri-county area.

When it comes to looking back at the tri-county athletic scene in 2013, two words enter the mind league championships.

If we counted them right, tricounty schools — Lake Fenton, Fenton, Linden and Holly — accounted for 21 outright or shared league/conference championships during 2013.

So here comes our issue. When it comes to making a list of the year's most memorable performances, so much success makes it impossible to include everyone. We don't want to make the list too long, where being on it has no meaning because "everyone is on it." But we also don't want to keep performances off of it we think worthy. So we have this year's list at 13 items.

Who and how do we make this list? Well, the sports staff is subjectively making it. And when we say "sports staff" we mean one person — the guy with the byline

on this article. How are the events sifted through? Well, that's tricky. We can say a lot of things, but for the most part it's just a gut feeling.

In other words, this is about as unscientific as it gets. So if you are looking for the Fenton girls basketball district on the list or can understand why teams that won just one postseason match are on the list, go ahead and complain. And, remember, the local sports editor is kind of nutty as well.

No. 13 - Fenton girls golf: The Tigers had another outstanding sea-See 2013 on 15



TRI-COUNTY TIMES

Holly's Alec Miller hit the game-winning single, leading the Bronchos to a 6-5 win against Swartz Creek and to a co-Metro League title.



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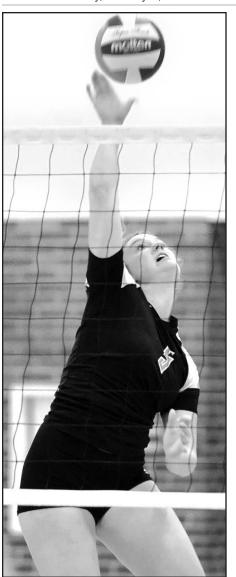
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TRI-COUNTY TIMES I SCOTT SCHUPBACH Fenton's Ashley Bearden is our 2013 Tri-County Volleyball Most Valuable Player. She recorded 255 kills, 427 digs, 926 assists and 99 service aces.

BEARDEN

Continued from Page 13

straight season before bowing out of the tourney in the regional semifinals.

Bearden was pleased with her season, individually.

"I was just trying to improve as much as I could from the year before and wanted to get the team farther than the year before," Bearden said. "I definitely do think (I got better). I think I got better every practice and every game."

"The thing about Ashley is she's just a solid all-around good player — serving, setting, hitting and digging. She has all the skills," Rusaw said. "What sets her apart is she has so much desire to be her best. That's what truly sets her apart. She puts a lot of time in to it to make her the player she is. Sure there are people that hit harder and are more physically gifted, but volleyball is sometimes about guts and determination and those qualities come through with Ashley."

Bearden has played other sports. She was on the tennis and basketball team up through her sophomore season, but they couldn't pull her away from volleyball. She says she loves everything about vol-

"I love team sports and I love that it's not really an individual thing," Bearden said. "You have to rely on passers, hitters and defenders. It's the team aspect that I really love about it.

"I love every part of volleyball. I love hitting, but setting is my main position and I enjoy setting too. I love it all."

Her passion for the sport comes honestly considering her mom also has that same passion. Helms coached her daughter when she started playing volleyball in the fifth grade at Holly Academy. And from there, she continued her path to Fenton volleyball. Eventually Rusaw had her chance with Bearden when she attended AGS Middle School, playing on the volleyball squad while there.

"She's one of those kids that has been a gym rat her whole life," Rusaw said.

"I kind of like having 'Cheese' coach me," Bearden said. "She's a lot harder on me than other people because we do know each other. She's always putting a lot more pressure on me. I think it made me a way better playing having that pressure. She has made me a better player."

Another big strength about Bearden's volleyball play has to do with her leadership skills. That's something that may stem from her strong relationship with Rusaw as well.

"She's a leader and has been a leader since the ninth grade, even the eighth grade," Rusaw said. "She has those natural tendencies to talk positively about her teammates. If something needs to get done, she'll take the bull by the horns."

Bearden said her best memory with Fenton came her junior season when the squad became the school's first-ever team to advance to a Class A state quarterfinal match.

"Winning regionals last year was the best thing. It was real exciting," Bearden said. "My team worked so hard and a lot of people did not think we could do it. We were not the favorite in any game, and we came out on top. It was nice to get recognized from our own school."

And now she prepares for the collegiate level. Bearden will play at Mott Community College in the fall.

"I think she has unlimited potential there as well," Rusaw said. "She has great court sense and understands the game well. ... She knows hot to hit the ball, hit hard and tip. She still has so much growth ahead of her."

ALL TRI-COUNTY VOLLEYBALL TEAM

Volleyball MVP **Grade** School Pos Set/Hitter Ashley Bearden Senior Fenton

Comment: Ashley Bearden did it all for the Fenton Tigers in 2013. The All-State Honorable Mention selection tied a school record with 99 aces, recorded 255 kills, set a school record in setting with 926 assists, and she led the team with 427 digs. Oh, and she was the team leader as well. She was an easy pick for our Tri-County Volleyball Most Valuable Player.

Rest of first team Grade Pos School Middle hitter Bobbie Eastman Senior Fenton Outside hitter Carly Granger Junior Fenton Sophomore Megan Klavitter Linden Libero Cassidy Rourke Senior Middle hitter Fenton Rebecca McDonald Senior Hitter Linden

Note: The team, and Player of the Year, were selected by the sports staff.

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2013 IN REVIEW

On the Way Up

Five people/team/concepts about sports that saw their stock rise in 2013.

- 1. Mark Dantonio
- 2. Holly boys/girls basketball
- 3. Sports networks
- 4. Soccer in America
- 5. Winter Olympics

Note: You see those promos of the 2010 Winter Olympics, and it seems impossible that was almost four years ago. I'm excited for more, particularly the curling.

Soccer is booming on television in America, and everyone wants a piece of U.S. national soccer (men and women), the English Premier League, the Champions League and the World Cup. You can now turn on your television and watch about six English Premier League games during any given weekend. It wasn't that long ago that you'd be lucky to see six soccer games on TV during an entire year.

The growth of soccer is related somewhat to the sports networks. Yeah, NBC Sports Network and Fox Sports Channel still have a way to go to making their stations viable on a 24-hour basis, but that will happen in time. And

for NBC Sports Network, that time is close with the English Premier League, the National Hockey League and the upcoming Winter Olympics. Twenty years ago, there was ESPN, now we have college conferences with their own cable stations.

Holly boys and girls basketball are undefeated entering the winter break, and there's every reason to think they'll continue their winning ways when the calendar hits 2014. The boys want to go undefeated. It could happen. The girls probably won't, but remain the favorites to win the Metro League.

Michigan State football coach Mark Dantonio is among the hottest commodities in all of sports nationally, and

the Spartans have him. Michigan State needs to find a way to keep him under wraps the next five, 10, or 30 years. No one is talking about Michigan football these days. They are talking about Michigan State in the Rose Bowl, MSU beating Ohio State, the Spartans winning a conference title. It's amazing to think how close they came to ending the season undefeated and in the BCS title game.

> MSU's **Mark Dantonio**

2013

Continued from Page 13

son. Led by Samantha Moss, the Tigers placed fifth at the state meet. The Tigers were expected to be talented, but probably not at the levels they established. But the team's depth was stronger than expected and Moss was routinely posting even-par or better rounds. At state, the team's 727 score kept them just 20 strokes out of second place.

No. 12 - Fenton volleyball's continued Metro/district success: During the first half of the 2000s decade, Metro League volleyball was one of parity, with many teams competing for league championships. When Oxford left the Metro, however, the Fenton varsity volleyball team created a new era - one that can be best described as Tiger dominance. The Fenton Tigers captured their sixth straight Metro League crown this fall, doing it in undefeated fashion. The last time the Tigers have lost a dual meet in Metro action is Oct. 25, 2007. And this year was no exception as the Tigers cruised to another perfect league season. They also captured another Class A district title, which was a nice feather in the team's cap. However, they earned this place more for their continued perfection in Metro action.

No. 11 - Holly baseball team captures league title for first time in 43 years: A gallon of gas in 1970 cost about 36 cents. The year 1970 also represented the last time the Holly baseball team won a league crown — at least until May 21, 2013. On that date, Holly defeated the Swartz Creek Dragons 6-5 in a nine-inning affair. The win meant Holly tied Clio at 10-6 in league action, earning both teams a co-title.

Alec Miller broke a 5-5 tie in the bottom of the ninth, with an RBI-single, earning the Bronchos a share of that crown. Drew Eggleston pitched a completegame five-hitter, earning the win on the mound.

No. 10 - Fenton football wins Metro League: The defense only allowed a TD in the final minutes and Fenton quarterback James Claborn threw for 222 yards, leading the Tigers to a 22-7 victory against the Swartz Creek Dragons during the eighth week of the football season. The win clinched the Tigers a co-Metro League title. With a victory against Lapeer West a week later, Fenton could've won the title outright, but lost a 14-13 verdict. Against Creek Matt Cubr caught a 25-yard TD pass while Claborn ran another score in. Dominic Weiss scored on a four-yard scamper as well.

The title would've ranked higher if Fenton won the outright championship against West.

No 9 - Lake Fenton/Linden capture playoff victories: For Linden, just making the playoffs

was quite the ride. The Eagles had to win their last two regularseason games just to make the playoffs. They did and faced the Lapeer West Panthers in the opening round of the playoffs, ending the school's 2013 football season with a 10-7 victory.

Linden's defense was strong, stopping two West offensive drives in the fourth quarter, preserving the win. A four-yard TD pass to Austin Buerkel and a 27yard field goal was all the scoring Linden needed.

Lake Fenton lost the GAC Red crown a week earlier in a loss to Montrose, but bounced back by crushing Williamston 35-15. Neil Allor scored four TDs, leading the Blue Devils. Stryker DeGayner recorded a safety to spark the defense.

No. 8 - Four track teams capture league titles: The Lake Fenton boys earned their second straight GAC Red crown with a whipping of the field. The Blue Devils scored 145 points, or about double of any other team in the field. It iced a dominant season for the Blue Devils on the track.

In the Metro league, the Linden boys captured the conference meet, earning the Eagles a share of the crown with Holly. The Bronchos went undefeated during dual action. The Holly girls also had to share a title after Brandon won the Metro Meet. Holly went undefeated during dual play.





TRI-COUNTY TIMES

15

FILE PHOTOS (Above) The Fenton varsity volleyball team celebrates moments after capturing their sixth straight Flint Metro League championship. The Tigers have not lost a Metro match since Oct. 25, 2007. (Left) Lake Fenton's Neil Allor (middle) tries to break a tackle during a past Blue Devils' football game. The Blue Devils and Linden Eagles won playoff football games in 2013.

2013 IN REVIEW

On the Way Down

Detroit Lions'

Matthew Stafford

quarterback

Five teams/organizations steadily regressing in 2013.

1. Jim Schwartz

- 2. Matt Stafford 3. Brady Hoke
- 4. Mike Ilitch
- 5. Detroit Red Wings

Note: For the second straight year, the Lions have representation on the down list. Last year, it was the team in general. This year, it's their prize quarterback who can't stop turning the ball over and their ex-head coach who can't keep himself from yelling at the home fans. What a flop we saw by the Lions this year. They went from 6-3 to being out of the playoff race before the last week of the season. How is that possible? Ask Schwartz. It's the second time he's accomplished the task. He had to be fired. During the second half of the season Stafford looked like a lost quarterback. Stafford

must find some of

that old magic he

displayed a couple of years ago. Brady Hoke was the "Michigan man"

the Wolverines desired. And now the Wolverines aren't only second-fiddle to Ohio State, but also Michigan State. After an 11-2 first season that saw the

> Hoke has seen the team only regress in Big Ten action, falling to fifth in the Legends Division this year. Who even watched

Wolverines go to the Orange Bowl,

their bowl game this year? He needs to right the ship

Mike Ilitch has seen his best days with the Wings end. Hey, it was going to happen eventually. However, it looks like the Tigers might be nearing their window of opportunity for a World Series title as well. Rumors are flying around about his health as well, and that's not good when you are

The Red Wings had to suffer a "down" period eventually.

> They are still a solid organization, but they aren't the Stanley Cup contender they were awhile back. It was an outstanding run for about two decades.



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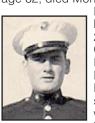
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Obituaries, Funeral Services and Memoriams

Gerald Patrick "Mick" McCarty Sr.

1931-2013 Gerald Patrick "Mick" McCarty Sr. – of Fenton, age 82, died Monday,



December 30, 2013 at Caretel Inns of Linden. Funeral service will be held at

12 PM Saturday, January 4, 2014 at the Swartz Funeral Home, 1225 West Hill Road, Pastor and granddaughter, Brittany Culver officiating. Burial in Great Lakes National Cemetery. In lieu of flowers, contributions may be made to McCarty Library, Flint or Genesys Hospice. Visitation 1-8 PM Friday with a Memorial Service conducted by the VFW Post #3243 at 7 PM and 10 AM Saturday until the time of the service at the funeral home. Gerald was born in Flint, Michigan on May 26, 1931, the son of John and Katie (Rainwater) McCarty. He was a member of Michigan State AFL-CIO Executive Board, Michigan Council 35-SEIU, Central States Conference Executive Board, Michigan State Wage Division Board, Detroit Chapter A. Philip Randolph Institute, Detroit Chapter NAACP Life Member, Marine Corps League. He was an Honor Guard and member of the VFW Post #3243. He was also a precinct delegate for the Democratic Party. Surviving are former wife and very special friend, Debbie; son, Gerald P., Jr. (Donna); three daughters, Ruthann and husband Max Palacios, Kimberly and husband David Davidson, Tina and husband Mark Carter; grandchildren, Kara Mc-Carty and Ryan McKeon, Richard Yabbs, Tami Mingus, Chico (Krista) Palacios, Darren Palacios and Faith Palacios, Ryan (Beth) Davidson, Kevin (Kerrene) Davidson and Kristen Trevarrow, Brandon (Becky) Carter, Brittany (James) Culver and Brice (Cori) Carter; many great-grandchildren and great-great-grandchildren; brother, Dale and wife Carol; sister-in-law, Ardella McCarty; many nieces, nephews and friends. He was preceded in death by his parents; son, John Thomas II; brothers, Charles and Martin; sister, Maryruth. Your condolences may be shared with the family at www.swartzfuneral-

homeinc.com.

Ernest "Pete" L. Maidment 1933-2013

Ernest "Pete" L. Maidment - Pete passed away peacefully on Sunday, December



29, 2013 at the age of 80, joining his parents Claude and Gertrude Maid-

ment and his many friends already in heaven. Born in Standish Michigan in 1933 he was a very athletic young man running track in school and was always a very hard-working man even as a teenager. In high school at Hoover High, Pete met Donna, and they started dating after graduation. They married on November 27, 1952, and Pete was then drafted in the Army in 1954 serving nearly two years in Korea. Pete was always an extremely kind, gentle, and loving man. He was a loving husband and partner to Donna Mae (Gerow) for 61 years, and a wonderful father to Sue (Rick) Holtslander, Scott (Diane) Maidment, Tammy (Rod) Neuville and Angela (Nick) Flynn. Pete knew so many people and had so many good friends. He retired from GM Truck & Bus in Flint. In retirement, he and Donna enjoyed traveling, camping, going up north to their cottage in Lake, and playing euchre with friends. In addition to Donna, his beloved wife and four children, he is survived by eight grandchildren, Jordan (Kilbourne) and Jenna Holtslander, April (Zink) and Tony Maidment, Kristen (Garmyn), Kody Neuville, and Audrey and Andrew Flynn and two great-grandchildren, Khloe and Owen Zink. Pete was Full of Love and always had a kind word to say. There wasn't a more positive and loving man. He will be missed dearly and is always in our hearts. In lieu of flowers, donations may be made to the Linden Presbyterian Church. Family visitation is Thursday, January 2, 2014 at 1 PM with the Memorial Service to follow at 2 PM at the church. A luncheon will follow the service at the Linden Presbyterian Church, 119 Broad Street, Linden, MI 48451. Arrangements by Sharp Funeral Homes, Linden Chapel, 209 E. Broad St., Linden. www.sharpfuneralhomes.





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9:00am Zumba BASIC®

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8:00pm Zumba BASIC®

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10:00am Zumba GOLD®

THURSDAY

9:00am Zumba BASIC®

10:00am Zumba TONING®

7:00pm Zumba TONING®

8:00pm Zumba BASIC®

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