STAND-UP PADDLE BOARDING PROVIDES FUN AND FITNESS ON AREA LAKES AND RIVERS

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

Stand-up paddle boarding (SUP) may be a relatively new concept as a sport, but many cultures throughout history have stood up within their canoes and upon rafts for thousands of years.

The modern recreational activity known as SUP actually combines the skills of surfboard riding and canoe paddling, by people who grew up with those skills in Hawaii in the 1960s.

It’s a much newer sport in the tri-county area, having become popular on area lakes and rivers in the past three to five years.

“It’s a lifestyle,” said Whitney Burnash, 28, an ACE-certified SUP and fitness instructor through Silver Spray Sports in Fenton. “You’re outdoors exploring nature. It’s relaxing and calming.”

The versatility of the sport is one of the reasons for its growing popularity. “You can ride on a calm lake or river or be more adventurous on waves or rapids,” said Burnash. “Some people even use it for fishing or lounging on, like a raft.”

Fitness is another reason so many people are enjoying the sport. “Instead of sitting in a kayak or canoe, which is all upper-body, you’re getting a full-body workout,” said Mary Rising of Action Water Sports in Tyrone Township. “It’s a nice core exercise and it works on your balance.”

Burnash emphasizes fitness in her lessons, adding yoga and Pilates moves to her regular instruction for getting on the board and maneuvers on.

You can also race. Just ask Mary Radtke, 47, of Holly Township, who is one of the elite racers in the Midwest, racing for Michigan board maker Blk Box Surf. She’s also a SUP instructor with her own company, SUP Edu. “It’s an incredible sport,” she said. “It’s also an incredible low-impact workout. I’ve beat young men who are very fit and half my age. It’s a strength-to-weight ratio kind of deal.”

Mary Radtke of Rose Township leads this pack of women in a race around Belle Isle in 2013. She has been the fastest woman in the Midwest Race Series four years in a row. “It’s pretty exciting for me,” she said.

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PADDLE BOARDING
Continued from Page 1B

Whether it’s an easy skill to acquire or takes quite a bit of practice and strength may depend on who you ask. John Davidson of Fenton, who tried it just recently for the first time on Silver Lake, said the workout was much more intense than he thought. “It’s fun, you get outside out in the water,” he said. “It’s good exercise and not that expensive.” His advice? “Take a lesson.”

Burnash, who will be demonstrating the sport at this Sunday’s Riverfest at Bush Park in Fenton, said, “If you can stand on land, then you can learn to stand-up paddle board, as long as you have the right board and the right equipment. I’ve never had a person not finish the class or not be able to do it.”

Interested stand-up paddle boarders should expect to pay about $1,000 for a quality lightweight model, plus about $100 for a paddle. They are also available for rent at Silver Spray Sports.

“The weight of the board is one of the most important aspects of buying a board,” said Burnash. “It should weigh under 30 pounds, otherwise it’s hard to transport.” She also advises that anyone 12 or older should be on a 12-foot board. “Don’t get sucked into a 10-foot board,” she said. “The shorter it is, the slower you go.”

Rising advises buyers to get a better brand at a pro shop. “It will weigh 15 pounds less than the one you get at a big box store,” she said. “They can be cumbersome to carry.”

TIPS ON BUYING A PADDLE BOARD

TRY BEFORE YOU BUY
Stand-up paddling doesn’t require much gear, but it can be a fairly expensive initial investment. It is possible to rent a different kind of boards, or go to a demo event before you buy, so you know exactly what kind of board you want.

IS IT HARD TO LEARN?
With the right board and flat water, stand-up paddling isn’t hard. Experience in a canoe or kayak will help.

CATEGORIES OF BOARDS
Boards come in a variety of lengths, widths, thicknesses, and construction, and while there are some niche board categories, all SUPs are designed for either flat water or surf, or sometimes a little of both. You’ll need some idea of the type of water you want to paddle.

Surf: shorter boards that turn well and are naturally at home in the waves.

Family recreation: durable boards with width for stability.

Fitness and race: long, narrow boards built for speed in any water conditions.

Yoga: wide, stable boards; often made with full deck pads for better grip in various postures.

WHO IS GOING TO USE THE BOARD?
Are you the only person who’s going to use the board, or will your family and friends want to hop on too? Do you have experience and great balance that lets you paddle a more advanced board? Will you have to load/unload a board by yourself? When shopping for a board, be sure to take all of these things into consideration to make sure you find the best board possible for your needs.

HEIGHT & WEIGHT

Height is important in paddling dynamics. For example: if you’re short, a too-wide board will force you to reach farther to the side to get your paddle into the water, which will be awkward and tiring. Each stand up board is also designed for a specific range of paddler weights. If you’re new to paddling, you’ll want to be on the lighter end of the recommended weight range.

Width

Perhaps the most important dimension of a board is its width. A wide board is more stable, while a narrow board is faster. Don’t underestimate stability—a few extra inches of width can make a board fun to paddle for everyone, while a narrow, less stable board might frighten some folks off the water.

THICKNESS & VOLUME

The volume of a board is determined by its length, width, thickness, and shape. The higher the volume, the more weight the board can support.

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Silver Spray Sports carries a great selection of YOLO boards for the beginner through super experienced paddle enthusiasts.

SCHOOLS OF CHOICE 105 - 10S OFFERED IN LINDEN COMMUNITY SCHOOLS FOR STUDENTS IN GRADES 6-12

The Linden Community School District is accepting applications for enrollment for the 2015-16 school year for Grades 6-12 students who do not reside within the district’s boundaries pursuant to Sections 105 and Section 105c of the State Aid Act. This applies to students who reside in an intermediate school district that is contiguous to, or borders, Genesee County. These applications will be available May 4, 2015 – August 21, 2015. Offer is for students in grades 6-12.

The District will use a random draw system (Subsection 14 of the State School Aid Act 1979) to determine the order in which applicants will be enrolled, for Grades 6-12.

• Transportation will be the responsibility of the parent/guardian.
• There is no tuition charge for students accepted for enrollment under this program.
• To apply, complete the application and return to Jennifer Bentley, Schools of Choice Coordinator, Linden Community Schools no later than 3:00 p.m., August 21, 2015.
• Applications may be obtained in person, at www.lindenschools.org, by mail or by calling:
  Jennifer Bentley
  Linden Community Schools
  7205 W. Silver Lake Rd.
  Linden, Michigan 48451
  (810) 591-0986

• Notification of acceptance by choice district will be made within two weeks of application or no later than August 29, 2015.
Stemming from observations in 1814, when the British relentlessly attacked Baltimore’s Fort McHenry during the War of 1812. It was later put to music, though not decreed the official national anthem of the United States until 1931.

**THE LIBERTY BELL**

Due to concerns about cracking the iconic instrument, the Liberty Bell has not been rung since 1846. Instead, every year, to mark the Fourth of July, the 2,000-pound bell is tapped 13 times to signal for bells across the country to start ringing.

**DIED ON THE FOURTH OF JULY**

Three U.S. presidents actually died on July 4. Two of them passed away within hours of each other on July 4, 1826: John Adams and Thomas Jefferson. The two had been political rivals and then friends later in life. The other to share the distinction was James Monroe, who died July 4, 1831.

**BORN ON THE FOURTH OF JULY**

Calvin Coolidge, the country’s 30th president, was born on Independence Day. Others celebrating birthdays on July Fourth include, Nobel laureate and economist Gerard Debreu, Olympic gold medalist and tennis Hall of Famer Pam Shriver, “Ugly Betty” actress Becki Newton and current first daughter Malia Obama.

**NEW YORK CITY**

Did you know Macy’s is also behind the city’s July 4th celebrations? The fireworks show takes place over the Hudson River and is the largest fireworks display in the country. It’s hard to beat overlooking the whole city while the fireworks are going off.

**MOUNT RUSHMORE**

With some of the nation’s founding fathers serving as a backdrop, celebrations at Mt. Rushmore include ceremonies honoring U.S. military veterans and POWs, impressive military fly-overs, and cultural celebrations of American heritage.

**PHILADELPHIA**

What better place to celebrate July 4th than in the city where the country was born? The city’s fireworks display is over the Philadelphia Museum of Art, which is a reminder that this is the city that gave rise to another independent spirit — Rocky.

**BRISTOL, RHODE ISLAND**

Take part in a little bit of American history by joining the throngs in Bristol, Rhode Island, the scene of the oldest continuous July 4th celebration in the country. The first parade was held in 1785, and they haven’t missed a year since.

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80% ATTEND A BBQ OR COOKOUT

155 MILLION HOT DOGS CONSUMED ON JULY 4TH

66% DISPLAY THE AMERICAN FLAG

32% WATCH 4TH OF JULY PARADE

63% ATTEND FIREWORK DISPLAYS

26% SET OFF THEIR OWN FIREWORKS

14,000+ FIREWORK DISPLAYS THROUGHOUT THE COUNTRY

2.5 MILLION US POPULATION IN 1776

318 MILLION US POPULATION TODAY

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Meet **Kimmi**

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Meet Knox

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**SPONSORED BY:**
Fenton grad saves dogs in fire

GoPro records event, has more than 1.2 million views on YouTube

By Hannah Ball
hlball@tctimes.com; 810-433-6792

A YouTube video has reached over 1.2 million views of a Fenton graduate and a few friends kicking in doors and saving animals in an apartment fire in Rapid City, South Dakota June 20.

Grant Krause, 20, a 2013 Fenton High School graduate, is an air traffic controller in the Air Force stationed in South Dakota.

He was driving back to his friend, Spencer Butler’s, apartment when they saw smoke coming from the building a little before 7 p.m. “It was a pretty cloudy day so (the smoke) was pretty noticeable,” he said. “We didn’t realize the roof was on fire until we drove back there,” Krause said.

Everyone was out of the apartments that were on fire, but Krause and Butler wanted to make sure no one, or no pets, were left behind in the entire building.

Butler, 25, from Temperance, carried the GoPro video camera around, and Krause is the one seen in the green shirt who shouldered down a door. He said his shoulder ached that day, but felt fine the day after.

Viewers can see them running upstairs through smoke, banging on doors and kicking them down.

“It was kind of an odd feeling, I wouldn’t describe it as scared. It was more of a heightened sense of awareness,” Krause said.

While kicking in doors, they came across three dogs. Two were returned to their own owners, but the third one raced out of the building to escape the fire. As of Friday morning, the owners were still looking for it.

One person was injured and was taken to the hospital for smoke inhalation.

“I would have felt really bad if we showed up and watched and then later found out that three dogs were in the building,” he said. “I’d like to thank the firefighters.”

The Rapid City Fire Department arrived about 10 minutes after Krause and Butler. Two other fire departments also responded. In the video, viewers can see part of the roof on the apartment building collapse.

“It’s kind of scary when you’re 50 feet away from where it collapsed,” Krause said.

After graduating from Fenton in 2013, Krause worked in contracting for a year and then joined the Air Force because he wanted to pursue a career in air traffic.

Money generated from the video is being donated to the families who were displaced because of the fire. Anyone interested in helping the families can contact the Security First Bank in Rapid City at (605) 718-8060 and mention the Fire Relief Fund.
Local woman talks about what ‘triggers’ her eating disorders

By Vera Hogan
vhogan@tctimes.com; 810-433-6923

Michelle, 42, always knew that she had an eating disorder, and she was fine with that. As long as it kept her skinny, she really didn’t care. Her cutting disorder started when she was 15, when her “first love” broke up with her.

“She ended up in a coma and was in a coma for a few months,” said Michelle.

Today, Michelle tries not to focus on her weight and being overweight, even though some men have been cruel to her because of it.

Because of her eating disorder, Michelle is now in the position of managing her recently diagnosed diabetes. She also has been told she has Anxious-Preoccupied Attachment Disorder, which is what she believes all of her issues are about.

“The way my mom was to me as a child made me develop that disorder, so I am trying to get past that disorder, too,” she said. “I’m much different than I was though. I wish I had gotten help years ago.”

ANOREXIA

Anorexia nervosa — often simply called anorexia — is an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight and a distorted perception of body weight. People with anorexia usually severely restrict the amount of food they eat. They may control calorie intake by vomiting after eating or by misusing laxatives, diet aids, diuretics or enemas.

BULIMIA

Bulimia nervosa, commonly called bulimia, is a serious, potentially life-threatening eating disorder. People with bulimia may secretly binge — eating large amounts of food — and then purge, trying to get rid of the extra calories in an unhealthy way. For example, someone with bulimia may force vomiting or engage in excessive exercise. Sometimes people purge after eating only a small snack or a normal-size meal.

Source: mayoclinic.org

2015 – 2016 BOARDS AND COMMISSIONS MEETING DATES

According to the Open Meetings Act enacted by the State of Michigan:

The Holly Township Board of Trustees will hold its regular meetings at 102 Civic Drive, Holly, Michigan at 6:30 PM on the following dates:

July 15, 2015 November 18, 2015 March 16, 2016
September 16, 2015 January 20, 2016 May 18, 2016
October 21, 2015 February 17, 2016 June 15, 2016

The Holly Township Planning Commission will hold its regular meetings at 102 Civic Drive, Holly, Michigan at 6:30 PM on the following dates:

August 4, 2015 December 6, 2015 April 5, 2016
September 8, 2015 January 5, 2016 May 3, 2016
October 6, 2015 February 2, 2016 June 7, 2016

The Holly Township Zoning Board of Appeals will hold its regular meetings on scheduled Planning Commission dates when there is business. The meetings will be held at 102 Civic Drive, Holly, Michigan at 5:30 PM, unless otherwise posted.

The Holly Township Library Board will hold its regular meetings at the Holly Township Library, 1116 N. Saginaw St., Holly, Michigan at 7:30 PM on the following dates:

August 11, 2015 December 8, 2015 April 12, 2016
September 8, 2015 January 12, 2016 May 10, 2016
October 13, 2015 February 9, 2016 June 14, 2016

The Holly Township Parks Commission will hold its regular meetings at the Sorensen Park Nature Center, 5142 E. Holly Rd., Holly, Michigan at 7:00 PM on the following dates:

July 8, 2015 November – NO MEETING March 9, 2016
August – NO MEETING December – NO MEETING April 13, 2016
October 14, 2015 February – NO MEETING June 8, 2016

Karin S. Winchester
Holly Township Clerk
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See Garage Sales on page 7B.
1. _Crazy Little Thing Called Love_ (1976)
2. _Another One Bites the Dust_ (1978)
3. _Bohemian Rhapsody_ (1975)
4. _We Will Rock You_ (1977)
5. _Bohemian Rhapsody_ (1975)
6. _Body Language_ (1975)
7. _Killer Queen_ (1977)
8. _Somebody To Love_ (1978)
9. _Your Mother Should Know_ (1992)

**SuperCrossword**

**ACROSS**
1. Boat deck
2. More penny
3. Silence bar
4. Generally
5. Infected with
carbon dioxide
6. Cosmetics
7. Queen Elizabeth
8. Holiday tree
9. Figure skating
category
10. Baby blues
11. detergent
12. Dobby Bye
13. Uncovered
14. Federal
case, so to speak
15. Access
16. Access
17. Thing swinging
on a court
18. Uncovered
19. Countified
20. Sco-42
21. Access
22. _Vogue_
23. _Scoop_
24. Andrew
25. Access
26. For doing tips
27. William Tol
wasted one
28. Nine-fooler
29. Leaf keys
30. Game with
a cue stick
31. "Cat on —"
32. "In Rocks"
33. Water trial
34. Metallic pools
35. Scoo laces
36. Everyone, in
German
37. Front in question
38. Derby Bye
39. 献 Thy clothes
40. Greasy
clothing
dallying party design
41. Have a go at
42. "Reely to You"
43. "Are you not?"
44. Spooked
tard problems
45. Running
back Smith
46. Pro at PFI
47. Clyde abode
48. Held
49. address
50. Monde
51. _In and TV
52. _Pinecone_
53. Rice's
nonovulose relative

**DOWN**
1. King's club
2. White-lolate
3. Selena
4. Pulp
5. Green letters
6. "Nashville"
7. Robert
8. Arab, e.g.
9. Uncork
10. Film
director
11. Alternative
to dogs
12. Ment
13. Spanish
provincial capital
14. Cellular
difficulty
15. Rich's love
16. 1932 film
17. Fried
18. Cleaned up
19. Some
leaves
20. What eat
21. What gift
of Puck's
class answers
22. have
23. Running
24. Saw wood
25. Capital
of New
26. Jersey
27. Playing at
28. Disbur.ion
29. Attached
30. _Post-Tangen
31. Stroll
32. _KING_  

**ANSWER KEY LOCATED IN THIS EDITION**
OBITUARIES, Funeral Services and Memorials

Jackie McGrath

Dianne Hampton

Danny L. Sparks

Richard N. Campbell

Lena Belle (Wells) Barber
Lena Belle (Wells) Barber - of Holly and Davison passed away on June 18, 2015 at the age of 90. Dear mother to Charlene Steinhauser, Sharon Barber and Kim McCumbers. Grandmother to Chris and Christopher Steinhauser (Ashlee) great-grandmother (GG) to Hailee and Liliee, and granddog to Jesse. Survived by brothers Franklin, Edward and Cameron Wells. Predeceased by brothers Harold and Donald and sister Marie. Memorial Service is on Monday, June 29, 2015, 12:30 PM visitation, 1PM Service at the Sanctuary, Mt. Zion Church, 4900 Maybe Rd. Clawson. Donations may be made in her name to www.twf.org/contribute, their official site. Mom’s in heaven calling BINGO!

Chalmer Lale

Lyndell “Gabby” Ralph

Dr. William Halls

Shirley Arceneaux

William Harvey Edinger
William Harvey Edinger - age 83, of Harrison, died June 23, 2015. Funeral services will be 11 AM, Saturday, June 27, 2015 at Sharp Funeral Homes, 1000 Silver Lake Road, Fenton. Rev. Merton “Mike” Seymour officiating. Burial will follow in Oakwood Cemetery. Visitations was from 2-6 PM Friday and will be held 10 AM until the time of service on Saturday. Those desiring may make contributions to the Wounded Warrior Project. William was born on September 28, 1931 in Fenton, the son of Clarence “Bud” and Marion (Reynolds) Edinger. He played football and baseball for Adrian College. William was a veteran of the U.S. Army. He was a school teacher, coach, athletic director and driver’s education instructor for Durand Schools. William loved trout fishing, was a serious card player, and loved being with his family. He was a wonderful father and grandfather. Surviving are: children, Steven (Leah) of Athens, OH, Lyle (Mary) of Holt, Mi. and Marianne Edinger of Ogema, WI; 6 grandchildren, Jacob and Benjamin, Tim and Kelly, and Joanne and Adam; great-grandson, Sage and one great-granddaughter due in September; former wife and good friend, Eleanor Edinger; sister, Juanita Setz of Reynolds; official third son, Chris Northrup, dear friend and neighbor, Theresa Kemp and dear friend, Jann Duso. He was preceded in death by his parents, brother, Dick and sister, Eileen Roddy. Tributes may be shared on the obituaries page of www.sharpfuneralhomes.com.

Jackie Leroy
Jackie Leroy “Jack” Dobler - age 80, of Gaines, passed away peacefully on June 19, 2015. Cremation has taken place. No services will be held. Jack was born on September 17, 1934 in Flint, the son of Sanford Leroy and Marcella (La-Cross) Dobler. He retired from AC Spark Plug. Jack loved hunting, fishing, bowling and playing cards. He is survived by his children: Dan, Dave and Debbie; four grandchildren, Brian and Brent Wildmo, Nicki and Anna Dobler; five great-grandchildren; loving brother and best friend, Larry; sisters, Linda and Dorene; sister-in-law, Rebecca: nieces, Chriissy, nephew, Jeff. Arrangements provided by Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton. Online condolences may be shared on the obituaries page of www.sharpfuneralhomes.com.

Marsha Willinger

William Judy

Eva Edwards

Jeff McGrath

Suzanne Popovich
Stepdaughter’s tantrums create family challenge

DEAR AMY:
I have a lovely 16-year-old stepdaughter. I’ve been married to her daddy since she was 4. We have two other children together but she has always been treated fairly and as a full member of our household, despite only seeing her every other weekend. We’ve tried to be kind and friendly to her mom but our efforts have always been rejected (to put it mildly). Recently, she has developed a lot of anger issues and has loud, tantrum-like outbursts where she curses out her dad and says very hurtful things to him. Then she will refuse to see us. The first time this happened, we forgave her and she and her dad had a long conversation about how to have a discussion or disagreement without the tantrum. A month later she did it again (about being expected to do chores). Rather than talk to us she yelled, cursed and said nasty things to her dad. Dad and I agreed that this time she needed to suffer the consequences. We decided she needed to initiate an apology and ask before we let her return to our house, but I don’t think she’ll do this. Maybe she needs to graduate and be away from mom’s influence before she can see her way back. Her mom has long been trying to sever her relationship with us. Can you shed some insight on what we can do here to help her? We have suggested therapy but she has refused. She can’t go through life like this.

— Sad Stepmom

DEAR K:
You are in a very tricky spot because while you want your daughter to understand and absorb the natural consequences of her behavior, you don’t see her often enough to provide the consistency she needs. I understand your desire to punish her by banishing her from your household, but this is the opposite of what she needs, which is more of you. If she refuses to see you, you will have to respect her choice, but she needs more compassion from you, not less. It is when people are at their most vulnerable that they need love the most. You should not demand an apology from her so long after the fact, because you will not likely receive it, and then you will both remain on opposite sides of her anger. React calmly. Say to her, “We’re sorry you are in such a tough spot and we would like to talk to you about it when you’re calm.” If she chooses to stay away, keep in touch with her in a positive vein and attend school and extracurricular events, even if it is awkward for you.

AMY DICKINSON

Southern Style Crispy Chicken Sandwich

Ingredients
- 1 pound boneless skinless chicken breasts (either 2 large or 4 small breasts)
- ¾ cup pickle juice
- 1 tsp paprika
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp celery salt
- ½ tsp basil
- 1 cup peanut oil for frying
- 4 Hamburger Buns Lettuce Tomato Slices Pickle Slices

Instructions
- Butterfly chicken into two thin fillets. Score in diamonds.
- Marinate chicken in the pickle juice for an hour.
- Add milk and egg into a bowl, mix together.
- Mix together dry ingredients in a second bowl.
- Heat the oil in a skillet to about 350.
- Fry each chicken piece for 3-4 minutes on each side, or until browned and cooked through.
- Make into a sandwich with lettuce, tomato and pickles. Serve with delicious lemonade!

#heartoffenton

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

Answer key located in this edition

“It’s the oddest sort of pain — it goes away whenever I’m in a __________ office.”