

IN THIS SECTION:

- ★ CLASSIFIEDS
- ★ REAL ESTATE
- ★ FEATURES
- ★ BUSINESS
- ★ OBITUARIES
- ★ MUCH MORE!

Tri-County Times Life Style



SECTION B

Heritage

Sharp Funeral Home has been serving the Tri-County area for generations



Price Counts. So Does Service.

Fenton Chapel - 1000 Silver Lake Road
Michael T. Scully, Manager

810-629-9321

A funny way to make a living

Professional comedians work 300 nights a year

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

Holly — In the basement comedy club of the Holly Hotel, comedian Brett Kline sat at a table by himself Friday night as the room filled in around him.

He reviewed his notebook, mentally going over his set. Kline was the featured comedian, performing before headliner David Landau. Jeff Ford emceed the evening.

All the jokes were fast, incisive and well-timed, and absolutely not for kids.

Ford, a black man, said that he is part of the Holly Hotel Affirmative Action Program.

Landau used a joke that he said got him kicked off Last Comic Standing in 2009, by Roseanne Barr, nonetheless.

See **COMEDIANS** on 2B



TRI-COUNTY TIMES | 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. He describes his style as "comedy with ADD." He avoids jokes about race and misogyny. 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.



TRI-COUNTY TIMES | TIM JAGIELO

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."

Is laughter really the *best medicine?*

By Sally Rummel

news@tctimes.com; 810-629-8282

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.

What happens when you laugh?

When you laugh, you stretch muscles throughout your face and body, your pulse and blood pressure

rises and you breathe faster, sending more oxygen to your tissues, according to WebMD. You even burn about 50 calories in a 10 to 15 minute bout of laughter.

While laughter doesn't replace exercise or medical prescriptions for your daily health, it does put a spring in your step and may help you feel better.

See **LAUGHTER** on 2B

★ JOIN US FOR OUR GRAND OPENING ★

WE'RE A BAR WITH GREAT FOOD! NOT A RESTAURANT WITH A BAR



APRIL 16TH
NASH FM WILL BE BROADCASTING
BROTHER ROCK
9:30PM - 12:30AM

APRIL 17TH
DANIEL RIPKE PERFORMING
9:30PM - 12:30AM

APRIL 18TH
"STRINGS ATTACHED"
9:30PM - 12:30AM

DRINK SPECIALS

- \$2.50 WELLS
- \$2 DOMESTIC BOTTLES
- SHOT SPECIALS
- \$5 SELECT MARTINIS
- \$4 SELECT MARGARITAS
- \$2.50 - \$3.50 DOMESTIC PINTS/TALLS
- \$4 - \$5 CRAFT BEER

\$5 FOOD SPECIALS

- BURGERS
- BEAN BURRITO
- BONELESS WINGS
- BARN DIP
- CLASSIC PIZZA



COME DOWN TODAY AND EXPERIENCE THE BARN!

715 TORREY RD. • FENTON

810-354-8889

THEBARNFENTON.COM

HOURS MON-WED 11:00AM-MIDNIGHT THURS-FRI 11:00AM-2:00AM
SATURDAY 9:00PM-2:00AM SUNDAY 9:00AM-12:00AM

Compiled by Alexei Rose, intern

streettalk

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."

— Tammy 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 Menzing, 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 L.A.

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, to date," 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."

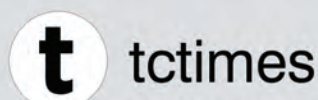


SHOW US WHAT THE

#heartoffenton

MEANS TO YOU

Follow us on Instagram and use **#heartoffenton** on your photos for a chance to have your photo published in the Tri-County Times.



LAUGHTER

Continued from Page 1B

What are some benefits of laughter?

- Helps keep your blood vessels expanding and contracting easily, reducing the risk of strokes and heart attacks.
- Reduces stress hormone levels. Hormone level reduction cuts anxiety and stress that impacts the body.
- It's a fun ab workout. When you laugh, the muscles in your stomach expand and contract, similarly to when you intentionally exercise your abs.
- Improves cardiac health. It gets your heart pumping and burns calories.
- Lowers blood sugar levels.
- Boosts T cells for greater immunity to fight off sickness.
- Triggers the release of endorphins, the body's natural pain killers.
- Overall sense of well-being.
- Promotes relaxation and sleep.

Sources: WebMD, gaia.com

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.

**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."

**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.

**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.

**JOHN WILKES BOOTH**

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."

ROBERT BLAKE

In 2012, "Baretta" actor and Little Rascal Robert Blake told Piers Morgan about life before his wife was murdered in 2002. (He called her "a con artist.") The actor was acquitted for the first-degree murder charge, but later found guilty in a civil suit in 2005.

**REBECCA GAYHEART**

The '90s Noxzema girl Rebecca Gayheart ran over and killed a 9-year-old boy while driving through central Los Angeles back in 2001. She settled a wrongful death suit out of court with the boy's bereaved parents. "It's something that is with me every day, and it will be for the rest of my life," she told People Magazine in 2005.

**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.

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.



SOURCE:
www.deathandtaxesmag.com



Eclections
Fenton's Only Ladies Fashion Shoe Store

\$39⁹⁹
Select group
Save up to \$19.00



Silver Lake Rd at US 23 North
810-629-2019 or visit us online www.eclectionsboutique.com

EASTER

COLORING CONTEST

ENTRANTS & WINNERS

Age 3



WINNER
Douglas Fairbanks (Fenton)

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



Age 4



WINNER
Lindsey Larner (Linden)

Peyton Denver (Holly)
William Mikolajczyk (Fenton)
Isaiah Fay (Fenton)
Cameron Bradley (Fenton)
Layla Mielke (Grand Blanc)
Jacob Orzol (Fenton)
Adelynn Kaye (Fenton)
Elijah Medford (Waterford)



Age 5



WINNER
Bailey Allen (Holly)

Camryn Underwood (Fenton)
Kennedy Stuart (Fenton)
Carlee Musall (Davisburg)
Cora McDonald (Holly)
Ava Arntz (Fenton)
Ashton Slater (Fenton)
Ashlyn Charder (Fenton)
Danielle Ramsey (Holly)
Max Runci (Linden)
Aiden Mrazik (Byron)
Madalene Reinfelder (Linden)
Kane Kerwin (Goodrich)
William Waters (Fenton)
Leland Robinson (Fenton)
Riley Jo Wright (Swartz Creek)
Traeh Hawkins (Linden)

Age 6



WINNER
Alekin Glover (Fenton)

Gavyn Visnaw (Fenton)
Jessica Ward (Swartz Creek)
Shelby Smith (Fenton)
Lyra Woodward (Holly)
Isabelle Ice (Linden)
Kaitlyn Bowles (Fenton)
Grace Groves (Fenton)
Keira Workman (Fenton)
Xoe Nicholson (Fenton)
Joshua Pinkney (Fenton)
Weston Teffner (Byron)
Lilly Miller (Fenton)
Autumn Arntz (Holly)
Luke Wright (Swartz Creek)
Liana Brown (Fenton)
Jillian Bowles (Fenton)

Age 7



WINNER
Graham Groves (Fenton)

Alexis Jabre (Milford)
Ayla Guswiler (Fenton)
Sanibel Stack (Fenton)
Shyanne Baker (Fenton)
Layla Dolehandty (Gaines)
Audrey Wilson (Fenton)
Brooklyn Kniivila (Fenton)
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-Bergeron (Fenton)
Nina Chandy (Fenton)
Addison Dolliver (Fenton)
Brooke Waters (Fenton)
Mya Nagelkirk (Holly)

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 8



WINNER
Haley Wasilewski (Linden)

Vincent Loria (Fenton)
Kaitlyn Wentz (Fenton)
Madelin Hall (Linden)
Emily Medford (Waterford)
Vincent Dexter (Fenton)
Jason Shirshun (Linden)
Ryna Fox (Fenton)
Amelia Romine (Fenton)
Maria Gavulic (Fenton)
Abigail Laguevy (Grand Blanc)
Madison Williams (Fenton)
Clarissa Bidleman (Holly)
Donovan Miller (Fenton)
Shayla Brochu (Holly)
Matthew Hildreth (Linden)
Lauren Skank (Fenton)



Age 9



WINNER
Stellah Strauss (Linden)

Kross Park
Liam Boillat (Linden)
Emma Most (Linden)
Evan Pampreen (Fenton)
Caden Hall-Cooke (Linden)
Riley Boulis (Linden)
Reagon Boulis (Linden)
Sydnee Terryah (Linden)

Age 10



WINNER
Haylee Reid (Holly)

Emily Visnaw (Fenton)
Charlize Brochu (Holly)
Kendyl Fay (Fenton)
Susan Sahouri (Fenton)
Grace Woodruff (Fenton)
Sonia Arntz (Holly)
Maira Konopka (Holly)
Hannah Wasilewski (Linden)
Gena Duffy (Fenton)
Teddy Farley (Linden)
Lillian Wright (Swartz Creek)

Age 11



WINNER
Cora Randolph (Fenton)

Dominic Loria (Fenton)
Emily Amiot (Holly)
Dean Brown (Highland)
Chase Hall-Cooke (Linden)
Abby North (Fenton)
Ethan Bright (Linden)
Emily Elrich (Swartz Creek)
Lexie Medford (Waterford)



HEALTHY YOU

WWW.TCTIMES.COM

SUNDAY, APRIL 12, 2015

5B



Eat for

► 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

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.



SMART CARBS

Eat whole wheat bread, brown rice and cereal.



SALMON

Rich in omega-3 fatty acids, salmon protects against depression and heart disease. Leafy greens, legumes, nuts and citrus fruits also contain omega-3s.



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.



DARK CHOCOLATE


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



COFFEE


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

Source: WebMD Images: Metro Creative Graphics



NUTRIMOST
Fenton.com

Lose 20-40lbs In 40 DAYS



Before After

Powerful Technology for a Better Life

Dr. Scott Anderson, DC
810-750-2600
4033 Owen Rd. • Fenton

- No drugs
- No hormones
- No exercise
- No hunger or cravings
- No pre-packaged meals
- Doctor supervised
- Lasting Results

Our cutting edge **NRF technology** targets your specific **hormone and nutrient imbalances.**



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 Rickabus, 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



METRO CREATIVE GRAPHICS

Take inches off your waist by increasing the amount of fiber, antioxidants and protein you consume and increasing the amount of low- and high-intensity cardio training.

Transformation Time Fitness in Fenton.

EXERCISE

In general, an effective belly fat loss workout program might look something like this, according to fitness-blender.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 studios 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 Trans-

formation Time Fitness. "It's a full-body workout that focuses on the science of fat loss," said Stevens.

The best thing for your abs is laughing. Every time you laugh, it strengthens your abs.
Kristin McGee
Pilates expert



Helping you
get back out there.

The therapist you choose does make a difference!

Advanced Physical Therapy Center is a physical therapy, occupational therapy and sports medicine clinic dedicated to providing cutting edge therapy techniques and personalized, one-on-one care programs.



Grand Blanc Clinic
10809 S. Saginaw St.
810.695.8700

Clio Clinic
303 S. Mill St.
810.687.8700

Goodrich Clinic
7477 S. State Rd., Ste. B
810.636.8700

Hartland Clinic
11182 Highland Rd.
Hartland, MI 48353
Located at the Millennium Center
(Next to ReMax and Dr. Kopel's office)
810.632.8700

Flint Clinic
G-2241 S. Linden Rd.
810.732.8400

Davison Clinic
2138 Fairway Dr.
810.412.5100

Clarkston Clinic
6167 White Lake Rd. Ste. 1
248.620.4260

Personalized Care that Doctors Trust | www.AdvancedPhysicalTherapy.com

Experience the
gentle
difference

Dr. Jeremy M. Grove DDS
501 S. Bridge Street
Linden, MI
810-735-7511
www.dentistinlinden.com



Care Credit • Select PPO's • Healthy Kids & other insurance plans • Accepting new patients



Build MUSCLE TO Lose WEIGHT

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



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 over-fat 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.

Summary

► Your diet is your most important weight loss ally, followed by resistance training to build muscle, which burns more calories than fat.

HERE'S HOW TO WALK WITH PROPER FORM:

- Keep your chin up, focusing on a point 10 feet ahead of you.
- Activate your abs. When you brace your core, pulling your belly button toward your spine, you automatically trigger good posture.
- 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.

Understanding Hernia & Treatment Options

Presented by Dr. Michael McCann,
Medical Director of the Hurley Hernia Center of Excellence

Thursday, April 16 • 6pm
Holiday Inn Gateway Centre

5353 Gateway Centre, off US23 & Hill Rd.



FREE PUBLIC EVENT

Call 810.262.4855
to Register Today

HURLEY
MEDICAL CENTER

Hernia Center
of Excellence

For interpreting services for this event, please call 810.262.7275.

hurleymc.com



What are your shoes trying to tell you?

“The average use of a pair of running shoes or cross trainers is six months, depending on your mileage.”

Jesse Anderson
Co-owner of Red Fox Footwear



► If you're buying new shoes, bring in your old ones so a salesperson can evaluate wear

By Sally Rummel

news@tctimes.com; 810-629-8282

Your shoes tell more about you than just your style and good looks.

They also show wear patterns that will help determine the best kind of style and fit you need to look for in a new pair. It will help if you bring in your old shoes when shoe shopping, so you can get a pair that will compensate for the stresses you place on your shoes because of your gait, your weight and your age.

“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 An-

derson, co-owner of Red Fox Footwear in downtown Fenton. “The same thing may happen when a woman is pregnant.”

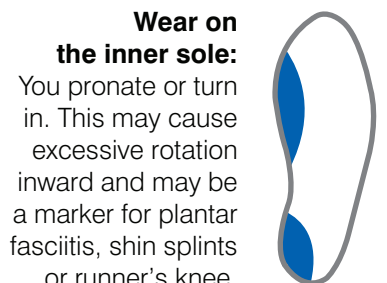
Anderson said that most people will want to look at new fitness shoes after wearing a pair for 300 to 500 miles. “If you're looking at a time span, the average use of a pair of running shoes or cross trainers is six months, depending on your mileage. You'll know it's time to replace your shoes if you begin to have aches and pains in your feet. The forefoot 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.



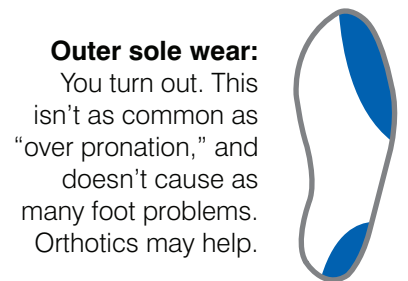
Wear on the inner sole:

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.”



Health Quest, Inc.

Your locally owned & operated Home Health Care provider since 1986!

**Care for clients with Alzheimer's, MS, Parkinson's,
Hearing and/or Sight Impaired, and other
Degenerative Conditions**

We Place Home Care Assistants and Nurses Who

- Plan and prepare meals
- Provide companionship
- Help with bathing and dressing
- Assist with exercise
- And More

FOR THE BEST IN HOME HEALTH CARE CALL OUR OFFICE:

248-634-0611

Monday-Friday from 9-5pm

24 Hour Answering Service for Emergencies or Weekends

Health Quest Inc. is licensed, bonded and operated under the laws of the State of Michigan

“LOVING CARE AT HOME”

207 S. SAGINAW • HOLLY

HQHC.com

TEST-DRIVE

THE NEWEST TECHNOLOGY FROM MIRACLE-EAR!



You have to **HEAR IT** to **BELIEVE IT!**



TEST-DRIVE OFFER

Buying a quality hearing solution is a big decision. You need to test drive it first. See how it suits your lifestyle. Determine for yourself if it's comfortable, natural looking and natural sounding.

That's the whole idea behind the Miracle-Ear Test-Drive offer:

- 1 Call to schedule an appointment at one of our convenient locations.
- 2 Try one of our Miracle-Ear hearing solutions in our office and HEAR the difference immediately.
- 3 If you're delighted with the improvement in your hearing and wish to keep your hearing solution, you can do so — at **GREAT SAVINGS!**
- 4 Next, wear our nearly invisible hearing aids for a full 30 days. Wear them out in all kinds of settings: in restaurants, watching TV, while on the telephone, or at a movie.
- 5 If, after 30 days, you are not totally happy and enjoying the sounds of life again, return the hearing aids for a full refund.*

*If you are not completely satisfied, the aids may be returned for a full refund within 30 days of the completion of fitting, in satisfactory condition. Fitting fees may apply. See store for details.

©2013 Miracle-Ear, Inc.

\$995

*Digital ME-4
Hearing Aid*

*Offer valid on ME-4 model. Limit one aid at the promotional price. Limit 1 coupon per purchase. May not be combined with other offers and does not apply to prior sales. See store for details. Offer expires 04/30/15.

BUY ONE, GET ONE

50% OFF

*Save on our newest
digital hearing
solutions!*

*Good only at participating Miracle-Ear locations. One coupon per purchase. Offer valid on ME-1 and ME-2 solutions. Cannot be combined with other offers. Offer expires 04/30/15.

**Call the Fenton Location to Schedule
Your FREE Hearing Test****



MIRACLE-EAR | 18010 Silver Parkway
Hearing Center | **FENTON**
810-750-2626

Confused by vitamins?

► Here are three supplements you may want to consider taking

By Sally Rummel

news@tctimes.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 Andrejciw, 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 tea-spoons a day."

HEALTHY YOU

Shop these healthy choices in our Healthy You Directory

YOU ARE INVITED TO A Rollerball REMEDIES Make & Take Workshop



Come learn about the **HEALING PROPERTIES** of ESSENTIAL OILS and make your own NATURAL REMEDIES for:

- Allergies • Bumps & Bruises
- Colds & other Viruses • Congestion
- Digestive Problems • Focus
- Insomnia • Muscle Aches & Pains

All Classes are held at the Fairfield Inn and Suites
3125 W. Silver Lake Rd., Fenton
April 17th 7pm-8:30pm
May 9th 10am-11:30am
June 6th 10am-11:30am

Your Greatest Wealth is Your Health

Please register at:
www.TakeTheThyme.com/events

COME JOIN THE FAMILY FUN



10% OFF INTRODUCTORY PROGRAM
Expires 4/30/15

KARATE CLASSES NOW FORMING

PRE-SCHOOL TO ADULT

Anderson's Karate

810-223-5482

4031 Owen Rd., Fenton
(next to Mancino's)

JAZZERCISE • KI GONG • WOMEN'S SELF DEFENSE
ANTI-BULLYING EXPERT



**RED FOX
FOOTWEAR**

FITNESS • OUTDOOR • WORK • WEEKEND

10% OFF

Your Purchase
(in store only)

Expires 05/31/15 • Limitations may apply

LOCATED IN DOWNTOWN FENTON
104 S. LEROY ST • 810.354.8398 • REDFOXFOOTWEAR.COM

A NEW
REASON TO
SMILE



OAK TREE DENTAL

Accepting New Patients

Call for an appointment

810-629-8272



OAK TREE DENTAL
COSMETIC & FAMILY DENTISTRY

500 N. Leroy St., Fenton
East side of Leroy St. between 3rd and 4th

fentondentists.com • 810-629-8272

Clean Homes  Clean Earth

**Healthy Home,
Healthy You!**

**Your Local Residential
Cleaning Company!**

Free Phone Estimates
Satisfaction Guarantee • Bonded & Insured

We use **GREEN SEAL** approved products!

810-629-9251

www.Fenton.TheCleaningAuthority.com

Serving the Exceptional
Chiropractic Experience



Dr. Erica M. Peabody,
Chiropractor

810-629-6023

www.cafeoflifefenton.com

www.fentonchiropractor.org

521 N. Leroy in downtown Fenton

Massage Therapy Available

We Offer Affordable Care & Accept Most Insurance Plans

**New Patient
SPECIAL**

\$85

Includes Cleaning • Exam
Full Set of X-Rays

Not valid with any other offer.
Expires 5/10/15

Patricia McGarry, DDS

200 Lindenwood • Linden

810-735-9426

www.drmcgarry.com

**20%
DISCOUNT**
to Seniors
65 & older

Not valid with any other offer.
Expires 5/10/15

Patricia McGarry, DDS

200 Lindenwood • Linden

810-735-9426

www.drmcgarry.com

10% OFF

Expires 5/8/15

Bauman's
RUNNING & WALKING SHOP

810-238-5981

Hours: Mon. - Fri. 10-8pm
Sat. 10am-6pm • Sun. 12pm-5pm
1473 W. Hill Rd., Flint • East of US23

www.werunthistown.com

**We Run
this Town!**



\$1 OFF
ANY REAL FRUIT SMOOTHIE

Valid Only at: 4009 Owen Rd., Fenton • Expires 5/27/15
Please present coupon when ordering. Not valid with any other coupon
or offer. One discounted smoothie with coupon per customer per visit.

Ditch the workout,
join the **Party!**



ZUMBA
fitness

Licensed Zumba Fitness® Instructors



Balroom and Latin Dance Studio

810.750.1360

www.chassefenton.com

Visit our website to sign up for email specials
and link to our Facebook page.

THE *Traveling*
MANICURIST

Lisa

810-922-6553

\$50
MANI / PEDI
SPECIAL

- Shut-ins
- Seniors
- Bridal Parties
- Lunch Hour
- Office Manicures
- Pedicure Parties
- Acrylic Fills
- Repairs



Fill your grocery cart with 'Super Foods'

► These everyday foods are affordable and full of nutrients

By Sally Rummel

news@tctimes.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 Andrejciw, 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 Andrejciw. "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.



METRO CREATIVE GRAPHICS

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.

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.

"I'd also add coconut oil to the list, which contains naturally saturated fatty acids that are your body's preferred source of sustainable energy."

Marjie Andrejciw
Marjie's Gluten Free Pantry

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.

FREE Varicose Vein Screenings Wednesday, April 22

Varicose Veins



Swollen Legs



Skin Damage



Skin Ulcers



- 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!

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.

Thomas A. Shuster, DO
Board Certified Vascular Surgeon
Fellow American College of Surgery/
American College of Phlebology



Learn more about vein disease at www.flintveins.com



Integrated Vascular
Vein Center

www.flintveins.com

of Michigan

1-877-771-VEIN

600 Health Park Blvd. Ste. G,
Grand Blanc • 810.606.1660

Don't be alone at the gym?

Join a **SLPR** Group Fitness Class for

SOUTHERN LAKES
PARKS & RECREATION

- Motivation • Camaraderie
- Guidance from Certified Instructors

No Judgement - No Intimidation - Never Boring



SLPR
SOUTHERN LAKES
PARKS & RECREATION

offers Pilates, Barre, Yoga, and Zumba

For more information visit www.sldr.net or call 810-714-2011

REAL ESTATE



JOB



AUTOS



Tri-County Times Classifieds

CLASSIFIED DEPARTMENT: 810-629-8194

SUNDAY, APRIL 12, 2015

PAGE 12B

VISIT THESE OPEN HOUSES THIS WEEKEND!

COLDWELL BANKER

Professionals

810.629.2220

Downtown Fenton

120 N. Leroy St.

(Across from the State Bank Loan Store)

Each office is independently owned and operated.

OPEN HOUSE SUNDAY, APR 12TH 2-4PM



PENDING

214 Chestnut Way, Linden
Nice 3 bedroom home with 2 full baths, open floor plan. Full basement with daylight windows.

Kim Rinks
810-444-4411

\$162,900

OPEN HOUSE SUNDAY, APR 12TH 12-3PM



LAKEFRONT

8470 Peninsular Dr., Fenton
Lobdell Lakefront! 3 bedroom, 2 bathroom, 2200 sq. ft., 347' of lake frontage. One of the best lots on the lake. Move in by Memorial Day!! Charles Stoner will be your host.

Jessica Barkau
810-407-4153

\$415,000

OPEN HOUSE SUNDAY, APR 12TH 12-3PM



LAKEFRONT

8447 Peninsular Dr., Fenton
Lobdell Lakefront! 3 bedroom, 2 bathroom, 1536 sq ft., 50' of lake frontage. Many updates. Move in just in time to enjoy the lake!

Jessica Barkau
810-407-4153

\$329,082

OPEN HOUSE SUNDAY, APR 12TH 1-3PM



3316 Eastgate Street, Burton
Move in ready! 3 bedroom, 1 bathroom, 1064 sq. ft., 1 car detached garage. Home is located in a quiet neighborhood on a half acre lot. Many updates!! John Lachman will be your host.

Jessica Barkau
810-407-4153

\$82,500

OPEN HOUSE SUNDAY, APR 12TH 1-3PM



544 Saddlevale Court, Linden
Don't miss out on this great family home located in a quiet sub at the back of culled-lot. Large lot with extra shed for the toys! Walk to town and to park. Close to US-23, restaurants, shopping, beach and park. Great place to call home!!

Hollie Matlock
810-223-2340

\$187,500

OPEN HOUSE SUNDAY, APR 12TH 2-4PM



13025 Harbor Landings, Fenton
(Torrey Rd. - West on Lahring - Left to Condo Development) 3 bedroom, 2 1/2 bath, 1 1/2 story attached condo in the Landings at Crane's Cove Condominium Community with 2 car attached garage. Gas fireplace in family room. 10 x 10 deck. Partially finished basement plumbed for full bath.

Sheree Hoose
810-287-5628

\$214,900

VACANT LAND

Prime Location for developers in Grand Blanc Township



Corner of Saginaw & McCandlish
9.6 Acres. Possible splits available. Master zoned VMU (Village Mixed Use). Call or text me if you would like more information and a Marketing package.

Bonnie Nelson
810-938-2101

\$1,600,000

Inventory is Low!

It's a GREAT TIME to SELL!



Contact me, Steve Stadler @ 810-250-1987 for your FREE MARKET EVALUATION. Find out what your home is worth in today's market!

Steve Stadler
810-250-1987

GREAT LOCATION



502 Riggs, Fenton
A must see near downtown Fenton. This 3 Bedroom, 2 full bathroom home has been newly renovated and has a new addition including a master suite and 2 car attached garage. Open floor plan, wood burning stove. Located on a corner double lot.

John Lachman
989-798-2652

\$129,900

MOVE-IN READY!



9101 Rhodes Rd., Atlas Twp.
Move-in ready just south of the Goodrich Town limits. Nice 3 bedroom, 3 bath, finished basement. Whole house generator, and more. 1-1/2 acres and pole barn.

Bob Hutchins
810-407-0371

\$228,000



9028 Linden Rd., Tyrone Twp.
1800's Farmhouse, 3 baths, 4 bedrooms. Butcher block island, wood floors, michigan basement w/updated steel I-beams. Ceiling to floor windows, large parlour and sitting room. Has all the charm of the century.

Carol Verhelle
810-691-0589

\$124,900

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 Guideline on Home Buying Process
- Down Payment Assistant Programs

RSVP: 810-629-4092 or charles.stoner@coldwellbanker.com

WELCOME TO OUR TEAM

Coldwell Banker Professionals Welcomes

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
at 810-629-2220 to schedule a personal interview.

Join Our Team
Great Training • Growing Office

APPRENTICE MEAT CUTTER,

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

 **Personal Notices**

YOU ARE INVITED TO A Rollerball REMEDIES Make & Take Workshop

Come learn about the

HEALING PROPERTIES of ESSENTIAL OILS and make your own NATURAL REMEDIES for

- Allergies • Bumps & Bruises
- Colds & other Viruses • Congestion
- Digestive Problems • Focus
- Insomnia • Muscle Aches & Pains

All Classes are held at the Fairfield Inn and Suites 3125 W. Silver Lake Rd., Fenton

April 17th 7pm-8:30pm
May 9th 10am-11:30am
June 6th 10am-11:30am

Your Greatest Wealth is Your Health

Please register at: www.TakeTheThyme.com/events

SIGN UP for Text blasts to receive local coupons. Text localcoupons to 810-475-2030.

CHECK YOUR AD! REPORT ERRORS IMMEDIATELY.

The Tri-County Times will only be responsible for the first day of incorrect publication.

 **Help Wanted**

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 810-519-4924. If you have any questions, feel free to contact us during office hours, Monday-Friday, 9-5p.m. at 810-487-5571.

BENNINGTON HILLS KENNEL

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

COUNTER/SHOWROOM SALES LOOKING

for a motivated person with experience in retail sales. 810-787-5321.

COYOTE PRESERVE GOLF CLUB

is hiring for upcoming season: course maintenance. Apply within: 9218 Preserve Dr., Fenton. 810-714-3206.

View more listings at: Coldwellbankerprofessionals.net



Help Wanted

DELIVERY DRIVER/
warehouse worker needed.
Apply at 1480 N. Leroy. 810-714-5865. Background and driving record checked.

DIRECT CARE -

Full-time openings on Midnight and Afternoon shifts in Davisburg. MORC trained staff preferred but not required. Good starting pay and Health Insurance. Call 248-634-5122.

DRIVERS-TRACTOR/ TRAILER

Full-Time Regional Drivers. Clean MVR CDL-A 2 years OTR Van Experience. Non-smoker. No Criminal record. No touch freight. Home weekends and benefits. \$1,000 Bonus. Call 517-223-7330, Monday-Friday, 8-5p.m.

DIRECT CARE STAFF

needed in Davisburg, Holly and Ortonville. Starting rate \$9. Please call between 9-3p.m., 248-634-5949.

FULL-TIME DRIVER,

CDL-Class B or better required and clean driving record. Bentley Sand And Gravel, 810-629-6172.

HOME DELIVERY DRIVER

needed, one year in past three years commercial driving experience required. Contact Paul at 989-277-1302.

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 rsdaley@charter.net.

LAWN CARE AND LANDSCAPE

help full time positions available. Experience preferred, must have a valid drivers license. Above average pay! Contact K & K Lawn Care, 810-240-5792.

LOOKING FOR EXPERIENCED

restaurant/bar 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**.



Help Wanted

LAWN MAINTENANCE FOREMAN & LABORERS WITH EXPERIENCE WANTED**810.965.4087****IRISH BROTHERS SERVICES L.L.C.****LOOKING FOR GOLF SHOP ASSISTANT.**

Computer, retail, merchandising, and communication skills needed. Contact Jeff at 810-735-4363, or jzielinski@springmeadowscc.com.

PART-TIME SEASONAL OFFICE HELP

at YMCA Camp Ohiyesa needed. Previous office experience preferred. Flexible availability needed. Must be 18 years or older. Please fax/email resume to 313-308-0852 jwillbur@ymcadetroit.org.

PIPE FITTER -

Looking for a journeyman pipe fitter for machinery and equipment. Understanding of air logic and pneumatic circuit design required. Please submit resume to: wanda@spentechusa.com.

THE QUIKRETE COMPANIES,

the leading producer of packaged concrete and related products, is now accepting applications for experienced Tractor-Trailer drivers at our Holly location. Our Tractor-Trailer Drivers are HOME EVERY NIGHT each week and experience job satisfaction that can only be found with an industry leader. We offer a competitive pay and benefits package that includes health and dental insurance, 401(k), paid vacation, and holidays. Position requirements include: *A minimum of 25 years of age. *Possess a Class A CDL with 1+ years of driving experience. *Doubles endorsement. *Clean MVR. *Ability to operate flatbed and pneumatic equipment. *Must be able to pass a DOT physical and controlled substance test. Relocation assistance is not available for this position, local applicants only. Interested candidates should send their resume and salary requirements via e-mail to probbins@quikrete.com.



Help Wanted

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 95lbs. *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 Aggregate: 14311 CMI Drive, Holly.



Cars For Sale

2008 CHEVROLET COBALT

LS 2.2L, 5 speed manual, 33 mpg, 67,000 miles, excellent condition. \$5,500. 810-735-4554.



Garage Sales

SEE GARAGE SALES ON PAGE 14B**SIGN UP**

to receive local Garage sale listings —Text **GARAGESALE** to 810-475-2030.



Real Estate For Sale

WE BUY HOUSES!

No Commissions, Quick Cash, Sell As Is, No Costs. Please Call 810-584-5575.

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

Sell it in the
TRICOUNTY Times



Land For Sale

LOON LAKE 2 LOTS LEFT!

Completely developed, ready to build. View of two lakes. \$10,000 and up. Best offer, quick sale! 810-964-3472 or 810-735-6887.

ALL ADVERTISEMENTS PUBLISHED

in the Tri-County Times are subject to approval before publication. We reserve the right to edit, refuse, reject or cancel any ad at any time.



Manufactured Homes

Brand new 2 & 3 bedroom, 2 bath homes starting at \$799 per month**\$399 moves you in PLUS FREE RENT UNTIL JUNE 2015!*****Groveland Manor**

13318 Dixie Highway
Holly, Michigan 48442
248-534-1050

meritusmhc.com

*WAC, select community owned homes. 15 mo lease. Expires 4-30-15.



Real Estate For Rent

PINEHURST APARTMENTS:

Argentine Twp. 1 bedroom/1 bathroom, patio view, \$525; 2 bedroom/1 bath, balcony view, \$550. Offered by Rental Management One, 248-208-3882.

SIGN UP

for Text blasts to receive local real estate listings. Text **realestate** to **810-475-2030**.



Rooms/Apts. For Rent

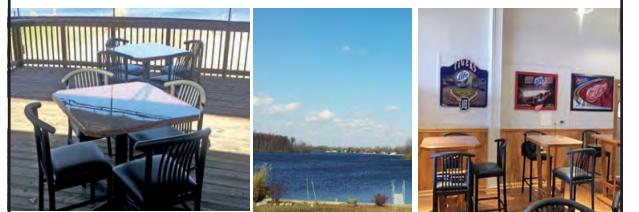
LaFonda Apartments
In Fenton

1 bedroom **\$500**
2 bedroom **\$600**

CALL FOR MORE INFORMATION

810-629-5871

www.cormorantco.com

FOR SALE BY OWNER**GREAT OPPORTUNITY • REDUCED PRICE**

Bar remodeled inside and out.
Bar restaurant ready to go just in time for summer!

Located on Lake Ponemah • 3482 W. Silver Lake Rd., Fenton
Call for more information and pricing!

810-691-9100**ENGLAND**

REAL ESTATE CO.
www.englishrealestate.us

HARTLAND
12316 Highland Rd. (M-59)

(810)632-7427**(248)887-9736****(810)629-8515**

SERVING LIVINGSTON, OAKLAND,
GENESEE AND SURROUNDING
COUNTIES SINCE 1970.
MEMBER MLS

**LINDEN SCHOOLS**

Hurry! Move in ready, sharp 2 story home in great neighborhood. 3 bedrooms, 2.5 baths, spacious living room with vaulted

ceiling and gas fireplace, formal dining room, open kitchen with island and desk area. Large master suite with walk in closet. Master bath has jetted tub and separate shower. Rec. room in partially finished basement with gas fireplace. Relax on the 28x13 tiered deck and enjoy the nice yard with mature trees. 2 car garage. Fenton Township. \$208,000.

**HARTLAND**

Neat & attractive 3 bedroom, 2 bath home on 1+ acres. 1580 sq. ft., w/decorator's dream kitchen, dining area

leading to charming family room w/natural fireplace & door-wall to patio. Formal living room. 3 car detached garage w/attic & 220 service. Lake privileges to Long, Round & Handy Lake. \$189,500.

**FENTON**

Well planned 1850 sq. ft. 2 story home. 3 bedrooms, 2.5 baths. Sharp convenient kitchen with snack bar, wood floors and all appliances.

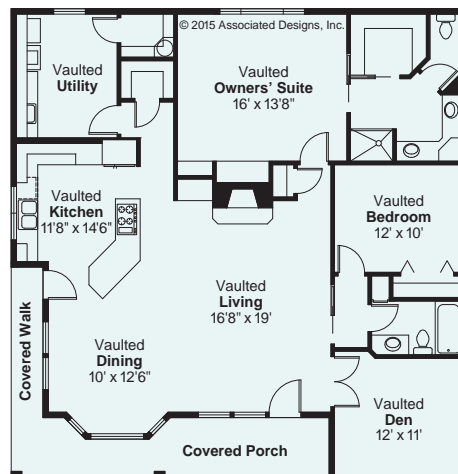
Pretty breakfast area surrounded with windows and door to large custom Trex deck for entertaining. Gas log fireplace in great room. Formal dining room. Study/4th bedroom. Basement prepped for bath. Area of nice homes. \$219,000.



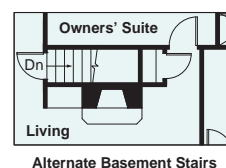
FENTON. Great location with this 1413 sq. ft. ranch on 1.03 acres. 3 bedrooms, 1.5 baths, country kitchen & nook. Living room with fireplace. Partially finished walk-out lower level. 24x40 pole barn. Move in condition. Hurry only! \$149,900.

HOUSE PLAN OF THE WEEK

Living Area 1686 sq.ft. Dimensions 65' x 31'

2000 SERIES

Visit AssociatedDesigns.com for more information or to search our home plans.

**Lincoln PLAN 30-203**

A boldly columned covered porch and walkway wrap around the Lincoln, a distinctive compact home with a delightfully extensive and open central living area. Vaulted ceilings add volume, creating a sense of spaciousness throughout, while the plan's nearly square footprint allows construction on a fairly small city lot.

Entering, you step into an exceptionally bright living area where living room, dining room and kitchen flow together in one large, comfortable space.

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

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 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

HOME OCCUPATIONS:

HO15-014 Diana L. Gibbons, 13453 Lakeshore, Fenton
Requesting a home occupation permit for a personal training studio at 13453 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, 06-27-501-006

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, Columbiaville
Requesting 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 carriage barn 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) (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: 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.fentontownship.org.

ROBERT KRUG,
FENTON TOWNSHIP CLERK

Garage Sales

TO ADVERTISE, CALL 810-629-8194

Byron



**THURSDAY - SUNDAY
APRIL 16TH - 19TH,
10-5P.M.**

**PLEASE HONOR
OUR HOURS.**

13888 Reed Road,
48418
(8/10th's of a mile
south of Beard Road).
Large indoor barn
sale, 78 year old pack
rat. Liquidating nine
booths from closed
antique mall. Tons of
collectibles, tools,
and more. Additional
items added daily.

Fenton



**APRIL 18TH,
9-4P.M.,**

11317 Balfour Drive.
Moving/furniture sale.

5 piece La-Z-Boy
sectional, excellent
condition, \$300;
kitchen pub table/4
chairs, \$75; corner
computer desk, \$50;
desk hutch, \$25; dining
room table/6 chairs,
\$60; hutch, \$50;
oak coffee table, \$20;
end tables, \$15; valley
pool table, \$300 or best
offer. 810-444-6354.

Holly



**APRIL 16TH, 9-5P.M.,
AND
APRIL 17TH, 9-3P.M.**

Holly Calvary
United Methodist
15010 N. Holly Rd.
Park in back,
off Quick Rd.
Budget prices.

Linden



**FRIDAY - SUNDAY,
APRIL 17 - 19TH**
6088 Lakeview Park Dr.,
Byram Lake.
Estate Sale.

Antiques, Hummels,
china, crystal,
iron patio set,
Christmas decor,
antique dolls/furniture,
Persian rug, quilts,
camera equipment,
household. Collection
of generations!

MAKE YOUR GARAGE SALE SUCCESSFUL



\$36
one issue.
\$54 for 2 issues

INCLUDES:

- 20 word line ad with color photo
- Times online Featured Top Ad
- Text blast to our subscribers
- 5 garage sale signs
- 250 stickers
- Tip sheet
- \$3.00 off coupon for your next line ad

Times (810) 629-8194

HOLLY TOWNSHIP ANNUAL SPRING-UP

LOCATION:

**North Oakland County Fire Authority Headquarters
5051 Grange Hall Rd.**

**SATURDAY, MAY 2, 2015
8 A.M. – 4 P.M.**

Clean-up days are provided for Holly Township residents to remove refuse from their properties. Residents are also encouraged to participate in the clean-up of Township roads.

Dumpsters and/or Garbage Trucks will be located in the parking lot. You must bring refuse to the dumpster and/or truck. THERE WILL BE NO ROADSIDE PICK-UP. NO COMMERCIAL DUMPING AND NO ON SITE SHOVELING ALLOWED. You must be in line by 4 p.m.

Someone will be present to verify residency and/or property owners.

All barrels and fuel oil tanks must be open-ended. No stumps, brush, leaves or concrete will be accepted. Paint cans must be empty or filled with sand or kitty litter. There is a \$2.00 per item charge for regular tires and a \$5.00 per item charge for tractor tires. All appliances will be taken.

Please click [here](#) for acceptable recycling material guidelines.

Additional information may be obtained by calling the Dale Smith, Holly Township Supervisor from 2:00 pm - 4:00 p.m. at (248) 634-9331 Ext. 304.

Miscellaneous for Sale

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

UPHOLSTERY
EQUIPMENT/SUPPLIES.

Everything needed, two commercial machines with cutting table. Appraisal over \$4,000, selling for \$3,500. 248-961-2518.

TRI-COUNTY TIMES
PHOTOS -

Any staff photo published in the Tri-County Times can be purchased by calling 810-433-6797.

Miscellaneous Wanted

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.

Lost & Found

FOUND - APPLE IPHONE 5
about a week ago on Kurtz Rd., by the water bridge. Call 248-802-3166 or 248-634-7499.

Boats & Motors

BOAT SLIPS
for rent on Lake Fenton starting at \$1,600. Call for information, 810-629-8600.

NOTICE OF ERROR -
It is the responsibility of the advertiser to check the correctness of each insertion of an advertisement. The Tri-County Times will not be responsible for more than one incorrect insertion and for only that portion that may have been rendered valueless by an error.

PLUG IN.



tctimes.com

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 convrt. ‘39 Chevy 2-dr Sedan (for restoration); ‘60 El Camino Pro Street project vehicle; ‘04 Buick Park Avenue; Continental Uni-liner Frame Rack, Practi-Post Chart Pulling Post; Snap-on AC 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

 **Tim Narhi**
Auctioneer & Associates LLC
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 edition.

SUPER CROSSWORD
ANSWERS

AWARD MARCO POOH DOCS
SENIOR CREAMSAUCE TON
KEANU CENTILITER SLAY
HAMS SETTINGARECORD
UTE BAD ETON BLASE
PRICEGRABBER MEANER
SAMBACRIES UTERT
STORAGECOMPARTMENT
GIS NAB DISC TOS
ANTONIN GREENE KETONE
THERACEGOESTOTHESWIFT
HALITE ATLAST UNPILES
ELL ANTI AGA FEE
REACHINGACRESCENDO
LORDS BITOP EASYA
DAMAGE VINEGARCRUET
AROMA AMMO NEA SPA
STRONGREACTION TYRA
HEAR ANN MARGRET TIONIA
ERLE MISALIGNED NANNY
DYED YEAS MYERS GRACE

WEDNESDAY SUDOKU
ANSWERS

7	1	3	6	8	4	9	5	2
5	4	6	1	9	2	7	3	8
8	2	9	5	3	7	4	6	1
4	3	8	2	6	5	1	9	7
9	5	1	8	7	3	6	2	4
6	7	2	4	1	9	5	8	3
2	8	5	9	4	1	3	7	6
3	9	4	7	2	6	8	1	5
1	6	7	3	5	8	2	4	9

WEDNESDAY JUMBLE ANSWERS

Jumbles: AGENT BOOTH MORGUE CANOPY
Answer: What the picnickers thought of the swarming insects — “GNAT” MUCH

SUNDAY SCRAMBLERS ANSWERS

1. Haste; 2. Silent; 3. Flaunt; 4. Simple
Today’s Word: **FINISH**

KING CROSSWORD
ANSWERS

Solution time: 25 mins.

ALP	WADS	NOPE
SEA	ALI I	IBEX
HAIRLESS	NONE	
NIL	CAREENS	
FOLDER	LAV	
ERE	TUB	FETID
TEST	GAP	HIDE
ASSAM	HIS	MEN
LAC	CHEESY	
HACKSAW	ILL	
UGLI	CARELESS	
THAN	ARAL	SIP
SANG	OPED	STY

SUNDAY SUDOKU
ANSWERS

2	3	9	4	6	7	5	1	8
5	1	7	2	3	8	6	4	9
4	6	8	1	5	9	3	2	7
7	5	4	6	9	1	8	3	2
6	8	2	5	4	3	7	9	1
3	9	1	7	8	2	4	6	5
1	2	5	3	7	6	9	8	4
9	4	3	8	2	5	1	7	6
8	7	6	9	1	4	2	5	3

A Look back at the
TOP 10 SONGS
from A – Z

HEART
Top 10 Songs

1. **Alone** - #1 three weeks, 1987
2. **These Dreams** - #1 one week, 1986
3. **All I Wanna Do Is Make Love To You** - #2, 1990
4. **Never** - #4, 1985
5. **Who Will You Run To** - #7, 1987
6. **Tell It Like It Is** - #8, 1981
7. **Magic Man** - #9, 1976
8. **What About Love?** - #10, 1985
9. **Nothin’ At All** - #10, 1986
10. **Barracuda** - #11, 1977

KING
FEATURES

ACROSS

- 1 Emmy, e.g.
- 6 Explorer — Polo
- 11 Milne’s bear
- 15 Hospital VIPs
- 19 Spanish man
- 20 It’s made of milk, flour and butter
- 22 Sharing the secret of
- 23 “The Matrix” star Reeves
- 24 Unit equal to 0.338 fluid ounce
- 25 Knock off
- 26 Stage muggers
- 28 Beating the former best
- 30 4x4, briefly
- 32 Lousy
- 34 Ian Fleming’s alma mater
- 35 Jaded
- 36 Online comparison shopping site
- 42 More nasty
- 43 Dance in Rio
- 44 Has a bawl
- 45 Prenatal chambers
- 47 Locker, e.g.
- 54 U.S. enlistees
- 57 Arrest, as a perp
- 58 Tiddlywink or Frisbee
- 59 How- — (DIYers’ books)
- 60 Jurist Scalia
- 63 Novelist Graham
- 66 Camphor or fructose
- 69 Need-for-speed adage adapted from the Bible
- 72 Road salt
- 73 “It’s about time!”
- 74 Separates after a multiplayer tackle
- 75 Edifice extension
- 76 Debate side
- 77 — Khan (Islamic imam)
- 78 Wide shoe spec
- 79 Building up to the loudest point
- 88 Parliament’s House of —
- 89 “With a Little — Luck”
- 90 Piece-of-cake class
- 94 Fold, spindle or mutilate
- 97 Bottle near a salad bowl
- 99 Smell
- 100 Cannonballs and such
- 103 Pro-learning union: Abbr.
- 104 Healthful getaway
- 105 Backlash
- 111 Banks of modeling
- 113 Catch with one’s ears
- 114 “Viva Las Vegas” co-star
- 116 Ancient Greek colony
- 119 — Stanley Gardner
- 120 Not trued up
- 121 Kids’ caretaker
- 122 Changed the color of
- 123 Favorable votes
- 124 Actor Mike
- 125 Meal blessing that’s “mixed” and hidden in seven answers in this puzzle

DOWN

- 1 Inquire

- 2 Itsy-bitsy
- 3 Disneyland’s city
- 4 Barrett of gossip
- 5 Snare sound
- 6 DC doubled
- 7 Warlike deity
- 8 Thinker
- 9 Carrie Chapman —
- 10 Drop
- 11 Latex, e.g.
- 12 Money spent
- 13 Sailor’s site
- 14 German man
- 15 Deny
- 16 Borrowed
- 17 Not smooth
- 18 — of Berlin (snack brand)
- 21 More crafty
- 27 Get less taut
- 29 Late film critic Roger
- 30 Happy times
- 31 — -la-la
- 33 Sitcom psychiatrist
- 34 Frasier, to his patients
- 37 “2 Broke Girls” airer
- 38 Steed breed
- 39 Sizable
- 40 Comb insect
- 41 Key near F1
- 42 Sea, to Gigi
- 45 Flustered
- 46 Tic-toe link
- 48 Chilling, as champagne
- 49 Playwright Clifford
- 50 City in North Dakota
- 51 Star, in Nice
- 52 Having no service charge
- 53 — fly (African pest)
- 54 Congregate
- 55 Gobble down
- 56 — Artois
- 61 “... — will!” (threat ender)
- 62 — Geo Wild
- 63 Must, slangily
- 64 Holy artifact
- 65 José’s “that”
- 66 “— & Kel” (teen show)
- 67 Psychic skill
- 68 Prefix with light
- 70 Turf groups
- 71 Real aficionado
- 76 So-so link
- 77 Slip — (mess up)
- 80 Made a racket
- 81 Hulk of a wrestler?
- 82 Furiousness
- 83 Slugging stat
- 84 Essen “a”
- 85 Enhaloed Fr. lady
- 86 Deteriorating
- 87 Paddled tool
- 91 Girl told not to cry in song
- 92 “Uh-huh”
- 93 “I’m — loss for words”
- 94 Ran quickly
- 95 Carotid, e.g.
- 96 A pep talk may boost it
- 97 Outspoken
- 98 Receiving a pension: Abbr.
- 100 Golf’s Palmer, to pals
- 101 High-IQ crew
- 102 The — & the Papas
- 106 Like venison
- 107 Quick haircut
- 108 Punker Pop
- 109 Alençon’s department
- 110 At no time, in verse
- 112 Mimic a tiger
- 115 Saints’ stats
- 117 Yellow pages abbr.
- 118 Favorable vote

ANSWER KEY LOCATED IN THIS EDITION

LOVE Your Kitchen!

**12 MONTHS
NO INTEREST
FINANCING**

with approved credit

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

SAVE \$250

on Any Cambria Quartz Premium Countertop

FREE Kohler Faucet

FREE Undermount Stainless Steel Sink

FREE Premium Edge Upgrade

*see store for details

LOVE Your Bathroom!

- Professional Redesigns
- EURO Frameless Glass Surrounds
- Custom Tile Designers • Master Plumbers
- Premium Kohler Dealer • In-Stock Tile
- 6 Cabinet Lines!

*offers cannot be combined. See store for details

**SAVE
\$1,000**
on Any Complete
Kitchen or Bathroom
Remodel
Expires 5/31/15
*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!!





Service Directory

Brick Pavers

McDonald's Brick Paving and Repair

- Sidewalks
- Porches
- Patios
- Retaining Walls
- Powerwashing
- Restoration

Complete Installation and Repairs

248-396-3317

Electrical

Are you looking for a Clean, Courteous, On - Time, Electrical Expert?

Look No Further!



810-629-6968

Licensed & Insured
Guaranteed Work
Serving the Fenton Area Since 1947

www.CraftsmenElectrical.com

Landscaping Services

TREE REMOVAL & TRIMMING YARD CLEANUP

- Hedge Trimming
- Brush Removal
- Mulching
- Weeding
- And more

Free Estimates • Available 7 days a week

CODY'S OUTDOOR Essentials & Services
Call Cody
810-625-4034

Lawn Care Services

IRISH BROTHERS



SERVICES L.L.C.

- Spring Clean-up
- Lawn Maintenance
- Irrigation
- Mulch & More

810.965.4087

irishbrothersservicesllc.com

Roofing

WHITE & SONS

FAMILY OWNED COMPANY

GUTTERS ROOFING SIDING REPAIR

FREE ESTIMATES

The Problem Solver
Fair • Honest • Prompt

Licensed & Insured
26+ years exp.

810-691-9266

"Let's Protect Your Home"

Tree Services

RONALD'S TREESERVICE

Locally Owned and Operated

- Tree Removal/Tree Trimming
- Brush Chipping/ Stump Grinding
- Storm Damage
- Fertilizing & Deep Root Fertilizing



For a FREE ESTIMATE at **810-735-6775** or **877-895-7957**

Owner, Craig Ronald

ronaldstreeservice@yahoo.com

Building/Remodeling

D.E. SCHULTZ BUILDER

Home renovations; specializing in kitchens, baths, and basement remodeling

GUARANTEED

Licensed & Insured

FREE ESTIMATES

750-9579

RS DALEY

ELECTRICAL CONTRACTOR

COMMERCIAL/INDUSTRIAL/RESIDENTIAL

- Free Estimates
- Prompt Response
- No Overtime Charges
- Troubleshooting
- 24/7 Service
- Licensed & Insured

810-266-4090

810-714-0022

www.rsdailey.com

Ready for Spring? Contact us now for a quote.

Affordable, friendly, prompt & professional service

Lead Landscapes

residential & commercial landscape maintenance
(248) 978-9008

Serving Oakland, Genesee & Livingston Counties

www.leadlandscapes.com

Jeremy's Lawn Care

"You Grow it, We'll mow it."

Free Estimates
Locally Owned & Operated
Residential & Commercial

SPRING CLEAN UPS • ROLLING LAWN CARE • LANDSCAPING EDGING • MULCH • FERTILIZING

"Over 10 years Experience"

WILL MEET OR BEAT ALL COMPETITOR'S PRICING

810-241-0432

Sand & Gravel

SAND, STONE, TOPSOIL & MULCH DELIVERED

Specializing in Small Loads
1-5 yards

30+ Years Experience

Dave's Trucking

810-735-4646

FAST & AFFORDABLE

- Tree trimming & removal
- Stump & brush removal
- Lot clearing
- Licensed & insured
- Free Estimates

HOLTSLANDER & SON'S TREE SERVICE LLC

holtslandertreeservice.com

(810) 280-8963

Fencing

FENTON FENCE Company

735-7967

Handyman

HANDYMAN MIKE

All types of home improvements

Give me a call, I do it all!

810-964-9559

ENVIOUS LANDSCAPE

- Boulder Retaining Wall & Borders
- Brick Paver Retaining Walls
- Brick Paver Installation & Repair
- Sod/Seed & Hydro-seeding Installation
- Landscape Design & Installation

Call us today!

810-691-5772

RESIDENTIAL & COMMERCIAL

LICENSED & INSURED

enviouslandscapeinc.com

Roofing

BENTLEY HOME IMPROVEMENTS

FULL SERVICE ROOFING COMPANY

SPRING ROOFING SALE

20% OFF

Windows & Doors

Gutters & Downspouts

Free Estimates • Senior Discounts

Res./Com. • Lic./Ins. • 30+ yrs. exp.

810.423.5813

MIROOFINGEXPERTS.COM

www.tctimes.com

Stump Grinding

DS STUMP GRINDING

BIG OR SMALL

WE GRIND THEM ALL

FREE ESTIMATES • INSURED

SMALL YARD ACCESSIBLE

(810) 730-7262

(810) 629-9215

Smitty's Lawn & Tree Service

Tree Trimming & Removal

Stump Grinding

Spring & Fall Clean-Up

Brush Clean-Up

OWNER

MICHAEL W. SMITH

CELL (810) 962-6427

HOME (810) 208-7589

SERVING FENTON & SURROUNDING AREAS
LICENSED & INSURED

Concrete

John Schaefer Bobcat & Concrete Services

Driveways • Floors
Footings • Decorative
Tear Out & Replace

Licensed & Insured

Home: **810-266-4162**

Cell: **810-240-7078**

Byron, MI

Home Improvement

ZEN at WORK

Home & Building Repair

We Fix What's Broken!

Doors, Windows, Floors,

Walls, Decks, Siding,

Electrical & Plumbing.

Water damage solutions.

Since 1979 - Satisfaction Guaranteed!

www.thezenatwork.com

810-624-0164

Internet Services

WIRELESS INTERNET



For rates and service information call:

(810)433-6800

Lawn Care Services

BARTLETT LAWN SERVICE

Spring Clean-Ups

We are combat ready for all your lawn care needs!

Mowing & Trimming

Edging • Brush Hogging

Rototilling • Fertilizing

Lawn Aeration • Dethatching

Lawn Rolling

Tree Removal/Trimming

Residential / Commercial

Free Estimates

36 Years Experience

Duane

Cell: **810-275-4241**

810-735-4966

Pre-Payment is required for all private party ads

Visa & Mastercard accepted

For Classifieds Call

810 629-8194

NOTICE- FAIRVIEW CEMETERY CITY OF LINDEN

Anyone wishing to salvage flowers, wreaths, etc. from Fairview Cemetery should do so by Sunday, April 26, 2015. After that date, they will be removed and disposed of by the sexton of the cemetery.

Scott Fairbanks
Sexton of Fairview Cemetery

PUBLIC NOTICE

Residents of Fenton Township, City of Linden, City of Fenton and the Village of Fowlerville

APM Mosquito Control is your local mosquito control contractor. Mosquito season is rapidly approaching and mosquito larvae have been detected within your communities. Ground larviciding for all communities will commence Monday, April 20, 2015. Vectobac G (Bti, 2% Bacillus thuringiensis, var. israelensis) will be used for larviciding. Aerial spring larvicide operations for Fenton Township is tentatively scheduled for the week of April 20, 2015 (weather permitting). Evans Aviation of Imlay City, MI will perform the aerial larviciding in Fenton Township. Truck ULV Adulticiding for all communities will begin the week prior to Memorial Day provided adult mosquito populations are present and weather conditions are acceptable for spraying. Biomist 4+4 (4% permethrin, 4% technical piperonyl butoxide) or Kontrol 4+4 (4.6% permethrin, 4.6% technical piperonyl butoxide) will be used for adulticiding. View product labels and MSDS at www.advancedmosquito.com. If you have any questions, concerns, special requests, or would like to be on a notification/shutoff list, please call our office at (810) 766-9423 or toll free at (877) 276-4714. Contact Person: Chuck Mullins APM 21240 34 Mile Rd, Armada, MI 48005.

Read then Recycle

TEXT YOUR HOT LINE



810-771-TEXT (8398)

"Stay Connected to Your Community."

**THE COUNTY
Times**

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

1. Present: Supervisor Mike Cunningham, Clerk Keith Kremer, Trustees Soren Pedersen, Chuck Schultz, David Walker and Cam Gonzalez. Absent: Treasurer Marna Bunting-Smith.
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.
4. Discussed capping the township's sewer connection fees. The Supervisor will seek legal opinion.
5. Resolved to appoint Livingston County as the township's Emergency Management Coordinator.
6. Adjourned 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.

Big enough to serve all your needs... Small enough to care.



**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



Toll-Free 1-877-53 SHARP
sharpfuneralhomes.com

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

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

Obituaries, Funeral Services and Memoriams



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, Heather (Mike) Anderson, Matthew (fiancé Lori) Mehall and Todd (Karissa) Mehall. 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 Hardiman; 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 First Presbyterian Church of Fenton. Share memories at www.temrowskifamilyfuneralhome.com.

Temrowski
Family Funeral Home &
Cremation Services
500 Main St. • Fenton • 810-629-2533

Raymond Lademan,

Raymond Lademan - age 82, died April 4, 2015. Share memories at www.temrowskifamilyfuneralhome.com.

Temrowski
Family Funeral Home &
Cremation Services
500 Main St. • Fenton • 810-629-2533

Donalda Bak,

Donalda Bak - age 91, died April 8, 2015. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.



David Metzler,

David Metzler - age 63, died April 4, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Joshua Bular,

Joshua Bular - age 32, died April 1, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Keith Cox,

Keith Cox - age 64, died April 3, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Vera Goodman,

Vera Goodman - age 81, died April 4, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Violet Sova,

Violet Sova - age 78, died April 7, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Kevin Kilpatrick,

Kevin Kilpatrick - age 56, died April 4, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Maurice Montpas,

Maurice Montpas - age 65, died April 4, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Paula Backus,

Paula Backus - age 70, died April 3, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Rosemary Nagy,

Rosemary Nagy - age 81, died April 6, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Betty Falzetti,

Betty Falzetti - age 91, died April 7, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Shirley Hayes,

Shirley Hayes - age 81, died April 5, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Tonie Barkiewicz,

Tonie Barkiewicz - age 35, died April 5, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



**view
OBITUARIES
online**

Obituaries updated daily online!
Visit www.tctimes.com

Read your hometown newspaper online

www.tctimes.com



Click the **red EZ Read** link
at the top and flip through
the pages of the Times.

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.

ASK

Amy

BY AMY DICKINSON

AMY DICKINSON

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.

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 rolls. I eat two whole-wheat rolls most days. Does that sound right? I am underweight. — S.R.

ANSWER: It is much better and easier to prevent diabetes than it is to treat it. Diet and exercise are proven to help prevent diabetes in everyone, even your less-common situation of being normal or underweight and at risk for diabetes. The most important part of diet is to avoid simple sugars. Processed grains are converted extremely rapidly to sugar in the body. The added fiber and protein

of whole grains slows this process down somewhat; however, I still would recommend having your grains with some healthy fat and protein. Nuts, olive oil and healthy vegetable spreads go great with whole-grain rolls and slow down absorption. By having foods in combination, you can reduce diabetes risk. Don't forget about exercise, the other key to preventing diabetes. Any exercise is better than none. Walking is a great form of exercise that takes no special equipment and can be done anywhere. At 10,000 steps a day, which is not very hard to build up to, the risk of diabetes is significantly decreased. An inexpensive pedometer can keep track of your steps and may motivate you to reach your goal. Diabetes has become epidemic in North America.

To your

GOOD HEALTH

BY KEITH ROACH, M.D.

KEITH ROACH, M.D.

PAW'S CORNER

How to brush your dog's teeth

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

A **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 type of brush fits over your finger so that you can access the dog's teeth more easily.
- 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 gumline.
- 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.

DVD RELEASES

37%

liked it

(Audience score on rottentomatoes.com)



HOME SWEET HELL
Mona and Don's seemingly perfect suburban bliss is disrupted by a sexy extortionist and Mona will stop at nothing, including killing the competition, to keep her little slice of heaven.
R, 1 hr. 37 min

61%

liked it

(Audience score on rottentomatoes.com)



THE IMMIGRANT
In James Gray's The Immigrant, Ewa Cybulski (Marion Cotillard) and her sister sail to New York from their native Poland in search of a new start and the American dream.
PG-13, 2 hr. 22 min

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
 - water as needed
 - 1/4 red onion, cut into shreds
 - 2 garlic cloves, minced
 - 1 T. cooking oil
 - 4 ginger slices
 - 2 spring onions
 - noodles for serving

Recipe from: chinasichuanfood.com

- Instructions**
1. To treat with the brisket: cut the brisket into large chunks around 1/5 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.

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!

Bustle

SHEAT

Mute

LISTEN

Display

UNFLAT

Easy

LIMPSE

TODAY'S WORD



"It seems I'm always writing checks for the beauty parlor—when are they going to _____ the job?"

Answer key located in this edition



Carol Ray
Office Manager
Sales Associate
810-265-0206



Sharon Davis
810-964-2144



Karen Esker
810-240-7483



Pat Findlater
810-287-2494



Steven Melchor
(AKA Melch)
810-513-1561



Renee McClelland
810-922-5821



Dennis Niec
810-691-5308



Dunia Nemer
810-407-0918

**'Never
Too Busy
For Your
Referrals
CALL US
TODAY!'**

SPECIAL ADVERTISING SECTION



**Berkshire
Hathaway
HomeServices**
**\$50,000
SWEEPSTAKES**

ENTER TO WIN \$50,000

to fix up your home. Plus a consultation with Joanna and Chip Gaines from HGTV's Fixer Upper.

Visit www.50kFixUp.com For A Chance to WIN



**OPEN
HOUSE
Sunday,
12-2 pm**

Linden • \$239,000
6111 Lakeview Park Dr.
3 Bed, 4 Bath, Fin. LL,
In-Ground Pool,
1st Flr. Master Suite.
Great Views of the Lake.



New on Market

New on Market
\$92,000
3 Bed, 2 Bath, Ranch
w/Lots of Updates.
Large Deck and Fenced Yard.



New on Market

Fenton - \$194,000
4 Bed, 3 Bath,
Newly Renovated.
Fire Lit Family Room,
3-Seasons Room Overlooking
Large Private Yard. Must See!



Pending

Swartz Creek
\$214,900

4 Bed, 3 Bath, Cape Cod Style on
4 Acres. Updated Kitchen, Baths,
Flooring. Gated Driveway.
Linden Schools.



New on Market

Waterfront • \$345,000
3 Bed, 3 Bath, Home on
All Sports Lobdell Lake Waterfront
with a Great Beach Area
and Sunset Views.
Many Updates.



New on Market

Fenton • \$188,000
3 Bed, 3 Bath Ranch
with Open Floor Plan,
Firelit Great Room.



**OPEN
HOUSE
Sunday,
2:30-4:30 pm**

Waterfront • \$389,000
12085 Torrey Rd.
Lake Fenton, Waterfront.
3 Bed, 2 Bath,
Over 2400 Sq. Ft.,
Granite Kitchen,
Finished LL W/O.



**OPEN
HOUSE
Sunday,
12-2 pm**

Linden - \$269,000
7471 Windwood Beach
4 Bed, 2300 Sq. Ft.,
Brick Home on Over ½ Acre,
Open Floor Plan,
1st Flr. Master, Fin. LL,
Multi-Level Deck
and Much More.



**OPEN
HOUSE
Sunday,
2:30-4:30 pm**

Fenton • \$189,000
12356 Dollar Lake
3 Bed, 2 Bath,
Quad Level Home
with LL W/O. Located on
Channel to Dollar Lake.

Your Dream Home is just a click away...www.realestatefenton.com

Visit bhhsmi.com

**2359 W Shiawassee Ave
Fenton, MI 48430
(810) 629-0680**



BERKSHIRE HATHAWAY
HomeServices
Michigan Real Estate



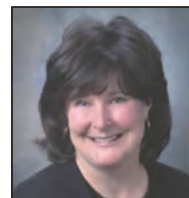
©2015 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.



Denise Penwell
810-444-0941



Wade Pyles
810-845-6759



Cindy Rivette
810-240-6489



Jerry Rule
810-965-4011



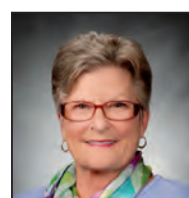
Andrea Shearer
810-919-1375



Mary Ann Stadler
810-869-1332



Art Yeotis
810-516-7358



Sue Yeotis
810-516-7359



Trish Zito-Smith
810-516-9894