BEING DEPRESSED, PAGE 5A

Suicide of Robin Williams sheds light on darkness of depression



GLUTEN FREE, PAGE 10A

Times reporter tells what life is like being gluten free



AUTO PAGES, 20-24A The evolution

of four classic

DRIVER'S TRAINING, PAGE 3A **BEHIND THE WHEEL WITH A** 15-YEAR-OLD

Weekend SUNDAY EDITION

SUNDAY, AUGUST 17, 2014

2012 & 2013 NEWSPAPER OF THE YEAR



LYo, dog hater. There are many uses for dogs. They are used to find people who are lost.



They are used to find dead people. They are used for protection. They are used

to sniff out drugs. My question is, what good are you?"

When compared to other cities and villages

Fenton has a very good administration,



council and city workers. Police force and Firefighters are right at

the top also. Sometimes we just need to appreciate what we have.

LHigh IQ has nothing to do with common sense.'

Li'm embarrassed

to be an American after watching over-the-top



coverage of an actor's suicide. Tragic, yes. But it doesn't affect you, me or our

families in any way. Give us a break already.'

EEThe parking lot was private property with no-parking signs. End of discussion.



ffi can't tell you how many young women I see texting and driving in Fenton every day. Most of them are moms with kids in the car. Question? Is your message ant than your child's life?





Downtown visitors irate after being towed, \$185 charge

▶Business owner says being sued led to 'no parking' signs in Fenton Collision lot

Bv Sharon Stone

sstone@tctimes.com; 810-433-6786

About a dozen car owners are still fuming over the fact that their vehicles were towed from a parking lot last Thursday evening during the annual Back to the Bricks Tune-Up Party, Concert in the Park and Taste in Fenton, as well as the weekly Farmers Market. The Times became aware of the towing after receiving numerous complaints.

Fenton Police Chief Rick Aro said Fenton Collision has three "no parking"

See TOWED on 7A

44 People were even parking as others were being towed.77

Rick Aro Fenton police chief



TRI-COUNTY TIMES | TIM JAGIELO

There are multiple signs at Fenton Collision warning motorists not to park there.

Still time to enroll your kids for school

▶ School district websites offer forms. advice, information

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

On Tuesday, September 2, school will be back in session. Each child will have to be registered, which can be done up until the first day of school.

Michelle Callard, Adminis-

Summary

Registration is currently open for area schools until Tuesday, Sept. 2. To register for kindergarten, a child must be 5 by Oct. 1. trative Assistant Personnel and Curriculum of Linden Community Schools, suggested registering sooner than later. Districts will accept applications now

until the start of school.

"Registering sooner allows the school to place the new student(s)

See SCHOOL on 8A

Flotilla fun on the Shiawassee



TRI-COUNTY TIMES I TIM JAGIELO

The 2014 Shiawassee River Flotilla culminates on Lake Ponemah at Spoonz restaurant and was photographed from atop a double-decker pontoon on Saturday. See story on Page 1B

What is the 'zipper' merge?



TRI-COUNTY TIMES | BLOGS.CARS.COM The "zipper" merge is so named because it looks like a zipper.

►New concept in construction zones safer, fairer

By Yvonne Stegall

ystegall@tctimes.com; 810-433-6792

The zipper merge is a new concept when it comes to Michigan construction zones.

The Michigan Department of Transportation (MDOT) does not currently use it.

MDOT Bay Region Spokesperson Anita Richardson said.

See ZIPPER on 6A

Looking for a job?

►Get the edge on garage sales, jobs and house listings

By Sharon Stone

sstone@tctimes.com

Are you looking for a job? Do you want to see the newest real estate listings? Do you want to know about upcoming garage sales before anyone else?

If you have a cell phone and answered yes to any of the above questions, you will want to opt in to a free service now offered by

See TEXT on 15A



Text the word GARAGESALE

(all one word, upper case)

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THIS WEEK'S **OPEN HOUSES!**



2A

13256 Iroquois Woods Dr Bank owned. Incredible lakefront opportunity. Formally mortgaged at 1.5 million and now only \$490,000! Over 4000 sf of living space, two 2 car garages with added bonus rooms above, indoor pool, wet bar, wine cellar and so much more. Call today for your private viewing. Will not last long.

\$490,000

Call Patrik Welty 810-750-2300.



BYRON

15353 Longfellow Dr Just in time for summer fun! This large 3 bedroom 3 bath ranch sits on over 1.5 acres. Enjoy boating and swimming in Myers Lake during the day and beautiful sunsets in the evening. Lower level walk out comes with a full bath and kitchenette;

great for entertaining. \$265,000

Call Mark Goldsworthy 810-955-3736



NEW LISTING!

Beautiful, Brick ranch in gated community. This home has everything you need and more. Five fireplaces, 4 bedroom, 3 car garage, spectacular kitchen complete with butlers pantry and granite through out. Lower level walk out ready to be finished and private backyard to relax and enjoy.

\$345,000

Call Donna Mynatt 810-397-5779



NEW LISTING!

A great 4 bedroom family size home with plenty of space and Lake Fenton privileges. Walk to the lake and enjoy swimming as well as other water sports. Home has a huge fire lit family room to enjoy those beautiful and snuggle-in evenings

vear around. \$139,900

Call Cam Gonzalez 810-348-4076.



HOLLY 15242 Weller Ct

NEW LISTING! Affordable & Move in Ready! 3 Bedroom, 2.1 Bath Home. Open floor plan with a 2 Story Great Room & Gas fireplace. Spacious Kitchen w/Breakfast Nook, Formal Dining Room. Finished Basement w/lots of storage. Yard offers rear privacy fence & mature trees, sprinkler system and deck. The Laundry Room is conveniently located on the bedroom level.

\$164,500

Call Ann Hernandez-Gabler 248-240-2272



FENTON

616 Forest

NEW LISTING! Wonderful 3 bedroom Ranch home w/2 car garage on a large lot. Gorgeous new kitchen with hickory cabinets, granite counters & stainless appliances. Home is move in ready with fresh paint & carpet. This home is cute & clean. Big fenced yard, storage shed and stamped concrete patio. Basement has a finished home office area & exercise room that are dry-walled.

\$123,900

Call Ann Hernandez-Gabler 248-240-2272



FENTON 845 N Leroy

Paradise in the city!

Make this bungalow your Home Sweet Home. River frontage on the Shiawassee! Beautiful lot and well maintained home. Nice original woodwork, spacious rooms, Michigan room for those

summer evenings and close to all the downtown activities

Don't miss this one! \$114,900 Call Sue Fleming 989-627-0481



ATLAS 9028 Hadley St **NEW LISTING!** Nice ranch in

a beautiful, quaint area. Open floor plan with 9 foot ceilings in great room and kitchen. Large master bedroom with adjoining bath. Covered front porch for summer evenings. New 2 story garage with great space in the upper level

for workshop or game room. \$145,000

Call Shelia Rhoades 810-348-7357



FENTON 12251 Saint Andrews Way NEW LISTING! Garden level condo, 3 bedrooms, 2 full baths. This home boasts a huge master bedroom with private master bath. Great screened in porch overlooking the 11th fairway of Fenton Farms Golf Club. All appliances included

along with a 1 car garage. \$69,900

Call Patrik Welty 810-750-2300



LINDEN 119 S Bridge **MULTI FAMILY!**

Historic home in downtown Linden. Home has 2 apartments-one up and one down. one unit over garage and a

commercial unit. 2 large car garage. All units are occupied.

\$149,000

Call Donna Fraidenburg 810-845-1971



GAINES 12361 Duffield

NEW LISTING! Country living at its best! Beautiful 10 acres for outdoor fun! Nice ranch with open floor plan, features cathedral ceilings in great room, master suite with Jacuzzi tub, 1st floor laundry and a large deck overlooking the back of property. 30x40 pole barn with 12 ft ceilings and 220 wiring and additional storage. Basement partially finished with an additional bedroom.

\$235,000

Call Shelia Rhoades 810-348-7357



FENTON

11248 Ridgeview Tr Saltbox Inspired Colonial on a beautiful wooded lot. Many quality features including

wide Crown Molding, 9.5' ceilings & Hardwood floors. Main level offers: Living Room w/natural fireplace, large kitchen w/pantry, study, family Room, and 1st floor laundry. The upper level features a gallery overlooking kitchen, master suite with private bath, his/her closets and 2 additional bedrooms and bath.

Daylight Basement with Tall 8' ceilings. Motivated Seller will consider all offers.

\$298,900 Ann Hernandez-Gabler 248-240-2272



CLIO 13234 N Clio

NEW LISTING! Pride of ownership evident in this family home not sold in decades! Large fireplace and knotty pine give a warm up north living and dining room feel. Updates include new roof and furnace. Private, fenced in back yard. Great location - walking

distance to Clio City Park and downtown. \$59,900

Call Kevin Usealman 810-965-6552



FENTON

16195 Hill Forest

Growing family? We've got you covered. Beautiful 4 bedroom 2.5 bath home with a huge 12x20 finished bonus room. Main floor master suite, fire lit living room with vaulted ceiling. Sit on your brand new deck and enjoy the gorgeous view.

3 car attached garage. This home is move-in ready!

\$249,900 Call Patrik Welty 810-750-2300

REDUCED! Open floor plan ranch with gas fireplace in living room and master bed & bath with walk in closet. Nice size yard with storage shed and in-ground sprinkling system. Totally finished basement with family room and built in bar, full bath and two extra bedrooms or could be used as office and library. Add a 3 car garage and this home is perfect choice for a family.

LINDEN

6389 Oak Leaf Trail

\$214,000

Call Donna Fraidenburg 810-845-1971



GAINES 9055 Ray Rd

NEW LISTING! Two story home with finished lower level walk out. Home is 2x6 construction with large living room with deck overlooking backyard. First floor master with master bath. First floor laundry. Finished lower level with Family room, bar area, office and full bath. 3 separate tax id's.

2 car garage fully insulated and brick patio surrounded by beautiful landscaping. \$187,900

Call Donna Fraidenburg 810-845-1971



NEWSANDFEATURES

Police&Fire report

CARS DAMAGED OVERNIGHT IN FENTON TOWNSHIP

The Genesee County Sheriff's Department is investigating at least two malicious destruction of property complaints, which were filed by residents in the 14000 block of Swanee Beach in Fenton Township. Det. Geno Gaticka said sometime during the nighttime hours between Aug. 13 and 14, someone smashed out a car window of one car and sliced through the convertible top of another.

EX-BOYFRIEND THROWS HAMMER

On Aug. 7 at 3:15 p.m., Holly police responded to the 1100 block of North Saginaw Street to investigate an assault and battery complaint. A 19-year-old Holly woman told police that her ex-boyfriend, a 31-year-old resident of Waterford, had thrown a hammer at her and her new 18-year-old boyfriend from his pickup truck while they pushed her 1½-year-old daughter in a stroller on the

See POLICE on 6A

TRI-COUNTY TIMES

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Behind the wheel with a 15-year-old



DRIVER'S ED INSTRUCTOR:

'Other drivers should be expecting them to make some mistakes'

By Sally Rummel

news@tctimes.com; 810-629-8282

At 6 a.m., the sun is just beginning to rise at the parking lot of Lake Fenton High School.

Driver's Education instructor Dwight "Fitz" Fitzgerald opens the door to his 2009 Ford F-150 pickup truck and the first young teen driver finds his way into the driver's seat, while the second driver anxiously awaits his or her turn in the back seat.

LE Everyone is so impatient...we've got a huge sign that tells other drivers we've got a student driver behind the wheel. **77**

Dwight "Fitz" Fitzgerald *Ace Driving School instructor*

Fitz buckles himself into the front passenger seat and checks the brake on his side, but for him, it's never routine.

"Idon't know these kids until I drive with them the first time," he said. "But I get a pretty quick read. Sometimes we make it out onto the road, and sometimes we don't. Some kids have been behind the wheel before with their parents, and for others, this is their first experience. These

See DRIVER'S ED on 11A

Getting properly fitted for shoes includes more

TRI-COUNTY TIMES I YVONNE STEGALL

When was the last time you had your foot measured?

▶ Look for support, proper width, length and heel height

By Yvonne Stegall • ystegall@tctimes.com; 810-433-6792

The importance of the right shoe isn't just for women to worry about. Everyone wears shoes, and everyone can benefit from a well-fitting pair. There are also some dangers to ill-fitting shoes.

Dr. James Hirt at Fenton Foot Care said, "Ill-fitting shoes can lead to several long-term problems with the feet, such as, bunions, hammertoes, neuromas, calluses and corns, and just overall painful feet.

See FOOT on 7A

than just a measurement, although it is an important part.

Payless ShoeSource



Random political observations

By Foster Childs

■ Today's new word: *Hillionaire* — a person who claims to struggle financially but ily by other blacks. This seems compelling is worth \$20-\$80 million.

■ Personal responsibility is why government isn't efficient. The most foolproof quality control method in the world is to hold people accountable for their actions and decisions. Conversely, the best way to screw anything up is to hire employees but not hold them accountable for their decisions. This is why our government is so abysmally inefficient and incompetent. Obamacare, IRS and VA come to mind instantly.

■ **Definition of an elephant?** A mouse built to government specifications.

■ There's an email going around that correctly states that since the day of the verdict in the death of Trayvon Martin approximately 8,500 blacks have been murdered, primar-

until you consider that homicides overwhelmingly occur among people who know each other and most peoples' relationships are primarily with someone of their own race or ethnicity. The same stats would hold for white-onwhite murders. Stop race-baiting for political gain, it is detrimental to America.

■ Obamacare is not health care reform, it's a taxation agenda disguised as health care

■ Under Obamacare, estate taxes that were eliminated by George Bush have been reinstated, with some as high as 45 percent. How in the world can assets and cash that have already been taxed be taxed again just because it's being handed down to heirs? More government confiscation of our assets. ■ Maybe it's just me, but shouldn't employment in the private sector grow faster than employment in the government?

■ America's priorities are so 'effed

44 Congress

just took a

month off.

What most

thinking is...

from what? 77

Americans are

up. Soldiers die overseas, anonymously and unheralded, while every aspect of the life of a wealthy, privileged comedian/actor who commits suicide is dissected, celebrated and mourned by the mainstream media and America. We are sheep, lead astray by the 50-inch flat panels on our walls.

■ Chelsea Clinton married Marc Mezvinsky in

2010. Chelsea's new father-in-law is Ed Mezvinsky, a Democrat who represented Iowa in the United States House of Representatives from 1973 to 1977. Mezvinsky was indicted and later pleaded guilty to 31 of 69 felony charges of bank fraud, mail fraud, and wire fraud after he scammed over \$10 million from friends and associates in

a Ponzi investment scheme. He served five years in prison and still owes \$9.4 million in restitution to his victims. The beat goes on.

■ If you have never read George Orwell's '1984,' now would be time to do so. Read it prior to November 4, 2014.

> ■ I would love to see President Obama have to stand in front of Judge Judy and explain Benghazi, IRS loss of emails, VA shameful treatment of veterans, lack of action to keep borders secure and multiple recorded lies told during campaigning. That would certainly be interesting, entertaining and informative.

■ It's astounding to me that

liberalism, with its dismal track record of failure after failure, still has devotees who refuse to face facts and reality. It's like a Coca Cola executive bragging that he was the guy who came up with New Coke.

Opinions offered in If I Were King are the author's alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email the King at king@tctimes.com. Some content adapted from the internet.

issions, if approved for publication, must be 50 word: nd do not necessarily reflect the views of the Tri-Count 'e reserve the right to edit for clarity, length and liability.

TO THE CONSTANT Hot liner about stop signs and turn signals. Give it up already. Those people are not reading the Hot lines. Instead, why don't you stand on a corner with a nerf gun and take out your frustration on those

FENTON TOWNSHIP NEEDS to make property tax exemptions for the elderly. I have to take \$135 a month out of my \$724 Social Security check, plus \$85 a month for my sewer bill. That leaves \$504 for Consumers, phone, food, and no more analog TV, only rip-off cable.

ANYONE KNOW WHY the pine trees are dying? I have 12 on my property. I'm a senior living on low income and can't afford to have them removed. Six could land on North Road when they fall. Will anyone cut them down for free for firewood?

WHEN DO WE vote on the Fenton school bond issue again. Oh, that's right, it passed last time so we do not get to vote on it again. My home will now be assessed an additional \$786 in taxes for the next 10 years. The hypocrisy of this method is amazing.

THOSE WHO STAND in opposition to gay rights will be viewed by future generations much like those who fought to keep women from voting and to keep

racial segregation legal are today. Enjoy your ever-shrinking support base. Tomorrow your political 'legacy' will be looked upon as nonsensical and sad.

ONLY BLIND LIBERALS would think that a family and patriotic event should be a venue for them to flaunt their very personal preferences in front of the whole community.

LOCAL RESTAURANTS SHOULD teach their waiters to work better to make customers happy by listening. When a popular place in Fenton serves a bun to a person who said they needed gluten free and then proceeds to try to just remove the bun, that's bad service and bad etiquette.

ALL THE JIBBER-jabberish being spoken by the tea party members is usually about low taxes. It's about God, and country, and jobs. It's about a strong defense, and protecting our borders. This is everything that the socialistic liberals are against.

DO YOU THINK it would be too much to ask that in the next election we have a choice of some people with common sense who don't think they are elitists, or better than everybody else. Give me a Harry Truman again. Common sense.

PRESIDENT BUSH DIDN'T play golf, but he hunted, which I don't approve of.

BACK TO THE Bricks was fabulous. And the shirts they gave out were made in the good ol' USA, right here in Pure Michigan. And they don't bleed color. Isn't that great?

SOMEONE PLEASE TELL me what constitution President Obama is upholding. It is certainly not the one written by our Founding Fathers. He circumvents existing laws by selectively enforcing immigration, executive orders his own laws and has no foreign policy to protect American citizens or

I FINALLY FIGURED it out. There's only two qualifications for a politician. Number one: You don't want to work for a living. Number 2: You want to be able to speak in front of a microphone. You don't have to be smart. You don't have to be brainy. You don't have to be

our borders.

WE USED TO be a kind and caring nation. People are being brutally murdered and terrorized all over the world. And where is our president? Golfing.

MARRIAGE IS BETWEEN one man and one woman. It is the foundation of a family which God chose and instituted, not man. No homosexual agenda or LGBT parade will change that fact. If you don't like the framework of that covenant I suggest you take it up with God.

FENTON IS A wonderful place. I moved here recently and have found that the majority of the people are wonderful. Keep up the good work!

See **HOT LINE** throughout Times



Compiled by Yvonne Stegall, staff reporter

How often do you go to garage sales? What was your best find?

Or Call **810.813.0036**





"Couple times a year. A single-sized bed."

> Betty Bain Fenton



"Once or twice a season. Got a good deal on a picture, and they worked with me on the price."

– Diana Metras, Linden



"Twice a year. Furniture."

— Jan Kendall



"Couple times a month if I see a good one. My husband just bought an air compressor."

- Tammy Stehle, Argentine Twp.



"Every week. An electric lift recliner.

> — Brenda Augustine Linden



"Every chance I get. A push mower, with the bag."

Aleashia Augustine

Are you 'down' or depressed?

►Suicide of Robin Williams sheds light on darkness of depression

By Sally Rummel

news@tctimes.com; 810-629-8282

Everyone gets a little down sometimes, feeling sad about their circumstances in life or having a difficult time coping with disappointment, grief, etc. The death of funnyman Robin Williams has brought this topic to the forefront of news coverage, and in turn is also bringing much needed awareness that there is help available.

How do you know when you're just suffering from circumstantial depression because of recent events that have happened, or whether you are suffering from a major depressive disorder that stretches over weeks, months and sometimes even years?

"What I look for in my patients is what is going on in their lives that may have caused a circumstantial depression," said Paul Russell of Linden, a licensed mental health counselor with a general practice at Delta Family Clinic in Flint. "If it's been going on for a long time, it may be clinical depression."

Prolonged periods of hopelessness, sadness and lack of interest in things someone usually enjoys are symptoms of depression. According to the National Institute of Mental Health, major depressive disorder is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat and enjoy activities that were once pleasurable.

Either way, depression can be helped with treatment and people can live their lives managing this disease — just like those who suffer from other health conditions.

While most people don't like to admit to being depressed, numbers show that it's more common than you think. Depression affects one in 10 adults in the U.S., according to Russell. He adds that approximately 75 percent of adults in the U.S. have or will have seen a mental health counselor at some point during their lives.

Discussing your depression is much healthier than being alone with your own thoughts, according to the National Alliance of Mental Health.

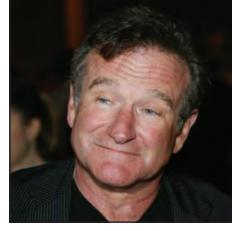
"Being aware of your feelings is the first step toward healing," said Russell, 42. "You have to be open and honest with yourself, asking yourself if you are still experiencing the same joy in your life that you always had. Then it's important that you get help by seeing a professional."

Sometimes a depressed person doesn't have the motivation to seek help themselves. "A family member often has to point it out to them and get them to seek help," he added.

If it's major depressive disorder, a person should be evaluated by a licensed counselor or psychologist, who can then refer them to a medical doctor or psychiatrist for help with medication.

"You need help," said Russell. "Medication alone isn't usually enough, because it doesn't relieve the underlying problem. Only about 25 percent of patients with depression are cured on medication alone. You need counseling in addition to meds."

Russell says that depression doesn't need to be debilitating. "If a person is willing to seek help, get the proper medication and has positive family support, even severe depression is a highly treatable condition," said Russell.



Comedian Robin Williams died on Aug. 11, at his Tiburon, California home from an apparent suicide.

WHAT TO DO IF YOU'RE DEPRESSED

- Utilize the support of family and friends.
- Find something to have faith in that's bigger than yourself.
- Keep your mind in the present, because you can't change the past and you don't know what's coming in the future.
- Take action to start the process of healing by getting professional help.

WHERE TO GO FOR HELP

- Ask your medical doctor for referrals to a licensed counselor, social worker, psychologist or psychiatrist.
- Contact Community Mental Health (Genesee Health System) at (810) 257-3740
- Ask friends and family for referrals to counselors.
- Contact your insurance company or your company's Human Resource Department.
- Contact Mental Health America at 800-969-6642.
- Call the Depression and Bipolar Support Alliance at (800) 826-3632.
- Contact the American Psychiatric Association at (703) 907-7300, http:// healthyminds.org/cmhdepression.cfm.

IF YOU OR A LOVED ONE IS IN A CRISIS SITUATION:

- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK.
- Call 911 immediately, if you think a loved one is suicidal, according to Russell.

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- Register with the Three District office prior to start of classes at Lake Fenton High School.
- Provide a valid picture ID, one other ID and a Social Security Card.
- Pay registration fee (cash or money order ONLY) no checks or credit cards.
- Students who are 20 or older by September 1st 2014 may register from any geographic area
- Students 16-19 years of age must live within Fenton, Lake Fenton or Linden School Districts.
 Students 16 and 17 years of age wishing to register must be accompanied by a parent and
- a waiver signed by their previous high school.

Registration: Lake Fenton High School Main Office Wednesday evenings 5:30 p.m. – 7:30 p.m. Beginning Wednesday August 20, 2014 <u>or</u> call to make a personal appointment at **810-591-9466**

For more Information: lakefentonschools.org



L's really no

different than

any other line

your turn. 77

Fenton police chief

Rick Aro

for service, get

in line and wait

Fenton Lions Club Community **FLEA MARKET**

& CRAFT SALE Saturday, August 23 8am - 4pm

in the Kmart parking lot at 18055 Silver Parkway ● Fenton



ZIPPER

Continued from Front Page

"The Zipper Merge has not been used in the MDOT Bay Region or elsewhere in Michigan. It is used to close a lane. Minnesota DOT has used this method."

For those who have not heard of the zipper merge, the idea might sound confusing at first, but once it is laid out, it seems to make perfect sense.

When a lane is closed in a construction zone, a zipper merge occurs when motorists use both lanes of traffic until reaching the defined merge area, and then alternate in "zipper" fashion into the open lane. While most people believe that merging early is the way to do things, those who have driven in construction zones from time to time,

know that an early merge isn't always possible. If there is a lot of congestion on the road, there might not be an early chance to merge.

When most drivers see the first "lane closed ahead" sign in a work zone, they will slowly get ready to move into the open lane and travel on through the con-

struction area. The problem with this move is that it can lead to crashes and road rage, because some people don't pay enough attention before switching

Research has shown that crash dangers decrease when everyone merges in a defined area, and alternate merging in a zipper-like fashion. That means that merging late is actually a good thing. It sounds strange, however, "zipper" merging allows vehicles to take turns,

Benefits of the "zipper" merge

- Reduces differences in speeds between two lanes
- Reduces the overall length of traffic backup by as much as 40
- Reduces congestion on freeway interchanges
- Creates a sense of fairness and equity that all lanes are moving at the same rate

Source: dot.state.mn.us

slows drivers down, and makes the lane change safer.

> When traffic is moving at highway speeds and there are no backups, it makes sense to move sooner to the lane that will remain open through construction though. That means it is up to the driver to determine whether a normal lane change is optimal, or waiting until the end where a "zipper" merge can happen

is the safer choice.

Fenton Police Chief Rick Aro said, "It's not complicated, whether the 'zipper' effect takes place at the very last moment or when the sign first announces the closure ahead. I don't think there is any real difference in time saving. The problems, generally road rage, occur when some people think the signs and rules don't apply to them and pass numerous cars waiting their turn." He added that it's really more of a question of courtesy

POLICE

Continued from Page 3A

sidewalk. The hammer, which was recovered by police, struck the 18-year-old male in the back. The ex-boyfriend was later located in Waterford by Waterford police and turned over to Holly police. The ex-boyfriend is in the Oakland County Jail facing charges of aggravated felonious assault with a \$50,000 cash surety bond.

MAN ARRESTED FOR RACIAL COMMENTS

Deputies with the Genesee County Sheriff's Department arrested a male in his 40s on Wednesday, Aug. 13 for reportedly making racial and threatening comments to the owner of a party store in the 11000 block of North Fenton Road in Fenton Township. Dep. Geno Gaticka said the suspect was upset about work that needed to be done on cabins behind the party store. The suspect was arrested and lodged at the Flint City Jail and later released with a court appearance ticket for two counts of disorderly conduct.

rather than an enforcement issue unless there are signs restricting passing beyond a certain point. "My personal opinion is that drivers should merge when the sign advises of a lane closure and wait in line,' Aro said. "It's really no different than any other line for service, get in line and wait your turn."

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TOWED

FOOT

to tendonitis."

lems and more.

Asics shoe.'

Continued from Page 3A

for injury from sprained ankle

People who suffer from

foot pain or calluses should

be looking to their shoes for

the reason. The wrong pair of

shoes can cause these prob-

on shoes, like many other clothes

these days, companies have their

own sizing systems," Hirt said.

He added, "So a size 10 in a New

Balance may not match a Nike or

about the width of your thumb."

His suggestion, "Try the shoes on, find

the most comfortable fit, and ignore the size printed on the label. Shoes should be

1/2 to 3/4 inch longer than the longest toe,

Feet are getting bigger now too, ac-

cording to a recent article in The Wall

Street Journal. The article by Elizabeth

Holmes stated, "The average shoe size

is up about two sizes since the 1970s,

according to a study released last month

from the College of Podiatry, a U.K.

professional group." The average size

of women's feet is growing with many

problems when it comes to shoes that don't fit. Many women's shoe companies

concentrate more on the look of the shoe,

rather than how it will fit the average

woman's foot — fashion over function.

Women often suffer with the most

women wearing up to a size 14.

"Don't rely on sizes marked

Continued from Front Page

signs posted in various places at his business' parking lot at the northwest corner of Silver Lake Road and North LeRoy Street, just north of all the downtown action. Aro said this lot is private property and the owner has the right to prohibit parking without permission.

As more people converged on downtown Fenton, they sought any parking space they could to park their vehicles. One such spot was Fenton Collision's parking lot.

Aro said every entrance needs to be posted, per state law, to let vehicle owners know their car could be towed at their expense. Whether the owner of the business completely complied with the statute is what people are debating with police. Aro said there was no sign posted at the west entrance, but there are "no parking" signs on Silver Lake Road and at the corner.

Aro said some of the owners who had

"Lack of support in a shoe is the number

44 Try the

shoes on and

find the most

fit and ignore

comfortable

the size

printed on

Dr. James Hirt

Fenton Foot Care

the label.

one reason why we see running and sporting

injuries. A flimsy ill-fitting shoe is a recipe

their vehicles towed could argue that if they came in from the west, they might not have seen a sign. "He does have quite a bit of signage though," said Aro.

When an individual parked their vehicle in the lot, Fenton Express Towing was subsequently called to come and tow it away. Aro said to his understanding, when Fenton Express employees arrived at the parking lot, they saw what was happening and attempted to make the car owners aware of the violation. Fenton Express asked the DJ downtown to announce that cars in the lot would be towed. Aro said police officers were even trying to spread the word about the no parking.

"They were there a while before they started towing," said Aro. "People were even parking as others were being towed."

When car owners came back to the lot and saw that their vehicle was gone, they saw the signs that indicated unauthorized

A good pair of shoes needs to be the

right width and the right height. Shoes

shouldn't pinch, and they should have

some kind of support to them. Ballet

flats are just as bad as walking around

cars would be towed to Fenton Express. In order to retrieve a vehicle, car owners are required to go to Fenton police to obtain paperwork proving they are the registered owner. With paperwork in hand, the car owners then went to Fenton Express to get their car.

Fenton Express has a set fee of \$185 for towing abandoned vehicles from private property. Part of this \$185 includes a fee of \$40 that is assessed by the state when a vehicle is abandoned and entered into the Law Enforcement Information Network (LEIN). Because these towed vehicles were deemed abandoned, they were all entered into LEIN, according to Aro. The \$40 fee is collected by the towing company and turned over to the state.

Contrary to what some people thought, Fenton police did not receive any of this \$40. "It goes to the state," said Aro. "We don't collect anything.'

Aro said Fenton Express and Fenton police transported some of the car owners back to the towing business.

Kevin Potts, owner of Fenton Collision, said he has always allowed people to park in his lot for downtown events. He was not always thrilled with the garbage, including dirty diapers, left behind or the fact that some of his customers' vehicles have been

struck by cars turning around in his lot, but, he allowed it for 24 years.

Things changed after this past Bastille Day race. Potts learned that someone reportedly fell in his lot during the event and that he is facing a lawsuit. This is when he put up the "no parking" signs. Potts understands that some people are making him out to be a bad guy, but says,

News briefs

7A

BALDWIN ROAD TO BE CLOSED -FIND ALTERNATE ROUTE

The Genesee County Road Commission will be starting construction on Baldwin Road between Fenton and Graytrax roads, in both Grand Blanc and Mundy townships, starting Wednesday, Aug. 20. Traffic will be detoured via Holly, Cook and Fenton roads. Only local and emergency traffic will be allowed through the work zone. The anticipated project completion date is Oct. 30, 2014.

"I was forced into this."

Potts did not make any money from the towed vehicles and said no classic cars were touched, just vehicles of spectators who parked there without his permission.

Ray Flood, owner of Fenton Express Towing, said it was a tough night. He had two of his guys sitting at Fenton

> Collision for over an hour warning car owners not to park their car in the parking lot because they would be impounded. His crew eventually left knowing that the lot was posted. "It's marked," said Flood. "We did everything we could. We tried and I feel bad — it

Flood said his standard towing rate for

abandoned vehicles from private property

is \$145. He also collects the required \$40

fee for the state. He believes his flat rate is

fair and lower than many other businesses

was a big event."

It's marked. We did everything we could. We tried and I feel bad — it was a big event.

owner of Fenton Express Towing

ten made with narrower toes that are far too tight, and worn too often, the toes will start to reform into the shape they get crammed into in the shoe. The higher the heel, the worse it is also. Stiletto shoes

cause the wearer to have their entire weight put toward the front of the foot, causing pain. When shoe shopping, talk to the sales people and find out

what shoes have the best fit.

barefoot. High heels are of-

Foot measuring is important and cannot only help get the right size, but also the right width of shoe. However, Dr. Hirt recommends not going strictly by shoe size. Try them on.

A few recommendations for shoe fitting from Dr. Hirt

- Shop for shoes at the end of day as the feet are usually at their largest, due to swelling during the day.
- Cost does not always reflect a quality shoe. Some of the most expensive tennis shoes I would not recommend anyone wear, as they are more about fashion than function.
- Make sure you have your foot measured for width, so the toes and foot are not being squeezed in a too narrow shoe.

and he kept his business open after hours to make sure everyone got their vehicle back that night.

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SCHOOL

Continued from Front Page

in classrooms (grades K-5), get scheduling completed (grades 6-12), plus the student will be able to attend orientations and open houses which are scheduled Aug. 18 through Aug. 28," said Callard via email. "We encourage parents to talk with our building staff and ask questions so they feel comfortable, which in turn makes the transition to our district easy for them and the student."

The first step, regardless of the district, is to go to the school system website (see sidebar) Most of the general information will be provided there. Usually, information like district boundary maps, curriculum information, school of choice applications, registration information and athletics can be found.

Lake Fenton Community Schools

At Lake Fenton Community Schools (LFCS), Superintendent Wayne Wright said registration is centralized. Registration for area families, or families through Schools of Choice (SOC), register at the central office, at 11425 Torrey Road, though forms are available at all schools.

Applications for SOC can be done online, though there are stipulations and cause for non-admittance. "We do review all SOC applications and may not accept the student if they have been suspended or expelled in the last two years," said Wright.

At LFCS, students need their original birth certificate, immunization record, three proofs of residency and transcripts for high school (see sidebar for more information).

For brand new students, you can also contact Todd Wilkinson in the Student Services Office at (810-591-2556) to schedule an appointment for all student enrollment.

SCHOOL DISTRICT WEBSITES:

Linden Community Schools

www.lindenschools.org Enrollment information is on the home page.

Fenton Area Public Schools

www.fenton.k12.mi.us Go to the "resources" tab across the top, then to "enrollment.

Holly Area Schools

www.holly.schoolfusion.us Go to the "Parents" tab, and scroll to "How to enroll your student.

Lake Fenton Community Schools

www.lakefentonschools.org
There is an "enrollment" tab in the left side of

TIPS TO MAKE REGISTERING EASIER

- 1. If possible, download the registration packet from school district's website and complete.
- 2. Bring these items to register:
 - Original birth certificate Complete immunization record
 - · Proof of Residency (utility bill,
 - property tax statement, closing documents)
 - Transcripts (high school only)
 - Custody Papers (if applicable) Vision Screening (kindergarten
 - Special Education Papers (if applicable)

Fenton Area Public Schools

At Fenton Area Public Schools, they also ask for court papers for custody, immunization information, and the last four digits of the Social Security Number.

Holly Area Schools (HAS) holds registration at the Karl Richter Campus at 920 Baird Street. Office hours are 7 a.m. to 4 p.m. Monday through Friday.

to register for Kindergarten. This will change for the 2015-16 school year, where they must be 5 by Sept. 1, next year.

Holly Area Schools

Children must be 5 by Oct. 1, 2014

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'Dance Moms' drama continues

L's amazing

that Ava has

national fame

achieved

on Dance

Moms from

a small-town

dance studio.77

Jeanette Cota Broadway Dance Academy

► Local dancer Ava Cota brings national fame to small-town studio

By Sally Rummel

news@tctimes.com; 810-629-8282

If you haven't yet tuned in to local dancer/singer Ava Cota, 12, on Lifetime's Dance Moms reality TV show, now's the time to get into the talent, drama and fun.

Season 4.5 of Dance Moms rolled out Tuesday, July 29 and now airs every Tuesday at 9 p.m. on Lifetime. Season 5 will begin filming in October.

Nominated for multiple Teen Choice Awards, Dance Moms draws millions of viewers each week, who enjoy watching the highs and lows of young dancers aspiring to stardom. Drama unfolds among their mothers and dancers, all under the watchful eye of matriarch dancer Abby Lee Miller, owner of the Abby Lee Miller Dance Company.

Ava, of Linden, appears in the episode, "Double the Moms, Double the Trouble" in Season 4.5, where she danced in the new Elite Junior team's group dance, The Rapture, which placed first in competition. She also appeared

in Season 4's "Presenting My New Team," with the dance, Birds of a Feather Flock Together, placing second and The Good Life, placing first.

Ava appears in Dance Moms with her mom. Jeanette Cota, a former model and studio owner of Broadway Dance Academy in Fenton, where Ava has studied dance for more than a decade. Her stron-

gest dance styles are Contemporary, Lyrical and Hip Hop.

For Jeanette, all the hoopla over Dance Moms is a boon for the Fenton area, drawing attention to Ava's home studio. "It's amazing that Ava has achieved national fame on Dance Moms from a small-town dance studio," said Jeanette. "That sends



DANCEMOMS.WIKIA

Ava Cota, 12, of Linden has a starring role in Dance Moms, a reality TV show on the Lifetime channel.

a positive message to all dancers in our community.'

Ava will hold a "Meet & Greet" session on Wednesday, Aug. 20, during Broadway Dance Academy's Open House

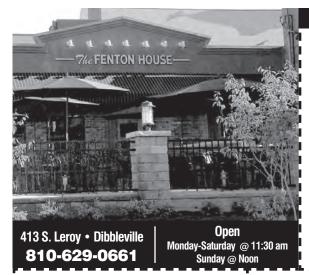
from 5 to 6:30 p.m. She will be signing autographs and meeting any fans of Dance Moms.

"Being on Dance Moms has changed her life," said Jeanette. "Now she gets stopped in airports, malls, etc. It's been such great experience for her to see how TV shows work and to be a part of the cast."

"Her song 'Just Gotta Dance'is available on iTunes

and she is currently working on another song with her vocal teacher Katrina Hawkins and music producer, Dhrez. I am so proud of her."

You can follow Ava's career on Instagram avacota02, Twitter avacota2002 or on her Facebook page, avamichellecotaofficial.



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TRI-COUNTY TIMES I YVONNE STEGALL

There are many delicious options for eating gluten free.

My gluten-free lifestyle necessary, but not always easy

► Major diet overhaul forces label-reading of every food item

By Yvonne Stegall ystegall@tctimes.com; 810-433-6792

When I talk to people about being gluten free I usually get retorts such as; "I could never do that!" and "I love pasta (or bread) too much." I tell them that if they went through the pain I go through with just one bite of something with wheat or gluten in it they would be able to

I am not saying it was easy. It was not, at all. The first year was the most difficult. Once, I was half way through a hamburger when my husband pointed out that I was eating the bun. By that point, it was too late.

For the last three years, though, I have not made any intentional mistakes. I have been glutened a time, or ten. "Glutened" is the term we gluten-challenged folks use to describe accidentally ingesting gluten.

When I first started my gluten-free lifestyle, it was difficult to find items that were free of the ingredient,

and when I did, they were all outrageously expensive. Over the last year, more gluten-free foods have become available, and some at cheaper prices (although still more pricey than their gluten-rich alternatives). While I can buy spaghetti noodles for my husband for a dollar most of the time, even the lowest priced gluten-free



Yvonne Stegall

Summary

►When vou need to stop eating gluten for health reasons it makes it a lot easier to quit, but it still isn't 'that" easy.

Why does

their sour cream have gluten in it? 77

Yvonne Stegall Gluten free for more than three years



What is gluten?

Gluten is a general name for the proteins found in wheat, rye, and barley. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected.

Source: celiac.org

ones are around \$2.50.

The most important thing that I learned when going gluten-free was that I needed to read labels, on every food I would ever eat again. Did you know there is

gluten in some salad dressings? Neither did I! Wheat gluten is used to thicken stuff, so anything that needs to be thicker could possibly contain gluten, such as soup. I came up with great alternatives for home cooking, like using potato flakes to thicken soup, and as a replacement for crackers in meatloaf.

The hardest part about going gluten-free, other than the cost, is going out to eat. While many restaurants now offer gluten-free meal options, not all of them do. Sometimes a restaurant's idea of a gluten-free menu is simply a list of what you can't have off their menu, making your dinner order feel like a math story problem.

While I wouldn't recommend cutting out gluten if you don't need to, since it takes a lot of work, Marjie Andrejciw, at Marjie's Gluten Free Pantry in Fenton, said "One of the biggest changes in a person's diet when they go gluten free is to greatly reduce the amount of processed food in their diet. Most Americans greatly benefit from eliminating (or at least reducing) all the industrialized food chemicals from their diet."



DRIVER'S ED

Continued from Page 3A

are the kids who stay in the parking lot with me while we learn basic maneuvers."

Fitz is an instructor with Ace Driving School, which handles most of the local driver's ed students from area high schools. While Fenton and Linden schools have a driver's ed program during the school year, many kids opt for the summer programs through private companies because it's easier for them to squeeze it in than during the school year.

A retired Fenton High School teacher, Fitz, 62, is practically a legend in the

To obtain a

driver's license at

age 18 or older,

driver's education

is not required.

classroom, although his classroom now is at Ace Driving School, and on the road. While as a teacher he used to have summers off, now summer is, by far, his busiest time of year.

"Right now I'm working 112 hours a week, 16 hours a day, seven days a week," he said. "My day starts at 6 a.m. and doesn't end 'til 10 p.m. During the school year, I'll have fewer students and won't work nearly as much."

As an instructor, Fitz is required to sup-

HOW MUCH DOES IT COST TO TAKE DRIVER'S EDUCATION?

At Ace Driving School, the cost of the course is \$300.

ply his own vehicle, pay for his own gas and insurance. "I pay the high-risk rate like a drunk driver does," said Fitz. "My insurance bill is \$600 a month."

Has his driver's ed vehicle ever been in an accident? "We've never had an injury, but we've totaled three vehicles over the years," he said. "We've had a drunk driver hit us. It could've been a lot worse."

But the dangers of driving are a con-

stant theme Fitz tries to relay to his students. "Just one error can be your last. It can be life or death every time you get behind the wheel. There's a lot of human error involved, especially today

with cell phones, eating behind the wheel, passengers, etc."

A teacher by profession for 33 years and a father of four, Fitz knows and understands kids.

"Kids really haven't changed over the years," he said. "Kids are still kids."



TRI-COUNTY TIMES I TIM JAGIEL

11A

Heather Griffiths, 15, prepares to back a Ford F-150 pick-up truck into a parking space at a testing facility in the Fenton industrial park on Thursday.

What has changed, he says, is the attitude of some parents, and society as a whole. "Everyone is so impatient. Road rage is huge. We've got a huge sign on top of the truck that tells other drivers we've got a student driver behind the wheel.

They'll still honk, pass, whatever. Today, we had a guy pass over a double-yellow line to get around us, and we both got to the same stoplight together. It's crazy. Other drivers should be expecting them to make some mistakes, so give them some space."

HOW DOES MICHIGAN'S GRADUATED LICENSING WORK:

Michigan offers a graduated licensing system.

To earn a Level 1 License

Teens are eligible to take driver's training Segment 1 when they are 14 years 8 months old by the first day of class.

Segment 1 includes 24 hours of classroom instruction and six hours of behind-the-wheel instruction.

Upon completion of Segment 1, drivers must immediately go to the Secretary of State office to receive their Level 1 License.

This allows a driver to drive only with a licensed parent or legal guardian, or with permission of the parent or guardian, he or she may drive with a licensed driver 21 years of age or older for at least six months or until his or her 16th birthday, whichever comes later.

Level 2 License

Drivers must be at least 16 years old and have had a Level 1 License for at least six months. They must also complete Segment 2 Driver Education, which they can take after having completed at least 50 hours of practice driving with a parent, legal guardian or someone over age 21.

A driver must pass a road skills test given by an agency approved by the Secretary of State.

A Level 2 License restricts drivers to having not more than one passenger under age 21, unless the passengers are members of their immediate family, or they are driving to or from school or school-sanctioned event. Drivers may drive between 10 p.m. and 5 a.m., if accompanied by a parent, legal guardian or someone 21 years of age, or if going to and from work.

Level 3 License

A driver must be at least 17 years old, have driven with a Level 1 License at least six months and Level 2 License at least six months. They must complete 12 consecutive months from the time Level 2 License was issued, without a moving violation or accident. A Level 3 License grants full driving privileges, with no restrictions.

Source: Ace Driving School



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3 Bedrooms 2.5 Baths, Open floor plan & 2,445 Sq. Ft.



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3 Beds, 2.5 Baths, Finished basement & 2,161 Sq. Ft.



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With so many sewer holes, training increases for firefighters

►Underground rescue practices to happen quarterly at township's training facility

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

Fenton Twp. — The Fenton Township Fire Department's new training facility is literally a concrete hole in the ground, 12 feet deep, 24 feet across, with just a 24-inch opening at either end.

It could save lives though, as there are 50 underground sanitary sewer pump stations in the township, and Fire Chief Ryan Volz added that they're getting older every day.

On Saturday, the fire department used it for the first time, simulating an underground sewer pump accident, which left two Cook Excavating workers "unconscious," 12 feet down. Also on site was the Grand Blanc Fire Department, which is the county's Michigan Urban Search and Rescue (MUSAR) group.

Cook Excavating also does all the public works maintenance for the township, so them playing the victim was education



TRI-COUNTY TIMES | TIM JAGIELO

Fenton Township Firefighter Sawyer Hobson is lowered into the 24-inch opening during the training simulation last Saturday, where two utility workers are "unconscious" underground.

for them too, as they're in the lift stations, which can be as deep as 30 feet, very often — more so than their rescuers.

15A

At 9:07 a.m. Saturday, Volz called the "emergency" in, and the firefighters responded to the scene from the station, arriving at 9:17. They then set up the heavy-duty tripods, which support a harnessed rescuer on their way down.

While equipment was being set up, other Cook employees, like Bruce Fenner, acted as a "worked-up" co-worker getting in the way of the rescuers, to simulate how some might behave in a panic, and have to be contained.

By 9:36, after tripods, air monitors and harnesses were ready, two township firefighters were in the hole, rescuing the victims one at a time. By 9:54, the last victim and rescuer were out of the hole.

It went fine, though the tripods were a problem. "We're trying to cut our time down," said Volz. "The biggest thing is how many people are there to help," meaning mutual aid to do traffic and crowd control, as well as setting up equipment.

TEXT

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All of the above are free services offered by the Times.

Continued from Front Page the Tri-County Times.

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231 Armstrong Street

Linden Schools - \$142,900

11817 S. Saginaw St. **Grand Blanc**





11209 White Lake Road Fenton Schools - \$799,900



311 W. Elizabeth Street Fenton Schools - \$239,900



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BASEBALL

When was the last time an MLB season ended without there being a no-hitter?

> It has been awhile, 2005 to be exact. There was only one no-hitter in 2006, but there have been 29 since then, an average of more than three a year.

AREA **ACES**

Ken Brown

Ken Brown, 46, aced the 187-yard seventh hole at Fenton Farms Golf Course on Wednesday.

Brown used a 7-iron and it was his first ace in 28 years of playing golf. Tracy Piazza, Bruce Hayse and Steve Robbin witnessed the shot.

Bill Davis

Bill Davis, 58, carded the fourth ace of his career on the 129-yard 10th hole at Fenton Farms.

He used a pitching wedge and recorded an 18-hole score of 72.

The shot was witnessed by Davis' wife, Leslie, and Roy Wisniewski.

FOOTBALL OPENERS

Here is a list of the opening varsity football games of the season involving tri-county area teams. All of the games are on Thursday, Aug. 28 at 7 p.m. The games are on Thursday due to it being the Labor Day weekend.

Berkley at Holly DeWitt at Linden Freeland at Lake **Fenton**

Fenton at Davison

Times

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Sports

INSIDE SPORTS: JERRY EISINGER

Fenton's new varsity volleyball coach



New rules are fine with area football teams

▶Pad, practice limitations have created some issues, but not many for programs

By David Troppens

dtroppens@tctimes.com; 810-433-6789

There has been a lot of discussion about the Michigan High School Athletic Association's new pad and contact rules in recent weeks, but when it comes to the area teams, most seem to be fine with them.

After all, during most weeks of the season all four area teams are already following very similar guidelines.

On March 21, the MHSAA adopted a variety of new rules created to promote safety and help the acclimation of prep football players toward pad usage in practices.

The MHSAA rules include the following stipulations.

- 1. During the first week of practice during the season, only helmets can be worn for the first two days. On the third and fourth days, shoulder pads are permitted. It isn't until the fifth day (Friday) that teams can practice in full uniform.
- 2. Before the first regularseason game, schools cannot schedule more than one "collision" practice in a day. A "collision" practice is defined as

one in which there is live gamespeed player against player contact in pads involving any number of players.

- 3. After the first regularseason game, teams may conduct no more than two collision practices during any week from Monday through Sunday.
- 4. No single practice may exceed three hours and the total practice time for days with multiple practice sessions cannot exceed five hours.

It is the pad and collision rules which could have the biggest impact on some teams. In past years, squads had to conduct three practice days without pads and then could wear all of their pads during the fourth (Thursday's) practice.

Holly coach Ryan Culloty said the toughest issue may be the pad issue prior to the start of the season.

"We are losing a whole day of traditional hitting that we normally do on Thursday, so now instead of having four hitting practices going into Saturday scrimmages, we now only have one, so it really does change things. Instead of a scrimmage



TRI-COUNTY TIMES (Above) Holly's linemen do some blocking practice on Wednesday with their shoulder pads and helmets on. (Right) Linden center Andrew Korst snaps the ball to quarterback Jake Zorn before Linden's Thursday practice began.

(on Saturday) we are going to move on to a normal practice then the traditional scrimmage.

"It changes things a little bit," Lake Fenton coach Eric Doyle said. "They pushed everything back one day. There are pros and cons with it. I understand where

See RULES on 19A





TRI-COUNTY TIMES I DAVID TROPPENS Linden's boys cross country team runs around the track just after midnight on Wednesday. It was the team's first practice of the season.

Linden XC gives midnight practice a shot

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Linden — It was about 11:30 p.m. on Tuesday at Linden High School's parking lot.

It's a time when one would expect the only activity happening would be the occasional raccoon or deer sneaking across the campus to seek some food.

But Tuesday was a bit different than most August nights.

There was activity. Occasionally there were motorized vehicles driving into campus and with them were members of the Linden cross country programs.

Despite temperatures in the low 60s, most wore shorts or sweats and a T-shirt when they first left their cars. But a few minutes later the weather took a slight turn for the worse. A drizzle attacked the students, and with it popped out jackets and large blankets.

Why the congregation of runners? Wednesday marked the start of the 2014 fall prep sports practice season for all sports except football (gridiron teams started on Monday) and the Linden cross

See LINDEN on 18A



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Eisinger era begins for Fenton volleyball program

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Jerry Eisinger is from the Flint area.

He understands the tradition of great volleyball created while Linda

Rusaw guided the program. That great tradition includes current streak of 53 straight victories in Met-League matches dating all the back way to Oct. 25, 2007.



Jerry Eisinger

But that was the past. And now, Eisinger would love to leave his imprint on the Fenton varsity volleyball program. He'll get that chance starting during the fall of 2014 as the Tigers' new coach.

"It meant a great deal. I'm thrilled to have the position," Eisinger said.

"I'm constantly monitoring for jobs in volleyball and it always has to be a perfect situation for me with my jobs. I need to be somewhere in the area, and Fenton was perfect. I wasn't sure if I'd get it or not, but I was thrilled to get the job."

Eisinger says he's "played volleyball forever" and has coached AAU teams for 12 years. He's also worked three years with the Bendle High School team, winning two district titles during that period. He took one year off, and returned when the Fenton opportunity came knocking. Eisinger loves what he has seen out of the Fenton players.

"The very first time I saw them play, I was amazed. They go for it," Eisinger said.

"They are all about volleyball. When the ball goes to the floor, they compete. I love that. Now, it's a matter of teaching them the way I teach, bringing in the stuff I do. The way they compete, I think they will do well."

There is a difference in the way the team will approach volleyball from a formation standpoint. Eisinger uses a technique named the gold medal square technique. It's used at the national level for many of the top programs in the world. The girls appear excited to learn it as well.

"It's a completely different coaching style," said senior Carly Granger.

"I'm excited because I think it's good to be well rounded with coaching because it makes you a better player. You don't have to know just one way, so I like it."

See EISINGER on 19A

LINDEN

Continued from Page 17A country program had an idea. Why wait until morning to start their first practice? Why not begin after midnight as Wednesday began? And that's exactly what happened.

"We heard about it during the summer," junior runner Maya Gossett said. "It was an idea to do it, we talked about it and thought it would be a cool idea to come together and run."

"We had a meeting and coach said we would be doing something special right when the season starts," senior runner Jack Needham said. "They wanted to practice right here at midnight. They sprung the idea on us, to try something new."

After last season ended, Linden's varsity cross country coaches Teresa

Wright and Clint Lawhorne wanted to figure a way to add some meaning to the start of the fall season. It seems the idea was created by Tom Wright, Teresa's husband and volunteer coach for the programs.

"Tom suggested the midnight mile," Teresa said. "He remembered football teams officially starting their seasons at midnight, so why not cross country? The seed was planted."

"I think it was Tom's idea and we kind of ran with it," Lawhorne said. "We had a couple of other ideas, but we didn't get to try them this year. We'll keep those ideas in the bank and sees what happens (in the future)."

At 12:01 a.m. on Wednesday, the runners entered the track area. But this wasn't like a midnight football practice where the lights were on. Instead, the runners ran a mile around the track in what was almost complete darkness. The coaching staff placed glow sticks on the ground to help the runners navigate their path, but that was about the only help they received. The drizzle conditions kept the moon from providing any additional light. With the exception of a lantern located near the starting line, there weren't any other man-made created light sources around the track, making the run quite the challenge. Even for those who weren't running, it was a challenge to see the runners when their packs approached.

"It was tough," Needham said. "I was slipping all over the place. There was barely any lighting so it was really tough to see where you were going."

"You can kind of see the white lines (dividing the track lanes), so we had a little bit of a visual, but it's mostly dark so you are just kind of going for it," Gossett said. "We were swerving a little bit and hit each other a couple of times, but nobody died, so we are good. We are all healthy."

The students seemed to enjoy the event, even Needham, who says he's usually sleeping by midnight.

"I'm usually sleeping right now. Around 10:30 p.m. it hit me and I realized I had about an hour before I had to show up here," Needham said. "This wasn't about the running. It's more like a team experience and having fun with our team. At the same time we are run-



TRI-COUNTY TIMES I DAVID TROPPENS

Linden cross country runners do a cool down after running a mile around the dark Linden track on Wednesday between 12:01 a.m. and 12:30 a.m.

2013's Final Elite Eight

Here is a list of last year's final Elite Eight poll from the fall of 2013. Cross country teams held three of the eight positions.

- 1. Linden girls cross country
- 2. Linden boys cross country
- 3. Fenton girls golf
- 4. Linden boys soccer
- 5. Holly boys cross country
- 6. Fenton girls swimming
- 7. Holly boys tennis
- 8. Fenton volleyball

ning a serious race that's going to count toward your season."

The timing of the race bothered Gossett less since she said she's usually up pretty late.

"I like the night and this is a lot of fun," Gossett said. "It's actually been a lot more fun than I thought it would be. We are coming out and having a good time."

The Linden cross country teams ranked as two of the best prep teams in the tri-county area last year. Both finished fourth at the Division 2 state meet and both were regional champions. The Linden girls also captured a Metro League crown. The dedication and the camaraderie between the two teams was apparent.

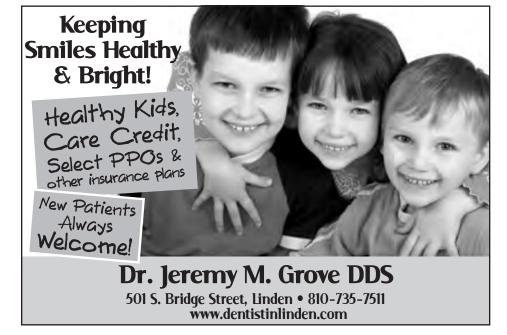
Both squads enter this season with high hones

"I'm really excited," she said. "Last year we got fourth in the state, the best the Linden girls have ever done. We are hoping to go back and do our best at state," Gossett said.

"We have a lot of potential," Needham said. "I see a lot of new faces. We had some varsity members move on, but there's a lot of potential with who we have and I know we can have a good season."

As for the midnight run, don't be shocked if it makes a return appearance in future years.

"As you could hear, since you couldn't see since it was pretty dark, the kids loved it," Wright said. "I believe it will be something that just might become a tradition."





RULES

Continued from Page 17A

they are coming from, but at the same token they have to trust we are going to put the kids' safety first. We are not going to put kids in harm's way like that anyway. But it is, what it is and it's fine. We'll adjust."

While teams won't be getting full pads on until Friday, a day later than in the past, they did get the shoulder pads on a day earlier, and Fenton coach Jeff Setzke likes that aspect of the new rules.

"I like getting shoulder pads on earlier because a lot of times when you are doing helmets and nothing else, like summer camps, people have a tendency to ding up their shoulders," Setzke said. "I don't like waiting until Friday to hit, but those are the rules and it really amounts to a 24-hour difference for us. We're fine with it. We have shoulder pads on today, so we can be more active today."

Looking at Wednesday's and Thursday's practices around the tri-county area, from the unskilled eye, it was hard to tell much difference while observing small portions of a session. In other words, without full pads or not, it looked like the teams were being productive with their methods. It will be a learning process. Some states, like Illinois, adopted similar rules last year.

"It's one of those things, you get to the offseason and ask people how they did it," Culloty said. "And it's like anything else, this is the lab time — everyone is experimenting with their own way. I contacted several college coaches, several guys in Illinois and people that have gone through this and got their feedback."

The one rule that doesn't seem to both-



TRI-COUNTY TIMES I DAVID TROPPENS

Linden's linemen do some drills during Thursday's practice. The players were able to wear a helmet and pads during the practice.

er anyone is the two contact days each week once the regular season has begun.

"It really won't change how we do things. We haven't been huge on contact for quite a few years in terms of contact in practice," Linden co-coach Nick Douglass said. "The new rules ... don't really change from what we did in the past. During the school year we are already limiting the amount of contact we did with the strong belief of having strong legs at the end of the season. The new rule kind of fits the way we do things already."

Setzke agrees with Douglass.

"We only hit twice a week anyway," Setzke said. "They modelled that according to the way we do things. It will have a little effect on Monday and Tuesday next week, but that's it."

The coaches understand that this goes with the shift of making the game safer for the players.

"I like (the new rules)," Douglass said.
"I think they are good for the health of the sport. It keeps the kids healthy."

Game rules

There are some game rules being adopted for the safety of the players. There are rules that add restrictions to targeting a player with a helmet hit against a defenseless player. Also, if a player takes aim at an opponent above the shoulder, they'll also get a penalty. The punishment will be 15 yards. These rules seem much in line with what the National Football League does now. The key will be finding how officials define and enforce the new rules. It will be a learning process.

"It's going to be interesting to see how they are going to call it," Culloty said. "You don't know how they are going to call it, and there's the point of emphasis on the defenseless player. They've really upped the safety aspect of it."

EISINGER

Continued from Page 18A

The Tigers enter the 2014 season as the six-time defending champions in the Flint Metro League and they would be considered the overwhelming favorites to make it seven straight crowns if not for one change in the league. Flushing joins the Metro, and the Raiders are a very accomplished program. In fact, the coaches selected Flushing to be the preseason favorites to win the Metro, with the Tigers being a close second on the list. Fenton, who beat Flushing in a regional final contest a couple of years ago, is excited for the challenge.

19A

"It's exciting to have the challenge," Fenton player Kailey Maks said.

"It gives us more of a drive to come on top again."

"I'm so excited," Granger said.
"I think it's exciting because two years ago we played them in the regional final and we won on a tape serve, so I know they are pretty mad about that. That's going to be really big competition."

"Traditionally, Flushing is a strong program and, without question, it's going to add a great deal of complexity (to the Metro title race)," Eisinger said.

"I'm looking forward to the challenge. I think they are a great addition to the Metro league, and I can't wait to get to them (during the season)."



TRI-COUNTY TIMES I SCOTT SCHUPBACH

Tackles above the shoulders, like this one attempted by Fenton's Evan Gornick (left) last season, will be penalized 15 yards this football season. It's just one of many rules incorporated into this season to make the game safer for the players.



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Evolution of four classic vehicles

► How some of the most popular vehicles have changed over the decades

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Muffler Man

ystegall@tctimes.com; 810-433-6792

If there is one thing that is always true, it is that nothing ever stays the same. That goes for vehicles too. Some models

come and go, and some stick around for decades. The ones that stay do not always stay the same. Looking back at some of the first vehicles, or first models of a favorite car, can be like walking back into a time long forgotten.

Not only do the bodies change, but so does what is under the hood. Work is done to make them drive faster, be more efficient, and sometimes they are even redesigned to help the environment. Here is a look at how a few popular vehicles have evolved since their first inception.

Ford Mustang

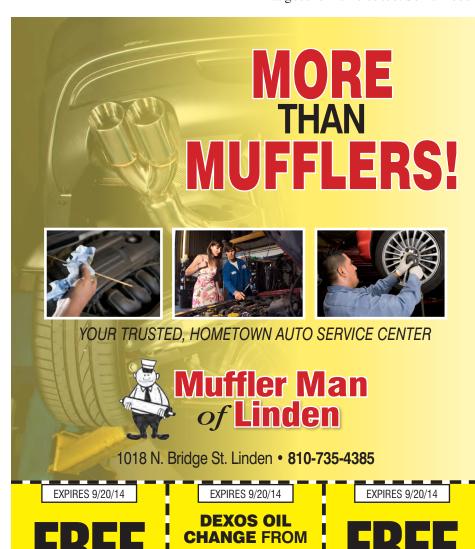
Sports cars have always been a popular choice for vehicle lovers, and one of the most easily recognized is the Ford Mustang. The original Ford Mustang debuted on April 17, 1964. It only cost \$2,368. Now they start at \$22,777.

The original Mustang got about 18 mpg, while the new version of this muscle car averages about 22. That's not much of a difference, but then again most people do not pick this style of car for its great gas mileage.

Jay Lasco, vice president at Lasco Ford, said, "Ford was set and determined to take the Mustang from the '60s all the way to 2014 and combine the mustang experience every Mustang owner loves with today's technology and style, simply explained as 50 years of evolution." He added, "That mustang experience includes performance, design, including exciting colors and wheel options, interior cockpit inspiration, advanced technology like advanced sensors that detect cars in blind spots or the advanced communications system. And let us not forget the convertible which now is even more the carefree cousin of the fastback."

There have been some changes to the new Mustang, "Ford will now offer a 2.3L ecoboost four cylinder motor that makes 310 Horsepower," said Lasco. "You can also step up to the top and choose the 5.0 liter GT trim level, which will pump out around 435 horsepower and 400 pound-feet of 'throw you back in your seat' torque."

See **EVOLUTION** on 22A







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Keep your child safe with properly installed car seat

▶Road injuries are the leading cause of preventable death and injury to children in U.S.

By Sally Rummel

news@tctimes.com; 810-629-8282

Whether you're hitting the road for a last-minute summer vacation or just doing errands around town with your young children, you need to be sure that you're using your child's car seat correctly.

More than 73 percent of car seats are not installed properly, according to the Michigan Office of Highway Safety Planning. Most of the common errors are an easy fix with a few adjustments. It literally can mean the difference between life and death for your child, as road injuries are the leading cause of preventable deaths and injury to children in the U.S. Properly installed car seats can reduce the risk of death by as much as 71 percent.

Common car seat mistakes

MISTAKE #1: The harness straps are not tight enough.

How to fix: Harness straps should fit snug to the child's body and should pass the "pinch test." You should not be able to pinch any excess strap material.

MISTAKE #2: The car seat isn't installed tightly enough.

How to fix: Car seats, whether installed with the seat belt or latch system, should not move more than 1 inch from side to side when tested at the point where the car seat attaches to the vehicle.

MISTAKE #3: Moving children to the next step too soon.

How to fix: Children should stay in their car seats until they outgrow the height or weight limit of the seat before moving to the next step, such as rear-facing to forward-facing.

MISTAKE #4: The chest clip is too low. **How to fix:** The chest clip should be secured at the child's armpits to ensure straps remain in the correct position.

MISTAKE #5: Putting kids in the front seat too early.

How to fix: Children should ride in the back seat of the vehicle until they reach age 13. The force of an air bag may be too intense for children under that age.

Tips for buying a car seat

Never purchase or borrow a used car seat that has been involved in a crash, has been recalled, has no date of manufacture and/or model number, has expired (typically after six years), is damaged or has missing parts.

IMPORTANT TIP: Car seats should not be purchased at garage sales or second-hand stores because you don't know the full crash history of the seat. If you're going to buy one used, it must be from someone you know who can provide that information.

Here's where to go for free car seat inspections:

Genesys Trauma Services, in partnership with Genesys Health Foundation, offers car seat safety inspections every month by appointment, by calling (810) 606-7824.

Where: Grand Blanc fire station #3 (Baldwin Road) on the Genesys Health Park Campus.

When: Second and fourth Mondays of every month from 5 to 9 p.m.

Cost: Free

TIP: If you need and qualify for a free car seat for your child, email safekids@hurleymc.com for more information.

The Michigan child passenger safety law requires:

• Children younger than age 4 to ride in a car seat in the rear seat if the vehicle has



CARPAPER.NET

21A

It's imperative that car seats be installed properly to prevent infants and young children from being hurt in the event of a crash. Follow manufacturer directions carefully and if in doubt call (810) 606-7824 to schedule an appointment for a free inspection.

a rear seat. If all available rear seats are occupied by children under age 4, then a child under 4 may ride in a car seat in the front seat. A child in a rear-facing car seat may only ride in the front seat if the airbag is turned off.

• Children to be properly buckled in a car seat or booster seat until they are 8 years old or 4-feet, 9-inches tall. Children must ride in a seat until they reach the age or height requirement, whichever comes first.



CHEVROLET CORVETTE

The first Corvette came in one color. The new Stingray is a car that is turning heads.



1940 2014

Originally, the Jeep was made strictly as a military vehicle. Now they're great for multiple purposes, and still look good.



1960s

2014

The GMC trucks of the past are not as tough looking as they are now. The new Sierra is bigger and better.

EVOLUTION

Continued from Page 20A

Chevrolet Corvette

The first available Corvette was based on a Motorama prototype, and entered the production line on June 30, 1953, in Flint. There were 300 vehicles made, all in the now iconic Polo White/Sportsman Red exterior/interior color scheme. The first car only had two options — a heater and an AM radio. It was powered by the 150-hp, three-carb "Blue Flame" inline-six and a two-speed Powerglide transmission. It could go 0-60 mph in 11.5 seconds. It cost \$3,490. The newer models start at about \$53,000.

The Corvette averaged about the same

mpg as the Mustang, of course depending on what type of driving it was being used for (city or highway). The new Stingray averages a little over 21 mpg.

Matt Stevens, general sales manager at Vic Canever Chevrolet said, "I would have to say the car has gotten better with every new model year. The engineering that went into the new Stingray is second to none. This new Corvette can compete with the Super Cars of the market."

According to Jim Hall at Hall Chrysler Jeep Dodge Ram, "The first vehicles were available for sale to the general public in 1942 as Jeep Willys Overland model. They originally came out in 1941 for

specific use for the U.S. Army."

Although information is hard to find on the original cost of the civilian Jeep, it seems to be somewhere in the range of \$1,090. With so many styles to choose from now, Jeep prices start at around \$23,000. Miles per gallon averages about 17, which isn't that much different from the past.

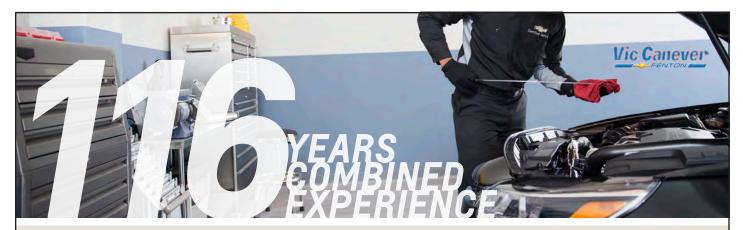
"The brand is one of the most loyal brands in the history of the auto industry. The product line continues to expand with the addition of the 2014 Jeep Cherokee, as well as the 2015 Jeep Renegade that'll be coming out the first of the year," said Hall. "There is really a Jeep for every age group and demographic. The styling, versatility, off-road capabilities and reliability make this a vehicle of choice."

GMC Pickup Truck

Max and Morris Grabowsky built their first prototype in 1901 in Pontiac, for the GMC pickup truck. The actual name, "GMC Trucks," didn't come into existence until 1912, a few years after General Motors bought out the Grabowsky brothers in 1909. The first appearance of the GMC truck was at the New York Auto Show, and it was patented eight months later.

As the decades went by the GMC truck changed a lot and became more streamlined. The crew cab first appeared in the '70s. GMC introduced a redesigned pickup at the end of the 20th century. Frame hydroforming meant the trucks were built upon a stronger, lighter, more rigid platform. They added rear-hinged three-door extended cab models.

The year 2014 brought a redesign to the GMC Sierra — bigger and better. The first Sierra didn't come out until 1996. The first GMC truck was also a military vehicle, like the Jeep. The first civilian truck they made was the P-Chassis in 1950. It was discontinued in 2000. The new Sierra gets anywhere from 17 to 24



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I went in for an oil change which was done quickly. Also did an inspection of many other things on the vehicle. All checked out okay. The service people are always very informative and knowledgeable, and if I have a question, they find an answer. Ronald H.

The service department does a great job. High level of integrity and the work performed is excellent. Bill B.











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What could be wrong with my truck? It won't start up and it is spitting gas out of the front manifold. - Sydney

Sydney, I would need to know more information about your truck. For example year, make, model, and engine size. However, I have seen this type of problem on several Chevrolet and GMC model trucks with a 4.3 vortec motor. It usually ends up being leaky fuel lines or fuel pressure regulator under the upper intake manifold. If this is the case, you should replace both while you are in there. This way you don't have to open it up again if the part that is not leaking goes bad after you repair the current leaking part.

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



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TRI-COUNTY TIMES I TIM JAGIELO

Thursday was the busiest car cruise in downtown Fenton yet, as it ran alongside Taste in Fenton, the Farmers Market and the free Concert in the Park.

Huge crowds, shining chrome, roaring engines

▶ Biggest car shows still to come, after area is 'tuned up'

By Sally Rummel

news@tctimes.com; 810-629-8282

Fenton — On Thursday, Fenton's Tune-Up Car Cruise filled downtown to the brim with visitors, along with several other events, like the concert series, Taste in Fenton and Farmers Market.

Back to the Bricks Tune-up party was Thursday, Aug. 7, throughout downtown Fenton. This event was a prelude to Flint's 10th Anniversary Back to the Bricks.

In the air was chatter, the rumble of American horsepower and the camaraderie that always surrounds what amounts to a rolling museum of metal flecked paint and vehicular oddities.

Rat rods, a Volkswagen van, a rare gull-wing Bricklin SV-1, amphicar and the always popular American muscle lined LeRoy Street from Shiawassee to Caroline, and people were absolutely everywhere.

Linden held its own Tune-Up Party on Wednesday, along with its car cruise during the Linden Mills Days in June.

Vic Canever Chevrolet held its Car Show, on July 17 and Aug. 7, which coordinated with Back to the Bricks Tune-up Party. There were of course antique and muscle cars, free refreshments, drawings and prizes.

Holly holds its popular cruise every Wednesday until October.

There's more cruising to come: *Tim Jagielo contributed to this report.*

Fenton

North LeRoy Business District Car Show

North VG's parking lot Saturday, Sept. 13 Food by Beale St. BBQ. Presented by Christian Cruisers Car Club. Show runs 5 to 8 p.m.

Mega Coney on Owen Road

Aug. 19 and Sept. 16 Shows run 5 to 8 p.m., 50/50 raffles, 2-for-1 coneys for drivers, D.J. Bob Steele.

Boston Gourmet Pizza Summer Cruise 2014

Tuesday, Aug. 26 5 to 8 p.m. D.J. Bob Steele

Holly

Cruise to Battle Alley/Holly Car

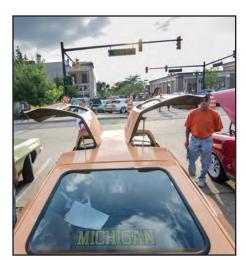
Every Wednesday until October From 5 to 8 p.m., in downtown Holly Major sponsor is Bar's Leak. D.J., door prizes, 50/50 raffle at Lisa Clark's table. Organizers are John Bozart and Bob Allsop.

Other popular Michigan car shows:

Woodward Dream Cruise, the

largest single-day classic car event in the world, will be **Saturday**, **Aug. 16** from 9 a.m. to 9 p.m., with a week's worth of activities Aug. 11-16.

Back to the Bricks, which brings thousands of visitors to downtown Flint, is running Saturday, Aug. 16, from 8 a.m. to 5 p.m. with a drag race being held at the flat lot throughout the day. Aside from car shows, there is a free drive-in movie, rolling cruises, swap meets, yard sales, sock hops, etc. For full schedule, visit backtothebricks.org



A Bricklin SV-1 drew lots of attention as one of the more unique and rare cars at the Fenton Tune-Up Party.



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\$6,300



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2009 Buick Enclave CXL 1359138A\$10,8



2009 Chevrolet Impala LS 2116870A \$8,442



2011 Chevrolet Impala LT 173642R......\$10,939



2011 Chevrolet Cruze LT 125137R......\$12,495

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 2007 Chevrolet Aveo LT
 2011 Chevrolet Malibu
 2011 Chevrolet Malibu
 2007 Chrysler 300

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