Organize your kitchen for healthier meals

The right tools and planning ahead makes it easier to feed your family

By Sally Rummel
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We all know we make healthier food choices when we plan our meals ahead of time, using wholesome ingredients and preparing them at home the old-fashioned way — in our own kitchen. But the reality of busy schedules, two working parents and a “fast-food” mindset often overrides even the best of intentions to cook fresh foods mindfully at home.

Matt Cooper, chef/coordinator for Culinary Arts/Baking and Pastry Arts/Food Service Management at Mott Community College, shares some of his strategies for healthy home cooking.

• Get organized. “I think planning ahead is very important,” said Cooper, who also owns his own Fenton business, Icon Ice. “In order to be a good cook, you have to set yourself up and be organized. “When I’m preparing a meal on Monday, I should already be thinking about Tuesday’s lunch and dinner,” said Cooper of Fenton Township. “What veggies can I prep ahead since I’m already in the kitchen and making a mess?”

• Build a healthy pantry. “Have your brown rice, quinoa, nuts, beans, oils and dried goods on hand for all your meals,” he said. “Use your freezer to stock up on extra nuts, cheese, butter, etc. that you can buy ahead. Also, cook once and eat twice with larger quantities that you can package, label and freeze. Learn how to store herbs so you always have fresh herbs on hand.”

• Eat well “on the run.” Since Cooper starts his day at 6 a.m. at the college and is often still there until early evening, he knows the importance of eating well “on the run.” “For me, that may mean a quick breakfast of a handful of pecans and a V8 juice as I’m heading out the door,” he said.

• Learn how to preserve fresh herbs, which you can dry or freeze. Cooper keeps his own windowsill garden with fresh herbs and baby lettuces.

• Eat seasonally. Use what’s fresh at local markets. “Buying fresh produce also helps us snack more healthfully,” said Cooper, married and the father of two. “Instead of eating chips, I’ll pick up a banana or apple if we’ve picked them up fresh at the market. To me, healthy and fresh go hand in hand.”

He adds that larger regional farmers markets like Flint and Davison are open all year ‘round, on Tuesdays, Thursdays and Saturdays.

• Have the right equipment. Cooper also relies on quality kitchen equipment like knives, a toaster oven for small quantities, a crockpot and pressure cooker.

At the college kitchen lab, vacuum sealers and immersion circulators help get meals on the table quickly, while speeding up marinating time and saving college diners a trip to Starbucks.

See KITCHEN on 4B

5 kitchen gadgets you should have:
• Non-stick rice cooker $43
• Mini food processor, Mini Prep by Cuisinart, $35
• Non-stick rolling mats and cookie sheets, $25 to $49.99
• KitchenAid attachments, from sausage stuffer to citrus juicer, $14 to $35
• Non-stick, eco-friendly, chemical-free pan, $30 for 8-inch, $49.99 for 10-inch

Source: This Old House

5 kitchen gadgets you don’t need:
• Any slicer (for bananas, mushrooms, apples, etc.) that can be replaced by a good knife.
• Quesadilla maker/waffle maker. Use a good pan instead and you won’t have to store these.
• Egg separator. Use your hands and save your money.
• Popcorn maker. Make it the old-fashioned way on the stovetop.
• Meat grinder. Any good food processor will work.

Source: Reader’s Digest
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YOU’RE DECORATING WRONG

7 mistakes you’re probably making

Minor decorating decisions can have a major impact on how your home looks and feels.

Mistake: Distributed collections.
Cover an entire wall with shelves to display this collection if necessary—but do not let the collection trickle out into other rooms in the house. A collection housed in a single space feels special. That same collection spread throughout the house feels like clutter.

Mistake: Skipping the window treatments.
Some home owners don’t bother with curtains or shades these days—they don’t want anything to block their home’s natural light. But a room without any window coverings feels unfinished, and uncovered rectangular window frames look hard and harsh. If you don’t want window coverings that block your natural light, install sheer curtains or shades. Sheer fabric can filter incoming sunlight rather than blocking it, giving sunlight an appealingly soft, varied feel.

Mistake: Insufficient number of light sources.
Arrange the three lights in a room to form a triangle, with two on or near one wall (such as on either side of a bed or sofa) and a third on or near the opposite wall. Table and floor lamps tend to be preferable to overhead lighting, which can cast harsh, unflattering shadows. Use lamps with lamp shades whenever possible—indirect light is less harsh than direct light.

Choose different accent colors for different rooms in your home.

Warm colors
Choose “warm” colors including reds, yellows or oranges as your bright colors in most rooms in the house, including any room where the main color is tan or beige.

Cool colors
“Cool” colors such as blues or greens tend to feel less inviting but are an option as a pop of color in private spaces such as bedrooms and bathrooms.

Mistake: Putting all the furniture against the wall.
Not every sofa and chair needs to be pushed back against a wall. In fact, the seats in a seating group should be no more than eight feet apart, even if that means that all or some of them are not against a wall.

Mistake: Skipping the rug.
Rugs are worth having even if you love the beauty of your hardwood or tile floors. Not only will a rug add color and texture, it will dampen sound.

Mistake: Hanging art too high.
When people hang art on their walls, they tend to position it at their eye height when standing. But at that height, the art looms uncomfortably above them when they’re seated. It also feels disconnected from the furniture below, and it makes rooms feel top heavy and unbalanced. Hanging all the art in a room so that the center points are at the same height allows the eye to move comfortably around the room.

57”
Professional decorators have discovered that the ideal height to hang art is 57 inches from the floor to the center of the artwork (the hook will be positioned higher).

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Social News

BIRTH

Abigail Layne Shepard
Mike and Sadie Shepard of Fenton are proud to announce the birth of their daughter, Abigail Layne Shepard. She was born June 2, 2014 at Genesys Regional Medical Center in Grand Blanc at 8:56 a.m. Her weight was 6 lbs., 13 oz. and 19¾ inches long. Her grandparents are Sherrie Pilon of Mt. Morris, Irene DeBoit of Grand Blanc and Lorraine Shepard of Flint. Abigail also has a proud big sister, Sidney Love Shepard, age 5.

PLUG IN.

Featured columnist

By Roger Campbell

Give thanks for changing seasons

‘This is like driving in a beautiful painting!’ Pauline said while we were on one of our annual October color tours. Well said!

The brilliant blending of autumn’s artistic hues is enough to make the blues leave. Design dominates the landscape. And design declares the existence of the Designer.

Colorful rolling hills and breathtaking views enticed by flocking birds prove the ingenuity of the Master Planner. And even after sundown, the wonder remains. Harvest moons inspire poets and lovers, reminding us that the One who created all this loves us all.

Still, some are so troubled by adverse circumstances in their lives that they allow present problems to color their thinking about God. Surrounded by countless evidences of His power, they mistakenly conclude they are beyond help and doubt that He cares.

Recent natural disasters add to our need of a peaceful haven. Threatening clouds call for a refuge from raging storms. High numbered hurricanes and killer earthquakes under seas and on land increase the tensions of our time. Terrorists take their deadly toll on innocent people longing to be free and threats of plagues that defy miracle drugs, possibly killing millions, seem to be ever on the minds of those who feed our fears. But creation’s wonders should soothe our minds, lifting us from every valley of despair.

In his most difficult and eventful life, found his faith increased by observing evidences of God’s work everywhere. ‘The heavens declare the glory of God and the firmament shows His handiwork,’ he wrote (Psalm 19:1).

Commenting on David’s soothing statement of faith, the nineteenth century English minister, Charles, Spurgeon, wrote: ‘In his earliest days the Psalmist, while keeping his father’s flock, had devoted himself to the study of God’s two great books — nature and Scripture. The book of nature has three leaves: heaven, earth and sea. Any part of creation has more instruction in it than human mind will ever exhaust.

Every moment of God’s existence, power, wisdom and goodness are being sounded abroad. Even the changes of night and day equally reveal the Invisible One.’

Our Lord often used illustrations from nature to build the faith and quiet the hearts of His hearers. He spoke of birds that do no farming but are fed by their heavenly Father and of lilies that neither toil nor spin are clothed more elegantly than kings. Why then should we allow worry to take away the joy of living?

True, the earth is in travail, causing upheavals of nature (Romans 8:22), but even these promise the birth of a new day. Meanwhile, wherever we live, we can give thanks for the beauty of changing seasons, announcing better things on the way.

Roger Campbell is an author, a broadcaster and columnist who was a pastor for 22 years. He can be reached at roccampbell@ameritech.net.
AN ORDINANCE TO PROVIDE FOR THE ACQUISITION AND CONSTRUCTION OF ADDITIONS, EXTENSIONS, AND IMPROVEMENTS TO THE WASTEWATER SYSTEM OF THE CITY OF FENTON, TO PROVIDE FOR THE ISSUANCE AND SALE OF REVENUE BONDS TO PAY THE COST THEREOF, TO PRESCRIBE THE FORM OF THE BONDS, TO PROVIDE FOR THE COLLECTION OF REVENUES FROM THE SYSTEM SUFFICIENT FOR THE PURPOSE OF PAYING THE COSTS OF OPERATION AND MAINTENANCE OF THE SYSTEM AND TO PAY THE PRINCIPAL OF, AND INTEREST ON THE BONDS; TO PROVIDE FOR SEVERAL OTHER MATTERS RELATING TO THE SYSTEM; TO PROVIDE FOR THE RIGHTS OF THE HOLDERS OF THE BONDS IN ENFORCEMENT THEREOF; AND TO PROVIDE FOR OTHER MATTERS RELATING TO THE BONDS AND THE SYSTEM.

THE CITY OF FENTON ORDINANCES:

Section 1. Definitions. Whenever used in this Ordinance, except when otherwise indicated by the context, the following terms shall have the following meanings:

(b) “Adjusted Net Revenues” means for any operating year the excess of revenues over expenses for the System determined in accordance with generally accepted accounting principles, to which shall be added depreciation, amortization, interest expense on Bonds and payments on the Issuer in lieu of taxes, to which may be made the following adjustments:
(i) Revenues may be augmented by the amount of any rate increase adopted prior to the issuance of additional Bonds or to be placed into effect before the final resolution adopted on the additional Bond becomes payable from Revenues as applied to quantities of service furnished during the operating year or portion thereof that the increased rates were not in effect.
(ii) Revenues may be augmented by amounts which may be derived from rates and charges to be imposed on the Issuer, the Authority and the System; such purpose being authorized by the provisions of the Prior Ordinance, upon the adoption of such rates and charges by the Authority, whereby bonds of the Issuer are sold to the Authority and bear interest at a rate of two and one-half percent (2.50%) per annum.
(c) “Authority” means the Michigan Finance Authority.
(d) “Authorized Officers” means the Mayor, City Manager, Treasurer and Clerk of the City.
(e) “Bonds” means the Series 2014 Bonds, together with the Outstanding Bonds and any additional bonds hereafter issued of equal standing with the Series 2014 Bonds.
(f) “City” or “Issuer” means the City of Fenton, County of Genesee, State of Michigan.
(g) “Engineers” means OHM Advisors, Livonia, Michigan.
(h) “MDDEQ” means the Michigan Department of Environmental Quality, or its successor agency.
(i) “Outstanding Bonds” means the Series 2009 Bonds.
(j) “Prior Ordinance” means Ordinance No. 646, authorizing the issuance of the Outstanding Bonds.
(k) “Project” means the acquisition, construction, furnishing and equipping of the City’s Wastewater System, together with all related appurtenances and attachments thereto, as described in the plans prepared by the Engineers and approved herein.
(l) “Purchase Contract” means the Purchase Contract to be entered into between the Authority and the Issuer relating to the purchase by the Authority of the Series 2014 Bonds.
(m) “Revenues” and “Net Revenues” means the revenues and net revenues of the Issuer as defined as Net Revenues of the Issuer of Act 94, including with respect to “Revenues”, the earnings derived from the investment in moneys in the various funds and accounts established by the Prior Ordinance and this Ordinance.
(n) “Series 2009 Bonds” means the Issuer’s Wastewater System Revenue Bonds, Series 2009 (Limited Tax General Obligation), in the principal amount of $2,010,000.
(o) “Series 2014 Bonds” means the Issuer’s Wastewater System Revenue Bonds, Series 2014 (Limited Tax General Obligation), in the principal amount of not to exceed $1,000,000 issued pursuant to this Ordinance.
(p) “Sufficient Government Obligations” means direct obligations of the United States of America or the obligations and principal interest on which is fully guaranteed by the United States of America, not redeemable at the option of the issuer, the principal and interest payments upon which without reinvestment of the interest, come due at such times and in such amounts as to be as fully sufficient to pay the interest as it comes due on the Bonds in the principal and redemption premium if any, on the Bonds as it comes due whether on the stated maturity date or upon earlier redemption. Securities representing such obligations shall be placed in trust with a bank or trust company, and any of the Bonds may be called for redemption prior to maturity, irrevocable instructions to call the Bonds for redemption shall be given to the paying agent.
(q) “Supplemental Agreement” means the supplemental agreement among the Issuer, the Authority and other parties to the Series 2014 Bonds.
(r) “System” means the entire Wastewater System of the Issuer, including the Project and all additions, extensions and improvements hereafter acquired.

Section 2. Necessity, Approval of Plans and Specifications; Conditions of Prior Ordinance. It is hereby determined to be a necessary public purpose of the Issuer to acquire and construct the Project in accordance with the plans and specifications prepared by the Engineers and such other conditions or limitations as are hereby approved. The Project qualifies for the Clean Water Revolving Fund financing program being administered by the MDDEQ and the Authority, whereby bonds of the Issuer are sold to the Authority and bear interest at a fixed rate of interest not to exceed the prevailing rate of said provisions in the Ordinance in the State of Michigan.

Section 3. Costs; Useful Life. The cost of the Project is estimated to be an amount not to exceed One Million Dollars ($1,000,000), including the payment of incidental expenses of the Issuer, which expenses are hereby approved and confirmed, and the period of usefulness of the Project is estimated to be not less than twenty-five (25) years.

Section 4. Payment of Cost; Bonds Authorized. To pay all or part of the cost of acquiring, constructing, financing, operating, owning and maintaining the Project, the Project, legal, engineering, financial and other expenses incident thereto and incident to the issuance and sale of the Series 2014 Bonds, the Issuer shall borrow the sum of not to exceed One Million Dollars ($1,000,000), or such lesser amount as shall be advanced to the Issuer pursuant to the Purchase Contract and the Supplemental Agreement, and issue the Series 2014 Bonds pursuant to the provisions of Act 94. The remaining cost of the Project, if any, shall be deferred from Issuer funds on hand and legally available for such use.

Section 5. Issuance of Series 2014 Bonds; Details. The Series 2014 Bonds of the Issuer shall be designated WASTEWATER SYSTEM REVENUE BOND, SERIES 2014 (LIMITED TAX GENERAL OBLIGATION), are authorized to be issued in the principal sum of not to exceed One Million Dollars ($1,000,000) as finally determined by order of the MDDEQ for the purpose of paying all or part of the cost of the Project, including the costs incidental to the issuance, sale and delivery of the Series 2014 Bonds. The Series 2014 Bonds shall be primarily payable out of the Net Revenues, as set forth more fully in Section 8 hereof. The Series 2014 Bonds shall be in the form of a single fully-registered, nonconvertible bond of the principal amount of the full principal amount thereof, dated as of the date of delivery, payable in principal installments as finally determined by the order of the MDDEQ at the time of sale of the Series 2014 Bonds and approved by the Authority and an Authorized Officer. Principal installments of the Series 2014 Bonds shall be payable on April 1 in the years 2016 through 2035, inclusive, or such other dates as may be determined by order of the MDEQ for the Series 2014 Bonds shall be payable on April 1 and October 1 of each year, commencing April 1, 2015 or on such other interest payment dates as hereinafter provided. Final determinations as to principal amounts of the Series 2014 Bonds and the dates and amounts of principal installments of the Series 2014 Bonds shall be evidenced by execution of the Purchase Contract and each of the Authorized Officers is authorized and directed to execute and deliver the Purchase Contract when it is in final form and to make all determinations set forth above, provided, however, that the first principal installment shall be due no earlier than April 1, 2015 and the final principal installment shall be due no later than October 1, 2036 and that the total principal amount shall not exceed $1,000,000.

The Series 2014 Bonds shall bear interest at a rate of two percent (2.0%) per annum, or such lesser rate as shall be determined by order of the MDEQ for the Series 2014 Bonds is expected to be drawn by the Issuer periodically, and interest on principal amount shall accrue from the date such principal amount is drawn down by the Issuer.

The Series 2014 Bonds shall not be convertible or exchangeable into more than one fully-registered bond. Principal of and interest on the Series 2014 Bonds shall be payable as provided in the Series 2014 Bonds form in this Ordinance. The Series 2014 Bonds shall be subject to optional redemption by the Issuer with the prior written approval of the Authority and on such terms as may be required by the Authority. The City Clerk shall record on the registration books payments by the Issuer of each installment of principal or interest or both when made and the cancelled checks or other records evidencing such payments shall be returned to and retained by the City Clerk. Upon payment by the Issuer of all outstanding principal of and interest on the Series 2014 Bonds, the Authority shall deliver the Series 2014 Bonds to the Issuer for cancellation.

Section 6. Execution of Series 2014 Bonds. The Series 2014 Bonds shall be signed by the manual or facsimile signature of the Mayor and countersigned by the manual or facsimile signature of the City Clerk and shall have the corporate seal of the City affixed thereto or a facsimile thereof impressed thereon. The Series 2014 Bonds bearing the manual signatures of the Mayor and the City Clerk sold to the Authority shall require no further authentication.

Section 7. Registration and Transfer. Any Bond may be transferred upon the books required to be kept pursuant to this section by the person in whose name it is registered, in person or by the registered owner’s duly authorized attorney. Any Bond held by the Issuer for the Bond for cancellation, accompanied by delivery of a duly executed written instrument of transfer in a form approved by the transfer agent. However, any Bond or Bonds shall be delivered in transfer for transfer, the Issuer shall execute and the transfer agent shall authenticate and deliver a new Bond or Bonds, for like aggregate principal amount. The transfer agent shall require payment by the bondholder requesting the transfer of any tax or other governmental charge required to be paid with respect to the transfer. The Issuer shall not be required to issue, register the transfer or exchange any Bond during a period beginning at the opening of business 15 days before the day of the giving of a notice of redemption of Bonds selected for redemption as described in the form of Series 2014 Bonds contained in this Ordinance and ending at the close of business on the date of the giving of a notice of, or to register the transfer or exchange any Bond so selected for redemption in whole or in part, except the unredeemed portion of Bonds being redeemed in part. The Issuer shall give the transfer agent notice of call for redemption at least 20 days prior to the date notice of redemption is to be given.

The transfer agent may be kept at its principal office during regular business hours for the registration and transfer of the Bonds, which shall at all times be open to the inspection and investigation of the Issuer and may be located at such place or places as the Issuer may in such place or places as the Issuer may from time to time, and may be under such reasonable regulations as it may prescribe transfer or cause to be transferred on said bonds Bonds as hereinafter provided.

Any Bond Bond shall be surrendered to the Issuer, at the expense of the holder of the Bond, shall execute, and the transfer agent shall authenticate and deliver, a New Bond of like tenor in exchange and substitution for the mutilated Bond, upon surrender to the transfer agent of the mutilated Bond. Any Bond Bond may be surrendered at any time, for the purpose of payment of any tax or other governmental charge required to be paid with respect to the Bond, lost, destroyed or stolen, evidence of the loss, destruction or theft may be submitted to the transfer agent and, if this evidence is satisfactory to both and indemnity satisfactory to the transfer agent shall be given, and if all requirements of any applicable law including Act 354, Public...
Acts of Michigan, 1972, as amended (“Act 354”), being sections 129.131 to 129.135, inclusive, of the Michigan Compiled Laws have been met, the Issuer, at the expense of the owner, shall execute, and the transfer agent shall thereupon authenticate and deliver, a new Bond of like tenor and bearing a like date of indenture and for the same period of time and interest as the Bond except as otherwise provided by the Ordinance and the Prior Ordinance.

Section 8. Payment of Series 2014 Bonds; Security; Priority of Lien. Principal of and interest on the Series 2014 Bonds shall be primarily payable from the Net Revenues. There is hereby recognized and established as the whole of the Net Revenues created by this Ordinance which shall be a lien that is equal in standing with the lien of the Outstanding General Bond described as the “Construction Fund”). Moneys in the Construction Fund shall be applied solely in payment of the principal amount hereinafter described Net Revenues of the City’s Wastewater System (hereinafter provided.

In addition, the Issuer hereby pledges its limited tax full faith and credit for the payment of the principal of and interest on the Series 2014 Bonds. Should the Net Revenues of the System at any time in excess of the amount required to pay the principal and interest on the Series 2014 Bonds as the same become due, then the Issuer shall advance from any funds available therefor, or, if necessary, levy taxes upon all taxable property in the Issuer, subject to constitutional and statutory limitations, as heretofore described in the Prior Ordinance.

The Issuer shall be reimbursed for any such advance from the Net Revenues of the Systems subsequently received which are not otherwise pledged or encumbered by this Ordinance or the Prior Ordinance.

Section 9. Management; Fiscal Year. The operation, repair and management of the System and the acquiring and constructing of the Project shall continue to be under the direction and control of the Issuer. The Issuer shall continue to cause such up-to-date statements as may be required by the Ordinance and the Prior Ordinance. The Issuer shall, at the time of the payment of the principal of and interest on the Series 2014 Bonds, shall be furnished by the System to any person, public agency or instrumentality, including the Issuer.

Section 10. Rates and Charges; No Free Service. The rates and charges for service furnished by the System and the methods of collection and enforcement of the rates and charges shall be those in effect at the date of adoption of this Ordinance.

During the time Period Ordinance, no service of any kind shall be furnished by the System to any person, firm, corporation, public or private, or to any public agency or instrumentality, including the Issuer.

Section 11. Funds and Accounts; Flow of Funds; Bond and Interest Redemption Fund. The funds and accounts established by the Prior Ordinance are hereby continued, and the flow of funds established by the Prior Ordinance is hereby continued, and the applicable sections of the Prior Ordinance relating to funds and accounts and the flow of funds are incorporated herein by reference as if fully set forth.

The Issuer has determined that no additional funds are needed to be deposited in the Bond for the purpose of assuring the Issuer or any person, firm, corporation, public or private, or to any public agency or instrumentality, including the Issuer.

Section 12. Bond Proceeds. The proceeds of the sale of the Series 2014 Bonds as received by the Issuer shall be deposited in a separate account in a bank or banks qualified to act as depository of the proceeds of sale under the provisions of Section 15 of Act 94 designated WASTEWATER SYSTEM REVENUE BONDS CONSTRUCTION FUND (the “Construction Fund”). Monies in the Construction Fund shall be applied solely in payment of the cost of the Project and any engineering, legal and other expenses incident thereto and to the financing thereof.

Section 13. Bond Form. The Series 2014 Bonds shall be in substantially the following form with such changes or completion as necessary or appropriate to give effect to the intent of this Ordinance, and further subject to such modifications which may be required by the Michigan Attorney General and the Authority and approved by bond counsel.
Based on the schedule provided below unless revised as provided in this para- graph, repayment of the principal of the Bond shall be made until the full amount advanced to the City is repaid. In the event the Order of Approval issued by the Department of Environ- mental Quality (the “Order”) approves a principal amount of assistance less than the amount of the Bond delivered to the Authority, the Authority shall only disburse principal to the amount stated in the Order. In the event (1) that the payment schedule approved by the City and described below provides for payment of a total principal amount greater than the amount of assistance approved by the Order, or (2) that less than the principal amount of assistance approved by the Order is disbursed to the City by the Authority, the Authority shall prepare a new payment schedule which shall be effective upon receipt by the City.

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Interest on the Bond shall accrue on that portion of principal disbursed by the Au- thority to the City pursuant to the Order from the date such portion is disbursed, until paid, at the rate of 2.50% per annum, payable April 1, 2015, and semi-annually thereafter.

The City agrees that it will deposit with The Bank of New York Mellon Trust Compa- ny, N.A., or at such other place as shall be designated in writing to the City by the Authority (the “Authority’s Depositary”) payments of the principal of, premium, if any, and interest on this Bond in immediately available funds by 12:00 noon on five business days prior to the date on which any such payment is due whether by maturity, redemption or otherwise. In the event that the Authority’s Depositary has not received the City’s deposit by 12:00 noon on the scheduled day, the City shall immediately pay to the Authority as invoiced by the Authority an amount to recover the Authority’s administrative costs and lost investment earnings attributable to that late payment.

*Not to exceed amount. Loan reductions at close out will result in a proportional decrease.

Section 14. Bondholders’ Rights; Receiver. The holder or holders of the Bonds representing in the aggregate not less than twenty per cent (20%) of the entire principal amount thereof then outstanding, may, by suit, action, mandamus or other proceedings, protect and enforce the statutory lien upon the Net Revenues of the System, and may, by suit, action, mandamus or other proceedings, enforce and compel performance of all duties of the officers of the Issuer, including the fixing of sufficient rates, the collection of Revenues, the proper segregation of the Revenues of the System and the proper application thereof. The statutory lien upon the Net Revenues, however, shall not be construed as to compel the sale of the System or any part thereof.

If there is a default in the payment of the principal of or interest upon the Series 2014 Bonds, any court having jurisdiction in any proper action may appoint a receiver to administer and operate the System on behalf of the Issuer and under the direction of the court, and by and with the approval of the court to perform all of the duties of the officers of the Issuer more particularly set forth herein and in Act 94. The holder or holders of the Series 2014 Bonds shall have all other rights and remedies given by Act 94 and law, for the payment and enforcement of the Series 2014 Bonds and the security therefor.

Section 15. Negotiated Sale; Application to MDEQ and Authority; Execution of Documents. The Issuer determines that it is in the best interest of the Issuer to negotiate the sale of the Series 2014 Bonds to the Authority because the Clean Water Revolving Fund financing program provides significant interest savings to the Issuer compared to competitive sale in the municipal bond market. The Authorized Officers are hereby authorized to make application to the Authority and the MDEQ for placement of the Series 2014 Bonds with the Authority. The actions taken by the Authorized Officers with respect to the Series 2014 Bonds prior to the adoption of this Ordinance are hereby ratified, confirmed and approved. The Authorized Officers are authorized to execute and deliver the Purchase Contract, the Supplemental Agreement and the Issuer’s Certificate. Any Authorized Officers is further authorized to execute and deliver such contracts, documents and certificates as are neces- sary or advisable to qualify the Series 2014 Bonds for the Clean Water Revolving Fund. Prior to the issuance of the Series 2014 Bonds to the Authority, the Authority is hereby authorized to make such changes to the form of the Series 2014 Bonds contained in Section 13 of this Ordinance as may be necessary to conform to the requirements of Act 227, Public Acts of Michigan 1985, as amended (“Act 227”), including, but not limited to changes in the principal maturity and interest payment dates and references to additional security required by Act 227.

Section 16. Covenant Regarding Tax Exempt Status of the Bonds. The Issuer shall, to the extent permitted by law, take all actions within its control necessary to maintain the exemption of the interest on the Series 2014 Bonds from general federal income taxation (as opposed to any alternative minimum or other indirect taxation) under the Internal Rev- enue Code of 1986, as amended (the “Code”), including, but not limited to, actions relating to any required rebate of arbitrage earnings and the expenditure and investment of Series 2014 Bonds proceeds and moneys deemed to be Series 2014 Bond proceeds.

Section 17. Additional Bonds. The Issuer may issue additional bonds of equal standing with the Series 2014 Bonds for the purposes and on the conditions set forth in the prior Ordinance.

Section 18. Approval of Bond Counsel. The representation of the Issuer by Mil- ler, Canfield, Paddock and Stone, P.L.C. (“Miller Canfield”), as bond counsel is hereby ap- proved, notwithstanding the representation by Miller Canfield of the Authority in connection with the Clean Water Revolving Fund program which may include advising the Authority with respect to this borrowing.

Section 19. Approval of Bond Details. The Authorized Officers are each hereby authorized to adjust the final bond details set forth herein to the extent necessary or con- venient to complete the transaction authorized herein, and in pursuance of the foregoing is authorized to exercise the authority and make the determinations authorized pursuant to Section 7(a)(1)(c) of Act 94, including, but not limited to determinations regarding interest rates, prices, discounts, maturities, principal amounts, denominations, dates of issuance, interest payment dates, redemption rights, the place of delivery and payment, and other matters, provided that the principal amount of Series 2014 Bonds issued shall not exceed the principal amount authorized in this Ordinance, the interest rate per annum on the Series 2014 Bonds shall not exceed two and one-half percent (2.50%) per annum, and the Series 2014 Bonds shall mature in not more than twenty (20) annual installments.

Section 20. Savings Clause. All ordinances, resolutions or orders, or part thereof, in conflict with the provisions of this Ordinance are, to the extent of such conflict, repealed.

Section 21. Severability; Paragraph Headings; and Conflict. If any section, para- graph, clause or provision of this Ordinance shall be held invalid, the invalidity of such section, paragraph, clause or provision shall not affect any of the other provisions of this Ordinance. The paragraph headings in this Ordinance are furnished for convenience of reference only and shall not be considered to be part of this Ordinance.

Section 22. Publication and Recordation. This Ordinance shall be published in full in the Tri-City Times, a newspaper of general circulation in the Issuer qualified under State law to publish legal notices, promptly after its adoption, and shall be recorded in the Ordinance Book of the Issuer and such record authenticated by the signatures of the Mayor and the City Clerk.

Section 23. Effective Date. This Ordinance shall be effective upon its adoption and publication.

ADOPTED AND SIGNED THIS 13TH DAY OF OCTOBER, 2014.

Signed ____________________________
Its: Mayor

Signed ____________________________
Its: City Clerk

I HEREBY CERTIFY that the foregoing constitutes a true and complete copy of an Ordinance duly adopted by the City Council of the City of Fenton, County of Genesee, State of Michigan, at a regular meeting held on the 13th day of October, 2014, at which meeting the said meeting was conducted and public notice of said meeting was given pursuant to and in full compliance with the Open Meetings Act, being Act 267, Public Acts of Michigan, 1976, and that the minutes of said meeting were kept and will be or have been made available as required by sIA Act.

I further certify that the following Members were present at said meeting: Bland, Grossmeyer, Jacob, King, Lockwood, Osborn and that the following Members were absent: McDermott.

I further certify that Member Grossmeyer moved for adoption of said Ordinance and that said motion was supported by Member Bland.

I further certify that the following Members voted for adoption of said Ordinance: Bland, Grossmeyer, Jacob, King, Lockwood, Osborn and that the following Members voted against adoption of said Ordinance: None.

I further certify that said Ordinance has been recorded in the Ordinance Book and that such record has been authenticated by the signatures of the Mayor and the City Clerk.

City Clerk
Lynchnpin Beer Company brewe Scott Hayes is pictured in the center at The Laundry’s new nano-brewery, with owners Mark Hamel in front and Chad Brennan in back.

Lynchnpin Beer Company
Cheers! The Laundry opens in-house brewery

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

The Laundry has opened its new in-house brewery, the Lynchnpin Beer Company, launching its first house beer two weeks ago.

Gentleman’s Blonde, a light, clear beer, is now available on draft in pints and by growler at The Laundry in Fenton.

Brewer Scott Hayes said this is The Laundry’s first in-house “grain to glass” beer brewed in their nano-brewery next door, at 115 West Shiawassee Ave.

This launch replaced the first highly-anticipated launch in August, when owners decided to wait until the beer exceeded the standards they had set for its flavor profile.

“Our next goal is to have three house beers on tap,” said Hayes. “We’ll probably always have Gentleman’s Blonde on tap, and then will add a porter and an IPA (India Pale Ale). Because of our small size, we can work on many different beers people have never heard of.”

The Laundry owner Mark Hamel is excited that the beer industry has come full circle, with Michigan’s huge micro-brewery industry giving restaurants an opportunity to return to the time in beer history when each bar had its own unique brew.

“We’ve gone from giant beer companies like Budweiser down to small, independent micro-breweries,” said Hamel. “Who would have ever thought 10 years ago that Fenton would be home to two breweries?”

The Laundry’s first beers include Gentleman’s Blonde and T.J.’s IPA.

Lynchnpin Beer Company brewer Scott Hayes is pictured in the center at The Laundry’s new nano-brewery, with owners Mark Hamel in front and Chad Brennan in back.

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The Laundry’s first beers include Gentleman’s Blonde and T.J.’s IPA.
Alternative remedies for cold and flu season

By Yvonne Stegall
ystegal@tctimes.com, 810-433-6792

Recently, Bottom Line magazine covered the items that a Naturopath has in his own medicine cabinet. With cold and flu season upon us, we thought it would be a good idea to share some things that are great to have on hand that just might save you a trip to the doctor for a cough or sniffles.

According to WebMD, people in the U.S. will come down with about 50 million cases of flu and about a billion colds, this year alone. By their calculations, last year, we spent more than $1.5 billion on supplements to boost immunity to help keep away colds and the flu.

While colds and flu are equally annoying, the flu virus is far worse than a cold. The symptoms of flu are more severe, and include fever and body aches. WebMD points out that the flu is also dangerous, at times, killing more than 30,000 people a year.

Joe Starrs, VG’s pharmacist, said the best way to prevent getting the flu is to get your flu vaccine, either at your doctor’s office or from a local pharmacist.

There are a couple of things you can do right away when someone around you starts to get sick and you worry of them passing it along to you. In fact, there are two letters to remember this cold and flu season — C and D.

Vitamin C helps increase the body’s production of white blood cells and antibodies needed to defend it against invading viral infections. Citrus fruits are great sources of Vitamin C. Some individual foods that rank high in Vitamin C are tangerines, oranges, mangos, kiwis, papayas and goji berries.

A lack of Vitamin D can also cause a deficiency in our body’s immunity. Sunshine is by far the best source for Vitamin D, and when winter months arrive sunshine is less prevalent. When you feel a cold coming on, take some time to get out and enjoy the sun, no matter how yucky you feel. People who have more Vitamin D stored up in their bodies tend not to get as sick as people who are Vitamin D deficient, according to Care2.com. Try adding a supplement to your daily routine.

Aside from that, Starrs said, “Get plenty of sleep, keep hydrated during the season, and wash your hands.” These are steps that can help prevent sickness and help get rid of it faster. He recommends seeing a doctor if you have a prolonged fever or if you have a greenish discharge from your runny nose for more than a few days.

Tips to avoid getting or spreading the flu

• Wash your hands often with soap and water or an alcohol-based hand rub.
• Avoid touching your eyes, nose, or mouth. Germs spread this way.
• Try to avoid close contact with sick people.
• Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
• If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Source: flu.gov

Joe Starrs  
VG’s pharmacist

Get plenty of sleep, keep hydrated during the season, and wash your hands.

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Saturday, Oct. 18
Beginning at 6pm

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FREE Hors d’oeuvre buffet with any martini!
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Added second date:
Sunday, October 26th, 4pm
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Cafe
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Reservations only.
Join us for a five course meal with entertainment.
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October 31st

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Area author’s book highlights wildlife photos

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

Hartland resident Wayne Brillhart has published his second book, and continues to advocate better learning for children.

“The Deer with the Purple Nose” has been in print since January and is available through Amazon and Barnes & Noble, online.

Several years ago while he was teaching math in a junior high school in Los Angeles, he learned that more than 20 percent of children could not learn to read the way reading was being taught in the elementary schools according to statistics. He started a part-time reading center and had more than 20 teachers helping tutor students, but even after some success stories they didn’t have the funding to keep the business going.

His interest in promoting reading continued. “When I got the picture of the deer with the tongue in the birdfeeder followed by the feeder being on the ground I knew this was the moment.”

He figured children would want to read when they saw the photographs and they would consciously and subconsciously relate back to the book when they saw the birds and animals in the wild.

When trying to get the first book, “The Mystery at the Birdfeeder,” published, he was already thinking about a second book. He always found inspiration in the wildlife in his own backyard. “The deer showed up with what looked like a purple nose,” he said.

His third book, “The Big Foot Mystery,” should be out by next September. He plans to have at least four books in the Backyard Bird series.

The books are full of photographs of not only birds and deer, but also other wildlife, and Brillhart’s own dogs. The books are not just fun for children; grown-ups will delight in the stories and wildlife. As an added learning incentive, the books also include a glossary of the birds featured within, including what they like to eat.

“The Deer with the Purple Nose” is available at the Fenton Open Book. More information on Brillhart and his books can be found at wanleepublishing.com.

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**Area author’s book highlights wildlife photos**

Wayne Brillhart shows his book to interested individuals at one of the many events at which he sells his books and photography.

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and miscellaneous.

FORD WINDSTAR SE
2001
7 passenger, clean interior,
new brakes and tires. Runs good.
$3,000.
810-629-6926, after 10a.m.

INCOME 12 UNITS
all appliances are furnished with
garage from $395, $280,000, quick sale.
Off Maple/Van Slyke.
810-964-3472, 810-730-6887,
810-629-8694.

REAL ESTATE WANTED
Mark & Tim buy houses.
Fast closings available.
Call today! Please call
810-584-5575.

FENTON HISTORIC AREA
3 bedroom, 1,700 sq. ft.
house. No smoking/no pets.
$750 deposit. 248-369-8595.

FREE RENT
until 12/14.
810-735-5910.

ALL REAL ESTATE
advertising in this newspaper
is subject to the Federal Fair
Housing Act of 1968 which
makes it illegal to advertise
preference, limitation, or
discrimination based on race,
color, religion or national
origin, or an intention to
make any such preference,
limitation or discrimination.
This newspaper will not
knowingly accept any
advertising for real estate
which is in violation of the
law. Our readers are hereby
informed that all dwellings
advertised in this newspaper
are available on an equal
opportunity basis.

REAL ESTATE FOR RENT

810-869-3883.

DOWNTOWN HOLLY
2 bedrooms, plus office, all
new appliances. $750/month,
$750 deposit. 248-369-8595.

LINDEN ONE BEDROOM
Close to park and lake. Heat
included, pets $125/month.
810-735-1900.

CASH FOR SCRAP STEEL
Top Dollar Paid
scrap steel and vehicles accepted.
Centrally located.
Receive additional $5 per ton.
Scrap steel pick up available.
We buy batteries, radiators, etc.
Call for pricing.
Full range of new and used
auto parts available.
Bridge Lake Auto,
9426 Dixie Hwy., Owosso.
248-625-5050.
Monday-Friday: 8-5, 30p.m.,
Saturday: 9-2a.m. www.
bridgelakeautoparts.com.
Visit us on facebook.

ALL SCRAP METALS
picked up including
appliances. We buy scrap
cars/trucks, farm equipment/
motor homes, auto and farm
batteries. 810-730-1714, 810-
449-0045.

I NEED YOUR SCRAP METAL
Washers, dryers, water
heaters, furnaces, aluminum,
copper piping, etc. Please call
810-735-5910.

BRAND NEW HOMES
Free Rent until 12/1/14.
Homes starting at $699.
$118 moves you in
(with no pets). Hartland
Schools. Call Sun Homes
at Cider Mill Crossings,
888-703-6652. Offer
expires 10/31/14.
Located off US/23 and
Clyde Rd, Fenton, MI.
www.cidermillcrossings.
com, EOE.

BRAND NEW HOMES
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Located off US/23 and
Clyde Rd, Fenton, MI.
www.cidermillcrossings.
com, EOE.

LOON LAKE
2 LOTS LEFT!
Large wooded lots on paved road.
$49,000 and up, terms.
810-869-3883.

RIVER LOTS
300’-700’ FOOTAGE
Gorgeous wooded hills on paved road.
810-869-3883.

BORON/AN SIMS
MANUFACTURED HOMES
810-836-2910.

Starting at $110K
Ingredients for Sale
810-836-2910, call or text for free quote.

STALE THIS LAKEHOUSE
Silver Lake - Trophy Location

Silver Lake Rd, 3 beds west of Silver Parkway on US-23 and
behind sewers in 11262 Pine Creek Twp, Fenton.

JACUZZI, 26K BTU Heat, 1.5 Ton Air, Fridge, Oven, Washer/Dryer, Shower, toilet.
Church of the Holy Family,
11824 S. Saginaw St.,
Grand Blanc.

Over 50 tables of
arts, crafts, clothing, children’s
items, furniture, collectibles,
and miscellaneous.

FORD WINDSTAR SE
2001
7 passenger, clean interior,
new brakes and tires. Runs good.
$3,000.
810-629-6926, after 10a.m.

INCOME 12 UNITS
all appliances are furnished with
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scrap steel and vehicles accepted.
Centrally located.
Receive additional $5 per ton.
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ALL SCRAP METALS
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cars/trucks, farm equipment/
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batteries. 810-730-1714, 810-
449-0045.

I NEED YOUR SCRAP METAL
Washers, dryers, water
heaters, furnaces, aluminum,
copper piping, etc. Please call
810-735-5910.
**TIMES CLASSIFIEDS**

**FREE KITTENS**

looking for good home. Male, black/white; female gray/ brown stripes. 810-629-4146.

**POMERANIANS**

2 males, blonde one and a brown one looking for a caring family, about 10 years old. Asking for best offer. 810-625-6431.

**LAWN & GARDEN**

Gator plow, electric controlled, like new. $500. Call 248-249-5751.

**TYPRONE TOWNSHIP SEEKING BIDS FOR AUCTION SERVICES**

Tyrome Tep. is seeking bids for its 2014/2015 township auction. A copy of the RFP can be downloaded from tyronetownship.us or by calling (810) 629-8631 Mon-Thur 9:00am-5:00pm. Responses are due 4:00 pm November 11, 2014.

**WEDNESDAY JUMBLE ANSWERS**

Jumbles: GUMMY OUNCE BETRAY SUBURB
Answer: When his wife shopped for a dishwasher, he had two choices – BUY OR BE

**SUNDAY SCRAMBLERS ANSWERS**

1. Average; 2. Idea; 3. Seduce; 4. Allow

**TYRONE TOWNSHIP SEEKING BIDS FOR REAL ESTATE SERVICES**

FENTON.

3.6 acres. 1 bed, 1 bath. 1,850 sq. ft., 2 car garage. $299,000.

HARTLAND.

12316 Highland Rd. (M-59)

(810)832-7427

(248)887-9736

(810)629-8515

HARTLAND, SERVING LIVONIUM, OAKLAND, GENESEE AND SURROUNDING COUNTIES SINCE 1970.

**PETS**

**FEMALE GERMAN SHEPHERD PUPPIES**

First shots, 7 weeks old, ready now! Parents on site. $300-$350. Call 810-625-6431.

**FREE ITEMS**

Times Classifieds.

**TYRONE TOWNSHIP SEEKING BIDS FOR REAL ESTATE SERVICES**

HARTLAND.

31373 Lake Rd. (M-59)

(810)832-7427

(248)887-9736

(810)629-8515

**PETS**

**FEMALE GERMAN SHEPHERD PUPPIES**

First shots, 7 weeks old, ready now! Parents on site. $300-$350. Call 810-625-6431.

**FREE ITEMS**

Times Classifieds.
NOTICE OF ELECTION
ROSE TOWNSHIP

To the Qualified Electors of the Rose Township, County of Oakland:

Notice is hereby given that a General Election will be held in the Township of Rose, County of Oakland on Tuesday, November 4, 2014 from 7 a.m. to 8 p.m. for the purpose of electing candidates following partisan offices:

State Governor/Lieutenant Governor
Secretary of State
Attorney General

Congressional United States Senator, Representative in Congress 8th District

Legislative State Senator 14th District, State Representative
51st District

County County Commissioner 2nd District
State Board of Education
University of Michigan Regents
Michigan State University Trustees
Wayne State Governors

Also to elect the following non-partisan offices:

Justice of the Supreme Court
Justice of the Supreme Court Incumbent Position – Partial Term Ending 1/1/2017
Judge of Court of Appeals – 2nd District - Incumbent Position
Judge of Circuit Court – 6th Circuit – Incumbent Position
Judge of Circuit Court – 6th Circuit - Non-Incumbent Position
Judge of Probate Court
Judge of District Court – 52nd District – 2nd Division
Mott Community College Trustees
Mott Community College Trustee – Partial Term Ending 12/31/2018
Mott Community College Trustee – Partial Term Ending 12/31/2016
Oakland Community College Trustees
Fenton Area Public Schools Board Members – 6 Year Term
Fenton Area Public Schools Board Members – 4 Year Term
Holly Area Public Schools Board Members

And to vote on the following proposals:

State Proposal 14-1
A Referendum of Public Act 520 of 2012, establishing a hunting season for wolves and authorizing annual wolf hunting seasons.

State Proposal 14-2
A Referendum of Public Act 21 of 2013, granting the natural resources commission the power to designate wolves and certain other animals as game without legislative action.

Local School District Precinct #2 and #3 only
Holly Area School District Millage Proposal, Building and Site Sinking Fund Levy

The polling place locations for said election are as follows:

Precinct #1 Rose Township Offices, 9080 Mason Street, Holly, MI 48442
Precinct #2 Rose Pioneer Elementary School, 7110 Milford Road, Holly, MI 48442
Precinct #3 Rose Pioneer Elementary School, 7110 Milford Road, Holly, MI 48442

For names of candidates, full text of proposals or any other information, please contact the Rose Township Clerk’s Office.

To apply for an absentee ballot which will be mailed, see the next page for the required application form. For names of candidates, full text of proposals or any other information, please contact the Rose Township Clerk’s Office.

I, Andrew E. Meisner, County Treasurer of the County of Oakland, State of Michigan, do hereby certify that according to the records in my office, as of October 9, 2014, the total of all voted increases in the tax rate limitation above the 18 mills established by Section 6 of Article IX of the Michigan Constitution of 1963 affecting taxable property in the Township of Rose in said County, is as follows:

<table>
<thead>
<tr>
<th>LOCAL UNIT</th>
<th>VOTED INCREASE</th>
<th>YEARS INCREASE</th>
<th>EFFECTIVE</th>
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<tbody>
<tr>
<td>Township of Rose</td>
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<tr>
<td>Holly Area Schools</td>
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<td>.9062</td>
<td>2013 – 2019</td>
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<td>16.00</td>
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<td>Intermediate School District</td>
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<tr>
<td>Of Genesee County</td>
<td>2.50</td>
<td>2014</td>
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<td></td>
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<tr>
<td>Oakland Community College</td>
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</tbody>
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ANDREW E. MEISNER, TREASURER
OAKLAND COUNTY

For assistance in determining the accessibility of the polling place locations and the availability of voting instructions in alternative formats such as audio and Braille, please contact the Rose Township Clerk’s Office.

Persons wishing to obtain an absentee ballot may do so by contacting the Rose Township clerk’s office. The Clerk, or their designee, will be available in the Clerk’s Office on the Saturday preceding the election, Saturday, November 2, 2014, until 2:00 p.m., the deadline for requesting an absentee ballot which will be mailed.

For names of candidates, full text of proposals or any other information, please contact the Rose Township Clerk’s Office at (248) 634-8701.

Debbie Miller, CMC, CMMC
Rose Township Clerk
9080 Mason Street
Holly, MI 48442

GREAT OPPORTUNITY
A well known Genesee County funeral home is seeking retired - professionals, school teachers, GM employees, police force, fire fighters, bankers or executives to fill open positions for drivers and visitation staff. Hourly wages available.

Join our family owned business with years of excellent service and caring for the community.

To apply send resumes to:
Tri-County Times,
R.O. Box 1125-FC,
Fenton, MI 48450

THE Traveling MANICURIST

• Shut-ins • Seniors
• Bridal Parties
• Lunch Hour Office Manicures
• Pedicure Parties • Acrylic Fills
• Repairs
...much more!

Lisa Branham
810-922-6553

MANI / PEDI special

$50

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...much more!

Lisa Branham
810-922-6553

MANI / PEDI special

$50
TYPRE TOWNSHIO PUBLIC NOTICE

Notice is hereby given that a Public Accuracy Test for the November 4, 2014 General Election will be conducted on Tuesday, October 21, 2014 at 3:00 p.m. at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan.

The Public Accuracy Test is conducted to demonstrate to electors that the program and computer that will be used to tabulate the results of the election have been prepared in accordance with law.

Keith L. Kremer,
Tyrone Township Clerk

CITY OF FENTON ORDINANCE NO. 681

Ordinance No. 681, an ordinance to secure the public health, safety and welfare of the residents and property owners of the City of Fenton by the regulation of ice- retardant systems on waterfront properties on public lakes located within the City of Fenton, to provide for enforcement and penalties and to repeal any conflicting ordinances or provisions thereof, was enacted by the Fenton City Council.

Ordinance No. 681 was introduced on July 14, 2014 at a regular meeting of the Fenton City Council and subsequently adopted at a regular meeting of the Fenton City Council held on October 13, 2014. This Ordinance will take effect on November 18, 2014.

The complete text of Ordinance No. 681 is on file in the office of the City Clerk and available for review by the general public during regular business hours, Monday through Friday, 9:00 AM to 5:00 PM.

ADOPTED: October 13, 2014
PUBLISHED: October 19, 2014

Reene Wilson
City Clerk
Three words that will tell your community merchant that you appreciate them.

**I’m shopping local.**

*Invest In Your Community.*

**SLEeker. FASTER. MORE INTUitive.**

Introducing our new responsive, user friendly interface at tctimes.com for your mobile device.

**Obituaries, Funeral Services and Memoriams**

**James Chonault (‘Len’) Chonault**

**Dolores Nielsen**

**Robert Conlen**

**Donna Nickerson**

**Robert Rainbow**

**Edith Johns**

**Bessie Cupal**

**Marie Harris**

**Larry Douglas Newell**
- Larry Douglas Newell - age 67, of Linden, died on October 14, 2014. Funeral services will be 11 AM Monday, October 20, 2014 at Sharp Funeral Homes, Linden Chapel, 209 E. Broad Street, Linden, Rev. Don Neuville officiating. Visitation will be held 1-4 PM Sunday and 10 AM until time of service on Monday. Those desiring may make contributions to The Wounded Warrior Project. Larry was born February 22, 1947 in Jonesboro, Arkansas, the son of Carl Douglas and Charlie Craiglyn (Jones) Newell. He retired from Cassens Transport. He is survived by his siblings, Quentin and Tyler; mother, Charlcie "Pat" Newell; brother, Nelse; nieces and nephews, Heather, Amanda, Stacie, Donny, Nick, Brent, Megan, Prinda and Niki; aunt, Alberta Griffin; uncle, Van Newcomb. He was preceded in death by his father, Carl; sister, Janette Miller. Online condolences may be posted on the obituaries page of www.sharpfuneralhomes.com.

**Diane Rigdon**

**James Chizmadia**

**Bessie Cupal**

**Travis Butler**

**Wanda L. Martin**
- Wanda L. Martin - age 94, of White Bear Lake, MN formerly of Linden and Southfield, died Tuesday, September 16, 2014 in Minnesota. A graveside service will be held 11 AM Saturday, October 25, 2014 at Fairview Cemetery, Linden. Fr. Dwight Ezop officiating. Those desiring may make contributions to St. John G.I.F.T. Campaign, North End Soup Kitchen in Flint, Paralyzed Veterans of American, American Cancer Society, or American Heart Association. Wanda was born March 13, 1920 in Hamtramck, MI. She married Andrew Martin August 3, 1943 and he preceded her in death May 1, 2002. Surviving are: 3 children, Sharon Martin Vos and husband Thomas of Washington State, Diane Martin Codere and husband Robert of Minnesota, and Roger Martin and wife Nancy of Royal Oak; 4 grandchildren, Andrew Vos, Ryan Vos and wife Angela, Dan Martin, and Jessica Gould and husband Galen. Online tributes may be posted on the obituaries page at www.sharpfuneralhomes.com.

**Aaron Stanger**

**Eva Chastain**

**Mary Abo-Kurshien**

**Virginia Liskey**
DEAR AMY:
Recently my husband and I decided we wanted to have another baby. A few days ago we learned that I’m pregnant. This would normally be a happy occasion, but the problem is my parents. They ruined my whole first pregnancy. I admit I was young (20 at the time), but I was married and in college, and my husband had a great job that allowed us to live on our own. They were angry from the beginning, telling me to get an abortion up until I was almost five months along. I’m terrified to tell them about the new baby. How can I approach this in a way that is positive for everyone? — Expectant

DEAR EXPECTANT:
Don’t make any announcements until you are at least three months pregnant; this gives you time to enjoy your pregnancy privately with your husband (you might want to wait longer, or not tell them at all). When you decide to tell them, it might be best for you to do so over the phone.

DEAR AMY:
I have had two TIA (transient ischemic attack) events in the past six weeks. I have had TIA events launch search for cause

In the past six weeks, I have had two TIA events. My symptoms are: a loss of control of my right leg, moving so to six minutes. My symptoms are: a loss of speech, I am aware and thinking of stroke, but the problem is my parents. They wanted to have another baby. A few days ago we learned that I’m pregnant. This prevented the search for cause.

DEAR AMY:
In the past six weeks, I have had two TIA events. My symptoms are: a loss of control of my right leg, moving so to six minutes. My symptoms are: a loss of speech, I am aware and thinking of stroke, but the problem is my parents. They wanted to have another baby. A few days ago we learned that I’m pregnant. This prevented the search for cause.

DEAR AMY:
I am going to see my half-sister’s father while visiting my sister on vacation. This man was my stepfather from when I was 7 to when I was 16. He was like a real dad, but after he and my mother got divorced, he never responded to any of my letters or cards over the following 20 years. My question is: What should I call this man while visiting with my sister? I can’t look him in the face and call him ‘Dad’ anymore. — Estranged

DEAR ESTRANGED:
Call him by his first name. I’m sorry about the circumstances behind this estrangement, and I hope that meeting him again will bring some resolution for you.

TIA events launch search for cause

DEAR DR. ROACH:
In the past six weeks, I have had five TIA events, ranging from a minute or so to up to six minutes. My symptoms are: a loss of control of my right leg, moving up to my right arm and fingers; and a loss of speech. I am aware and thinking of stroke during these episodes, although a little disoriented. I was hospitalized after the last one and was given a CT scan, an MRI and many blood tests: All were ‘normal’ for my age (which is 68). A vascular check was done, as my BP was different when taken in both arms, and they say that was normal also. A 24-hour heart monitor is yet to be read. My doctor put me on Aggrenox 25/200. My mom had a stroke at 42 and passed away at 49, diagnosed as a thrombosis to her heart. What is the next step? I am so anxious all the time, waiting for something to happen. — L.C.

ANSWER: ‘TIA stands for ‘transient ischemic attack’. It has the symptoms of a stroke, but by definition lasts less than 24 hours. The symptoms you are describing are in the distribution of the middle cerebral artery in the left hemisphere of the brain. This could be caused by a blockage in the artery or, less likely, by an embolism (a small blood clot or cholesterol going to that part of the brain). Your doctor has done a lot of things right, as best I can tell. The MRI scan you had also might have included an MRA (magnetic resonance angiography), which is a special form of MRI that looks specifically at the blood vessel. I am not sure about the vascular check you had, but I would suspect it might have been an echocardiogram, especially one that looks at the aortic arch, where emboli sometimes form, as well as a look at the blood vessels in the neck with a Doppler ultrasound. An echo done through the esophagus may be better at spotting problems than one done through the chest. Aggrenox is a combination of aspirin and dipyridamole, which make the platelets less sticky and reduce the risk of a blood clot and stroke. It’s a reasonable choice to prevent further TIA and stroke. Some authorities recommend a statin to reduce the risk of stroke and heart attack. Finally, something that’s easy for me to say is hard to do: Relax. Being anxious all the time isn’t good for you. It sounds like your doctor is doing the right things and that you are on a good medication to prevent further problems.

Creamy White Chicken Chili

INGREDIENTS:
• 1 medium onion, finely chopped
• 3 cloves garlic, minced
• 2 green peppers, diced
• 1 lb. chicken
• 1-1/2 cups frozen corn
• 1-1/2 cups half-and-half
• 1 t. smoked paprika (or regular)
• 1-1/2 t. cumin
• 1 T . olive oil
• 2 green peppers, diced

DIRECTIONS
1. In a large pot over medium-high heat, sauté onion, garlic, and pepper in oil until tender. Reduce heat to medium and stir in seasonings, chicken broth, half-and-half, sour cream, corn, chicken, and 1 can beans.
2. Place remaining can of beans in food processor and pulse several times until smooth. Stir bean-puree into chili and season with salt and pepper. Bring chili to a simmer over medium heat, stirring occasionally until chili is heated through.
3. Serve chili warm with cheese and avocado if desired.

Recipe from wholeandheavenlyoven.com

COMMUNITY CALENDAR

Our Community Calendar keeps up with the times

Did you know you can submit and view community events online?

Here’s how to enter to win.
If you want to get the word out about an upcoming fundraiser, club meeting, concert, art show, neighborhood association meeting, picnic, school reunion, etc., go to www.tctimes.com/calendar/ to get started. Note that word count is limited. If you are not already a registered user of the Times website, you will need to register in order to post your event. You can also view local upcoming community events at www.tctimes.com/calendar/.

SUNDAY SCRAMBLER
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag.

Answer key located in this edition

NAMES
VAGAREE
AIDE
DEUCES
LAWLA

TODAY'S WORD

“I guess the boss’________ came through — there goes his brother-in-law!”

NEW DVD RELEASES

X-MEN: DAYS OF FUTURE PAST
Action & Adventure, Sci-Fi
Starring: Hugh Jackman, James McAvoy, Jennifer Lawrence
PG-13., 2 hr. 11 min.

MR. PEABODY & SHERMAN
Animation, Kids & Family, Comedy
Featuring: Ty Burrell, Max Charles
PG, 1 hr. 32 min.

DON’T BLINK
Sci-Fi & Fantasy, Horror
Featuring: Brian Austin Green, Mena Suvari
R, 1 hr. 32 min.

Get the most out of tctimes.com with these weekly tech tips.

Don’t be a UserLister
Sterling silver charms from $25

Introducing the New 2014 Autumn Collection from PANDORA

DISCOVER AUTUMN’S Radiance

3093 South Linden Road
Flint Township, MI 48507
810.733.7778

3206 West Silver Lake Road
Fenton, MI 48430
810.593.7400

www.Medawars.com