Outdoor volleyball league at local restaurant stays busy even in colder temperatures

By Hannah Ball
hball@cttimes.com; 810-433-6792

Fenton — The sun sets as someone dives into the sand, clapping their hands and extending their arms, hitting the white and yellow volleyball. It flies over the net. Another man jumps, brings his arm back, preparing for a spike. He gets the point.

The Barn in Fenton is alive on Sundays, especially during the first Sunday of the five-week fall die-hard volleyball league, that began on Sept. 20.

The two sand courts in the back of the restaurant, visible from U.S. 23, have lights for when it gets too dark, and 40 volleyball players wait for their turn while eating and enjoying some adult beverages.

Some of the 10 teams in this fall league returned from the summer league. Mike Soyka, who supervises the league, said it’s shorter than the eight-week summer league because of the weather.

“It’s going to get awful cold in the next couple weeks,” he said.

Players don’t seem to be bothered by the cooling temperatures. They warm up, pushing sand around with their feet, volleying the ball back and forth before someone moves to the back of the court, getting into position to serve the ball.

This league, part of the World Volleyball Cult, also hosts outdoor leagues at Cobbblestone Bar & Grille on Tuesdays and Sharkey’s Sports Bar in Burton, as well as indoor leagues around Flint. Soyka said the die-hard league is very popular.

“In the summer and spring, almost every night of the week is busy at Cobbblestone and Sharkey’s,” he said.

Each team pays $100 to enter. They are four-person coed teams, and each team is guaranteed to play three matches against three different teams a night, six games total. First team to 17 points wins.
Windows 10: should you upgrade?

Software has new features, but still has some Windows 7 and 8 qualities

By Hannah Ball

After the unpopular and not user-friendly Windows 8, Microsoft is offering the latest software upgrade, Microsoft 10, for free for a year. Most people will upgrade from Windows 7, if they upgrade at all. Windows 10 includes some Windows 7 features, Windows 8 features and some new ones, and many people are questioning if they should upgrade.

“If you have Windows 7 and you like it, don’t upgrade it to Windows 10,” said Irina Gorlik, a technician at Fenton Computers. “It’s going to be a big change. If something works, why change it?”

Gorlik said that although Windows 7 and Windows 10 are alike, if you have Windows 8, you should probably upgrade.

Windows 10 is faster than Windows 7 at starting up, and has increased hardware acceleration, according to trustedreviews.com, which gave it eight out of 10 stars. Power management has been improved so the computer’s battery lasts longer.

The start menu is back, Gorlik said, unlike Windows 8, which didn’t have one.

“It just looks different, but you can get everything you have with Windows 7 or 8. They’re just more user friendly than Windows 8,” she said.

While the search menu was organized and efficient in Windows 7, it only searched the operating system for the typed-in keywords. The search menu on Windows 10 searches for the keywords on the Internet and on your computer.

The live tiles from the start screen of Windows 8 appear in the search menu.

NEW FEATURES

A new web browser, Microsoft Edge, comes with Windows 10.

“I did notice it’s faster,” she said. Users still have the option of using other browsers like Google Chrome.

“Microsoft Edge is completely different than Internet Explorer,” she said. For example, it’s more user friendly. “When you read an article, it will actually make the letters bigger.”

Another feature is Cortana, the user’s digital personal assistant. Gorlik said it’s like Siri on iPhones.

If you have a device with a microphone, you can ask Cortana to put appointments on your calendar and remind you of important dates. Cortana performs a web search, rather than giving you a straight answer like Siri.

One of the best new features on Windows 10 is the multiple desktop capability, Gorlik said. “Basically, you can work on a desktop and then create another desktop and then switch between them,” she said. Apple has this feature and it’s now available for Microsoft.

With Windows 8, the tiles were full screen, but not with Windows 10. “It’s not really taking over the full computer when trying to use an app, so it’s very nice,” she said.

The notifications tab in Windows 10 is neatly shown with the task bar. It shows alerts and messages from any Windows programs like mail, security programs or brightness.

“It has a lot of fun features,” Gorlik said.

However, not all computers will be compatible for Windows 10. Gorlik said she’s had to downgrade some computers back to Windows 7 because the drivers weren’t compatible with Windows 10.

Files are saved during the transition, but it’s recommended to back them up on an external hard drive.

“Before you do the update, go to the manufacturer’s website and see if your model has available drivers for Windows 10,” she said.
DELICIOUSLY PUNNY RESTAURANTS

By Hannah Ball
hbball@tctimes.com; 810-433-6792  Sources: ranker.com and delish.com

BREWD AWAKENING COFFEEHAUS
Have you ever been rudely awakened? This coffee house in Lowell, Massachusetts serves coffee, tea, iced drinks, and smoothies. It also hosts poetry nights.

FOR HEAVEN’S CAKES
You won’t get exasperated with these sweetcakes. This store, in Thousand Oaks, California, competed on the Food Network’s “Cupcake Wars” in 2010. They sell 99-cent cupcakes flavors ranging from chocolate buttercream, and lemon.

LORD OF THE WINGS
Getting barbeque wings isn’t as hard as getting giant eagles to carry you from Mount Doom at this eatery in Egypt.

THAI TANIC RESTAURANT
Thai food isn’t as expensive as the food on the Titanic, however.

SUFFICIENT GROUNDS CAFE
This cafe in Little Rock, Arkansas not only serves hot and cold drinks, but they also offer sandwiches, salads, and more puns. The menu concludes online by saying “Thanks a Latte.”

TEQUILA MOCKINGBIRD
No one is on trial at this bar in Ocean City, Maryland. They serve wraps, pizzas, salads, drinks, and pita sandwiches.

LORD OF THE FRIES
There aren’t any little boys living by themselves and creating their own society in this restaurant in Melbourne, Australia. Although, the restaurant did used to be a traveling food van serving at festivals. Now, they have a storefront and sell fries with international sauces.

ESPRESSO YOURSELF MUSIC CAFE
The type of coffee drink you prefer is representative of your person. This cafe in Powell, Ohio hosts music events every day.

BEAN ME UP
Make it a double, Scotty. This coffee joint in Kernersville, North Carolina will give you the willpower to fight some Romulans.

TEQUILA MOCKINGBIRD
This ice cream shop in Lee’s Summit, Montana, is a great history lesson for anyone who wants frozen custard, ice cream, or sundaes.

PIA PAN
You won’t run into Captain Hook in this cafe in New York. They serve wraps, pizza, salads, drinks, and pita sandwiches.

THE WIENER’S CIRCLE
The glory of God can’t save you from the artery-clogging power from the deep-fried food this restaurant serves. In Austin, Texas, they sell comfort food like tacos, ribs, and chicken.

THAI ME UP
This noodle restaurant in Pittsburgh sells reasonably priced sandwiches, dumplings, salads and more Thai food. Perhaps Anastasia Steele and Christian Grey would eat here.

LARD HAVE MERCY
The story of the food truck is out of control. Located in Arkansas, this eatery will have you saying “I love you.” It will respond, “I know.”

FRIYING NEMO FISH & CHIPS
This restaurant takes the family friendliness out of a popular Disney movie. Marvin and Dori might never be able to be Nemo, but patrons can find good fish here in Port Campbell, Australia. They finally arrived in Australia, but not the way the planned.

PLANET OF THE GRAPES
In London, this wine bar pounds on its chest in celebration of the delicious wine. They have more than 300 wines and a menu that changes daily.

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Fact: Varicose veins are a sign of vein (venous) disease, not a cosmetic issue. Symptoms may include pain, swelling, restlessness, burning, itching, fatigue of the legs as well as skin damage.
OTHER LEAGUES TO JOIN

Southern Lakes Parks and Recreation (SLPR.net) offers multiple fall leagues for adults.

VOLLEYBALL:

Adult Women's League, Wednesdays Sept. 30 to Dec. 16
This league runs 11 weeks and costs $450 per team. Women ages 18 and up are welcome. Games go from 6 to 9:30 p.m. at Fenton Ellen Street Campus.

Adult Women's League, Mondays Sept. 28 to Dec. 2
This league goes for 11 weeks, costing $450 per team. Games go from 6 to 9:30 p.m. at Fenton Ellen Street Campus.

BASKETBALL:

3-on-3 Adult Basketball League, Sept. 26 to Nov. 29
This league at Fenton AGS Middle School is a nine-game, 10-week season with a playoff tournament the last week. Teams have three to five players, and there are adult female, male, and youth divisions.

Holiday Classic 3-on-3 Basketball Tournament, Dec. 20 to Dec. 21
This is a Christmas holiday double-elimination tournament at Fenton AGS Middle School from 1 to 8 p.m. Teams can have a maximum of five people, and everyone will receive a free T-shirt. There are male and female divisions.

DODGEBALL:

Adult Dodgeball League, Friday, Sept. 25 to Nov. 21
This 9-week league has six-person coed teams at the Fenton Ellen Street Campus. There must be two or more women on the court to start. Teams must have a minimum of seven players, and maximum of 10.

People ages 18 and up can enter.

SOCCER:

Seven-on-seven coed soccer league, Sept. 20 to Nov. 9
This seven-on-seven coed soccer league is an eight-game season every day from 3 to 4 p.m. at the Fenton Ellen Street Campus. Games are two 20-minute halves. Two females must be on the field at all times.

Source: SLPR.net

SUMMARY

Players aren’t bothered by the cold at the outdoor sand volleyball league at The Barn on Sundays. Patrons are free to use the courts any day of the week.

Jaclyn Sincock prepares to serve for her team, "Ballsagna."

VOLLEYBALL

Continued from Page 1B

Some teams wear matching shirts, and some simply wear shorts and a T-shirt. Team names tend to be funny play on words.

Winner of the summer league, Beach Better Have My Money, came back for the fall league, and scored at least two wins on Sunday.

Beach Better Have My Money team member Justin Kelly of Fenton has played volleyball for three years, but this is his first year playing on a team on four.

“There seems to be a lot better competition,” he said. “It’s a lot more fun than the 6’s I used to play. It’s exciting.”

He said no one holds grudges when it gets competitive.

Team Dat Ace Doe also returned from the summer league. Nick Stafford, 25, of Fenton said they’re excited to keep playing.

“It’s something to do on the weekends to stay active. We thought it would be fun to come to the bar and drink and play volleyball.”

Ashley Norman, 27, said it’s fun for them to hang out together and Danielle Vaughn, 24, said, “I wanted to be able to meet new people and stay active. We did a lot better than we have been.”

Angela Cappernoll, 23, started playing in the league last season in July, and said the league is a really good idea for the restaurant.

“It’s brilliant, really,” she said. “It brought a lot of business. We obviously played a second season, which is amazing. I think The Barn bought a business that wasn’t doing so well and now it’s thriving really well. We get to drink and be in the sand.”

Fun and sportsmanship rule over aggressive competitiveness at these games.

Jaclyn Sincock prepares to serve for her team, “Ballsagna.”

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<td>The Barn</td>
<td>Bhavna Vaniawala, M.D.</td>
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What’s the messiest room in your house?

“Definitely the laundry room. I have five kids. There’s always a mess of laundry.” — Carrie Gerrild

“I would say the kitchen. I cultivate a lot of my own food artwork. I do a lot of different culinary dishes.” — Jennifer Deguise

“Don’t ask me about the garage, but we don’t have a messiest room.” — Jackie McInnes

“My bedroom. We have a lot of toys.” — Joel Holland

“Probably the garage, because my father passed away and I’ve got stuff from him.” — Paul Underwood

“My basement. We use it for storage.” — Lisa Hamer

“AMERICAN LEGION AUXILIARY 119 IN LINDEN SWEEPS AWARDS

There are about 275 American Legion auxiliaries in Michigan, many of which have up to 400 members each. Every year 100 “Best of” awards are presented at the Legion’s annual convention. American Legion Auxiliary 119 Linden walked away with an amazing 17 Best in State awards. District President Sue Hilgris presented members with the awards at their district meeting this September. Those receiving awards are:

Sherry Maxwell (two awards — Supporting Military Children/Best Chaplain Report);

Betty Smith (two awards — Outstanding Homeless Veterans Programs/Best overall Veterans Administration and Rehabilitation Programs);

Sharon Paulin (three awards — Best Past Presidents Parish Women Assistance/Best Single Legislation Program/Best Year Around Legislative);

Shawn Lopez (four awards — Outstanding Americanism Program/Greatest percentage of Americanism Activity/Best Community Activity for unit under 50 members/Best Community Activity for unit under 200 members);

Sharron Rundell (one award — Best Poppy Program narrative);

Pat Lozano (four awards — 100 percent Membership Attained/Best all around media coverage/Best newspaper coverage unit under 75 members/Most inches of publicity in newspapers).

The auxiliary wants to increase its work for veterans, families and the greater Linden community. To become part of this unit, contact unit president and membership chair Pat Lozano at Pat@4mutts.net or call (770) 778-8225.

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The City of Linden will be accepting bids for (1) 2008 SHARP model AR-FX12 copy machine. Sold as is. Minimum Bid $300. The City of Linden reserves the right to reject any and all bids, and to award the contract to the best qualified bidder. The bids shall be sealed and labeled “Bid for Purchase of Copier”. Sealed bids must be received by 10:00 AM on Tuesday, October 6, 2015, at Linden City Hall at 132 E. Broad St. Linden, MI 48451. Bids will be publicly opened at 10 A.M. on October 6, 2015.

s/Lynn Henry
City Clerk

NOTICE OF HYDRANT FLUSHING
CITY OF LINDEN

City of Linden residents are advised to check their water before using for laundry, etc. on Monday, October 5, 2015 through Saturday, October 10, 2015. THE LINDEN DPW WILL BE FLUSHING HYDRANTS ON THESE DAYS.

Scott Fairbanks, Public Works Department
Eleanor (Husted) New Bastian
Eleanor (Husted) New Bastian, formerly of Holly, passed away September 11, 2015 in Brauneis, Germany. She leaves behind her husband of 25 years, Harold; daughter, Samantha (New) Gallagher of Flint; son, Carson David Neo of Harrison; 3 grandchildren; a niece; 2 nephews; as well as many cousins. www.dryerfuneralhomeholy.com.

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Gregory Hunter

Evelyn Koval

Tracy Henderson

Faye Cawley

Elsie Britt

Pauline Rierson

Duane Evans

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Couple tussles over engagement ring

DEAR AMY:
My husband and I have been arguing about this for the past year. I picked out my engagement ring and wedding band before my husband ever asked me to marry him. I love my rings and there is absolutely nothing wrong with them. While my mom was going through cancer treatments, she gave me her wedding set (the diamond is a very old family diamond). I asked my husband if we could get the diamond put into a new setting and wear the new ring with my original wedding band instead of my engagement ring. I was honored that my mom entrusted me with her wedding set (engagement ring symbolizes that by still wearing my wedding band I would love to be able to wear it instead of incorporating your family stone and your engagement stone into a new setting where both stones are present? Whatever you decide, this should not be a test of your relationship. Offer him lots of reassurance instead of arguing about it.

I’ll be wearing what my husband put on my finger when we got married as well as wearing an old family stone. My husband thinks that because I asked to do this that I don’t like my rings anymore or that they don’t mean anything to me. — Ringed Out

DEAR DISGUSTED:
Your engagement ring belongs to you. It was a gift from your husband and now it is yours. Unlike wedding bands, the engagement ring symbolizes a question (“Will you marry me?”) that has already been answered and a promise fulfilled. Many women choose not to wear their engagement rings every day post-marriage. But rather than scrap this ring entirely, is there a way to incorporate your family stone and your engagement stone into a new setting where both stones are present? Whatever you decide, this should not be a test of your relationship. Offer him lots of reassurance instead of arguing about it.

No harm in taking nitro for angina

DEAR DR. ROACH:
Could you write about the effect that angina, stopped quickly by nitro, has on one’s system? My husband takes Imdur (30 mg) twice a day to control angina, although he still experiences it several times a week, necessitating a nitroglycerin pill. Sometimes the angina comes on from exertion, such as climbing stairs a few times or doing home-maintenance chores. He is 89 and in relatively good health. He has had bypass surgery and several catheterizations, with eight stents. He doesn’t need a cane or use oxygen. His cardiologist suggested EECP, which my husband does not want to endure, believing the medicines are working fine. His quality of life is good — angina does not interfere with going out and enjoying himself. Is he taking angina too lightly because he can stop it by popping a nitro? — M.W.

ANSWER:
Angina pectoris literally means “chest pain,” but in my experience people with angina due to blockages in the arteries of the heart are more likely to complain of pressure or tightness than actual pain. Angina occurs when the heart’s demand for blood oxygen exceeds the supply. If the blood supply is fixed due to a blockage in the heart, the heart simply can’t get enough oxygen above a certain level of exercise. If the person with angina stops exercising, the demand for oxygen goes back down below what can be supplied, and the angina goes away. Medications like isosorbide (Imdur) and nitroglycerine work by dilating the blood vessels in order to increase supply. These medicines also dilate veins, which reduces the demands on the heart. Stents are designed to keep blockages open. Nonetheless, there are many people who continue to have angina despite what can be done with medicine and stents. EECP (enhanced external counterpulsation) is a new technique. Cuffs wrapped around the legs are synchronized with the EKG and squeeze strongly when the heart is at rest. This forces blood backward through the arteries and into the blood vessels of the heart. It takes 35 hours of EECP over four to seven weeks to get benefits, and about 70 percent of people had improvement from severe angina to mild or none. EECP is a big investment of time, and is usually reserved for people whose angina is more disabling than your husband’s. At 89, your husband certainly is entitled to say he is doing fine the way he is and not wanting further treatments.

To your Good HEALTH
BY KEITH ROACH, M.D.

INGREDIENTS
4 large apples (plus more for apple slices)
1 (11.75 ounce) jar sugar-free caramel sauce
2 (8 ounce) packages low-fat cream cheese
½ cup graham cracker crumbs
apple slices for dipping

INSTRUCTIONS
1. Cut the tops off of each apple and hollow out the center. (I used an avocado corer and it worked great!) 2. In a stand mixer using the paddle attachment, beat together the cream cheese, caramel, and graham crumbs until smooth. 3. Spoon the caramel mixture into each apple. Top with more caramel sauce and graham crumbs if desired. 4. Serve with apple slices for dipping. Enjoy!
5. NOTE: Each apple can easily serve two people!

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
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