Cost doesn’t seem to matter to those who want healthier options

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

At the most simple definition, organic foods are foods that are grown without genetically modified organisms (GMOs), pesticides or herbicides. The more complex definition may be confusing, but boils down to the same thing. What is important is that people buying organic want to be healthier.

According to VG’s produce manager Charmagne Kendrick, “It’s important to people and families to make healthier, organic choices.”

Shoppers at VG’s on Silver Parkway are “organic crazy,” according to Kendrick. “With more allergies to chemicals and pesticides developing in kids and adults, families just want to make safe food choices.”

Marvin Yono, owner of Alpine Marketplace in Linden, said of organic options, “They move pretty well and more customers seem to be seeking all-natural or organic products now than say a year ago.” He added, “We carry organic items in all of our departments. We usually have an organic alternative for most items we carry. The cost is generally more than non-organic items.”

When it comes to the pricier cost of organic foods, Kendrick said, “The price doesn’t seem to affect anybody.” Family and personal health would seem to outweigh the excess cost of eating organic.

However, how do you know if your organic option is really organic?

According to theorganicpages.com, “Oct. 21, 2002 marked the first day that organic farmers and processors began to use the new USDA seal. Use of the seal is voluntary, but U.S. regulations do establish requirements for the use of the word organic on food and other agricultural products.”

Some of these requirements include verification from a certification agency as meeting or exceeding USDA standards.

However, farmers who gross less than $5,000 from organic products and sell direct to consumers or retailers are exempt from this certification requirement. They can call their product organic, but they can’t use the USDA seal.

The USDA regulations prohibit the use of irradiation, sewage sludge, or GMOs in organic production, reflect National Organic Standards Board (NOSB) recommendations concerning items on the national list of allowed synthetic and organic products.
JOHNNY CARSON STARTED A TOILET PAPER SHORTAGE

In 1973, Johnny Carson said as a joke that there was a shortage, which there wasn’t, until everyone believed him and ran out to buy up the supply. It took three weeks for some stores to get more stock.

Kimberly-Clark Corp. has removed the cardboard tube from the toilet paper roll for first time in a century to cut down on waste. This has the possibility to stop 17 billion cardboard tubes being thrown away each year.

Scott Paper Co. was the first to insert a cardboard tube into the roll in 1890.

IS THE FUTURE OF TOILET PAPER TUBELESS?

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AMERICANS USE 50% MORE TOILET PAPER than other Western societies.

On average, Americans use about 50 pounds of toilet paper per person per year.

70-75% OF THE WORLD still doesn’t use toilet paper because it is too expensive or there is insufficient plumbing.

10 million trees are consumed each year for global toilet paper production. That’s nearly 30,000 trees each day.

100 pounds of toilet paper is produced from one tree.

4.5" x 4.5" is the standard size of a square of toilet paper. Some manufacturers reduce the size each square in order to lower the price.

333 sheets on the average roll of toilet paper.

In the 6th century, Chinese history records showed the first mention of the use of toilet paper. By the 14th century, toilet paper was mass-produced in China.

7% of Americans admit to stealing rolls of toilet paper in hotels.

$4 billion in U.S. sales annually, toilet paper is ranked third in overall sales of non-food items.

The U.S. is the largest exporter of toilet paper in the world.

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MOST EXPENSIVE TOILET PAPER IN THE WORLD IS RENOVA

Reno, a portuguese brand, is three-ply, perfumed, costs $3 per roll and comes in several colors including black, red, blue and green. Beyoncé uses only red Renova toilet paper. Kris Jenner uses only the black Renova toilet paper.

THE US ARMY USED TOILET PAPER AS CAMOUFLAGE

During Desert Storm, the US Army used toilet paper to camouflage its tanks.

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THE GREAT DEBATE: OVER OR UNDER?

You’re considered more intelligent if you hang your toilet paper so you can pull it from the bottom. About two-thirds of Americans prefer their toilet paper to come off the roll over the top.

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www.freeway-sports.com

LIFE BEFORE TOILET PAPER

Water, hay, corn cobs, leaves, sticks, stones, sand moss, hemp, wool, huske, fruit peels, ferns, sponges, seashells, and broken pottery have all been used as toilet paper at one time or another.

NOVEL ON A ROLL OF TOILET PAPER

Koji Suzuki, a Japanese horror novelist best known for writing The Ring, had an entire novel printed on a single roll of toilet paper. The novel takes place in a public bathroom.

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HERE are some weird things you never knew about toilet paper

Sources: buzzfeed.com, bostonstandardplumbing.com

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House Bill 4369: Codify “education achievement authority” for failed schools
To codify in statute the authority of a state “education achievement authority” tasked with reforming public schools whose performance is in the bottom 5 percent for two consecutive years. Not more than 50 schools could potentially be subject to this office’s authority, and their management could be transferred to a charter school, or another conventional school district. The Senate earlier passed a more rigorous proposal, and has not taken up this version.
Passed: 66 to 42 in the House
Sen. Joe Graves (R-Renton Township) ☑ YES ☐ NO
Senate Joint Resolution V: Call for
U.S. balanced budget amendment convention
To submit an application to Congress calling for a “convention to propose amendments to the U.S. Constitution,” limited to proposing one that prohibits the federal government from spending more in any fiscal year than it collects in tax and other revenue (balanced budget amendment). Legislatures representing two-thirds of the states must request this to get a convention, and three-quarters of the states must approve any amendment proposed by an “Article V” convention for it to become part of the constitution.
Passed 25 to 12 in the Senate
Sen. Jim Ananich (D-Genesee County) ☐ YES ☐ NO
Sen. Dave Robertson (R-Genesee County) ☑ YES ☐ NO
House Bill 5108: Repeal ban on ticket scalping
To repeal a state law that bans ticket “-scalping” at sports and entertainment events, or selling tickets at a higher price through some service agreement. The Senate has not taken up this bill.
Passed: 66 to 42 in the House
Rep. Joe Graves (R-Renton Township) ☑ YES ☐ NO
House Bill 5414: Phase-out “driver responsibility fees”
To phase-out the so-called “driver responsibility fees” (a.k.a., “bad driver tax”) imposed for certain traffic violations, which were originally adopted in 2003 to avoid spending cuts in that year’s and subsequent state budgets.
Passed: 108 to 0 in the House
Rep. Joe Graves (R-Renton Township) ☑ YES ☐ NO
Passed: 37 to 0 in the Senate
Sen. Jim Ananich (D-Genesee County) ☑ YES ☐ NO
Sen. Dave Robertson (R-Genesee County) ☑ YES ☐ NO

Old Newboys’ Christmas sign-up starts Nov. 3
The Old Newboys of Flint will soon open enrollment in their Christmas Program, which has been serving children of Genesee County’s low-income families since 1924. Sign-up opens Nov. 3 and runs through Dec. 23.

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 St. Mary’s Hospital in Grand Blanc, MI. She has paternal grandparents are Darrell Fortney and Gale Fortney of Linden, and the late Darrell Fortney. Great-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.
FAMILY SPECIALS

Feeds minimum of five. All family specials include medium Greek salad, and a bag of breadsticks.

Baked Mostaccioli $31.95
Baked Lasagna $35.95
16" Cheese Pizza $24.95

Toppings $1.25 each

12 oz. Chicken Dinner $28.95 (includes Full Mostaccioli)

Leagues, outings or any pre-booked event. Must present coupon.

Lesser minimum of five. Not valid with other offers. Expires 10/31/14.

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Regular vs. Organic

Regular peeled baby carrots are $1.99 a lb. Organic are regularly two for $5 (1 lb bags)

Bananas are normally 54 cents a pound, organic are 75 cents a pound.

Chicken breasts are about $2.99 a pound while organic chicken breasts start at about $3.99 a pound and go up to at least $9.99 a pound.

$1.99 is a common price for eggs, but organic eggs are usually over $4 a dozen.

A half gallon of milk costs about $2.59. A half gallon of organic milk is $3.69.

There is a big difference in cheese prices. A regular brick of cheese is about 41 cents an ounce and organic cheese is about 76 cents an ounce.

Baby food is also extremely varied, with regular Gerber baby food at 17 cents an ounce and organic Gerber baby food over 41 cents an ounce.

Source: VG’s Silver Parkway

DENTAL IMPLANTS

Dental implants have revolutionized the world of dentistry. In the past, when a tooth was lost, the only two choices for replacement was either a removable partial denture or a fixed (doesn’t come out) three unit bridge. Both options take weeks to complete with the patient often having to suffer the embarrassment of having a missing tooth until treatment is finished. Now thanks to implant technology and minimally invasive surgical techniques, an implant retained crown is often the treatment of choice for tooth replacement. A young lady was presented to my office with a badly decayed and abscessed tooth. The tooth was non-restorable and needed to be removed. She was horrified at the prospect of having a missing tooth in her smile. Using minimally invasive implant surgical techniques I was able to painlessly remove the tooth and immediately place an implant with a temporary crown: no missing tooth in her smile! Thanks to minimally invasive implants surgical techniques I can offer my patients an implant retained crown at LESS COST than a 3-unit fixed bridge. If you have decayed, missing, or broken teeth contact my office to set up your FREE consultation to see if dental implants are right for you.

I welcome your questions and comments. Feel free to e-mail me drsulfaro@comcast.net
High School — 1957 vs 2014
Submitted by a Times reader

Scenario 1:  Jack goes quail hunting before school and then pulls into the school parking lot with his shotgun in his truck’s gun rack.
1957 — Vice Principal comes over, looks at Jack’s shotgun, goes to his car and gets his shotgun to show Jack.
2014 — School goes into lock down, FBI called, Jack hauled off to jail and never sees his truck or gun again.

Scenario 2:  Johnny and Mark get into a fistfight after school.
1957 — Crowd gathers. Mark wins. Johnny and Mark shake hands and end up buddies.
2014 — Police called and SWAT team arrives — they arrest both Johnny and Mark. They are both charged with assault and both expelled even though Johnny started it.

Scenario 3:  Jeffrey will not be still in class, he disrupts other students.
1957 — Jeffrey sent to the Principal’s office and given a good paddling by the Principal. He then returns to class, sits still and does not disrupt class again.
2014 — Jeffrey is given huge doses of Ritalin. He becomes a zombie. He is then tested for ADD. The family gets extra money (SSI) from the government because Jeffrey has a disability.

Scenario 4:  Billy breaks a window in his neighbor’s car and his Dad gives him a whipping with his belt.
1957 — Billy is more careful next time, grows up normal, goes to college and becomes a successful businessman.
2014 — Billy’s dad is arrested for child abuse. Billy is removed to foster care and joins a gang. The state psychologist is told by Billy’s sister that she remembers being abused herself and their dad goes to prison. Billy’s mom has an affair with the psychologist.

Scenario 5:  Mark gets a headache and takes some aspirin to school.
1957 — Mark shares his aspirin with a friend who also has a headache.
2014 — The police are called and Mark is expelled from school for drug violations. His car is then searched for drugs and weapons.

Scenario 6:  Pedro falls high school English.
1957 — Pedro goes to summer school, passes English and goes to college.
2014 — Pedro’s cause is taken up by state. Newspaper articles appear nationally explaining that teaching English as a requirement for graduation is racist. ACLU files class action lawsuit against the state school system and Pedro’s English teacher. English is then banned from core curriculum. Pedro is given his diploma anyway but ends up mowing lawns for a living because he cannot speak English.

Scenario 7:  Johnny takes apart leftover firecrackers from the Fourth of July, puts them in a model airplane paint bottle and blows up a red ant hill.
1957 — Ants die.
2014 — ATF, Homeland Security and the FBI are all called. Johnny is charged with domestic terrorism. The FBI investigates his parents, and all siblings are removed from their home and all computers are confiscated. Johnny’s dad is placed on a terror watch list and is never allowed to fly again.

Scenario 8:  Johnny falls while running during recess and scraps his knee. He is found crying by his teacher. Mary. Mary hugs him to comfort him.
1957 — In a short time, Johnny feels better and goes on playing.
2014 — Mary is accused of being a sexual predator and loses her job. She faces 3 years in State Prison. Johnny undergoes 5 years of therapy.

HOT LINE CONTINUED

I AM GLAD to see some police enforcement here on Holly Road.

PROJECTS LIKE THE ET Rover Pipeline have benefited from sympathetic politi
cal increments. Ask candidates counting your vote how they stand on this important issue.

OAK AND LEMEN streets between 5th and 6th have to be the worst streets in the city, and yet they lead to a beautiful new 6th St/Pine Creek Drive. The construction equipment coming and going is taking its toll on these streets. Who is going to fix these roads?

AS PER THE commercial on TV for the three judges. How do you judge a judge? I judge them by the political party endorsing them and paying for their ads. The same party that pushed right to work (for less). And the pension tax on us seniors without our vote!

FENTON VOTERS BE aware! As a school employee, I see our school board and su-
perintendent ruining our district with their lack of understanding in how to effectively utilize our staff and resources. Make your votes count.

SOUTHERN LAKES PARKS & RECREATION IS LOOKING FOR YOUR INPUT

Thursday, October 30th. 6 pm to 8 pm.
Public Input Session on the Southern Lakes Parks & Recreation Draft Goals & Objectives for the SLP&R Recreation 5-Year Recreation Master Plan. Everyone from the public is invited to attend and provide their input.

Location: Fenton Community & Cultural Center
150 South Lenny St., Fenton Recreation Room on the Lower Level

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For more information or to schedule a private tour, please call or stop by today!
HOLLY HOLIDAY
ART & CRAFT SHOW
Saturday, Nov. 1st from 9:00 a.m. to 4:00 p.m.

HOLLY HIGH SCHOOL
6161 E. Holly Rd.
$2 ADMISSION • 12 & UNDER FREE
FOOD AVAILABLE • FREE PARKING
Benefits Museum & Project Graduation

Holly Holiday Art and Craft Show will be held from 9 a.m. to 4 p.m. on Saturday, Nov. 1 at Holly High School, 6161 East Holly Rd. in Holly. Juried crafters will be on hand to sell their unique items. Entry fee is $2 and strollers are welcome. The Main Street Choir will perform, beginning at 11 a.m. and the Holly High School Theater Group will be on hand to give attendees a sample of their upcoming performances. Homemade lunch is available at our concession stand.

Hot Line Continued

IN WORLD WAR II over 80 percent of the defense plants were manned by women. The products that came out of them were unbelievable. Maybe we can get the women back in the plants and then the auto companies wouldn't have all the problems they have.

MR. SCHAUER SAYS he wants to take tax breaks away from companies that outsource. I wonder if that little rule is going to apply to 'Government Motors' and FIAT Chrysler?

I CAN'T BELIEVE there are so many people out there that get that upset when someone's leaves blow in their yards. If that's going to upset them, I bet a lot upsets them. I bet their lives are downright miserable.

I'M SO EXCITED. I've seen a bald eagle twice now on Lake Shannon on the corner of Ore Knob and Ledgewood on Oct. 22. Woohoo, it's a bald eagle!

ARE ALL POLITICIANS liars, or are all liars politicians? Is any one of them fit to have our vote? If you hear what they say on TV, they all should be indicted.

THIS IS TO the person who said retirees shouldn’t be on the school board or any other thing to do with schools.

School of Choice

Holly Area Schools is accepting applications (October 31, 2014 - November 17, 2014) for grades Kindergarten through Twelve for its 2014-2015 Schools of Choice program.

Sec 105 – within Oakland County and Sec 105 (c) – contiguous counties

Holly Area Schools is committed to helping your child become a 21st century learner:

Critical Thinker • Effective Communicator
Respectful, Responsible Citizen • Quality Worker
Collaborative Worker • Community Contributor

Applications may be accepted by contacting:
Ann Fischer – Pupil Services
Holly Area Schools – 920 Baird Street, Holly, MI 48442
Call (248)328-3106 or fax (248)328-3145 – www.has-k12.org
Jeremy Lintz, 42, has been fire chief of the North Oakland County Fire Authority for 10 years, and a volunteer firefighter and fire specialist for years before that. He has lived in Holly his entire life.

Every kid wants to be a fireman when they grow up. How about you? I grew up wanting to be a policeman. When a friend got involved as a volunteer paid-by-call fireman at NOCFA, I decided to do it too, and fell in love with it. It’s perfect for me. It just clicked. I changed my education to fire science and fire safety.

What did you do before you got the job as fire chief at NOCFA? I started getting into fire safety and fire suppression through my education at Oakland Community College. Eventually, I was fire safety specialist at Cobo Center and Joe Louis Arena in Detroit, working as a liaison with the Detroit Fire Department. I was still living in Holly at the time. I’ve never lived anywhere else.

How did 9/11 change you? I became more proactive with life safety issues. I became part of a team with the city of Detroit, working on evacuation plans for the city. I was still working here at the fire department, and started taking on administrative tasks that had to be done. We were having “growing pains” when things got so busy as we transitioned into full service fire, rescue and EMS. We had to do more staffing and training. I was quickly promoted through the ranks of volunteer paid-by-call to lieutenant and captain. Our department never had a full-time chief before, until I got the job in 2004.

How has fire fighting changed in the last 10 years? About 15 years ago, we had to transition from strictly fighting fires to running medicals, like EMS calls and transporting patients. Now, about 65 percent of our calls are medical runs.

There aren’t as many full-blown structural fires as there used to be, about five a year, that’s all. People are more educated about fire prevention, plus there’s more new construction, smoke detectors, etc. We’re a leader in the area for fire education.

As fire chief, what’s a typical day like for you? I typically work Monday through Friday from 9 to 5, but I’m really on call 24-7. I will respond to severe calls; my vehicle is always ready with equipment. Like a lot of other firemen, I keep a set of clothes in the bathroom at home so I can respond quickly in an emergency. I sleep like everyone else, but I’m tethered to a pager 24/7.

About 70 percent of my work is administrative. We’ve got 48 on staff, including two full-time, 26 part-time and about 20 paid-on-call volunteer firemen. Most work 12-hour or 24-hour shifts. Our youngest firefighters are 18-19 years old and our oldest is about 65. We have 24/7 coverage on-site at the station.

How many calls do you get per day? We average about two-and-half calls a day, but we can go three or four days without a single call, or have 10 in one day. It’s very sporadic. We’re very proud of our response time, especially covering two townships, Holly and Rose, about 69 square miles. It’s 6½ minutes, on the average, from the time of the call ‘til we pull into the driveway.

What stereotypes about fire departments are true and false? We don’t have a pole to slide down, although I think some older stations do. We do make chili. Like I said, we’re on call and have to be ready. When there’s not a call, firemen keep busy with station chores, maintaining equipment, etc. Our firemen don’t just sit there. All the work is done methodically, in military style. When the daily work is done, they have downtime to study, watch TV, make meals, sleep, etc. We’ve got sleeping quarters, full kitchen and a day room.

Do you ever rescue kittens from trees? We actually do. I’d say it’s happened three or four times since I’ve been chief. We try to determine if the cat has been up there for several days and is malnourished and in a bad situation. We’ll try shooting a stream of water up there, then holding a tarp to catch it. If that doesn’t work, we’ll use a ladder.

What is something about you that most people don’t know? I’m a foodie. My favorite is Mexican cuisine, but I like just about anything. Cooking is a big hobby for me. I’m always experimenting.
What do you remember most about gym class?

“Wearing the one-piece uniform that was required. It was scratchy cotton.”
— Sylvia Mead
Grand Blanc Township

“Having to climb the rope up to the ceiling and never being able to do it.”
— Val Hoppe
Holly Township

“Basketball. We were competitive.”
— Jeff Dupras
Grand Blanc Township

“I remember that one-piece uniform and my body was longer than that uniform.”
— Mary Eva Morgan
Fenton Township

“I hated it. I’m not very athletic and I didn’t like having to change.”
— Elaine Kinsmen
Fenton Township

“I was in school in Germany. I was in gymnastics and short distance running.”
— Herb Hahl
Fenton

Andy’s Place — New bar/eatery opens in Holly

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

Andy’s Place has brought a fresh new dining experience to downtown Holly, since opening on Sept. 19.

“This is exactly where I want to be,” said Andrea Chapin, whose family purchased the former Broad Street Station at 208 South Broad St. “My family is here working together.”

Liz Chapin works as service manager, bringing with her years of experience in restaurant customer service. Andrea’s son, Rob Chapin, works in the kitchen. Her son-in-law, Joe Trollman, is also active here and has helped create many of the new menu items.

“Many of our menu items are made from scratch,” said Chapin. “Especially popular are our appetizers of hot pepper jelly and cream cheese as well as our Boursin and roasted red pepper tapenade, both served on baguette slices.”

Andy’s Place burgers, made from fresh, local meat, have already received rave reviews, including the Battle Alley Burger with crispy salami, sundried tomatoes, pesto, spinach, provolone and Boursin cheeses. Fresh, handmade Dearborn Brand brats are also popular. “We’re very family friendly for dinners of all ages,” said Chapin.

The bar features 35 bottled beers, including craft and Michigan beers, plus three Michigan beers on tap.

Andy’s Place is open seven days a week from 11 a.m. to 2 a.m.
Squeeze exercise into your busy day

Make small changes a priority so they will become a habit

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

If you’re like most busy Americans, you find it hard to fit in the minimum recommended amount of a half-hour per day of physical activity.

Even 10 minutes at a time, three times a day, will provide the benefits you need for heart health and muscle strengthening, according to the Centers for Disease Control and Prevention (CDC).

There are ways you can “sneak in” exercise throughout your day, to make it easier to hit your own fitness goals.

1. START YOUR DAY RIGHT

with five minutes of movement as soon as you wake up. Simply wake up 10 to 15 minutes earlier than your regular wake-up time, and do the following workout:

• 15 to 30 squats
• 25 to 50 jumping jacks, or run in place for 30 seconds
• 10 to 25 push-ups
• 5 yoga poses/stretch

Begin by performing a single set of every exercise listed for as many repetitions as you can do safely, and then make it two sets, then three sets.

2. GET YOUR GYM GEAR TOGETHER

the night before, or if you work out in the evening, get your training gear together in a bag and toss it in the car.

3. FIND AN ACTIVITY

you enjoy doing, so that it doesn’t really seem like exercise. If you like to dance to fun music and be social at the same time, check out Jazzercise in Fenton, or Zumba and other dance classes at Chasse Ballroom & Latin Dance Studio. 

See EXERCISE on 13B

HEALING YOUR HEELS

A good pedicure will moisturize, massage and maintain good foot care in the winter months

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

Your toes may be tucked safely inside fall’s fashionable shoes and boots, but that doesn’t mean your feet don’t need the pampering of a pedicure.

In fact, if you’re not accustomed to having a pedicure, this cold weather season is the perfect time to start a regular routine of foot care.

Pedicures aren’t all about the polish; they’re actually more about foot health and nail care. That’s why men can also benefit from the healing effects of a pedicure.

Since the skin on a person’s feet is naturally dry because they have no oil glands, it relies on hundreds of thousands of sweat glands to keep feet moisturized. This can be difficult in the winter months, when dry air can cause cracks in the skin, especially on the heels.

In addition to moisturizing, a pedicure will also help with foot odors, especially when feet are trapped in shoes and boots for long period of time. They’ll also prevent ingrown toenails, since the nails are cut, filed and shaped properly with each visit.

See HEELS on 12B
Knee replacement surgery

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

Scott Tarkleson of Mundy Township went to camp on Sept. 29 — Joint Camp at Genesys Regional Medical Center, that is.

He’s one of 600,000 Americans to undergo total knee replacement every year, a figure that has doubled in the last two decades and is expected to reach 3.4 million by the year 2030, according to the Agency for Healthcare Research and Quality.

Knee replacement surgery involves removing parts of one’s natural knee joint and replacing them with artificial ones, to ease pain and disability caused by arthritis or other joint problems.

“Essentially, I waited until my knee couldn’t function anymore,” said Tarkleson, an active skier, golfer and builder by trade. “When I couldn’t even get in or out of a car late last spring, I scheduled the surgery. I’ll be getting my left knee replaced in December.”

He admitted that the surgery isn’t “a piece of cake,” but he couldn’t be happier that he’s had it done. He has already graduated from a walker to a cane and is actively participating in physical therapy in a special unit at Genesys, designed specifically for joint replacement patients.

“You have to be ready to work it,” said Tarkleson. “There’s no doubt about it, it hurts, but you can get through it.”

One key component of the Genesys Hip and Knee Replacement Program is the pre-operative preparation for patients and their families, according to Sonya Nesbitt, MSN, RN, service line director, orthopedic and neurosurgery at Genesys Regional Medical Center. “Exercise, education and planning for recovery is all part of the process. This preparation, along with advanced technology and smaller incisions, allows patients to recover faster.”

Beginning with pre-operative educational seminars, patients selected for the program are admitted as a group to Genesys’ dedicated joint replacement unit, with surgery scheduled the same day. Rehabilitation therapy begins the next day, and most patients leave the hospital later the same week.

“Fifteen years ago, doctors told you that you had to wait until you were in your 70s to have the surgery, because the prosthesis used wouldn’t last long enough and you’d need a very difficult second surgery,” said Cathy Metz, orthopedic service line administrator for the Joint Replacement Center at Hurley Medical Center.

Today’s population that is more active isn’t interested in waiting that long to gain back their quality of life, and technology has improved the “replacement parts” for longer life. Hurley Medical Center is leading the way in Michigan with same-day knee replacement surgery with a targeted audience of patients in their 40s, 50s and 60s.

“It’s not for everyone,” said Metz. “It’s specifically designed for those who are healthy enough to leave the hospital the same day of surgery, and have a strong support system at home. We know it’s a daily surgery and the one-day stay isn’t designed to work for all patients. We still use expedited care protocol for all our knee replacement patients, so they can have the advantage of all the new care protocols.”

What is different about same-day knee replacement surgery from traditional surgery? According to Metz, there are three differences.

First, it’s the expertise of the anesthesiologist using nerve blocks during surgery that makes the recovery less painful at that critical first 12-hour post-surgical time. Then, a nursing staff trained in expedited care protocols that monitor each patient as he or she reaches certain milestones that have to happen before discharge. Finally, it’s the minimally invasive, muscle-sparing techniques of the orthopedic surgeons.

Tom Greyerbiel, 60, of Columbusville, in Michigan’s Thumb, has become the “poster child” for Hurley’s same-day knee replacement surgery.

“The inside of my knee was bone on bone,” said Greyerbiel. “I could only be on it for a few minutes as a time. I tried everything, including cortisone shots every three months.”

He had his left knee replaced in same-day surgery on Aug. 29 at Hurley Medical Center, four-and-a-half years after having had his right knee replaced with a traditional three-day hospital stay. He literally walked out of the hospital nine hours after surgery, even walking up 18 steps to the living area in his A-frame home.

“I would definitely recommend the same-day surgery, as long as you have support at home,” said Greyerbiel.

Whether a patient is a candidate for same-day knee replacement surgery or the traditional hospital average stay of 2.3 days, the reality of a return to a quality of life at a much earlier age is the driving force behind new technology and care protocols.

“It’s good to have options,” said Metz.
Look like a million bucks

What to splurge on and what you can scrimp on, when it comes to your beauty routine

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

The average woman spends more than $15,000 on cosmetics in her lifetime, according to mint.com. That’s a lot of money to spend on beauty products, so you want to be sure that you’re getting the best possible results and value in putting your best face forward.

“Rather than scrimping, try and find products that provide exceptional value with extra benefits and results,” said Tracy Aubuchon of Rejuv Ave. in Fenton. “Over-the-counter beauty products often have zero or even negative effects. It’s more about finding products that provide better value and results.”

Before you make your next beauty purchase, follow these guidelines, from U.S. News & World Report about when to save and when to splurge.

Splurge

• Foundation and cleanser

Splurge on these products because they come in direct contact with your skin. If you can only splurge on one makeup item, experts suggest it should be your foundation. You’ll be able to get help with the color and formula that will match your skin tone. They’ll likely last longer and you won’t have any waste associated with buying the wrong product.

“Jade Freda’s mineral makeup has a liquid foundation that contains hyaluronic acid, CoQ10 and vitamin C,” said Aubuchon. “Not only is it a foundation, but it also better the skin by plumping, combating free radicals and brightens.”

• Cleanser and moisturizer

Just like foundation, these come in direct contact with your face, so plan to spend a bit more on products that can have a lasting effect on your skin. If you have acne, dry or oily skin, a trip to a specialty skin salon like The Retreat in Fenton Township or Rejuv Ave. in Fenton will be the splurge for a youthful complexion down the road.

Save

• Eyeliner and mascara

You can save a ton of money by switching from name-brand products to inexpensive brands without being able to tell the difference. Believe it or not, it all comes down to the applicator. The shape of the wand is what’s most important, so get what works best for you.

• Eye shadow and blush

You can buy drugstore brands and make them more effective by using a primer, which will allow the color to last throughout the day. Add a couple drops of water to your eye shadow brush and your eye shadow will be easier to apply and will last longer.

Lipstick

This writer is putting her “two cents” in on this category. After years of struggling with the staying power of more expensive brands from the department store, a friend recommended L’Oreal lipstick, and I’ve never looked back. With a wide variety of gloss and matte finishes available, there’s a lipstick to suit just about anyone, and they’re often priced at buy 1 get 2nd one half off. They stay on all day with just a touch up or two needed. I can’t say that about any of the more pricier department store lipsticks I’ve tried.

• Shampoo and conditioner

Rather than scrimping, try and find products that provide exceptional value with extra benefits and results.

Tracy Aubuchon
Esthetician/owner of Rejuv Ave. in Fenton

Go ahead and take advantage of great deals you find on these hair products at your local drugstore. They often receive large shipments of brand-name hair products, and then pass on the discounts to consumers. To save even more, use store coupons and rewards programs.

Healthy you

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EXERCISE
continued from 11b

4. SCHEDULE YOUR EXERCISE

on your calendar as if it were a part of your job. Aim to exercise on the same days, at the same times, each week until it becomes a consistent habit. Find a gym that meets your fitness goals and schedule appointments or classes.

5. TAKE A MID-DAY WALK

for 10 to 30 minutes during your lunch break. Breathe deeply and enjoy the peace and silence of your walk. You’ll go back to work recharged, and you’ll burn extra calories, too. If you don’t have time for that, try the 10-Minute Workout You Can Do at Your Desk, from fitnessmagazine.com.

6. REMEMBER WHY EXERCISING

and being fit is important to you in the first place. That will help for it to become a habit for you. Maybe you want to be a good example for your kids, or you want to live a good life with your grandchildren.
Enjoy dining out

Make healthy choices while enjoying special times with family or friends

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

There is likely a connection between the size of your waistline and the number of times you make unhealthy food choices when dining out.

Americans eat on the average of 3.1 meals out per week, according to a Zagat Restaurant Survey. While eating out can derail your diet, you actually can make healthy food choices and/or watch the size of your portion and take the rest home for another meal.

Here are some other smart strategies for eating out:

Before you order
If you can see a menu before entering the restaurant, you can make a decision about your entree choice before you even get there. Look online for a menu or stop in and pick up one. Knowing ahead of time what you will choose to eat will strengthen your resolve.

Avoid foods described as buttery, buttered, fried, pan-friend, creamed, scalloped, au gratin, alfredo, a la mode.

Watch for symbols on the menu that indicate a healthy choice, but don’t confuse the restaurant’s signature dish, many of which will be full of fat and calories. If in doubt, ask your server.

Have the waiter remove temptations (such as the breadbasket) from the table.

If you decide to eat bread, then opt for a vegetable as a side dish rather than a starchy potato or rice. Choose melba toast or whole grain rolls without butter or margarine.

When you order
Order foods that are steamed, broiled, grilled, stir-fried or roasted.

Order potatoes baked, boiled or roasted, instead of fried. Leave off the butter and sour cream.

Order first so you aren’t influenced by other’s choices.

If ordering an appetizer, order broth-based soups like minestrone or gazpacho instead of creamy soups or fried foods.

Choose seafood, chicken or lean red meat rather than fatty or processed meats. Remove all visible fat from any meat.

Ask for steamed vegetables as a side dish instead of fries.

Ask for sauces and dressings on the side.

Drink two full glasses of water while you’re waiting for your food to arrive.

Ask your server any questions you have about how the food is prepared.

For dessert, order sorbet or fresh fruit.

When making choices at a salad bar
Avoid items like cheese, potato salads, cream dressings, bacon bits and croutons.

Use a vinaigrette dressing rather than a cream dressing, or an olive oil and balsamic vinegar.

Instead of pouring the dressing all over the salad, order it on the side and dip your fork into the dressing, then the salad.

How to make healthy food choices at these popular restaurant venues:

Chinese
Thumbs up: steamed or stir-fried seafood, chicken, bean curd or vegetable dishes, plus steamed rice. Ask the cook to use less oil, soy sauce and MSG.
Thumbs down: egg rolls, egg drop soup, fried wontons, Lo Mein, Moo Shu, General Tso’s Chicken, sweet and sour pork and fried rice.

Italian
Thumbs up: light sauces, like primavera (vegetables), marsala (wine, mushrooms, beef stock), marinara or clam sauce. Have minestrone for starters, plus a heart healthy glass of red wine.
Thumbs down: creamy, cheesy sauces (like Alfredo), fried calamari, and pastas stuffed with cheese.

Mexican
Thumbs up: black bean soup, grilled shrimp, chicken or shrimp fajitas, grilled fish with fresh salsa, chili verde (pork) or arroz con pollo (chicken).
Thumbs down: chips, fried tacos, refried beans, quesadillas and chimichangas. They are loaded with saturated fat and sodium.

Pizza
Thumbs up: thin crust, pile on vegetables and skip the meat. Ask for extra sauce and half the cheese. Eat one or two slices and round out your meal with salad.
Thumbs down: thick or deep-dish crust, stuffed crust, flavored crusts, and processed meats.

Supple Suppers Fall Menu
Chef Jody Brunori’s Supple Suppers menu for Fall marks the shift in seasons with comforting new dishes and intriguing new flavors.

Come in and taste for yourself.

All Hallows Black Ale Party
Thursday and Friday
October 30 and 31
Jon will be tapping a unique selection of stouts, porters and other black beers at 5:00 pm on Thursday.

For full details, visit our website, lunchandbeyond.com.
The Fenton Township Board held a regular meeting on Monday October 20, 2014 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions:

1. Supervisor Mathis led the pledge of allegiance to the flag.
2. Trustee Goupil offered the opening prayer.
3. Approved the agenda as presented.
4. Received a legislative update from State Representative Joe Graves.
5. Approved invoices and expenditures for payment in the total amount of $812,547.24.
6. Adopted Resolution No. 2014-33, confirming the special assessment roll for the De-
   road Commission at an estimated cost of $3,500-$7,000.
7. Adopted Resolution No. 2014-34, adopting the Genesee County Hazard Mitigation Plan Update as Fenton Township’s hazard mitigation plan.
8. Approved the repair of 4 storm drain catch basins by the Genesee County
   Service and Caring for the community.
9. Approved special levies and miscellaneous special assessments for the De-
   approved for an RDA.
10. Conducted the first reading of a proposed Zoning Ordinance amendment to
    rezone part of parcel 06-24-200-022, (Vacant land off Petts Road), from R-6 to
    R-3.
11. Approved funding for the PEG Grant applications of Lake Fenton Community
    Schools, Fenton Area Public Schools and Linden Community Schools up to a
    total amount of $32,112.24.
12. Adopted Resolution No. 2014-34, adopting the Genesee County Hazard Mitigation
    Plan Update as Fenton Township’s hazard mitigation plan.
13. Appointed Jack Darrell and Mark Mustola to the Fenton Township Construction
    Code Board of Appeals and Fire Code Board of Appeals for the term ending
    September 30, 2015.
14. Appointed David Franz, Chris Weir and John Shayna to the Fenton Township Construction
    Code Board of Appeals and Fire Code Board of Appeals for the term ending September 30, 2016.
15. Adopted revisions to the Fenton Township Schedule of Fees.
16. Approved the repair of 4 storm drain catch basins by the Genesee County
    Road Commission at an estimated cost of $3,500-$7,000.
17. Approved special levies and miscellaneous special assessments for the De-
    November property tax roll.
18. Adjourned at 8:50 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the
meeting are on file and available for review at the Fenton Township Office, 12060
Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00
p.m. Monday through Thursday and 8:00 a.m. to 3:00 p.m. Friday. Ordinances,
meeting schedules, meeting minutes and other Township information are also

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
NOTICE OF PUBLIC HEARING

CHARTER TOWNSHIP OF FENTON
NOTICE OF PUBLIC HEARING

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD THURSDAY, NOVEMBER 13, 2014 AT 7:00 PM BY THE FENTON TOWNSHIP PLANNING COMMISSION AT THE FENTON TOWNSHIP CIVIC-COMMUNITY CENTER, 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

PUBLIC HEARINGS:
SUP14-005 Fenton Wine & Brewery, 1379 North Long Lake, Fenton:
Requesting special use permit for outdoor seating/service, periodic use of tents and live entertainment and an art education center, parcel 08-12-100-27.

Amendment to Fenton Township Zoning Ordinance #594 Article 3, district regulations sections 3.17 to add wholesale and warehousing as a permitted use in the C-3, Highway Service zoning district.

YOUR OPINION MAY BE EXPRESSED VERBALLY AT THIS HEARING OR IN WRITING TO THE PLANNING COMMISSION PRIOR TO THIS HEARING. THE PLANNING COMMISSION ENCOURAGES YOUR PARTICIPATION IN THIS MATTER.

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MLA 41.72a (2) (3) and the Americans with Disabilities Act (ADA).

Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township. Individuals with disabilities requiring auxiliary aids or services should contact Fenton Township by writing or calling the following: Fenton Township Office, (810) 629-1537, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Thursday and 8:00 a.m. to 3:00 p.m. Friday. Ordinances, meeting schedules and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK

NOTICE OF PUBLIC HEARING
RESIDENTS OF
ROSE TOWNSHIP

COMMUNITY DEVELOPMENT
BLOCK GRANT REPROGRAMMING

NOTICE IS HEREBY GIVEN, that a public hearing will be held at the regular meeting of the Rose Township Board of Trustees November 12, 2014 at 7:30 p.m. at the Rose Township Office, 9080 Mason Street, Holly, MI 48442 for the purpose of hearing public comments on the Community Development Block Grant Program (CDBG) as follows:

- Request to Re-Program PY 2011 Funds $7737.89 Existing (From) Account Number 172170-731332 Parks and Recreation Facilities to Proposed (To) Account Number 172170-730898 Oakland County Home Improvement

- Request to Re-Program PY 2012 Funds $15,977.00 Existing (From) Account Number 172170-731332 Parks and Recreation Facilities to Proposed (To) Account Number 172170-731227 Minor Home Repair

A copy of the Proposed Programming Resolution and the publication that detail the range of eligible activities for the application and the programming that may be undertaken with Community Development Block Grant Funds will be available for public viewing at the Clerk’s Office; Monday through Thursday from 8:30 a.m. – 4:30 p.m. except holidays.

Interested persons are encouraged to attend the public hearing to offer their comments on the proposed use of the 2011 and 2012 program year funds. Comments in writing will be received until the date and time of the hearing and should be addressed to the Office of the Rose Township Clerk, 9080 Mason Street, Holly, Michigan, 48442. For further information, please call: (248) 634-7551.

Persons requiring answers to questions or assistance to attend and/or participate in the hearing should contact the Rose Township Clerk’s Office (248) 634-8701 at least 72 hours prior to the hearing.

Debbie Miller, CMC
Rose Township Clerk

TYRONE TOWNSHIP
PUBLIC HEARING & REGULAR BOARD MEETING
SYNOPSIS
HELD OCTOBER 21, 2014 AT 7:00 P.M.

1. Present: Supervisor Mike Cunningham, Clerk Keith Kremer, Treasurer Mama Bunting-Smith, Trustees Chuck Schultz, Soren Pedersen, Cam Gonzalez and David Walker.
2. Opened the Public Hearing to confirm the special assessment rate for public safety for the upcoming fiscal year and to receive comments at 7:00 p.m; closed the hearing at 7:07 p.m.
3. Approved the agenda as amended; approved the consent agenda as presented.
4. Received and placed on file Communications #1-2.
5. Approved the land division request of Brett Hoffman.
6. Approved the land division request of Jeff Ridenour.
7. Approved the write off uncollectible fire run invoices.
8. Approved the three year contract with the Economic Development Council.
9. Approved the assumptions for the 2015-2016 budget.
10. Approved the office holiday schedule as presented.
11. Adjourned at 8:05 p.m.

The minutes of all regular and special Tyrone Township Board Meetings are on file and may be reviewed at the Tyrone Township Clerk’s office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. and online at www.tyronetownship.us.

The next regular meeting of the Tyrone Township Board will be held on Tuesday, November 6, 2014 at 7:00 p.m. at the Tyrone Township Hall. The public is encouraged to attend.
REQUEST FOR PROPOSALS

Charter Township of Fenton – Snow Removal Services

The Charter Township of Fenton is requesting proposals from qualified contractors for snow removal services at Fenton Township facilities. Proposal forms are available at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Proposal forms are also available on Fenton Township’s website at www.fentontownship.org.

Sealed proposals must be submitted to, and be on file with the Township at or before 3:00 p.m. Thursday November 6, 2014. Any questions should be directed to the Fenton Township Operations Manager at (810) 629-1537.

NOTICE OF PUBLIC HEARING

RESIDENTS OF ROSE TOWNSHIP

COMMUNITY DEVELOPMENT BLOCK GRANT PY 2015 PROGRAMMING

NOTICE IS HEREBY GIVEN, that a Public Hearing will be held at the regular meeting of the Rose Township Board of Trustees on Wednesday, November 12, 2014 at 7:30 p.m. The hearing will be held at the Rose Township Hall, 9080 Mason Street, Holly, Michigan 48442.

The hearing is for the purpose of hearing public comments on the Community Development Block Grant Program (CDBG) Program Year 2015 application in the approximate amount of $16,822 to fund eligible projects.

All interested persons are requested to attend the Public Hearing to offer their comments on the proposed use of the 2015 Program Year funds. Comments in writing will be received until the date and time of the hearing and should be addressed to the Office of the Rose Township Clerk, 9080 Mason Street, Holly, Michigan 48442.

Arrangements to reasonably accommodate special needs, including handicap accessibility or interpreter, will be made upon receiving 72-hour advance notice. Please contact the Rose Township Clerk’s Office at (248) 634-8701, 9080 Mason Street Holly, MI 48442 for special services.

Debbie Miller, CMC, CMMC
Rose Township Clerk

CHARTER TOWNSHIP OF FENTON
PUBLIC NOTICE OF PROPOSED ZONING ORDINANCE AMENDMENT

At their meeting of October 20, 2014 the Fenton Township Board conducted the first reading of a proposed Zoning Ordinance amendment to rezone part of parcel 06-24-200-022, (Vacant land off Petts Road), from R-6 to R-3.

The second reading of the proposed ordinance will be conducted at the November 10, 2014 Fenton Township Board meeting.

Complete copies of the proposed ordinance may be obtained at the office of the Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430. The proposed ordinance is also available on Fenton Township’s website at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK

NOTICE OF GENERAL ELECTION TO BE HELD ON NOVEMBER 4, 2014

NOTICE IS HEREBY GIVEN that a General Election will be held on November 4, 2014 in:

HOLLY HIGH SCHOOL GYMNASIUM
6161 E. HOLLY RD.

ALL POLLING PLACES ARE HANDICAP ACCESSIBLE

BRAILLE & AUDIO VERSIONS OF VOTING INSTRUCTIONS ARE AVAILABLE

THE NOVEMBER 4, 2014 GENERAL ELECTION WILL BE CONDUCTED IN ALL VOTING PRECINCTS OF HOLLY TOWNSHIP/VILLAGE FOR THE PURPOSE OF NOMINATING CANDIDATES OF ALL PARTICIPATING PARTIES FOR THE FOLLOWING OFFICES:

Governor and Lieutenant Governor, Secretary of State, Attorney General, United States Senator, Representative in Congress 8th District, State Senator 14th District, Representative in State Legislature 51st District, Member of the State Board of Education, Regent of the University of Michigan, trustee of Michigan State University, Governor of Wayne State University, County Commissioner 2nd District, Township Trustee Partial Term, Justice of the Supreme Court, Judge of the Court of Appeals 2nd District, Judge of the Circuit Court 6th Circuit Incumbent Position, Judge of the Circuit Court 6th Circuit Non-Incumbent Position, Judge of Probate Court, Judge of District Court 52-2 Division, Oakland Community College Trustee, Township Library Board Members, Village President, Village Council Member 4 year terms, Village Council Member Partial Term, Holly Area School Board Members.

AND FOR THE PURPOSE OF VOTING ON THE FOLLOWING PROPOSAL(S):

State Proposal 14-1 Establishing a Hunting Season for Wolves and 14-2 Granting DNR Power to Designate Wolves and some other Animals Game without the Legislature’s Approval, Village of Holly Charter Amendment 1: Eligibility for Office in the Village, Charter Amendment 2: Delete March Elections, Charter Amendment 3: Deletion of establishing a Health Officer , Charter Amendment 4: Meetings of the Council and Charter Amendment 5: Submission of Itemized Budget estimates, Holly Area School District Millage Proposal, Building and Site Sinking Fund Tax Levy. Full text of the proposal(s) may be obtained from the Clerk listed below or online at www.hollytownship.org/Departments/elections.

ABSENT VOTER BALLOTS MAY BE OBTAINED FROM YOUR CLERK’S OFFICES LISTED BELOW.

FULL TEXT AND SAMPLE BALLOTS MAY BE OBTAINED FROM YOUR CLERK’S OFFICES LISTED BELOW.

ABSENT VOTER BALLOTS MAY BE OBTAINED FROM YOUR CLERK’S OFFICES LISTED BELOW BEFORE 2:00 PM. SATURDAY NOVEMBER 1, 2014

Karin S. Winchester, MMC
Holly Township Clerk
102 Civic Drive
Holly, Michigan 48442
248-634-9331 Ext. 301
NOTICE OF GENERAL ELECTION – NOVEMBER 4, 2014 IN GROVELAND TOWNSHIP

To the Qualified Electors:
NOTICE IS HEREBY GIVEN that a General Election will be held in:

GROVELAND TOWNSHIP
County of Oakland, State of Michigan

TUESDAY, NOVEMBER 4, 2014
THE POLLS will be open 7 o’clock a.m. until 8 o’clock p.m.

ALL POLLING PLACES ARE HANDICAP ACCESSIBLE. BRAILLE & AUDIO VERSIONS OF VOTING INSTRUCTIONS ARE AVAILABLE AT THE POLLING PLACE LISTED BELOW:

Precinct 1: Groveland Township Office (Lower Level) – 4695 Grange Hall Rd. Precinct 2: Fire Station #1 – 14465 Dixie Hwy Precinct 3: Fire Station #2 (In Truck Bay) – 3085 Grange Hall Rd.

FOR THE PURPOSE OF ELECTING CANDIDATES FOR THE FOLLOWING OFFICES:

OAKLAND COUNTY – County Commissioner 2nd District

JUDICIAL – Justice of the Supreme Court (2 seats) – Incumbent Position
Partial Term Ending 01/01/2017. Judge of the Court of Appeals 2nd District Incumbent (2 seats). Judges of Circuit Court 6th Circuit Incumbent Position (7 seats) Non-Incumbent Position (1 seat)

COMMUNITY COLLEGE – Oakland Community College Trustees (2 seats). Mott Community College Trustees (2 seats). Partial Term Ending 12/31/2018 (1 seat); Partial Term Ending 12/31/2016 (1 seat)

LOCAL SCHOOL DISTRICTS – Brandon School Board Member (3 seats). Goodrich School Board Members (3 seats). Holly School Board Member (3 seats).

AND FOR THE PURPOSE OF VOTING ON THE FOLLOWING PROPOSALS:

PROPOSAL 14-1: A REFERENDUM OF PUBLIC ACT 520 OF 2012. ESTABLISHING A HUNTING SEASON FOR WOLVES AND AUTHORIZING ANNUAL WOLF HUNTING SEASONS.

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.

PROPOSAL HOLLY AREA SCHOOL DISTRICT: MILLAGE PROPOSAL. BUILDING AND SITE SINKING FUND TAX LEVY.

Proposals language and Absent Voter Ballots are available at:
GROVELAND TOWNSHIP OFFICE
4695 GRANGE HALL ROAD
HOLLY, MI 48442

clerk@grovelandtownship.net

PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON

YOU ARE HEREBY NOTIFIED OF A SPECIAL PUBLIC HEARING TO BE HELD TUESDAY NOVEMBER 11, 2014 AT 6:30 PM BY THE CHARTER TOWNSHIP OF FENTON ZONING BOARD OF APPEALS AT 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

NEW BUSINESS:
ZBA14-037 Weir Building Co. 14261 Torrey Rd. Fenton: Requesting a sight line variance to construct a new home at 16123 Scenic View parcel 06-32-626-002.

COPIES OF THE ABOVE LISTED APPLICATIONS AND THE TOWNSHIP ORDINANCES ARE AVAILABLE AT THE TOWNSHIP OFFICE FOR YOUR REVIEW. YOUR OPINIONS MAY BE EXPRESSED VERBALLY AT THIS HEARING OR IN WRITING TO THE BOARD OF APPEALS PRIOR TO THIS HEARING. THE ZONING BOARD OF APPEALS ENCOURAGES YOUR PARTICIPATION IN THESE APPEALS.

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (1) (b) and the Americans With Disabilities Act (ADA). Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township.

Individuals with disabilities requiring auxiliary or extra services should contact Fenton Township by writing or calling the following: Robert Krug, Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430, (810) 629-1537.

Ordinances, meeting schedules and other Township information are also available at www.fenton township.org.

ROBERT KRUG, Fenton Township Clerk

HANDYMAN
Call 810-629-6729 or 810-241-4192

REPUTABLE NANNY
A responsible and experienced mother who is looking to share her enthusiasm and creativity as a full time nanny for a family seeking help with daily activities and childcare needs. CPR and first aid certified. Available in Grand Blanc and Fenton Monday – Thursday. 7:30am – 5:30pm, with reliable transportation. Currently a stay at home mother of a 9 month old who would be with me during the time of service. Call Randi at 810-701-8802.

2009 CHEVY MALIBU 1 LT, 2.4L engine, 4-speed automatic transmission, exterior gold mist metallic, interior cocoa/cashmere. Only 21,000 miles. $13,000 or best offer. 810-234-6438.

SYLVIA DUFFIELD, 810-701-8802.

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.

PROPOSAL HOLLY AREA SCHOOL DISTRICT: MILLAGE PROPOSAL. BUILDING AND SITE SINKING FUND TAX LEVY.

Proposals language and Absent Voter Ballots are available at:
GROVELAND TOWNSHIP OFFICE
4695 GRANGE HALL ROAD
HOLLY, MI 48442

clerk@grovelandtownship.net

PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON

YOU ARE HEREBY NOTIFIED OF A SPECIAL PUBLIC HEARING TO BE HELD TUESDAY NOVEMBER 11, 2014 AT 6:30 PM BY THE CHARTER TOWNSHIP OF FENTON ZONING BOARD OF APPEALS AT 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

NEW BUSINESS:
ZBA14-037 Weir Building Co. 14261 Torrey Rd. Fenton: Requesting a sight line variance to construct a new home at 16123 Scenic View parcel 06-32-626-002.

COPIES OF THE ABOVE LISTED APPLICATIONS AND THE TOWNSHIP ORDINANCES ARE AVAILABLE AT THE TOWNSHIP OFFICE FOR YOUR REVIEW. YOUR OPINIONS MAY BE EXPRESSED VERBALLY AT THIS HEARING OR IN WRITING TO THE BOARD OF APPEALS PRIOR TO THIS HEARING. THE ZONING BOARD OF APPEALS ENCOURAGES YOUR PARTICIPATION IN THESE APPEALS.

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (1) (b) and the Americans With Disabilities Act (ADA). Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township.

Individuals with disabilities requiring auxiliary or extra services should contact Fenton Township by writing or calling the following: Robert Krug, Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430, (810) 629-1537.

Ordinances, meeting schedules and other Township information are also available at www.fenton township.org.

ROBERT KRUG, Fenton Township Clerk
NOTICE OF PUBLIC HEARING

ROSE TOWNSHIP, OAKLAND COUNTY MICHIGAN

ON AMENDING CHAPTER 14, FIRE PREVENTION AND PROTECTION, ARTICLE IV, DELETING DEFINITION OF FIREWORKS

Notice is hereby given that the Rose Township Board of Trustees will hold a public hearing at 7:30 p.m. on Wednesday, November 12, 2014, for the purpose of considering the amending the Rose Township Ordinance Amending Chapter 14, Fire Prevention and Protection, Article IV, deleting definition of Sec. 3.9 “Fireworks” with a new definition and a new section, Article V, “Fireworks”.

Sec. 3.9 “Fireworks” is deleted with a new definition found at Article V, “Fireworks”. A copy of the amendment is available for public inspection at the Rose Township offices, 9080 Mason Street, Holly, Michigan, during regular business hours. Written comments may be submitted to the Township at the above location prior to the hearing and will be made part of the official record.

Handicapped persons needing assistance to attend the meeting should contact the Township office at least 72 hours prior to the meeting.

Paul Gambka
Rose Township Supervisor

Notice key located in this edition
ROSE TOWNSHIP BOARD OF TRUSTEES
REGULAR MEETING SYNOPSIS

October 8, 2014

Supervisor Gambka called the Regular Meeting and Public Budget Hearing of the Rose Township Board of Trustees to order at 7:30 p.m. at the Rose Township Offices, 9080 Mason Street, Holly, Michigan and led in the Pledge of Allegiance.

Roll Call: Board Members Present: Miller, Trevethan, Scheib-Snider, Gambka
Board Members Absent: Kemp
Approved: Agenda as amended.
Approved: Consent Agenda as submitted.
Presentation: None.
Approved: FSA Plan will be effective November 1, 2014 instead of January 1, 2015 for employees covered under health care benefits.

By motion at 7:55 p.m.

Paul Gambka
Rose Township Supervisor
Debbie Miller, CMC
Rose Township Clerk

NOTICE TO ELECTORS OF TYRONE TOWNSHIP
LIVINGSTON COUNTY, MICHIGAN
NOTICE OF GENERAL ELECTION
TO BE HELD NOVEMBER 4, 2014

ALL ELECTORS ARE HEREBY GIVEN NOTICE that a General Election will be held in all voting precincts of Tyrone Township, Livingston County, on Tuesday, November 4, 2014 from 7:00 a.m. to 8:00 p.m., at which time candidates of the Republican, Democratic, Libertarian, U.S. Taxpayers, Green, and Natural Law Parties who seek election to the following partisan offices are to be voted for in Tyrone Township: Governor/Lt. Governor, Secretary of State, Attorney General, U.S. Senator, U.S. Representative in Congress (8th District), State Senator (22nd District), State Representative (47th District), State Board of Education, University of Michigan Regents, Michigan State University Board of Trustees, Wayne State University Board of Governors, County Commissioner (3rd District), and other partisan offices that may by law be required to be elected at this General Election. Candidates seeking election to the following nonpartisan offices are also to be voted for at the General Election: Justice of the Supreme Court, Appeals Court Judge (4th District), District Court Judge (53rd District), Mott Community College Board of Trustees, School Board Members (Fenton, Linden, and Hartland), Cromaine District Library Board Members, and such other nonpartisan offices that may by law be required to be elected at this General Election.

The following ballot proposals will be presented at the General Election:

TYRONE TOWNSHIP
PUBLIC SAFETY PROPOSAL

Shall a special assessment district be created, encompassing all of Tyrone Township, for purposes of purchasing public safety services and general operations for fire protection, and annually assessing each parcel of land as follows:

a) Vacant parcels, $85;
b) Parcels with residential structures, $175;
c) All other parcels, $300;
d) For those parcels containing structures or manufactured homes with multiple units, an additional sum of $20 per unit will be assessed,

with the assessments levied for a period of 6 years commencing in 2015 and continuing through and including 2020? The first year of the assessment shall generate estimated revenues of $684,880. During the term of this assessment, the assessment may be increased in an amount not to exceed 10% of the original assessment or decreased by an amount deemed appropriate by the Tyrone Township Board.

CROMAINE DISTRICT LIBRARY
BALLOT PROPOSAL

Shall the Cromaine District Library, County of Livingston, Michigan, borrow the sum of not to exceed Twelve Million Dollars ($12,000,000) and issue its general obligation unlimited tax bonds therefor, payable in not to exceed twenty (20) years from date of issuance exclusive of refunding, for the purpose of paying all or part of the costs of acquiring, constructing, furnishing and equipping an expansion and improvements to the Cromaine Library, including related parking and site improvements? The estimated millage to be levied in 2015 is 0.85 mills ($0.85 per $1,000 of taxable value) and the estimated simple average annual millage rate required to retire the bonds is 0.76 mills ($0.76 per $1,000 of taxable value).

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.

* * * * * * * * * * * * *

Voters may obtain a full text of the ballot proposals on Livingston County’s website (co.livingston.mi.us) by accessing the County Clerk’s web page (under elections) or by contacting the Tyrone Township Clerk’s Office at (810) 629-8631.

List of polling locations:

Precinct #1
Linden School District voters
10408 Center Road, Fenton

Precinct #2
Fenton School District voters residing north of White Lake Road
Tyrone Covenant Presbyterian Church
10235 White Lake Road, Fenton

Precinct #3
Tyrone Covenant Presbyterian Church
Precinct #4
Hartland School District Voters
Tyrone Township Hall
10408 Center Road, Fenton

All of the above polling locations provide voting access for individuals with disabilities and contain voting instructions in alternative formats, including audio and Braille.

Voters are reminded of the identification requirement. You will be asked to present photo ID at the polls, such as a Michigan driver’s license or identification card. Voters may also show the following forms of photo ID: driver’s license or identification card issued by another state; federal or state government issued photo identification; U.S. passport; military identification card with photo; student identification card with photo from a high school or an accredited institution of higher education, such as a college or university; or tribal identification card with photo.

Anyone who does not have an acceptable form of photo ID or who is not carrying one can still vote. They will sign a brief form indicating that they are not in possession of a photo ID. Their ballots will be included with all others and will be counted on Election Day.

Applications for absent voter ballots are available for the November 4, 2014 General Election and may be obtained at the Tyrone Township Clerk’s Office Monday through Thursday, from 9:00 a.m. to 5:00 p.m. Requests for absent voter ballots must be in writing.

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Keith L. Kremer,
Tyrone Township Clerk
The Macon is a visual delight. Half-timbers accent a vaulted porch, nicely set off by the stone veneer next to it. The porch, in turn, frames an impressive entry flanked by side-lights and crowned with a finial. Curved trim boards and varied window treatments add to the viewing pleasure. With nearly 3,000 square feet of living space, the height, spacious interior is ideal for entertaining, as well as relaxed day-to-day living. The living room and dining room can be furnished formally, if desired, while the family room and den decorates cater to more individual family preferences. The den could serve as another bedroom, or a home office.

**Macon**

**PLAN 30-229**
A look at luxury trucks continued from Page 20A

The Chevrolet Silverado High Country is lighter and more fuel efficient than trucks from previous years. The GMC Sierra Laramie Limited is the only luxury truck that has an eight-speed automatic transmission. Its engine displacement is 6.2 liters, and it produces 445 horsepower. The truck is targeted at customers who want luxury finishes and the latest technological features.

Continued from Page 21A

Although OnStar is a GM-only product, it can add a unit called FMV (For My Vehicle) to any car. The FMV is a real-time communication system that allows a person to start a car, lock or unlock the doors, and even perform service appointments with the car. OnStar can also perform all GM pre-paid collision repair services and warranties. Several local dealerships offer OnStar-equipped vehicles for sale.

Another benefit for OnStar subscribers is insurance discounts, because of the technology. Right now, OnStar can hook up to 40 different backward and forward-facing cameras, so the insurance company can have a full view of a vehicle while it is being driven. This is useful for the company to see what is happening on the road, and it can help to prevent fraud.

Kendall G. McCord

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OnStar is only for GM vehicles, which will allow them to start their vehicles in the event of an accident. The OnStar system can also be used to check engine oil levels, and other maintenance features. OnStar can add a unit called FMV (For My Vehicle) to any car, which will allow the system to perform all GM pre-paid collision repair services and warranties. Several local dealerships offer OnStar-equipped vehicles for sale.

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Wife says husband can have a girlfriend. Why?

DEAR AMY:

My wife and I have been happily married for over 20 years. We raised two terrific sons. We get along great and laugh a lot, but over time her interests have evolved. At home she constantly has her laptop on and has a smartphone in her hand while watching TV. Because I don’t care for TV, I have created a quiet place in the house to read. She has always told me she has a low sex drive. I’m not really complaining, because I love her and want her to be happy. She doesn’t like to kiss and hug very much. Over the last two years she has developed consistent extreme body heat, which makes physical contact even more difficult.

I have looked up this condition and believe it is hyperthermia. I want her to get this checked out, and I think she will. Recently I took a business trip lasting several weeks. We were happy to see each other when I returned; we made love a couple of times over a few days, and we talked a lot. She told me that if I ever wanted to have a girlfriend she would not mind. This was quite a revelation. I must have the perfect wife to make such a generous offer, right? But I can’t quite wrap my head around it. The idea of dating at my age and having a positive relationship with someone other than my wife without the commitment of a ‘real’ relationship seems foreign to me. I’m not sure what to do. — Need a Hug

DEAR HUG:

Here’s my take: Your marriage isn’t actually as happy as you state. You are alienated, neglected and paralyzed. Your wife doesn’t have much of a commitment to your marriage. Furthermore, I think it’s possible that she has been unfaithful to you, hence her addiction to her devices, distance from you and suggestion that you might want to get a girlfriend. You don’t seem to have asked her why she would want you to have a girlfriend. Start with that, and take your further questions into the office of a good marriage counselor. She also needs to see her physician, obviously.

Eating Disorder? Have Thyroid checked

DEAR DR. ROACH:

I am an active 63-year-old female of normal weight. I exercise several times a week and am in seemingly good health. About a year ago I noticed that my eyebrows were disappearing, starting on the outer edges. They are now almost completely gone. During my annual physical in November, my general physician found that I have thyroid nodules. Three large ones were biopsied and proved negative. Blood work, including a TSH level, is normal. Both my GP and dermatologist feel certain that the nodules are not causing the eyebrow problem, because I don’t have any other symptoms of thyroid disease, but they don’t know what is causing the loss. — K.F.

DEAR DR. ROACH:

The loss of eyebrows, supraorbital madarosis, has many possible causes, but low thyroid is the first one that most doctors think of. A TSH level is a reasonable screening test for thyroid disease, but if the suspicion is high, I check additional thyroid tests, such as a thyroxine (T4), free T4 and T3. Occasionally TSH still can be in the very broad “normal” range for most people but be abnormal for that person. Other causes of eyebrow loss include autoimmune disease, inflammatory skin conditions and infection. Repaired plucking of the eyebrows can lead to permanent loss of the follicles. Allergies to cosmetics also can cause eyebrow and eyelash loss. Have you changed your makeup recently?

PUMPKIN CHOCOLATE CHIP COOKIES STUFFED WITH CREAM CHEESE

INGREDIENTS:

• 1 box spice cake mix
• 15 oz. pumpkin puree
• 1/2 C. oil
• 11. vanilla extract
• 1 C. mini chocolate chips

Cream Cheese Filling:

• 8 oz. cream cheese
• 3/4 C. powdered sugar

DIRECTIONS

1. Preheat oven to 350 degrees and line cookie sheets with parchment paper.
2. Sift cake mix into a large bowl to remove any lumps and add pumpkin puree, oil and vanilla extract. Stir until smooth.
4. In a stand mixer (or using a handheld beater) combine cream cheese and powdered sugar.
5. Use a cookie scoop (or a regular spoon) and fill 1/3 of way with cookie dough, then place a little bit of cream cheese filling over the dough and then top it off with more dough. Place the full dough ball onto your cookie sheet and repeat until all the dough is used.
6. Bake for about 14 minutes or until the top of the cookies “spring” back like a cake or muffin would.
7. Let cool. Like anything pumpkin, the flavors actually taste better the next day so these are great cookies to make the day before an event.

Recipe from www.yourcupofcake.com

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!

DEAD HUG

ASKE MY
d

BY AMY DICKINSON

AMY DICKINSON

DEAR SAD:

Your husband reacted harshly to your desire to have another child, but he has a right to decline fatherhood, and you should recognize that your desires cannot supersede his. Talk this through. You will feel much less lonely if you talk — and listen. A mature friend, family member or therapist can help you face the loss you feel.

DEAR AMY:

I have one child and would like another. I spoke to my husband, and he told me that he was completely against it. He said that if I wanted another child, I should find another man. I feel resentful toward my husband and don’t want to see or talk to him. What is your advice on moving on with my life? — Sad

DEAR SAD:

Eating Disorder? Have Thyroid checked

DEAR DR. ROACH:

I am an active 63-year-old female of normal weight. I exercise several times a week and am in seemingly good health. About a year ago I noticed that my eyebrows were disappearing, starting on the outer edges. They are now almost completely gone. During my annual physical in November, my general physician found that I have thyroid nodules. Three large ones were biopsied and proved negative. Blood work, including a TSH level, is normal. Both my GP and dermatologist feel certain that the nodules are not causing the eyebrow problem, because I don’t have any other symptoms of thyroid disease, but they don’t know what is causing the loss. — K.F.
Join us for a chilling evening!

Group Lessons
Spectacular Performances
Open Dancing
Costume Contest
Zumba Fitness® Mini-Class
Delicious Food
AND Awesome Giveaways!

$10 per person

Saturday, November 1 • 6:00pm - 10:00pm

Visit our website to sign up for our email blasts and to find a link to our Facebook page!
www.chassefenton.com

Start your Journey to Dancing Success!
3180 W. Silver Lake Rd, Fenton
810.750.1360