Spring is perfect time to purge, donate and sell

Pull everything out of your drawers and closets and start fresh with a new season

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

Your grandmother called it “spring cleaning” for a reason. This traditional rite of spring has been going on for generations, and it’s likely you watched your mom vacuum under the couch and shake rugs outside on the first few warm days of spring.

It’s also the time of year most women get the urge to purge, cleaning out closets, drawers, etc., after a long winter of short days, low energy and winter’s grime. With a change of season (hopefully) comes putting away the winter coats, clothes and boots for storage and bringing out the lightweight, warm weather clothes of summer.

The hardest part about spring cleaning is getting started. Susan Waterson of Fenton Township, who owns her own business, The Compulsive Organizer, said that the best way to start is by cleaning and organizing an area that bothers you the most.

“If your bedroom is your sanctuary but it’s a mess, that would be a great place to start,” she said. “You have to pull everything out of the area you’re cleaning, then divide all the items into piles to keep, throw, donate or sell.”

When looking at the clothes in your closet, experts usually suggest if you haven’t worn or used an item of
See PURGE on 2B

Summary

De-clutter your home this spring and let others benefit from clothing and items you no longer need.

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Susan Waterson
Owner of The Compulsive Organizer

TRI-COUNTY TIMES | FILE PHOTOS

A garage sale in Deerfield Township drew steady morning shoppers last April. (Left) Jennifer Menko of Deerfield Township and son Solomon bought a pile of books and a parlor guitar. One person’s de-cluttering is another’s great find.

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MUCH MORE!
Purge

Continued from Page 1B

clothing in a year to 18 months, it’s time to get rid of it.

However, there is an exception to that rule with classic clothing styles that you may want to hold onto for future seasons, including a pencil skirt, sleek neutral slacks, a camel hair coat, a tailored white button-down shirt, etc. These items stand the test of time and can be accented with trendy accessories to instantly put them at the front of fashion, however long they’ve been in your closet.

Once you’ve got your clothes cleaned and ready to get rid of, you have several options:

• Donate — Local rummage sales including Trinity Lutheran Church’s Fall Sale on July 31-Aug. 1; Angel Haven Foundation, which makes four trips a year to Appalachia with local donations; St. John’s Outreach Program; TFC Children of the Heart Orphan Care Ministry, The River Downtown Clothes Closet in Holly; Goodwill Industries in Fenton and Holly; Carriage Town Ministries in Flint are just a few local resources who “give back” through your donations.

If you have larger items for pick-up, you can also contact Purple Heart (purpleheartpickup.org), Volunteers of America or St. Vincent de Paul (donatontown- pickup.org/charity).

• Sell — You can make money with your clothing through local consignment shops, resale shops, etc., from My Sister & Me Upscale Consignment to Reflections Resale, Pipsqueak Boutique, Everyday Baby, Morgan’s Boutique, to name just a few. Take your household items to Fratz Consignment, Twice New, Howard’s Hidden Treasures, among others.

If you are spring cleaning your office desk and find old computers, cell phones, etc. stashed away, you can donate or sell them back for cash. Check out your trade-in options through retailers locally like Fenton Computers, Wireless Toyz in Fenton, Verizon Wireless, Target, Game Stop or at Apple, Best Buy or Amazon.

Donate old toys to many worthwhile organizations listed previously, or sell them at a Mom 2 Mom sale, garage sale or local rummage sale. Make sure they’re clean, safe, and generally in good condition before passing them on to someone else.

Clean off your bookshelf by donating books to your local library or used book stores, or box them up for a garage sale or rummage sale. Locally, try Lizz’s Books in Fenton or Past Tense in Holly.

You’ll likely find a few pairs of old eyeglasses when cleaning out dresser drawers. Local Lion’s clubs will make sure they go to seniors or other needy recipients. UniteforSight.org also sends castoffs to people in developing countries.

Friends and Family Pricing for Everyone

Joe Tennis of Deerfield Township snags assorted fishing equipment at a sale in Deerfield Township last April.

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HOT LINE CONTINUED

OVER THE PAST million years, Michi- gan was covered by glaciers. The ice receded and came back several times. What caused the ice to melt? No, it wasn’t cars, coal burning electric plants or mankind! The warming that occurred has blessed us with abundant life and a beautiful place to live.

I THINK FENTON Township residents pay less than $12 a month for their trash pickup.

IF ANYONE HAS bought items or has seen items at pawn shops, such as Craftsman tool cabinets loaded with tools, a power saw, wooden lounge chair and many other items, they were stolen from a 90-year-old man’s garage. Please call Fenton police at (810) 629-5311 with any information.

I HAVE ALREADY voted by absentee ballot against Proposal 1. I would vote for a 1 percent increase in sales tax if it were all being spent on road and bridge repairs but only if the tax was automatically returned from 7 to 6 percent in four years.

BIRD ROAD HAS been horrible in Argentine Township south of Silver Lake Road. Now they send somebody out to grade it and they’re tearing up a foot into our yards.

ACCORDING TO ‘The Street’ Michigan is the fifth worst state for budgeting our tax dollars. Vote NO on Proposal 1. Send a message. Learn to budget our money!

I HOPE ALL the people who are leaving town in the winter realize that while you’re gone you’ll still be paying for that waste that’s not being thrown out in those new garbage cans. When do we get to vote on this as citizens, not just at the discretion of the city council?

TEXT YOUR HOT LINE
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Times
THINGS TO DO ON A RAINY DAY

Go camping... Indoors
Have fun by making your own camp indoors. Whether you set up a small tent or build a fort this is a fun way to pass the time on a rainy day.

Have a film festival
Pick out some of your favorite movies or ones you’ve been wanting to see, grab some snacks and have a marathon.

Make an obstacle course
Set up a series of obstacles inside and let your kids have fun racing through them. It’s simple and a great way to help get their energy out.

Try out a new recipe
Expand on your cooking skills and try out a new recipe. It’s a great way to add a little excitement to a gloomy day.

Go outside
Grab your raincoat, umbrella and rain boots and go for a walk. Take pictures of the rain and enjoy some time outdoors despite the weather.

RAINY DAY TIPS

If you know it’s going to rain, bring extra socks.
Wet socks are the second worst thing that rain can do to you (after wet jeans).

Get a waterproof phone case to prevent disaster.
You can also use a zip lock bag to keep your phone dry.

Always pack a microfiber towel.
It’s perfect for pat-drying hair, and letting your wet socks dry out quickly.

Put newspaper in your shoes to dry them out.
It might take a little longer than using a dryer, but it won’t crack the shoes or change their shape like hot air would.

Ladies, prevent the typical rainy day hair.
Just rub a tiny bit of lotion on your palms and finger-comb through your hair to get rid of the fly aways and frizz.

Check your tread.
Prevent a bad fall by checking your tread. Good traction is having grooves deeper than 1 millimeter.

Rain Facts

- The umbrella was originally invented to protect people from the hot sun.
- Rain drops can fall at speeds of about 22 miles an hour. To put this into perspective, a snowflake falling at about 2-4 mph can take about 1 hour to finally reach the ground.
- Rain drops range in size from 0.02 inches to about 0.031 inches. About an inch of rain water is equal to about 15 inches of dry snow.
- Rain drops do not fall in a teardrop shape. They originally fall in the shape of a flat oval.
- The word “shower” has 15 different meanings.

Source: BuzzFeed
Source: RealSimple
Source: InfoBarrel
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<td>2015 BUICK VERANO</td>
<td>PAYMENTS AS LOW AS</td>
<td>$239/month*</td>
<td>39 months</td>
<td>10,000 miles</td>
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<td>2015 BUICK ENCORE</td>
<td>PAYMENTS AS LOW AS</td>
<td>$229/month*</td>
<td>24 months</td>
<td>10,000 miles</td>
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<td>2015 BUICK LACROSSE</td>
<td>PAYMENTS AS LOW AS</td>
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**‘It’s like secluding yourself just to be able to smoke’**

May is 5 year anniversary of controversial smoking ban

By Emily Stocker

eto@tctimes.com; 810-629-8282

On Saturday, May 1, 2010, the state of Michigan put the smoke-free law into effect. I remember being thrilled when the law passed. No more coming home from dinner smelling of an ashtray. The legislation protects the health of all Michigan citizens. Second-hand smoke is the third leading cause of preventable death in Michigan resulting in about 2,500 deaths each year.

Janet Olszewski, the Michigan Department of Community Health Director said, ‘By creating smoke-free environments we have taken a significant step toward creating a healthier Michigan.’ Michigan was the 38th state in the union to enact a smoke-free law.

According to the Centers for Disease Control and Prevention (CDC), Michigan ranks 36th in the U.S. for the number of smokers (21 percent) of people over the age of 18 smoking. With the constant education of how dangerous smoking is to one’s health and at nearly $5 per pack or more, think of all the extra money smokers would have without that expense.

I constantly wonder how anyone could possibly still smoke. The answer is simple. It’s really hard to quit.

The legislation also included common areas where the public could gather, such as common areas in an apartment community, the entrance/exit of office buildings, and sports and concert arenas.

Is there a social stigma concerning the smokers, huddled in their little smoking area during breaks at work, or are they enjoying their community of those with shared interests? I don’t have any experience in this area, so I talked to some friends who do.

Andrea Councilor Calvert, a 37-year-old mother of two from Mundy Township area had her battles with nicotine over the years. ‘I almost always felt guilty. I tried to quit many ways. As an experiment in aversion, Andrea and a friend in college smoked until they made themselves sick. Unfortunately even that didn’t work. Like others, she tried every method in the book. Chan-tix had unbearable side effects for her. Wellbutrin slowed down the smoking but didn’t take away the pangs of cravings. The idea of the patch didn’t make much sense.

‘Why would I give my body what it was craving and expect it to stop craving it? During her pregnancies, she was able to quit, but after the delivery of her daughter, post partum depression kicked in and smoking came along for the ride. ‘Every time I lit up I felt bad,’ she said. Andrea’s father-in-law died of congestive heart failure. The disturbing thought of her children watching her go through that someday was too much to bear. One morning she woke up completely disgusted by the idea of having a cigarette.

‘Once in a while my stress level is up, or I have a beer and wish I could, and then it’s gone. I believe there’s something that has to switch off in your brain, and until you find out how to do that, it’s nearly impossible. I know life is easier now. I don’t have to stand out in the cold or worry about the smell.’

My second collaborator was John, a 41-year-old. He started smoking when he was 16 after looking up to his older brother who smoked. He started because he thought like many teenagers, it looked ‘cool.’ Eventually John quit and did it cold turkey.

‘CRAVINGS were horrible the first few months, and eased up with time. I feel healthier, don’t have that smoker’s cough anymore, and don’t get winded as easily.’

Like Andrea, John’s struggle was when he wanted to have a cocktail. ‘Drinking and smoking go hand in hand.’

John’s mother is a nurse, so even as an adult, he sneaked around to smoke. ‘I’ve noticed more people smoke in Genesee County than other places I’ve visited. Working in a depressed community (Flint) for many years so many people smoked, there wasn’t judgment.’

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‘I wish I would have moved to Lockwood of Fenton sooner.’
1. A scene from the Dibbleville business block on the south side of LeRoy Street. The building with the awning was the Ben Grace Grocery, established in 1868.

2. The same Dibbleville business block in prior years, before there were cars.

3. Businesses along South LeRoy Street, looking north. In the back is the tall tower that is the old fire hall.

4-8 TIMES FILE PHOTOS

4. The old city police station, once located next to the new Fenton City Hall, is being torn down.

5. Cliff’s Bar was one of only two buildings left to be demolished as a result of Fenton’s Urban Renewal program.

6. One of four remaining buildings on the east side of North LeRoy Street is demolished.

7. The State Savings Bank was the last building to go. The new State Bank is on the right.

8. The Fenton Community Center remained intact and has recently been renovated and expanded.
Part II in a series about local woodland creatures and their habitats

By Vera Hogan
vhogan@tctimes.com, 810-433-6823

While we enjoy the return of green lawns, new growth of leaves on trees, berries on bushes, emerging flowers and freshly planted gardens, others are liking it, too … because to them it’s dinner! Regardless of where you live, it is likely that you have seen deer, rabbits, squirrels and chipmunks in your yard. Opossums, moles and even snakes also can be seen on occasion. Those who live out in the country may even see a coyote from time to time.

While most of these critters may be cute and fun to look at, they can cause many problems, especially for those trying to grow flower and vegetable gardens. Since pulling out a BB-gun and shooting them is not an option for people living in urban areas, and the more humane approach may be to figure out how to just live with backyard critters, if they do have to go, there are deterrents that work.

One way to keep animals out of your flowerbeds, for example, is to sprinkle ground cayenne pepper around the area you call off limits. It won’t harm plants, pets, or wildlife, but critters don’t like the smell and will literally take a hike.

In addition to whatever falls from your backyard trees, squirrels are notorious for raiding bird feeders. Cayenne pepper comes in handy here as well. Mix one or two tablespoons of cayenne per quart of birdseed. The pepper will not bother the birds at all, but the squirrels hate it and will usually leave the feeder, and the seed, alone.

Deer, rabbits and other furry critters will beeline for the vegetable garden given the chance. The best way to keep them out is to make these areas less attractive.

Scent repellents such as garlic and peppers like cayenne can be effective temporarily, but the areas where they are applied need to be checked regularly and re-application of the repellent may be necessary.

See CRITTERS on 10B

The animals people are likely to see most often in the backyard include:

DEER
A deer’s diet usually consists of nuts, plants, woody plants, mushrooms and farm crops, including peas, sweet potatoes, apples and corn. Deer have an uncanny knack for being able to leap over any kind of fence. Although a less attractive option, one way to keep deer out of your yard is to install 4- or 5-foot high posts every few feet around the perimeter.

Around those posts, string fishing wire tightly, about 4 inches from the top. Hang from that fishing wire, every few feet, empty plastic milk jugs, sheets of aluminum foil, or another string to which you have tied old keys or other metal objects. Deer do not like to have anything brushing against them and will likely stay out of that garden.

CHIPMUNKS
Chipmunks are very cute and sometimes can be tamed, but they have not really been domesticated for long and should still be considered semi-wild. While they may grab a cracker or potato chip out of your outstretched hand, move your hand away from those sharp little teeth quickly. Do not try to pick up a chipmunk as they are very independent and may resent you for it.

If a chipmunk takes up residence in the walls of your home, it can cause a significant amount of destruction if not removed immediately. The best way to keep them out is to make sure all possible ways of entry are sealed, and use a scent deterrent to keep them out. If necessary, call a professional animal control company.

MOLES
It happens to the best of us … Just when your yard is looking good, green and lush, you notice mole trails pushing their way up through the ground.

A few moles can be good for your lawn because they aerate the dirt, but an excessive number of moles can cause problems with irrigation and by uprooting plants. One way to get rid of moles is to destroy their trails by walking the length of them, using short steps and smashing them down until flattened. You may have to do that more than once, but after awhile they will get the hint and move on to the next yard. Moles are blind, but have an extreme sense of hearing and smell, so excessive movement often scares them away.

RABBITS
Like chipmunks, bunny rabbits can be cute — but they are also destructive and will eat just about everything including beans, beets, broccoli, carrots, lettuce, and peas — basically everything in the vegetable garden. They will eat apples and all kinds of berries. Your herb garden is not safe either as they love cilantro and parsley, too.

The best way to keep rabbits out of your garden is by installing a mesh fence, making sure to bury it deep enough (usually 10 or 12 inches) to keep rabbits from burrowing in underneath.

Sources: Supermarket Super Gardens; personal knowledge and experience.
Have you ever had any sleeping issues?

“I have had insomnia that was related to stress.”
— Christine Jarosowski
Fenton

“I woke up during the night because of night sweats.”
— Laura Bondar
Fenton

“I cannot stay asleep at night because of stress and worry.”
— Cherie Jagelinski
Fenton Township

“No, but when I do have issues it is due to heartburn and indigestion.”
— Andrew Wolfgram
Linden

“Yes, I think about life in general and I get anxiety sometimes when I am about to sleep.”
— Tom Ploewka
Fenton

“Yes, I have a hard time falling asleep that is related to stress at work.”
— Jay Hutchins
Fenton Township

Social News

ENGAGEMENT

EISENBEIS-MOTT
Mr. and Mrs. Ron Bila of Burton and Mr. Kevin Eisenbeis of Grand Blanc announce the engagement of their daughter Jessica Eisenbeis to Peter Mott, son of Mr. and Mrs. Dan Mott of Grand Blanc. Jessica is a graduate of Michigan State University, earning her Bachelor of Science in Psychology and Master of Arts in Rehabilitation Counseling and currently employed as an Assistant Program Director in the School of Continuing Studies at the University of Illinois at Chicago. Peter is also a graduate of Michigan State University, earning a Bachelor of Science in Mechanical Engineering and Juris Doctor from the John Marshall Law School and is currently employed at Childress Duffy as an Associate Attorney. Jessica and Peter reside in Chicago, Illinois and their wedding is planned for October 2016 in Michigan.

SMOKE
Continued from Page 4B

County health rankings rank Genesee County 10th in the state for smokers with 23 percent of adults smoking.

“After the state ban, it’s like excluding yourself just to be able to smoke. Now that I look at it, it’s like a terrible addiction, you have to seclude yourself and end up missing a lot.”

The CDC reports that nearly seven in 10 adult cigarette smokers wanted to stop smoking. More than four in 10 adult cigarette smokers had attempted to quit in the past year. Whether it’s health, social stigma, costs, or all of the above, there are plenty of resources to get you headed in the right direction.

MICHIGAN VOTES

WHAT YOUR LEGISLATORS VOTED ON RECENTLY

MichiganVotes.org is a free, non-partisan website created by the Mackinac Center for Public Policy to provide concise, non-partisan, plain-English descriptions of every bill and vote in the Michigan House and Senate. With one click you can approve or disapprove of key votes by your legislators using the VoteSpotter smartphone app. Visit votespotter.com to download. This report was released on Friday, April 17.

House Bill 4195: Cap government “venture capital investment” program
To prohibit the state from pledging any more future tax revenue to guarantee investor returns under an “early stage venture capital investment” scheme authorized by a 2003 law. Passed 107 to 3 in the House Rep. Hank Vaupel (R-Dist. 47) □ YES □ NO Rep. Joe Graves (R-Arrowhead Township) □ YES □ NO

House Bill 4273: Eliminate February election date
To eliminate the February election date authorized by a 2003 election consolidation law, which required all regular elections in the state to be held on either the last Tuesday in February, or the Tuesday after the first Monday in either May, August, or November. Passed 83 to 17 in the House Rep. Hank Vaupel (R-Dist. 47) □ YES □ NO Rep. Joe Graves (R-Arrowhead Township) □ YES □ NO

Senate Bill 12: Allow pension double-dipping by “retired” Attorney General employees
To allow a retired state employee to simultaneously collect pension benefits and a paycheck for work performed as an Attorney General consultant or expert witness. Passed 37 to 0 in the Senate Sen. David Robertson (R-Dist. 14) □ YES □ NO Sen. Mike Kowall (R-Dist. 15) □ YES □ NO Sen. Joe Hune (R-Dist. 22) □ YES □ NO Sen. Jim Ananich (D-Dist. 27) □ YES □ NO Sen. Ken Horn (R-Dist. 32) □ YES □ NO

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**Kids Theatre Camp accepting young campers**

Does your child, between 6 and 14 years of age, show an interest in theater? If you answered yes, you might want to check out the Fenton Village Players for Youth summer camp, “Kids Theatre Camp.”

The Fenton Village Players for Youth is holding a summer camp June 15 - 19 at the Fenton Village Playhouse on Torrey Road in Fenton. The non-profit theater group’s weeklong camp will consist of various daily workshops. Campers will learn about many aspects of theater, including acting, music, dance, improvisation, costumes, props, audition techniques and playwriting.

The week culminates with a production to be performed on Friday, June 19 for family and friends. For more information and to register, go to www.fentonvillageplayers.org.

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**‘Nail it’ this summer**

Fashion, colors, new technology create mani-pedi excitement

By Sally Rummel

news@tctimes.com; 810-629-8282

Nails are no longer just a hint of good grooming. Today, they are a full-fledged fashion accessory with a style all their own.

Hot pinks, bright corals, edgy reds, vibrant blues and purples — you’ll find them all trending this summer. What’s new this year is a fun way to present your nails as a fashion accessory, with glitter-dipped nails, two-tone manicures, power pastels, edgy stripes and metallics.

Imagine yourself stepping up to the pedicure station and actually ordering a service (and an accompanying beverage) off a Pedi Menu. That’s what is happening now at Serendipity Wellness Spa in Linden, which is debuting its newest service this May, in plenty of time for prom season and Mother’s Day.

"You can actually ‘order’ the service you desire, and then sit back and we’ll take care of the rest," said Jessica Skop, owner of Serendipity Wellness Spa.

From Signature Pedicures like the Spa, Deluxe or the Ultimate to seasonal favorites like “Put the Lime in the Coconut,” “Margarita” and more, the Pedi Menu offers something for everyone, including men and young guests under age 12.

Also exciting this year are some of the nail polish systems designed to create a longer-lasting manicure or pedicure with less damage to one’s natural nails.

CND’s Shellac Nail Polish continues to revolutionize the nail industry, providing 14-day plus longevity with zero chipping. “It’s our most popular nail service,” said Skop.

The newest CND product on the market is Vinylux Weekly Polish, which goes on just like regular polish (no UV curing) and dries in about 8½ minutes. The patent pending Pro Light Technology in the Vinylux Weekly Top Coat is formulated to become more durable when exposed to natural light, so it actually strengthens its resistance to chips as your nails are exposed to ambient light throughout the week.

It’s affordable, too, with just a small upgrade charge from a regular manicure, according to Sarah Peterson, a nail technician at Serendipity Wellness Spa.

Shellac fans will be happy to know that 30 of CND’s popular Shellac shades are also available in Vinylux.

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TRI-COUNTY TIMES | FILE PHOTO

Serendipity Wellness Spa owner Jessica Skop takes a moment to relax in the Sterlings’ Wine Cellar, located inside the spa.

Our new Pedi Menu will change the way you choose your pedicures, each available with an accompanying beverage and personal service.”

Jessica Skop
Owner of Serendipity Wellness Spa

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www.tctimes.com
The B vitamins

There are a great array of B vitamins. They are B1, B2, B3, B5, B6, B7, B12 and B13. B6 and B12 are the most widely used of all of them. Many people will also buy a B complex, which contains more than one of the B vitamins. Although each of them have their differences, they can all be taken to help boost energy, lift moods and help control hunger. B12 is naturally found in animal byproducts, such as meat, cheese and eggs.

Brewer’s yeast

Brewer’s Yeast is actually a type of fungus. Sounds gross, right? This is something that only comes in powder or pill form, you don’t get it from eating a particular food. It’s usually fairly affordable, and it helps with things like diarrhea, the flu and even the common cold.

Betacarotene

Last week you learned about vitamin A and what it’s good for. You may be surprised that foods that have Betacarotene turn to vitamin A when it gets into the human body. It works as an immune booster. Betacarotene is found in leafy greens, pretty much all of them. It’s just another reason eating salad is a great idea.

Bioflavonoids

Bioflavonoids are also simply known as flavonoids. Bioflavonoids are anti-oxidants, which are great for the immune system and all-around wellness. Some foods rich in flavonoids include leafy greens, berries and citrus fruits.

Biotin

Biotin is actually B7, but it is worth its own little section. Why? Biotin is used in supplements for healthy hair, skin and nails. It also can fight diabetes, help with skin rashes, and it even helps with mild depression. The best foods to eat to get a natural kick of biotin and make your lovely locks healthier and help your nails grow strong are eggs, salmon, almonds and low-fat cheese.

Next week you’ll learn all about why vitamin C is one of the most awesome vitamins ever!

Sources: evitamins.com and rxlist.com

By Yvonne Stegall • news@tctimes.com; 810-629-8282

From A-Z....Vitamins and Supplements

Do you get all the vitamins you need each day in your regular meals? If you eat a well-rounded diet, you probably do. However, if you like to avoid eating your vegetables then it may be important to add a multi-vitamin to your diet. Certain ailments can also call for the need to take vitamins and supplements. Here are the vitamins and minerals that are most popular under B in the alphabet and what they can do for you.

DENTAL TIP
OF THE WEEK

Are you afraid of going to the dentist?

In this day and age of high-tech and cosmetic dentistry, some people still deal with the problem of dental phobia. This condition affects almost half the population and prevents them from receiving quality oral care in a timely fashion. Keep in mind that early prevention and regular monitoring visits to your dentist is the key to an easier dental experience. However, some still suffer from the fear of dental treatment and they can still receive quality care with the use of any or all of the following modalities.

Oral Sedation: pills to achieve a state of relaxation and reduced anxiety that can be taken before the appointment.

Laughing Gas: Use of nitrous oxide and oxygen to give a sense of euphoria and relaxation.

Intravenous Sedation: Medications injected through an IV line to place patient in a state of conscious or “twilight” sedation. We often see the patients who suffer from dental phobia and are forced to come in due to pain or swelling resulting from the neglect of months or years. It is unfortunate when untreated conditions like tooth decay and gum disease result in extensive tooth loss.

Our experienced staff will talk patients with understanding and gentle care and most times there is no need for any other additional treatments. It is important that patients inform their dental teams of any allergies or any medications that they are currently taking. We guarantee you will be treated in a respectful, caring, understanding manner. We will make every effort to accommodate patients in the best possible way.

FRANCIA MERCEDES, DDS
 — OF THE WEEK —

www.sonomadentalgroup.net
Notice of Special Election
To Be Held on May 5, 2015

Notice is hereby given that a Special Election will be held on May 5, 2015 in:

Holly Township and the Village of Holly,
County of Oakland, State of Michigan

The polls will be open 7 o’clock a.m. until 8 o’clock p.m. for Precincts 1, 2, 3 and 4 at the polling place listed as follows:

Holly High School Gymnasium
6161 E. Holly Rd.

All polling places are handicap accessible.

Braille & audio versions of voting instructions are available.

The May 5, 2015 special election will be conducted in all voting Precincts 1 - 4 of Holly Township/Village for the purpose of voting on the following proposal:

Proposal 15-1: A proposal to amend the State Constitution to increase the sales/use tax from 6% to 7% to replace and supplement reduced revenue to the School Aid Fund and local units of government caused by the elimination of the sales/use tax on gasoline and diesel fuel for vehicles operating on public roads, and to give effect to laws that provide additional money for roads and other transportation purposes by increasing the gas tax and vehicle registration fees.

The proposed constitutional amendment would:

- Eliminate sales / use taxes on gasoline / diesel fuel for vehicles on public roads.
- Increase portion of use tax dedicated to School Aid Fund (SAF).
- Expand use of SAF to community colleges and career / technical education, and prohibit use for 4-year colleges / universities.
- Give effect to laws, including those that: o Increase sales / use tax to 7%, as authorized by constitutional amendment.
- Increase gasoline / diesel fuel tax and adjust annually for inflation, increase vehicle registration fees, and dedicate revenue for roads and other transportation purposes.
- Expand competitive bidding and warranties for road projects.
- Increase earned income tax credit.

Should this proposal be adopted? Yes [ ] No [ ]

Absent voter ballots may be obtained from your clerk’s office.

Full text and sample ballots may be obtained from your clerk’s office.

Absent voter ballots may be obtained from your clerk’s office.

The clerks office will be open Saturday May 2, 2015 from 10:00 AM until 2:00 PM which is the deadline for requesting an absentee ballot which will be mailed.

Karin S. Winchester, MMC
Holly Township Clerk
902 Civic Drive
Holly, Michigan 48442
248-634-9031 Ext. 301

Critters
Continued from Page 68

For rodents, moths are a good deterrent; however, extreme caution is required as mothballs are poisonous to children and pets.

Speaking of pets, dogs and cats can also be useful for keeping furry creatures under control. Cats are especially good at catching moles and gophers, and dogs can be good at deterring or sometimes even catching furry pests, such as squirrels before they scurry up a tree.

Probably the best, most effective way to keep critters out of the yard is by installing a good, strong fence. An electric fence is the ultimate solution — especially for woodchucks, rabbits and deer, the critters that seem to be able to get around the traditional fence. Although an electric fence calls for a financial investment, it is the best way to provide protection for your flowers and vegetables. The animals will simply go away.

Transformation Time Fitness offers personal training

New Fenton fitness studio presents unique Turbulence Training for fat loss

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

Shawn Stevens has transformed her own life through nutrition and exercise, and would like to help others transform themselves through the doors of her fitness studio, Transformation Time Fitness.

She has measured her success in inches, not pounds, and the transformation she has made in taking control of her life and emotions, “I used to eat for stress and comfort,” she said. “Now I eat to fuel my body. No matter how much you exercise, you can’t out-train a bad diet.”

Open since last summer, Transformation Time Studio offers a unique fitness program called Turbulence Training, for which Stevens is a certified instructor. She has studied under Turbulence Training founder Craig Ballantyne, who is also an author and contributor to Men’s Health magazine, and attends his annual motivational seminars each year.

Turbulence Training is small group personal training with an emphasis on the science of fat loss,” said Stevens. “I didn’t lose the weight spending hours and hours on the treadmill. I lost it using the Turbulence Training strength and conditioning program. Don’t get me wrong; you must work hard to see all the changes take place.”

In addition to her Turbulence Training certification, Stevens is also American Council on Exercise “ACE”-certified and is also a functional aging specialist, making her uniquely qualified to work with seniors age 60 and up to keep them functionally fit.

Transformation Time Fitness also offers Yoga Pilates Fusion and Big Ball Blast, with a complete schedule of classes available on transformationtimefitness.com.

Transformation Time Fitness
1507 North LeRoy St., Fenton
(across from Keye’s Pools)
(810) 265-5937

Owner/Trainer Shawn Stevens of Transformation Time Fitness is pictured here in her studio.

Transformation Time Fitness is pictured here in her studio.

Transformation Time Fitness is pictured here in her studio.

Transformation Time Fitness is pictured here in her studio.

Transformation Time Fitness is pictured here in her studio.

Transformation Time Fitness is pictured here in her studio.
Fenton team takes third in national competition

▶ Competes in LifeSmarts Championship in Seattle

A team of four Fenton High School (FHS) students took third place at the 2015 National LifeSmarts Championship in Seattle, Washington last week.

Their team was one of 34 teams across the country to compete. This is the fifth year in a row that a FHS team has advanced to the national competition.

Fenton’s LifeSmarts team included Andrew Celini, Jacob Goodman, Alex Hamilton and Zachary Williams, who were coached by Bruce Burwitz, a member of the FHS faculty. The team advanced to the semi-final round with its best ever showing, but fell to Rhode Island, 150-124.

The Fenton team participated in the round of 16 and defeated Maine, 165-95, and then claimed a 135-105 victory over Arizona to be one of the last four teams standing. FHS secured a spot at the national competition after winning the 2015 Michigan State LifeSmarts Championship, held at Oakland University in February.

The teams competed in a full-day, ‘Quiz Bowl’ event, fielding questions about real-life marketplace issues. Better Business Bureau Serving Eastern Michigan has been the state coordinator for the LifeSmarts program the past five years.

“I would like to personally congratulate the FHS team for its remarkable showing at the LifeSmarts National Competition,” said Melanie Duquesnel, BBB Detroit CEO and president.

Established in 1994, LifeSmarts is a program of the National Consumers League. LifeSmarts is an educational opportunity for students in sixth-12th grade. This competition prepares students to enter the real world as smart adult consumers.

Participants focus on five key topic areas — consumer rights and responsibilities, the environment, health and safety, personal finance and technology. In addition to the important information and knowledge that participants gain, students also develop teamwork, self-esteem, verbal communication skills, and leadership abilities in a fun and exciting competition format.

Fenton High School’s LifeSmarts team poses for a photo while in Seattle, Washington. From left are assistant coach Andy Cocagne, Alex Hamilton, Zach Williams, Andrew Celini, Jacob Goodman and coach Bruce Burwitz.
NOVENA TO ST. JUDE.
May the Sacred Heart of Jesus be
adored, glorified, loved and
preserved throughout the
world, now and forever.
O Sacred Heart of Jesus,
pray for us. St. Jude, worker
of miracles, pray for us.
St. Jude, helper of the
hopeless, pray for us.
Say this prayer 9 times a day,
by the 8th day you prayers will
have been known to fail. Publication
must be promised. HL

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In the Tri-County Times are
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• Family-Owned Business

For interview, please call Rodney
at 810-629-0650.

$114,900

$228,000

$649,000

PART TIME TELLER
The State Bank is accepting applications
for part time tellers. Qualified applicants will be available
to work between 25-28 hours a week including
3 Saturdays/month. Applicants must possess
prior cash handling, customer service
and sales experience.

Apply online at www.thestatebank.com

EOE
**WE'RE SEEKING AN** administrative assistant, seasonal and flexible schedule. Must be energetic, business or communications major plus a pass. Highly skilled in Microsoft Office, including publisher. Accounting skills preferred. Email resume to Megan Lambert at mbhartman@emco.org.

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

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**HELP WANTED -** opportunity for individual familiar with construction and use of hand power tools. Overnight travel in company vehicle required. All tools provided, all expenses paid. Valid driver’s license required. Earn from $17.50-$25 per day, flexible work schedule, home most week-ends. Established 30+ year company. Send contact information to: bobj@gliamerica.com, or call 810-629-5779.

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**TYRONE TOWNSHIP BOARD & PLANNING COMMISSION**

**JOINT MEETING SYNOPSIS**

**HELD APRIL 21, 2015 AT 7:00 P.M.**


2. Approved the agenda as amended; approved the consent agenda as presented.

3. Received and placed on file Communications #1-4.

4. Resolved to adopt the final sewer system project plan for Lake Tyrone.

5. The Board and Planning Commission discussed a noise, blight, outdoor furnaces, urban farming, medical marijuana, land division ratios, accessory structure sizes, open space requirements and regulations.

6. Resolved to adopt the medical marijuana ordinance amendments to comply with new state regulations.

7. Accepted the purchase offer of $4,000 of Lot #15 on Runyan Lake Cove.

8. Requested additional quotes from the Supervisor for a water filter system.

9. Issued a Display Fireworks Permit to Runyan Lake, Inc.

10. Authorized the cashier to attend BS&A training.

11. Authorized the release of PEG fees in the amount of $29,575.94 to Lake Fenton, Fenton, and Linden Schools for equipment updates.

12. Adjourned at 9:48 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 Tyrones Township Board will be held on Tuesday, May 19, 2015 at 7:00 p.m. at the Tyrones Township Hall. The public is encouraged to attend.

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**NOTICE OF SPECIAL ELECTION - MAY 5, 2015**

**IN GROVELAND TOWNSHIP**

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

GROVELAND TOWNSHIP
County of Oakland, State of Michigan

TUESDAY, May 5, 2015

THE POLLS will be open 7 o’clock a.m. until 8 o’clock p.m.

ALL POLLING PLACES ARE HANDICAP ACCESSIBLE.

**BRAILLE & AUDIO VERSIONS OF VOTING INSTRUCTIONS ARE AVAILABLE**

AT THE POLLING PLACES LISTED BELOW:

Precinct 1 – Groveland Township Office (4985 Grange Hall Rd)
Precinct 2 – Groveland Fire Station No. 1 (14645 Dixie Hwy. Training Center)
Precinct 3 – Groveland Fire Station No. 2 (3065 Grange Hall Rd)

FOR THE PURPOSE OF VOTING ON THE FOLLOWING PROPOSAL:

**PROPOSAL 15-1**

A proposal to amend the State Constitution to increase the sales/use tax from 6% to 7% to replace and supplement reduced revenue to the School Aid Fund and local units of government caused by the elimination of the sales/use tax on gasoline and diesel fuel for vehicles operating on public roads, and to give effect to laws that provide additional money for roads and other transportation purposes by increasing the gas tax and vehicle registration fees.

**ABSENT VOTER BALLOTS MAY BE OBTAINED FROM:**

PAMELA MAZICH, CLERK
GROVELAND TOWNSHIP
4985 GRANGE HALL RD.
HOLLY, MI 48442

248-634-4152

clerk@grovelandtownship.net

The office will be open Saturday preceding the election, May 2, 2015 until 2:00 p.m. for requesting an absentee ballot.
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 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.

CHARTER TOWNSHIP OF FENTON
NOTICE OF PUBLIC HEARING

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD THURSDAY, MAY 14, 2015 AT 7:00 PM BY THE FENTON TOWNSHIP PLANNING COMMISSION AT THE FENTON TOWNSHIP CIVIC-COMMUNITY CENTER, 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

PUBLIC HEARINGS:
Zoning Ordinance Amendments:
Article 8, Site Plan Review, including Section 8.09 performance guarantees
Article 4, General Provisions, Section 4.23 Private Roads, to address review approval and development of Private Roads.

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

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MLA 41.72a (2) (3) and the Americans with Disabilities Act (ADA). Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township. Individuals with disabilities requiring auxiliary aids or services should contact Fenton Township by writing or calling the following: Fenton Township Office, (810) 629-1537, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Thursday and 8:00 a.m. to 3:00 p.m. Friday. Ordinances, meeting schedules and other Township information are also available at www.fenton township.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK

HOUSE PLAN OF THE WEEK

Grayling

PL 10-207

Families that like to entertain will appreciate the airy spaciousness of the ranch-style Grayling. An expansive open great room with high vaulted ceilings fills the center of the home and a large portion of the rear as well. Windows line the back wall, bathing the area in light. The bayed nook is brighter still, and more natural light spills in through skylights located between the eating bar and the fireplace. This fireplace is open on two sides, allowing people to enjoy its flames and warmth from almost anywhere in the great room.
HOLLY 2 BEDROOM apartment. All utilities included. $750. In the village. 248-762-5012.

SIGN UP for Text blasts to receive local real estate listings. Text real estate to 810-475-2030.

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON BOARD MEETING SYNOPSIS
APRIL 20, 2015

The Fenton Township Board held a regular meeting on Monday, April 20, 2015 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

1. Trustee Goupil offered the opening prayer.
2. Supervisor Mathis led the pledge of allegiance to the flag.
3. Approved the agenda as presented.
4. Approved invoices and expenditures for payment in the total amount of $498,266.53.
5. Approved the order of the Dangerous Building Hearing Officer to demolish the fire-damaged residential structure located at 13205 Hogan Road within 21 days.
6. Received the first quarter Fire Department report from Fire Chief R. Volz.
7. Received the first quarter report from Ordinance Enforcement Officer Tom Hosie.
8. Conducted the first reading of a proposed Zoning Ordinance amendment to revise language relating to performance guarantees.
10. Approved funding for the PEG Grant applications of Lake Fenton Community Schools, Fenton Area Public Schools and Linden Community Schools up to a total amount of $82,784.60.
11. Adjourned at 8:20 p.m.

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

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
NOTICE TO ELECTORS OF TYRONE TOWNSHIP
LIVINGSTON COUNTY, MICHIGAN
NOTICE OF SPECIAL ELECTION
TO BE HELD MAY 5, 2015

ALL ELECTORS ARE HEREBY GIVEN NOTICE that a Special Election will be held in all voting precincts of Tyrone Township, Livingston County, Michigan, on Tuesday, May 5, 2015 from 7:00 a.m. to 8:00 p.m.

The following ballot proposal will be presented at the Special Election:

STATE PROPOSAL 15-1

A proposal to amend the State Constitution to increase the sales/use tax from 6% to 7% to replace and supplement reduced revenue to the School Aid Fund and local units of government caused by the elimination of the sales/use tax on gasoline and diesel fuel for vehicles operating on public roads, and to give effect to laws that provide additional money for roads and other transportation purposes by increasing the gas tax and vehicle registration fees.

The proposed constitutional amendment would:

• Eliminate sales / use taxes on gasoline / diesel fuel for vehicles on public roads.
• Increase portion of use tax dedicated to School Aid Fund (SAF).
• Expand use of SAF to community colleges and career / technical education, and prohibit use for 4-year colleges / universities.
• Give effect to laws, including those that:
  • Increase sales / use tax to 7%, as authorized by constitutional amendment.
  • Increase gasoline / diesel fuel tax and adjust annually for inflation, increase vehicle registration fees, and dedicate revenue for roads and other transportation purposes.
  • Expand competitive bidding and warranties for road projects.
  • Increase earned income tax credit.

Should this proposal be adopted?

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

The following ballot proposal will be presented at the Special Election for voters in the Hartland School District:

CROMAINE DISTRICT LIBRARY
BALLOT PROPOSAL

Shall the Cromaine District Library, County of Livingston, Michigan, borrow the sum of not to exceed Twelve Million Dollars ($12,000,000) and issue its general obligation unlimited tax bonds therefor, payable in not to exceed twenty (20) years from date of issuance exclusive of refunding, for the purpose of paying all or part of the costs of acquiring, constructing, furnishing and equipping an expansion and improvements to the Cromaine Library, including related parking and site improvements? The estimated millage to be levied in 2015 is 0.77 mills ($0.77 per $1,000 of taxable value) and the estimated simple average annual millage rate required to retire the bonds is 0.69 mills ($0.69 per $1,000 of taxable value).

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

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

List of polling locations:

Precinct #1
(Fenton School District voters)
Fenton Church of the Nazarene
11075 Runyan Lake Road, Fenton

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

Precinct #3
(Fenton School District voters residing south of White Lake Road)
Tyrone Covenant Presbyterian Church
10235 White Lake Road, Fenton

Precinct #4
(Hartland School District Voters)
Tyrone Township Hall
10408 Center Road, Fenton

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

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

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

Applications for absent voter ballots are available for the May 5, 2015 Special Election and may be obtained at the Tyrone Township Clerk’s Office Monday through Thursday, from 9:00 a.m. to 5:00 p.m. Requests for absent voter ballots must be in writing.

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

Keith L. Kremer,
Tyrone Township Clerk


Funeral services were held 11 AM Friday, April 24, 2015 at Sharp Funeral Homes, 18B T 500 Main St. • Fenton • 810-629-2533 Fenton Chapel, 1000 Silver Lake Rd., Fenton. Visitations was held 3-8 PM Wednesday and Thursday. Those desiring may make contributions to the family to C/O Sharp Funeral Homes. Victory was born September 19, 1942 in Flint, the daughter of Clyde M. and Virginia (Livingston) Powers. She owned and operated Suburban Printing for many years. Surviving are: daughter, Suzette (Ronald) Mitchell; grandsons, Andrew (Misty) Sowers, great-grandson, Austin William Sowers; brother, Terry (Pat) Pierson; and sister, Joan (Doug) Pierson. She was preceded in death by her parents and husband. Bill. Online condolences may be posted on the obituaries page of www.sharpfuneralhomes.com.

Margaret Johnson Brower 1928-2015 Margaret Johnson Brower - age 86, of Fenton, died Thursday, April 23, 2015 at the Medical Funeral Home, Holly. Holly with Rev. Seth Normington and Rev. Donald Neuvile officiating. Burial will be in Oakwood Cemetery. Fenton. Visitations will be from 2-9 PM Sunday, April 26, 2015 at the Dryer Funeral Home, Holly. Margaret was born in Novi, MI on June 21, 1928 the daughter of William and Isabel (Ross) Brock. She was retired from the Medical Records Dept. of Flint Osteopathic Hospital. She was a member of the Linder Presbyterian Church and the Loose Senior Citizens Center. Surviving are 5 children, Julie Fountain of Waterford, Judy (Robert) Wollan of Holly, Vicki Dick of Waterford, Craig (Mary Ann) Johnson of Windsor, Ontario, and Jane (Mikel) Peterson of Fenton; 13 grandchildren; 9 great-grandchildren; brother William (Nancy) Brock of Holt, and sister Joan (Douglas) Spilker of Flushing. She was preceded in death by her husband’s' Owen Johnson and Stanley Brower and granddaugh- ter April Wollan. Memorial donations may be made to the Linden Presbyterian Church. www.dryerfuneralhomesholly.com.


Dorthea Ileana Day 1919-2015 Dorthea Ileana Day - age 96, of Fenton, died Thursday, April 23, 2015. Services will be held 11 AM Tuesday, April 28, 2015 at St. Jude Episcopal Church, 106 E. Elizabeth St., Fenton with Rev. Heather Barta officiating. Burial will be at Great Lakes National Cemetery, Holly. Visitations will be held 2-4 and 6-8 PM Monday at Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton. Visitations will also be held 10-11 AM Tuesday. Those desiring may make contributions to St. Jude Episcopal Church or Rev. Rosemary Janes. Memorial was born on October 25, 1919 in Canada, the daughter of John Meredith and Evelyn (Milton) Gray. She married John A. Day in 1941 and he preceded her in death on February 3, 1981. Mrs. Day was a Licensed Prac- tical Nurse retiring from Grace Hospital in Detroit in 1981. She enjoyed traveling, reading and spending time with her Millpond Manor friends, she loved her family and especially her grandchil- dren and great-grandchil- dren. Surviving are: two daughters, Sandra Train of Clawson and Nancy Day Rolfs; and 9 great-grandchil- dren, Michelle, Erik and Ashley; 4 sisters and one brother; Friends may share an on- line tribute on the obituary page of www.sharpfuneralhomes.com.


Husbands increasing jealousy threatens marriage

DEAR AMY:
I’ve been married to my husband for close to two years, and we are happy for the most part, although we have our ups and downs just like other couples.

When we were dating and engaged, he had a little problem with jealousy, and I thought it would tone down after we were married. Now, almost two years in, his jealousy seems to have gotten worse. He keeps tabs on my whereabouts and social media, and he ignores me if I talk to another man. I’ve never cheated, or even given him the idea that I was interested in another man. I don’t want to leave him and I do love him, I just wish I knew what I could do to help him feel more secure about our relationship. Is it time to bring up the idea of a trial separation to spend some time apart while he works on this? — Discouraged Wife

ANSWER:
Many conditions common in the elderly are associated with teeth grinding. (We have medical terms for pretty much everything — teeth grinding is called bruxism.) Alzheimer’s disease, Lewy body dementia (a type of memory loss often associated with visual hallucinations and movement disorders), stroke, Parkinson’s disease and many medications can cause this problem. Treatment is difficult. A mouth guard to protect the teeth can be very useful, but some people won’t keep them in. Her geriatrician is the right person to discuss this with. Some medications (especially some classes of antidepressants) can cause or worsen daytime bruxism, so stopping those may help. Drug treatment of daytime bruxism is not very helpful. Botulinum toxin (Botox) has been effective in some instances.

To your good health
By Keith Roach, M.D.

Ultimate BLT Burger

Ingredients
- 2 pounds lean ground beef
- 1 tablespoon fish sauce
- 2 garlic cloves, minced
- Dash of Tabasco
- 4 slices bacon, cooked
- 4 pieces butter lettuce leaves
- 4 tomato slices
- 4 brioche hamburger buns
- 4 slices cheddar cheese
- Red onions, garnish
- Mayonnaise, garnish
- Salt and pepper to taste

Instructions
In a large bowl, combine ground beef, fish sauce, garlic, Tabasco, and s&p. Form four medium size hamburger patties. Preheat a grill to medium-high heat. Place the burgers on the grill for about 5 minutes on the first side, flip, cook for additional two minutes. The last remaining minute add the cheese slices to allow for it to melt on the patties. Remove from heat and let the patties rest before serving. Garnish with bacon, lettuce, tomatoes, red onions, and mayo. Enjoy!

Recipe from: climbinggriermountain.com

SUNDAY SCRAMBLER

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

Recipe for: Ultimate BLT Burger

Sunday, April 26, 2015

19B
Building our Community one Home at a time!

New on Market

Holly • $149,900
5074 Meadow Crest Circle

Grand Blanc • $297,900
Located in Lovely Cottage Estates. This 4 Bed, 4 Bath Home Features Fire Lit Great Rm w/Cathedral Ceilings, Open to Dining. Fin. LL, Rec Rm, Remodeled Kitchen and Master Bath w/Granite, Porcelain and Marble.

Lake Orion • $179,900

New on Market

Linden • $244,900
16224 Pine Lake Forest Dr.

Grand Blanc • $139,900
Lovely Home Located in Riverbend East. Large Renovated Kitchen, HD Flrs., Living and Family Rms., Multi-Level Decking, Pool and Large Yard.

New on Market

Waterfront • $379,000
12085 Torrey Rd.

Linden • $244,500
6362 Acorn Way

Waterfront • $425,000
13177 Log Cabin Point
Don’t Miss Your Opportunity for this Home on Lake Fenton. 4 Bed, 2000 Sq. Ft., Lg. Kitchen, 1st Flr Laundry Rm., Oversized Garage, Deck, 15 Ft. Water Frontage. Open House 1-3pm Every Sunday in May!

New on Market

Waterfront • $449,000
Great Sunset Views over Lake Shannon! This Brick Ranch has 3 Bedrooms, HW Flrs. Fin. LL W/O, Lg. Deck for Entertaining.

New on Market

Fenton • $380,000

Fenton • $358,900
If You Love Unique Architecture, Horses, or Crave Ultimate Seclusion – This Home is for You! Vaulted Ceilings, Artist’s Studio, Barn w/Loft, 3 Bed, 3 Bath, Over 2300 Sq. Ft., Beautiful Pond Views, Over 10 Acres.

Fenton • $558,900
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