A funny way to make a living

Professional comedians work 300 nights a year

By Tim Jagielo

(Above) Comedian Brett Kline of Brooklyn, New York, formerly of Clarkston, wraps up his set at the Holly Hotel last Friday. He performed a song as "MC Dreidel," and played another one about bodily functions. The comedy was freshly inappropriate and the crowd loved it. (Left) The comics kept the crowd rolling with a lively balance of good-naturedly offensive and topical humor.

Headliner David Landau has a family of his own, though, of course, his son can’t hear many of his jokes until he’s much, much older. Landau made it to the later rounds of Comedy Central’s “Last Comic Standing.”

By Sally Rummel

One of the best feelings in the world is a deep belly laugh, arising from a shared joke, a funny memory or a hilarious comedy act on TV or stage. Not only does a giggle or belly laugh feel good, it is beneficial for your mental and physical health.

Is laughter really the best medicine?

By Sally Rummel

TRI-COUNTY TIMES | TIM JAGIELO

See COMEDIANS on 2B

See LAUGHTER on 2B

TRI-COUNTY TIMES | TIM JAGIELO
Who makes you laugh?

“The Republican Party, because of the decisions they have been making.”
— Pam Redder, Argentine Township

“The TV show ‘Big Bang Theory,’ because of Sheldon’s intellectual arrogance.”
— Bob Redder, Argentine Township

“My dog, because she is funny and smart. All she wants to do is play all day.”
— Bernie Rau, Hartland Township

“Kids in general make me laugh, because of their expressions and sayings.”
— Tommy Lucas, Rose Township

“The TV show ‘How I Met Your Mother,’ because the change of relationships throughout the show is funny.”
— Leslie Reinke, Linden

“A dog that I was dog sitting for, because he acted like a human! He would watch TV with me.”
— Jim Marang, Mundy Township

COMEDIANS
Continued from Page 1B
Kline’s routine included a guitar and deadpan delivery, which might make you place him next to Jack Black… but Jack Black may not have tussled the hair of the poor guy in the front row, or wiggled his butt in the guy’s face, or shook his naked stomach at him.

The two comics kept the room up and laughing and Ford didn’t drop the ball between sets.

This is the scene twice a week at the Holly Hotel. The comics are from Michigan — but have earned their stripes on shows like “Last Comic Standing” on Comedy Central, and perform full time.

The week after, Landau, 32, was taking his son to the doctor’s office, which ran longer than he expected. He recently moved to Canton from Los Angeles with his wife, because they wanted to raise him in Michigan, instead of LA.

In daily life, he tries not to talk about being a comedian; he avoids telling jokes by request.

Despite having 4,000 shows under his belt, he can still have bad ones. He headlined a comedy show at The Fillmore in Detroit in 2013. He said there were about 100 people in the audience who came to watch a comedy show… and 3,400 who came to drink, eat, look at their phones and generally not pay attention.

Kline also enjoyed the Holly Hotel gig. He said that the toughest set can be to a smaller crowd. Even if they liked the joke, laughter dies quickly, forcing him to have a faster set with less breath between jokes. In New York, he can find himself performing for other comedians, and tourists who don’t understand English.

Landau has been a professional comedian since 2004, and a full-time comic since 2008. His last “regular” job was as an upscale luggage salesperson in a rough part of Detroit. He did numerous things before comedy full time. “I was just good at absolutely none of it, so I was fired a lot,” he said.

His brand of laid back, low-energy comedy works for his personality and has been compared to Dave Attell. He is a big fan of Norm Macdonald.

All comedians gear their comedy sets to their audience, not unlike a musician or band. Landau opened his set with a joke about potholes, and kept things Michigan and Detroit-centric.

Kline, who lives in Brooklyn, New York, talked about growing up in Clarkston. He has learned that there are some topics he just can’t pull off — race, being the main thing. He also has a joke that he pulls if there is a person in the audience in a wheelchair.

The crowd was safe on Friday, so he did the joke about using the handicapped shower, because he won’t get athlete’s foot. “It’s OK, I can say that,” he said to the laughing group. “My friend once got athlete’s foot.”

Regarding his “interacting” with an unfortunate dude in the front row — “I haven’t been punched in a long time,” he said. He can’t show any fear when doing something so outrageous. “You just have to take a bold risk and go for it.”

Kline is on his way up. He would like to reach Landau’s level one day — though he said making it in comedy is extremely difficult.

Today, Landau draws jokes from real life, which works best for him. His hour-long set now includes 15 minutes of material from being a new dad. His strategy for each show is to start strong, and have each joke be stronger than the preceding one.

When trying out a new joke, he’ll usually record it to see how it went over, and can spend up to a year tweaking the exact language and timing. Of course sometimes it just works.

Landau counts himself fortunate, having a career that keeps him busy 300 nights a year, and an artistic wife who understands and supports him, though he fights feeling bitter about Roseanna Barr effectively killing a chance to make it big on Last Comic Standing.

He greatly appreciates the Holly Hotel as a venue. It’s one of the first places he ever headlined as a comedian. “It’s ‘90 people who are into comedy, and it’s just an awesome feeling,” said Landau, who has performed before 7,000. “They both feel pretty amazing.”
LILLO BRANCATO, JR.

Back in 2011, with 10 years left on his sentence, “The Sopranos” and “A Bronx Tale” actor Lillo Brancato, Jr. somehow managed to tweet to his celebrity friends from jail. Brancato continues to serve his sentence for burglary charges as well as the death of an off-duty police officer in Yonkers, New York.

MATTHEW BRODERICK

While vacationing in Ireland back in 1987 with then-girlfriend Jennifer Grey, Matthew Broderick accidentally drove his BMW rental head-on into a Volvo, leaving its passengers, a mother and daughter, dead. Broderick had a broken leg. Grey had his blood stains on her clothes. “The juxtaposition of that deep sorrow, the survivor’s guilt, and then being celebrated as the new big thing just didn’t jibe. It didn’t feel good to be the toast of the town,” Grey told the San Francisco Chronicle in 2010. “My head was never the same, my ambition was never the same.” Broderick, after his hospital visit, claimed in absentia. As a result, he avoided any liabilities involving negligence.

AMY LOCANE-BOVENIZER

In February 2013, “Melrose Place” actress Amy Locane-Bovenizer was sentenced to three years in prison after being convicted of vehicular homicide in the 2010 death of 60-year-old Helene Seeman. Bovenizer broke down in tears in the courtroom that day, as Seeman’s family walked out embittered. They were anticipating a maximum 10-year sentence.

CHARLES S. DUTTON

In the 1970s, long before “Alien3,” actor Charles S. Dutton served hard time for manslaughter, illegal possession of a firearm and acting as the ringleader of a prison riot. Then, in the ’90s, he was in a short-lived sitcom called “Roc.”

FAY DEWITT

In 1965, comic actress Fay DeWitt (“Mork & Mindy,” “Designing Women”) was charged with stabbing her husband, playwright Ray Allen, to death with a letter opener.

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Thespian John Wilkes Booth killed Abraham Lincoln back in April 1865. He was killed in a man hunt days after the assassination.

SKYLAR DELEON

The actor who had a bit part on “Mighty Morphin Power Rangers” was sentenced to death in 2009 for murdering a husband and wife on their yacht, which he expressed interest in purchasing. The name of the yacht, sadly, was the “Well Deserved.”

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ROBERT BLAKE

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LANE GARRISON

At age 26, “Prison Break” actor Lane Garrison was driving drunk and on cocaine when he crashed his SUV and killed a 17-year-old passenger. He was sentenced to 40 months in prison.

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WINNER
Douglas Fairbanks (Fenton)
Kimber West (Linden)
Elizabeth Williams (Fenton)
Matthew Waters (Fenton)
Calli Smith (Fenton)

WINNER
Bailey Allen (Holly)
Camryn Underwood (Fenton)
Kennedy Stuart (Fenton)
Carlee Musall (Davison)
Cora McDonald (Holly)
Ava Arntz (Fenton)
Ashion Slater (Fenton)
Ashlyn Chargard (Fenton)
Danielle Ramsey (Holly)
Max Runc (Linden)
Aiden Mrazik (Byron)
Madalene Reinfielder (Linden)
Kane Kerwin (Goodrich)
William Waters (Fenton)
Leland Robinson (Fenton)
Riley Jo Wright (Swartz Creek)
Traeh Hawkins (Linden)

WINNER
Graham Groves (Fenton)
Alexis Jabre (Milford)
Ayli Gusuwi (Fenton)
Sanibel Stack (Fenton)
Shyanne Baker (Fenton)
Layla Dolehandy (Gaines)
Audrey Wilson (Fenton)
Brooklyn Krisvil (Linden)
Alice Smith (Linden)
Faith Lovegrove (Fenton)
Joseph Casper (Linden)
Leah Romzek (Fenton)
Mackenzie Bradley (Fenton)
Dylan Pampreen (Fenton)
Carson Kuch (Linden)
Marionna Buff (Fenton)
James Church-Bergere (Fenton)
Nina Chandy (Fenton)
Addison Delliger (Fenton)
Brooke Waters (Fenton)
Mya Nagelkirk (Holly)

WINNER
Haylee Reid (Holly)
Emily Visnaw (Fenton)
Charlize Brochu (Holly)
Kendyl Fay (Fenton)
Susan Sahsuri (Fenton)
Grace Woodruff (Fenton)
Sonia Arnst (Holly)
Moira Konopka (Holly)
Hannah Wasilewski (Linden)
Gena Dutly (Fenton)
Teddy Farley (Linden)
Lillian Wright (Swartz Creek)

Congratulations WINNERS!
Winners received an Easter basket full of candy and multiple gift cards!
Gift cards are to area merchants including:
Mancino’s, Little Caesars, Fenton’s Open Book, Uncle Ray’s Dairyland and more!
Enter next year for your chance to win!

Age 3
Age 4
Age 5
Age 6
Age 7
Age 8
Age 9
Age 10
Age 11
Eat for ENERGY

Pattern your eating and food choices to help you stay alert and focused throughout the day

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

Food is your body’s fuel, so each snack and meal decision you make will affect your energy throughout the day.

Here’s how it works: Your body uses food for energy by turning it into blood sugar or glucose. Carbohydrates convert most easily into this ready-to-burn fuel, making them your macronutrient of choice for energy eating, according to Prevention magazine.

The problem is that some simple carbohydrates, like sugar, tend to break down so fast that after providing a short burst of energy, they leave your blood sugar levels low, your energy inadequate and your plans for the day unaccomplished. Complex carbs, like whole grains, replace this spike and dip with a steady energy supply to keep you at peak performance.

Don’t forget the power of exercise, in addition to diet. Regular physical activity can improve your muscle strength and boost your endurance, according to mayoclinic.com. When your heart and lungs work more efficiently, you have more energy to do your daily work.

WHAT’S THE IDEAL MIX?

High (but not exclusively) carbohydrates, moderate protein, low (but not dry) fat. Some examples: whole-grain turkey sandwich with low-fat mayo, a small serving of whole-wheat spaghetti and meatballs or a bowl of chili.

HOW TO EAT FOR ENERGY

Distribute your calories equally among breakfast, lunch and dinner. Having a skimpy breakfast, hurried lunch and huge evening feast is the least energy-efficient meal plan.

Never, ever skip a meal. By skipping breakfast or lunch, or both, you deprive your body of calories during the day when you need it the most. You’re also more likely to overeat when you finally do eat.

Eat five mini-meals a day by incorporating a mid-morning and mid-afternoon snack into your meal plan. You’ll be less likely to overeat or under-eat, and you’ll get energy into your body when you need it most. If you’re trying to lose weight at 1,400 calories a day, your meals should be 400 calories each with two 100-calorie snacks.

If you’re overweight, slim down. The best way to feel energetic is to maintain a proper body weight for your height and frame size.

Don’t crash diet under 1,200 calories or you’ll sap your energy and sabotage your metabolism.

FOODS TO EAT FOR ENERGY

SMART CARBS

Eat whole wheat bread, brown rice and cereal.

CASHEWS, ALMONDS AND HAZELNUTS

Rich in protein and magnesium, they play a role in converting sugar into energy. Other good sources of magnesium are whole grains and some fish, including halibut.

LEAN MEATS

Lean protein offers the energy benefits of the amino acid tyrosine, which boosts levels of two brain chemicals that help keep you focused and alert. Meats also contain vitamin B-12, which may help ease insomnia and depression.

FIBER

Fiber keeps energy steady throughout the day. Include more beans, whole fruits, vegetables and whole grains into your diet to boost fiber.

WATER

Staying hydrated can keep you from getting tired throughout the day. Fresh produce, vegetables and oatmeal, and pasta that sop up their cooking water also help keep you hydrated.

COFFEE

Frequent mini-servings of coffee will help keep you alert and focused and is a healthful way to take in caffeine.

DARK CHOCOLATE

Caffeine and another stimulant, theobromine, helps boost your energy and mood.

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Eat and exercise your way to flat abs

A commitment to nutrition and working out will put you in the best shape of your life

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

While there’s no magic pill that will get you the “rock-hard abs” of an athlete or actor without a lot of hard work, there are diet and exercise tips that will help you tone and flatten your belly.

“It’s all about diet and exercise,” said Don Hobson, certified licensed personal trainer at Powerhouse 365 in Fenton. “You can’t have flat abs without concentrating on both. The hardest part is committing to a program, putting in the time and being very dedicated.”

DIET

If you really want a sleek midriff, you’ve got to tweak your diet, according to Fitness magazine. All of the best waist-whittling foods contain fiber to banish bloat, antioxidants to boost your abs routine’s effectiveness and protein to help maintain a healthy metabolism.

Almonds, eggs, soy protein, apples, berries, leafy greens, yogurt, vegetable soup, salmon and quinoa are just a few of the healthy foods that Fitness magazine recommends for flatter abs.

“You have to lose all-over body fat to show your fit abs,” said Kelly Rickabas, owner of Anytime Fitness in Fenton. “A low sodium diet is important, too.”

Eating every three to four hours to keep your blood sugar even is another important flat abs strategy.

“Eat a snack that contains protein between 3 and 4 p.m.,” said Natasha Turner, in her book, “The Hormone Diet.” “It’s important because it boosts metabolism and balances blood sugar. The lower you keep your blood sugar, the lower you keep your insulin, and insulin makes you store fat around your middle.”

Eliminating junk food from your diet is extremely important for sleek abs and overall health. “If you’re eating fast food or junk food, you aren’t going to see a flat tummy,” said Shawn Stevens, owner of Transformation Time Fitness in Fenton.

EXERCISE

In general, an effective belly fat loss workout program might look something like this, according to fitnessblender.com:

• High intensity interval training two to three times per week.
• Lower intensity steady cardio on remaining days of the week, aside from one to two rest days.
• Strength training for the upper and lower body two times a week.

A Pilates workout and training is a “secret weapon” against belly fat, according to Prevention magazine. It works all of the abdominal muscles: the six-pack rectus abdominis which runs down the center; the waist-defining obliques, which wrap around the sides and the deep transversus abdominis, which is often missed in traditional ab workouts.

Shirley Ciofu, fitness director for Southern Lakes Parks and Recreation, says that a number of six-week Pilates classes will be starting in April, including “Pilates on the Ball” and “Pilates Barre Mat Mix.” Summer classes will include “Pilates by the River” in July, plus “Zumba Toning Party in the Park,” using weights on the lawn of the Fenton Community Center.

“Pilates is outstanding for conditioning and strengthening,” said Ciofu. “Especially the hips, joints and the deep supporting muscles around the spine. It’s also excellent conditioning for the golf season.”

Many local fitness studies also offer Pilates classes, Zumba, Jazzercise, yoga and other strength and resistant classes. “Turbulence Training,” a boot camp-style class, zeroes in on fat loss at Transformation Time Fitness. “It’s a full-body workout that focuses on the science of fat loss,” said Stevens.

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Diet is your number one weight-loss tool, followed by resistance training.

Build MUSCLE TO Lose WEIGHT

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

If you want to get serious about your weight-loss efforts this spring, turn your walking routine into a more fat-burning exercise routine, combined with a healthy eating plan.

“When it comes to losing weight, your diet is #1, your diet is #2 and your diet is #3, as far as the top three things to do,” said Mike O’Hara, P.T., OCS, CSCS, of Fenton Physical Therapy and Fenton Fitness & Athletic Center. “Then it’s exercise. You can’t out-exercise a poor diet.”

Rather than recommending a specific diet plan, O’Hara suggests that people read books and articles about how to form good habits. “People know what they should eat,” he said. “Any diet will work, as long as you change your habits.” He says that women, in general, don’t eat enough protein, especially when their daily lifestyle is active and includes lifting groceries, picking up kids, etc. “I see it at the gym all the time. Women often need about three times the protein than they’re getting.”

O’Hara prescribes an exercise routine that will build muscle to help people who struggle with weight issues. “It’s not so much that people are overweight as they are under-muscled,” he said.

Since muscle burns more calories than fat, resistance training that builds muscle is a more effective weight loss tool than cardiovascular exercise. “Walking isn’t a great weight loss tool for most people,” said O’Hara. “But it is good for cardiovascular fitness, especially interval power walking.”

In fact, O’Hara’s exercise prescription for the general public includes long, strong power walks three or four times a week, along with strength training twice a week and balance training every day.

Now that spring has sprung, you can take your walking workout outdoors, enjoying the benefits of fresh air and even more calorie burn with hills and uneven terrain.

Here’s how to walk with proper form:

1. Keep your chin up, focusing on a point 10 feet ahead of you.
2. Activate your abs. When you brace your core, pulling your belly button toward your spine, you automatically trigger good posture.
3. Squeeze your glutes. Your backside propels you through your walk, so keep your glutes tight for a longer and faster walk.

4 Ways to Burn More Fat While Walking

1. Add hills, and you’ll increase your calorie burn by nearly 20 percent.
2. Go off-road on uneven terrain to force yourself to work even harder.
3. Swing your arms. Bend your elbows at 90 degrees and walk with your hands in loose fists, moving your arms in an arc with your elbows tight to your body. This helps drive your forward and builds upper body strength, increasing your burn by up to 10 percent.
4. Make longer strides. Instead of taking more steps, increase your stride length, which will allow you to cover more ground and burn more fat.

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What are your shoes trying to tell you?

If you’re buying new shoes, bring in your old ones so a salesperson can evaluate wear patterns:  

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

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If you’re looking at a time span, the average use of a pair of running shoes or cross trainers is six months, depending on your mileage. You’ll know it’s time to replace your shoes if you begin to have aches and pains in your feet. The forefront of the shoe is usually the part that wears out first.”

Here are basic wear patterns:

- **Wear on the ball of the foot:** Your heel tendons may be too tight. Stretch them with heel raises.

- **Wear on the inner sole:** You pronate or turn in. This may cause excessive rotation inward and may be a marker for plantar fasciitis, shin splints or runner’s knee.

- **Toe-shaped ridges on the upper:** Shoes are too small or you have hammertoes.

- **Outer sole wear:** You turn out. This isn’t as common as “over pronation,” and doesn’t cause as many foot problems. Orthotics may help.

- **A side bulge and wear to the side of the big toe:** A too-narrow fit or you have a bunion.

- **Wear on the upper, above the toes:** The front of your shoe is too low.

Anderson also tells shoe shoppers that a median price for a quality pair of fitness shoes will be $80 to $110. “You want a shoe that doesn’t bend in half,” he said. “Usually, a shoe of that quality will be in that price range.”

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**Quotes:**

“Over the course of our lives, our arches tend to flatten out and your shoe size may go up as much as a half to a whole size as you age,” said Jesse Anderson, co-owner of Red Fox Footwear in downtown Fenton. “The same thing may happen when a woman is pregnant.”

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Confused by vitamins?

Here are three supplements you may want to consider taking.

By Sally Rummel

news@cttimes.com; 810-629-8282

Taking vitamins and supplements should never be thought of as a substitute for a healthy diet. But in order to get optimal levels of key nutrients or to fill in the nutritional gaps of your daily eating habits, you may want to consider adding them to your daily routine.

“These are the three supplements I make as a general recommendation for most people,” said Marjie Andrejciew, natural holistic counselor and owner of Marjie’s Gluten Free Pantry in downtown Fenton.

1. VITAMIN C — A minimum of 1,000 milligrams per day, up to 3,000 — taken in divided doses.

2. MINERAL SUPPLEMENT — especially helpful in adding iodine and selenium to the body to support thyroid function. Follow the bottle’s directions for dosage.

3. COD LIVER OIL — not fish oil. “It’s high in omega-3 fatty acids, plus it’s a natural source of vitamins A and D. Take 1 to 3 teaspoons a day.”

Shop these healthy choices in our Healthy You Directory.
Fill your grocery cart with ‘Super Foods’

These everyday foods are affordable and full of nutrients

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

The foods that are best for you to eat are whole foods, with only one name, and contain no complex list of chemicals you can’t pronounce.

Fill your shopping cart with these foods named by Eating Well magazine, and you may feel better than you ever have before.

Marjie Andrejcik, a holistic nutrition counselor and owner of Marjie’s Gluten Free Pantry in downtown Fenton, also suggests that people enjoy a “green drink” every morning.

“As Americans, we’re busy,” said Andrejcik. “We don’t tend to get in as many vegetables as we should. Our green drinks, NanoGreen by Biopharma and Macrogreens by Superfoods, come in powder form and are like having 10 vegetable servings in one glass. It’s a really good start to your day, reducing inflammation, increasing energy and supporting detoxification.”

To get your pantry started with healthy ingredients, add these 10 foods in your shopping cart on your next trip to the grocery store:

1. BERRIES — they’re a great source of fiber, especially raspberries with 8 grams per cup. Blueberries are packed with antioxidants that help keep your memory sharp and strawberries give you a full daily dose of vitamin C.

2. EGGS — this high-quality protein gives your meal staying power. The yolks contain lutein and zeaxanthin, two antioxidants that help keep your eyes healthy and may reduce age-related macular degeneration. Lutein may also shield the skin from UV rays.

3. BEANS — they’re a good plant-based source of iron; paired with a vitamin C-rich food like sweet potatoes or lemon juice will aid in your body’s iron absorption. Beans also boost fiber, the soluble kind that benefits blood cholesterol levels.

4. NUTS — these nuggets are rich sources of heart-healthy unsaturated fats. Walnuts are at the top of the list with their high level of ALA, an omega-3 fatty acid linked to heart health and improved mood. Walnuts also help reduce total and bad LDL cholesterol while maintaining healthy levels of good HDL cholesterol.

5. ORANGES — rich in vitamin C, these sweet orbs are critical for producing white blood cells and antibodies that fight infections. They also contain powerful antioxidants that help protect cells from free radicals, produce skin-firming collagen and are high in fiber and folate.

6. SWEET POTATOES — these contain alpha and beta carotene which convert into an active form of vitamin A, keeping your eyes, bones and immune system healthy. “They’re one of the most nutritious vegetables in the land,” touted the Centers for Science in the Public Interest.

7. BROCCOLI — this green giant packs vitamins C, A and K, as well as folate. Its healthy dose of sulforaphane is thought to thwart cancer by stimulating the body’s detoxifying enzymes.

8. TEA — fresh home-brewed tea reduces the risk of Alzheimer’s, diabetes and some cancers, promotes healthier teeth, gums and bones because of flavonoids.

Most people need to consume more whole foods, which will make for better overall health. Below are 10 food items that can easily be added to anyone’s diet.

9. SPINACH — this powerhouse vegetable contains vitamins A, C, K and E, plus fiber, iron, calcium, potassium, magnesium and folate.

10. YOGURT — this dairy product’s “good” bacteria helps maintain gut health and reduces the incidence of intestinal illnesses. Rich in calcium, it also contains phosphorous, potassium, zinc, riboflavin, vitamin B12 and protein.

Don’t be alone at the gym?
Join a SLPR Group Fitness Class for
• Motivation • Camaraderie
• Guidance from Certified Instructors
No Judgement - No Intimidation - Never Boring

SLPR offers Pilates, Barre, Yoga, and Zumba
For more information visit www.slpr.net or call 810-714-2011

Varicose veins are a sign of vein (venous) disease.
You may be experiencing vein disease if you have pain, swelling, restlessness, burning, itching and fatigue of legs as well as skin damage. Call today to learn more about our quick & effective treatment covered by most insurance companies.

Learn more about vein disease at www.flintveins.com

FREE Varicose Vein Screenings
Wednesday, April 22

• Covered by Most Insurance, Medicare and Medicaid
• 98% of Patients Would Recommend This Procedure
• Back to Normal Activity Usually the Next Day
• Office-Based, Minimally Invasive

BY APPOINTMENT ONLY!

Thomas A. Shuelt, DO
Board Certified Vascular Surgeon
Fellow American College of Surgeons/ American College of Phlebology

Integrated Vascular
Vein Center
1-877-771-VEIN
620 Health Park Blvd. Ste. G
Grand Blanc • 810.606.1600
8470 Peninsular Dr., Fenton
Lakeside Lakefront 3 bedroom, 2 bathroom, 2020 sq ft.
347 of lake frontage is all of the best lots on the lake.
Move in by Memorial Day!
Charles Burton will be your host.
$415,000

8447 Peninsular Dr., Fenton
Lakeside Lakefront 3 bedroom, 2 bathroom, 1536 sq ft., 50’ of lake frontage.
Many updates.
Move in just in time for the lake!
$329,082

WELCOME TO OUR TEAM
Coldwell Banker Professionals
WELCOME

David Norcross
David is a graduate of the University of Michigan and father of two. Before beginning his real estate career David had over twenty years of experience running and operating three international businesses.

David Norcross
810-691-2321

Looking for a Career Change?
We are now Accepting Applications for new or experienced agents!

Contact: Michael Wagner
810-629-2220
to schedule a personal interview.

Join Our Team
Great Training • Growing Office

FREE Home Buyer Seminar
Are you DREAMING of owning your first home or purchasing a home again? We have the plan for you!

Join us Saturday, April 18 • 10am-Noon
120 N. Leroy St. Fenton

SUNDAY, APRIL 12, 2015
CLASSIFIED DEPARTMENT: 810-629-8194
PAGE 12B

REAL ESTATE
JOBS
AUTOS
Page dimensions: 792.0x1080.0

DEADLINES: SUNDAY PAPER: Display Ads: Wednesday 3 p.m. — Line Ads: Thursday noon WEDNESDAY PAPER: Display Ads: Monday 3 p.m. — Line Ads: Noon Tuesday

YOU ARE INVITED TO A
Rollerball REMEDIES
Make & Take Workshop

• Digestive Problems • Focus
• Immune System • Anxiety
• Proper Healing Properties

YOU ARE INVITED TO A
Make & Take Workshop

• Digestive Problems • Focus
• Immune System • Anxiety
• Proper Healing Properties

ARE YOU AN EXPERIENCED
Home Health Aide or Certified Nurse Assistant that is reliable, caring, and hard-working? If so, Mercy Plus Home Healthcare Services has the perfect job opportunity for you! Please send in your resume through email listed: mercyplus@mercypluscare.com OR you can fax it to 810-519-8924. If you have any questions, feel free to contact us during office hours, Monday through Friday, 9-5pm at 810-487-5571.

Card Vokate
810-691-2589

Bennington Hills Kennel
is hiring. Apply in person starting April 14th. Must be 18 years old and have reliable transportation. No telephone calls.

Apprentice Meat Cutter
experience needed.
Local supermarket willing to train if you have limited experience. Please call 248-634-9641 and leave message.

810-629-8194
SUNDAY, APRIL 12, 2015
CLASSIFIED DEPARTMENT: 810-629-8194
PAGE 12B

FREE HOME BUYER SEMINAR
Are you DREAMING of owning your first home or purchasing a home again? We have the plan for you!

Join us Saturday, April 18 • 10am-Noon
120 N. Leroy St. Fenton

* Qualifying Requirements for Home Loans
* Start to Finish Guidelines on Home Buying Process
* Down Payment Assistance Programs

Sponsored by:

Chuck Stinner
Julie Ferkovich

View more listings at: Coldwellbankerprofessionals.net

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Sponsored by:

Chuck Stinner
Julie Ferkovich

View more listings at: Coldwellbankerprofessionals.net
DIRECT CARE - Full-time openings on Midnight and Afternoon shifts in Davisburg. MORC trained staff and Afternoon shifts in Full-time openings on Midnight shift

DIRECT CARE - DELIVERY DRIVER/ TRUCK DRIVER

Drivers-TRACTOR/ TRAILER
Full-Time Regional Drivers. Clean MVR CDL A 2 years

LAWN MAINTENANCE FOREMAN & LABORERS WITH EXPERIENCE WANTED
810-965-4087 BISH BRITTON SERVICES LLC.

LAWN MAINTENANCE FOREMAN & LABORERS WITH EXPERIENCE WANTED
810-965-4087 BISH BRITTON SERVICES LLC.

LOOKING FOR GOLF SHOP ASSISTANT. Computer, retail, merchandising, and communication skills needed. Contact Jeff at 810-735-4363, or jpellinskd@springwoodc.com.

PART-TIME SEASONAL OFFICE HELP

PIPE FITTER - Looking for a journeyman pipe fitter for machinery and equipment. Understanding of air logic and pneumatic circuit design is required. Please submit resume to wanda@expertchusa.com.

THE QUIKRETE COMPANIES, the leading producer of packaged concrete and related products, is now accepting applications for general laborers at our Holly location. We offer a competitive pay and benefits package that includes health and dental insurance, 401(k), paid vacation, and holidays. Candidate must pass a drug screen; have a valid driver's license, and clean criminal background. Position requirements include: * Able to Lift 50lbs. * Good Work Ethic. * Lift truck experience a plus. Please come to Plant to receive and fill out application. No phone calls please. Plant is located off Grange Hall Road and I75: behind I75

SEE GARAGE SALES ON PAGE 14B

DON'T MISS IT

THE TIMES CLASSIFIEDS
Sunday, April 12, 2015

HOUSE CLEANING NEEDED. Mature, experienced, for Fenton area, hardwood floors. Call 810-714-1233.

IMMEDIATE POSITION with valid state of Michigan Journeyman Electrician license, valid driver’s license. Fax resume to 810-519-5449 or email rdaley@charter.net.

LAWN CARE AND LANDSCAPING help for your positions available. Experience preferred, must have a valid driver’s license. Above average pay! Contact K & K Lawn Care, 810-240-5792.

LOOKING FOR EXPERIENCED restaurant and business manager for a local Fenton establishment. Contact Scott at 810-691-9100.

SIGN UP for text blasts to receive local help wanted listings. Text JOBS to 810-475-2030.

THE QUIKRETE COMPANIES, the leading producer of packaged concrete and related products, is now accepting applications for general laborers at our Holly location. We offer a competitive pay and benefits package that includes health and dental insurance, 401(k), paid vacation, and holidays. Candidate must pass a drug screen; have a valid driver’s license, and clean criminal background. Position requirements include: * Able to Lift 50lbs. * Good Work Ethic. * Lift truck experience a plus. Please come to Plant to receive and fill out application. No phone calls please. Plant is located off Grange Hall Road and I75: behind I75

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NOTICE OF PUBLIC HEARING
2015-2016 BUDGET
CITY OF LINDEN

The Linden City Council will hold a public hearing on the 2015-2016 Fiscal Year proposed budget Monday, April 27, 2015 at 7:00 p.m. as part of their regular meeting agenda in the Council Chambers, 201 N. Main Street, Linden, Michigan. Copies of the proposed budget are available for review at City Hall, 132 E. Broad Street, Linden, Michigan during regular business hours Monday through Thursday, 8:00 a.m.-5:00 p.m. (closed between 12:30 p.m. – 1:30 p.m. for lunch) and from 8:00 a.m. until 1:00 p.m. on Friday.

The property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.

Lynn M. Henry, City Clerk

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD TUESDAY APRIL 28, 2015 AT 7:00 PM BY THE CHARTER TOWNSHIP OF FENTON ZONING BOARD OF APPEALS AT 12060 MANITOUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

HOME OCCUPATIONS:
HO15-014 Diana L. Gibbons, 13452 Lakeshore, Fenton Requesting a home occupation permit for a personal training studio at 13452 Lakeshore, parcel 06-14-551-020

NEW BUSINESS:
ZBA15-010 Fredrick & Rosemary Havercroft, 3362 Ponemah, Fenton Requesting front and accessory building maximum square footage variances to build an addition to existing garage 3362 Ponemah, parcel 06-57-501-006

ZBA15-011 Michael Devlin, 1951 Vinsetta Ct. Rochester Requesting front and sight line variances to build a new house after demolishing the exist at 2437 Davis St. parcel 06-02-554-014

ZBA15-012 Chris & Stephanie Carpenter, 12129 Coldwater, Columbusville Requesting accessory accessory building maximum square footage variance to build a new house after demolishing the existing while keeping the other accessory buildings on the property at 1 Lighthouse Pt. parcel 06-23-527-029

ZBA15-013 John Ploucha, 12383 Margaret, Fenton Requesting accessory building maximum square footage variance to build a carriageway on property across the street at 12383 Margaret, parcel 06-11-501-008

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 (2) (9) 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: Robert Krug, Fenton Township Clerk, 12060 Manitouka Drive, Fenton, MI 48430, (810) 629-1537.

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

ROBERT KRUG
FENTON TOWNSHIP CLERK

TYRONE TOWNSHIP
PUBLIC NOTICE

Notice is hereby given that a Public Accuracy Test for the May 5, 2015 Special Election will be conducted on Tuesday, April 14, 2015 at 10:00 a.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
**ALL SCRAP METALS picked up including appliances. We buy scrap cars/trucks, farm equipment/motor homes, auto and farm batteries. 810-730-7514, 810-449-0045.**

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

**WANTED - LAND TO LEASE FOR HUNTING. Will respect land, pay fair price, and you also get venison jerky/sausage. Contact Jason, 810-287-6019. jay7@charter.net.**

**HAY FOR SALE, 40 round bales 4x5, first cutting, stored inside. $30/bale. 810-730-5118.**

**TRI-COUNTY TIMES PHOTOS Any staff photo published in the Tri-County Times can be purchased by calling 810-433-6797.**

**Custom Trike, Motorcycle, Cars & Tools of Fenton Collision Inc.**

**AUCTION Sat., Apr. 18 @ 10:00am**

09 Harley Custom Trike; ’80 Honda Custom Bobber motorcycle; ’64 Chevy Malibu Chevelle convt; ’39 Chevy 2-dr Sedan (for restoration); ’60 El Camino Pro Street project vehicle; ’04 Buick Park Avenue, Continental Uni-liner Frame Rack, Protac-Point Chart Pulling Post; Snap-on AG evacuator/charger; Cosmic Chrome System; Grayco paint sprayer; air compressors; MIG welder; drying lamp; hand tools Photos & details NarhiAuctions.com

Preview: Fri., Apr. 17, Noon - 4:00pm

112 W. Silver Lake Rd.
FENTON, MI 48430

810.266.6474 NarhiAuctions.com

**PUZZLE ANSWER KEYS**

King Crossword, Wednesday Jumble, Wednesday Sudoku puzzles are located in last Wednesday’s issue. All other puzzles are throughout this week’s edition.

---

**King Crossword Answers**

**Solution time: 25 mins.**

---

**King Features**

**King Crossword**

---

**Tribute Media Sudoku**

---

**ANSWER KEY LOCATED IN THIS EDITION**
LOVE Your Kitchen!

SAVE $250
on Any Cambria Quartz Premium Countertop
FREE  Kohler Faucet
FREE  Undermount Stainless Steel Sink
FREE  Premium Edge Upgrade
*see store for details

12 MONTHS NO INTEREST FINANCING
with approved credit

6 Cabinet Lines
Quartz · Granite · Laminate Countertops
Expert Designers
In-Stock Designer Cabinetry
Tile Backsplash Experts
Compete Line of Wood Flooring
LED under Cabinet Lighting
Electrical - Plumbing
TOTAL Project Management
Remodeling EXPERTS!

LOVE Your Bathroom!

SAVE $1,000
on Any Complete Kitchen or Bathroom Remodel
*offers cannot be combined. See store for details

New Design Inc.

Kitchens • Baths • Countertops
GRAND BLANC TWP
5693 S. Saginaw Rd - Flint MI 48507
Just North of Hill Road
NewDesignKitchens.com

810.694.8609
SHOWROOM HOURS
M-F 9-5 | Sat 10-2

Call NOW for a FREE Quote!
In-Home Measure & Consult Service by a Designer with over 10,000 HOURS Experience!!
Two additional locations in Swartz Creek and Flint/Grand Blanc Township to attend.

The next regular meeting of the Tyrone Township Board will be held on Tuesday, April 14, 2015 from 6-8 p.m. 

Resolved to appoint Livingston County as the township’s Emergency Management Coordinator.

Discussed capping the township’s sewer connection fees. The Supervisor will seek legal opinion.

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, Tyrone Twp., MI 48491. All meetings are open to the public.

Present: Supervisor Mike Cunningham, Clerk Keith Kremer, Trustees Soren Pedersen Chuck Schultz, David Walker and Cam Gonzalez. Absent: Treasurer Marna Bunting-Smith.

Approved the agenda as amended. Received and placed on file Communication #1.

Livingston County Drain Commissioner Brian Jonckheere explained the revisions to the Lake Tyrone sewer project.

Discussed capping the township’s sewer connection fees. The Supervisor will seek legal opinion.

Resolved to appoint Livingston County as the township’s Emergency Management Coordinator.

Adjoined at 7:53 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, April 21, 2015 at 7:00 p.m. at the Tyrone Township Hall. The public is encouraged to attend.

PYRONE TOWNSHIP
REGULAR BOARD MEETING SYNOPSIS
HELD APRIL 7, 2015 AT 7:00 P.M.


2. Approved the agenda as amended. Received and placed on file Communication #1.

3. Livingston County Drain Commissioner Brian Jonckheere explained the revisions to the Lake Tyrone sewer project.

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Sharp Funeral Homes has been serving local families for generations.

Our Family:
Michael T. Scully, Jennifer Sharp Scully, Roger L. Sharp, Stephanie Sharp Foster and Roger L. Sharp II

Fenton Chapel
1000 Silver Lake Rd. • Fenton
Michael T. Scully, Manager
(810) 629-9321

Linden Chapel
209 E. Broad St. • Linden
Stephanie Sharp Foster, Manager
(810) 735-7833

Two additional locations in Swartz Creek and Flint/Grand Blanc Township

Kevin Kilpatrick

Maurice Montpas

Paula Backus

Rosemary Nagy

Betty Falzetti

Shirley Hayes

Tonie Barkiewicz

Barbara J. Lyons
1929-2015
Barbara J. Lyons - age 86, of Fenton, passed away surrounded by her family on March 31, 2015. She is the beloved wife of the late Robert for over 63 years. Dear mother of Judy (Jerry) Hope and Diane (Jeff) French. Loving grandma of Tim (Lynette) Bradley, Heath, Mike Anderson, Matthew (fiancé Lori) Mehali and Todd (Karissa) Mehali. Great-grandma of Alaina, Megan, Nicholas, Sydney, Charlie and Max. Sister of Lois Steiner and Joyce Bidwell. Sister-in-law of Aulene Becker. Barbara also leaves special friends Shaun, Michelle and Abby Hardman; as well as many nieces, nephews and loving friends. Her Memorial Service will take place on Thursday, April 16, 2015 at 11 AM at Temrowski Family Funeral Home, 500 Main St., Fenton. Friends may visit Wednesday, April 15, 2015 from 6-8 PM at Temrowski Family Funeral Home, 500 Main St., Fenton. Interment will be with her husband at Great Lakes National Cemetery in Holly. In lieu of flowers, contributions may be made to the Holy Trinity Presbyterian Church of Fenton. Share memories at www.temrowskifamilyfuneralhome.com.

David Metzler

Joshua Bular

Keith Cox

Vera Goodman

Violet Sova


Maurice Montpas

Paula Backus

Rosemary Nagy

Betty Falzetti

Shirley Hayes

Tonie Barkiewicz

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Paula Backus

Rosemary Nagy

Betty Falzetti

Shirley Hayes

Tonie Barkiewicz
Pets dominate our lives—and this column

DEAR AMY:

My in-laws are coming for a visit soon. They will be staying with my family and me. They announced that they will be bringing their 80-pound black lab with them to our house. This is an inside dog, and we have cats who don’t get along with dogs. It is also well known (to the in-laws) that I don’t care for dogs. I am upset because they didn’t ask for permission. Originally the dog was supposed to stay at a relative’s house, at my in-laws’ suggestion. When I brought that up, it was dismissed with, “I’ll take the dog for lots of walks, and he can stay in the car.” This dog is not used to staying in a car, except for long trips, and he is not used to being left outside.

I haven’t said anything, because I’m trying to keep the peace, and I think it is my husband’s place to say something. But now my husband thinks the dog will be fine outdoors. Am I being unreasonable? What should I do? — Doggone Annoyed

DEAR ANNOYED:

Of course your husband should speak to his parents, and if he won’t, then you should. You should call your in-laws and give them the name of a nearby kennel. Boarding the dog at a nearby facility means the dog won’t have to stay outside or in the car (which is quite cruel), and your in-laws can visit him for those long walks they like to take together.

How to brush your dog’s teeth

DEAR PAW’S CORNER: How do you brush a dog’s teeth? And how often should I do it? — Abby

DEAR ABBY: Brushing your dog’s teeth is important to keep them healthy throughout their life. Here are some tips on brushing:

• Try to brush your dog’s teeth at least once a week, more if possible.
• Use a brush and toothpaste made especially for dogs. Minty-fresh human toothpaste is pretty nasty to dogs, and could upset their stomach. A popular brand of toothpaste is made specifically for dogs.
• Start slowly: Get your dog used to having you touch its muzzle and mouth, and lifting up its lip. Give it a flavored treat like the toothpaste you’ll be using: peanut butter or beef broth, for example. Or, give it a dab of the toothpaste as a treat.
• Start with one section at a time. Put a dab of paste on the brush, gently lift your dog’s lip, and brush downward from the gums.
• If your dog struggles, pause and hold its muzzle lightly until it calms down. Then try again. If it really raises a fuss, stop and try again tomorrow.
• Don’t reprimand it for misbehaving. This is really weird stuff for a dog. Use a soothing voice and give it lots of praise during and afterward.

Easier to prevent than treat diabetes

DEAR DR. ROACH: I’m prediabetic. I have known you and others to say not to eat any grain that is not whole wheat. Based on that, I leave off white rice, pasta and white bread or beef broth, for example. Or, give it a dab of the toothpaste as a treat.

• Use a brush and toothpaste made especially for dogs. Minty-fresh human toothpaste is pretty nasty to dogs, and could upset their stomach. A popular brand of toothpaste is made specifically for dogs.
• Start slowly: Get your dog used to having you touch its muzzle and mouth, and lifting up its lip. Give it a flavored treat like the toothpaste you’ll be using: peanut butter or beef broth, for example. Or, give it a dab of the toothpaste as a treat.
• Start with one section at a time. Put a dab of paste on the brush, gently lift your dog’s lip, and brush downward from the gums.
• If your dog struggles, pause and hold its muzzle lightly until it calms down. Then try again. If it really raises a fuss, stop and try again tomorrow.
• Don’t reprimand it for misbehaving. This is really weird stuff for a dog. Use a soothing voice and give it lots of praise during and afterward.

Tomato Brisket

Ingredients
• 1 lb. brisket
• 3 middle size tomatoes, cut into small wedges
• 1 T. ketchup
• pinch of salt
• pinch of ground pepper
• 2 star anises
• 1 T. cooking oil
• 4 ginger slices
• 2 spring onions
• noodles for serving

Instructions
1. To treat with the brisket: cut the brisket into large chunks around 1/2 inches as they will shrink after boiled and then soak in clean water for around 1 hour. Change the water twice. This is to remove any raw taste and blood water in the meat. Or you can choose to cook the brisket in boiling water for around 2 minutes and wash and drain.
2. Heat up around 1 tablespoon cooking oil and fry the garlic until aroma. Add red onion shreds and continue frying for around 1 minute. Add beef chunks and fry until strong aroma of beef.
3. Add ginger, green onion and star anise. Pour enough water to cover and then simmer for around 1 hour until the brisket becomes soft and almost cooked.
4. Add tomato wedges and continue simmering until the tomato wedges almost melt in the soup.
5. Add ground pepper, salt and ketchup. Use high fire to thicken the sauce until preferred.
6. Cook the noodles according to the instructions on the bag and then transfer the noodles to the serving bowl.
7. Scoop the soup base to serving bowl; garnish chopped green onion and serve immediately.
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