How to be a ‘gifted’ gift giver

Listen, look and buy the best gift for every person on your Christmas list

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

Christmas is the season of gifts, not just in the material sense, but also as a way of giving and reaching out to someone else.

For that reason, being thoughtful and selecting just the right gift for family and friends involves more than just “making a list and checking it twice.” To be a really genuinely “gifted” gift giver, you have to pay attention all year long, picking up cues that will help you put just the right gift under the Christmas tree.

Cindy Glubzinski of Howell, with many family members in the Fenton area, is a “gifted” gift giver. For any special occasion, especially birthdays and Christmas, she manages to find a personal gift that is so “right on” you wonder how she does it.

As the oldest of eight, she’s had plenty of experience buying gifts.

Here are a few of her tips.

“When someone tells me I always buy the best presents, I take the compliment,” said Glubzinski. “But I also know that the actual ‘buying’ is the smallest part of the gift-giving process,” she said.

“Shop, Look and Listen” is her mantra for gift-giving, but not in that order.

Summary

There’s an art to being a “gifted” gift giver, but it’s more about paying attention and listening throughout the year to pick up hints and cues for the perfect gift.

What’s the most memorable Christmas gift you’ve received?

“My first bike. I was 4 years old and it was a Little Mermaid bike. It had little castles on the handle bars with blues, greens, and purples. It was the best gift.”

— Jocelyn Wilson, Fenton

“Making it safely through a snow and ice storm to be with the family. In the ‘80s, in western New York and Ohio there was a great snowstorm.”

— Rick Burger, Chicago, Illinois

“I was 17 and it was our first Christmas together. It was his first job. He bought me three of the most beautiful outfits ever. Favorite Christmas ever.”

— Kitty Mitchell Fenton

“When I was younger, I got a phone for my room. It was a corded phone. I was so excited. I was probably in middle school.”

— Jennifer Sanderson Fenton Township

“I have a blanket from my grandma. She passed away. I’ve had it for 15 years.”

— Autumn Gray Argentine Township

Compiled by Hannah Ball, staff reporter

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Brian Michalkow, DDS, MS, is pleased with the design and functionality of the new office space for Michalkow Orthodontics, now located at 17200 Silver Parkway, next to Parkway Family Medicine.

Michalkow Orthodontics re-locates in Fenton
New office offers colorful and functional space for patients of all ages
By Sally Rummel
news@tctimes.com; 810-629-8282
The first thing you’ll notice when walking into the new offices of Michalkow Orthodontics in Fenton is the bright, new decor and spacious surroundings. “I’ve always wanted the opportunity to have our office designed in our own style,” said Brian Michalkow (pronounced “me-SHALL-co”), DDS, MS. “The entire interior has been re-done with lots of color and natural light.”

Michalkow’s passion is family focused orthodontics, using the latest in orthodontic technology, including metal and clear braces, Invisalign, Invisalign Teen and In-Ovation. This new technology has provided many opportunities today for adult patients, in addition to children and adolescents. “We have patients from age 7 to age 70-plus,” he said.

He has been practicing orthodontics for 10 years, the last five in Fenton. His new office is now chartless and paperless, using digital and Mac-based technology. His long-time office manager is Patti Steinhaus, who serves as treatment coordinator.

For more information, visit fentonbraces.com or call (810) 629-0470.

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MICHIGAN

WHAT YOUR LEGISLATORS ARE CONSIDERING

The Legislature is on a two-week break with no voting. Therefore, this report contains several recently introduced bills of interest. Note: There will be no Roll Call Report Thanksgiving week.

Senate Bill 440 and House Bill 4726: Require health department inspection of privatized prison kitchens
Introduced by Sen. Tom Casperson (R) and Rep. John Kowall (D), respectively, to give local health departments the authority to inspect prison kitchens that are run by employees of a private contractor, and require the contractor to pay for these. Prison kitchens operated by government employees would not get health department inspections. Referred to committee, no further action at this time.

Senate Bill 445: Ban local “sanctuary city” policies
Introduced by Sen. Mike Kowall (R), to prohibit local governments from adopting or enforcing a policy that allows officials or police to refrain from communicating or cooperating with appropriate federal officials concerning the status of illegal aliens. Referred to committee, no further action at this time.

Senate Bill 450 and House Bill 4726: Repeal 2012 legalization of small fireworks
Introduced by Sen. David Knezek (D) and Rep. Henry Yanez (D), respectively, to repeal the 2012 law that legalized the sale and use of “consumer fireworks” including firecrackers, bottle rockets, aerial spinners, Roman candles, etc. Referred to committee, no further action at this time.

Senate Bill 459: Decriminalize fantasy football betting
Introduced by Sen. Curtis Hertel, Jr. (D), to decriminalize betting on “fantasy football” and other “simulation or educational” games and contests. Referred to committee, no further action at this time.

Senate Bill 465: Authorize legislatively vote on EPA-mandated electric generation plan
Introduced by Sen. Mike Shirkey (R), to require the Department of Environmental Quality to submit to the legislature its plan to comply with recent federal greenhouse gas emissions mandates, and prohibit the DEQ from waiving money. Referred to committee, no further action at this time.

Senate Bill 466: Authorize drivers license, state ID gender change
Introduced by Rep. Brian Banks (D), to require the Secretary of State to change the gender indicated on the driver’s license of a person who requests this if the individual has obtained a sex change operation, or produces a court order authorizing the change in designation, or other official identification to that effect. Referred to committee, no further action at this time.

Senate Bill 476: Authorize higher cigar tax
Introduced by Sen. Wayne Schmidt (R), to repeal the Oct. 1, 2016 sunset on a law that caps the tobacco tax imposed on cigars at 50 cents per cigar. Referred to committee, no further action at this time.

House Bill 4706: Let state enforce city income taxes
Introduced by Rep. Wendell Byrd (D), to authorize cities and the state Department of Treasury to enter agreements under which the Department could use its full state income tax enforcement powers to enforce the city’s income tax (including Detroit). The bill has been reported from committee and is pending before the full House.

House Bill 4714: Require more corporate subsidy cost disclosures
Introduced by Rep. Jim Runestad (R), to require the Department of Treasury to notify the legislature of the number of claimants for tax credits granted under the former Michigan Economic Growth Authority law, listed by size of the final liability to the state and the amount of funding attributable to particular firms. It was recently revealed that tax breaks and subsidies granted under this program represent a nearly $10 billion unfunded liability that will not be extinguished almost nearly 20 years. Under current law, key information about these special deals is kept secret. Referred to committee, no further action at this time.

House Bill 4750: Authorize state job training subsidies through ISDs
Introduced by Rep. Phil Potvin (R), to authorize another government job-training subsidy program for particular employers at intermediate school districts, similar to the one allowed for community colleges. Under the scheme, an ISD could borrow up to $10 million to pay for training a particular employer’s new hires, and with the loans paid by the state in the form of an income tax earmark. ISD’s statewide could borrow up to $50 million for this. Referred to committee, no further action at this time.

Note: Earlier this year the Legislature passed and the Governor signed an eight-year extension of the community college, K-8 version of this scheme, and also eliminated a $50 million annual cap on the subsidies.

Bills to ban drones in various places
Several bills have been introduced to ban remote control drones from flying in various specified places. They include:

- Senate Bill 432: Ban drones near the Mackinac Bridge, introduced by Sen. Tom Casperson (R)
- Senate Bill 487 and House Bill 4866: Ban drones near prisons, introduced by Sen. Darwin Booher (R) and Rep. Kurt Heise (R)
- House Bill 4868: Ban drone interference with public safety, introduced by Rep. Kurt Heise (R)
- Senate Bill 549: Ban drones over Capitol, introduced by Sen. Rick Jones (R)
PRESENTS FOR PAMPERED PETS

BY HANNAH BALL
hball@tctimes.com;
810-629-0723
Source: buzzfeed.com

DOG GIFTS

DOG HOODIE
A Dog Hoodie is perfect for a dog that gets cold easily during the winter, or for dogs that want to look fashionable. They fit small- and medium-sized dogs, come in orange or red, and are made from soft cotton.
From: fancy.com
Price: $19

DOG POD 2.0
This dog bed provides the shelter and comfort dogs love with the overarching roof. They’re made from birchply and the customer’s choice of veneer. The entire pod is 20 inches wide, 20 inches deep, and 21 inches tall, and the pad is 16 inches by 20 inches.
From: etsy.com
Cost: $89

CUSTOM HIDEAWAY BED
These pet Murphy beds look like cabinets, but actually fold down to create a bed for your pet when it’s time to go to sleep. They come in mahogany or black, and a relaxing pet mattress with a washable fleece cover.
From: solutions.blair.com
Cost: $279

CAT GIFTS

HIDEAWAY LITTER BOX
Hide the offensive smell of your cat’s litter box by using this designer box that looks like a bench. Your pet simply crawls inside and does his or her business. The interior panel prevents litter from escaping the box, and the litter pan and scoop are completely hidden from sight.
From: designerpetproducts.com
Cost: $119.95

CATTY STACKS
Boxes are a feline’s best friend, besides catnip. These boxes have holes so your cat can crawl in and out anytime, and the stackability allows you to create fun obstacle courses or play area. You can choose from seven styles, some with pastel colors and some with fun animal print.
From: cattystacks.com
Cost: $30

CAT TUNNEL
Cats love hiding in things so this pillow tunnel is great for feline pets. They’re handmade from a recycled cellulose fiber tube with high-density furniture foam, and come in many colors. Your cat will love the comfort, and the lightweight construction ensures the animal’s safety.
From: franklincatfurniture.com
Cost: up to $200 depending on specifications

CAT NEST
This 100-percent wool cat nest allows your cat the comfort it wants in an easily portable item. Cats are naturally attracted by wool odor and love how it feels.
From: etsy.com
Cost: $53

BOW TIE
These fancy bow ties are for dogs that want to be classy. They come in many different styles: stripes, polka dots, plaid, and more. All are handmade with cotton and heavyweight webbing, and a side release buckle.
From: etsy.com
Cost: $45

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The Rock Church hosts ‘Women’s Christmas Gala’

Men are servers at this annual event that attracts more than 1,200 women.

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

The Rock Church invites all women to its annual Women’s Christmas Gala in the Fenton High School gymnasium Saturday, Dec. 5, from 7 to 9 p.m.

This free event aims to help spread the word of God, said Pastor Wes Morris.

“We’re trying to use a nice event to provide for women,” he said. “To reach women in the community who don’t know Christ.”

The women’s ministry of the nondenominational church has been hosting this event for approximately 10 years.

“It was just a little church-fellowship event that has grown into a community outreach,” he said. “It’s a very formal, classy event.”

The women get dressed up, enjoy the event, and the men are the servers.

“The men’s ministry does the serving,” Morris said. “The women love it.”

They’re expecting 1,200 guests at this year’s gala, and some as young as 12. Morris said the guest speaker, Cissie Lynch, has encouraged more people to attend.

“The speaker has magnified the event,” Morris said. Lynch, the daughter of Samaritan’s Purse President Franklin Graham, will speak at the event.

Samaritan’s Purse is an organization that works in crisis areas of the world by volunteering to spread the word of God. One program is Operation Christmas Child, where they put toys in shoeboxes and send them to children around the world.

For the Women’s Christmas Gala, she’ll be speaking on praising God in all circumstances, according to Lynch.

“I’m excited to spend time with other women especially this time of the year with Christmas. It’s important to spend time with one another and learn to praise God in all circumstances,” she said. “I’ve known Pastor Wes Morris for years. I’m excited to see what God’s been doing in the church.”

Morris said members of the church are excited about her talk. “We’re just hoping God will use it in a big way,” Morris said.

Lynch will speak at approximately 7 p.m., followed by worship songs and then coffee and dessert. Food will be provided.

The Rock Church urges attendees to register so they have an accurate count of how many guests to expect.

“They need to tell us ahead of time to make sure they get a seat and can be assigned a table,” Morris said. Women can register by calling The Rock Church at (810) 629-2444.

Gift exchange ideas

$10
Friend — Mermaid Bottle Opener
Price: $9.95
From: incrediblethings.com

Family — Field Notes Notebook
Price: $9.95

Co-worker — Pocket Puzzle Book
Price: $7.99
From: Amazon.com

$20
Friend — Flavor Fusion Water Bottle
Price: $19.99
From: Uncommon goods.com

Family — Tastes of the World Cooking Kits
Price: $20
From: uncommon goods.com

Co-worker — Merlot Infused Coffee
Price: $19.95
From: uncommon goods.com

$50
Friend — USB Backup Battery
Price: $39.95
From: Brookstone.com

Family — Perfect Drink App-Controlled Smart Bartending System
Price: $49.99
From: Brookstone.com

Co-worker — Cookie Cutters That Look Like a Face
Price: $50
From: incredible things.com

$100
Friend — Beer Cap Map
Price: $80
From: incredible things.com

Family — Advanced Anti-Snore Pillow
Price: $69.99
From: sharper image.com

Co-worker — All-in-One Coffee Maker
Price: $97
From: incredible things.com
Lynette Sheyachich turns 50

Lynette Sheyachich of Swartz Creek celebrates her 50th birthday on December 1. She was born in Flint in 1965 and grew up in Linden where she attended school. Lynette and her husband Bob have two children, Taylor and Sydney Sheyachich. She has been a Rite Aid employee for 20 years. Happy birthday, from Mom and Dad.


definition

WREATHS ACROSS AMERICA

Wreaths Across America is set for Saturday, Dec. 12. The event is a coordinated effort to place wreaths on all graves of all veterans across the nation. Great Lakes National Cemetery has 18,000 graves on which volunteers will be placing wreaths.

GENESIS TEAMS WITH HOLLY ON 'TREE OF LOVE' EVENT TO HELP CANCER PATIENTS

Genesys Health Foundation, in partnership with the Holly community, will host the inaugural “Tree of Love” event on Saturday, Dec. 12 at 6 p.m. in the atrium of Genesys Regional Medical Center in Grand Blanc Township. The evening will include music from the Holly Dickens Music Festival, a brief program, more entertainment from the Holly Dickens characters, and refreshments. One hundred percent of the proceeds from this fundraiser will go to help Genesys cancer patients who need financial assistance. Donations to the “Tree of Love” are used for medical equipment, transportation to and from medical appointments, private pay home care, a day of respite for the family, prescriptions and medical services not covered by insurance, and special funding for other needs. On Dec. 2, cancer survivors and families of those who lost their fight against cancer, will gather to remember loved ones and celebrate the life of cancer survivors. To donate to the “Tree of Love,” visit genesyshealthfoundation.org/treelove or call the Genesys Health Foundation at (810) 606-6387. Genesys and the Holly community plan to make the “Tree of Love” fundraiser an annual event.

MOVIE NIGHT AT LOOSE SENIOR CENTER

The community is invited to Movie Night at Loose Senior Center on Tuesday, Dec. 1 at 7 p.m. They will be hosting a sing-a-long viewing of the classic, “White Christmas.” Let’s make Irving Berlin proud with “Sisters,” “Count your Blessings,” “Gee I wish I was back in the Army,” “Snow,” “The best crossings happen when you’re dancing” and, of course, “White Christmas.” They will be running subtitles so everyone can follow the words. The Loose chorus will join in to help with the melodies. As always, admission is free. Loose Senior Center is at 707 North Bridge St. in Linden.

Correction:

In the article, “Local shoppers ready to handle last minute wonders,” published in the Sunday, Nov. 22 edition, the address for Goin’ Postal should have been 1219 North LeRoy St., Fenton. The telephone number for The UPS Store should have been (810) 750-2920.

HOT LINE

THAT’S WHAT WE need, people in the audience shooting back at a gunman.

Remember, the word “crossfire” col- lateral damage? It’s like somebody’s drowning and you want to help them out by pouring more water on their head.

LIKE HILLARY OR not, she’s probably more qualified than anyone on either ticket right now. She was Secretary of State, she’s been dealing with foreign dignitaries for a good share of her life and I think she’s got more experience than anyone out there right now. Not my choice but neither are the rest.

A NEW REPORT shows that the White House put pressure on intelligence agencies to change reports to downplay or deemphasize ISIS power and threats. This is one more department that has been corrupted by the Obama administration, among many.

Many, including me, believe that America’s increasingly effeminate culture doesn’t have a chance-in-hell against the Muslim fanatics unless we man-up a whole bunch and re-energize the American resolve and pride that got us through WWII.

Her Royal Highness Queen Elizabeth II to visit Genesys Health Foundation!

TOURISM: 80 years. Royce was Tyrone Township Supervisor for 27 years. Deloris was Grand Organist for the Michigan Order of Eastern Star in 1988-1989 and still plays the organ and piano. She also played in many entertainment bands around the area for many years. Royce was Worthy Grand Patron of Michigan in 1994-1995.

View all stories online at tctimes.com

HOLIDAY EVENTS IN FENTON and LINDEN

Jinglefest Committee and the Fenton Regional Chamber of Commerce are excited to announce the 7th annual area Shopping Spree that includes gift cards from local businesses totaling $500.

To be entered in the drawing, bring your shopping receipts dated November 30th - December 5th to the Entertainment tent between 3-6. For every receipt from a business with a Fenton or Linden mailing address totaling $10 or more, you will be given a drawing entry form to fill out. Receipts will be marked and returned to the owner once presented. The winner of the shopping spree will be notified on Monday, December 7th.

What a great way to begin your holiday shopping!

WIN A $500 SHOPPING SPREE!

The Jinglefest committee and the Fenton Regional Chamber of Commerce are excited to announce the 7th annual area Shopping Spree that includes gift cards from local businesses totaling $500.

To be entered in the drawing, bring your shopping receipts dated November 30th - December 5th to the Entertainment tent between 3-6. For every receipt from a business with a Fenton or Linden mailing address totaling $10 or more, you will be given a drawing entry form to fill out. Receipts will be marked and returned to the owner once presented. The winner of the shopping spree will be notified on Monday, December 7th.

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Cookie Sale – 9 a.m. at Bush Park

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Car Parts For Sale

DEADLINES:
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TRADING POST’S Tim Narhi Auctioneer & Weed Whips, DVD’s, CD’s, VFW POST #3243 1148 N. Leroy St | Fenton Floor Jacks & Lots more Mantawauka Drive, Fenton, MI 48430-8817.

Charter Township of Fenton, Attn: Operations Manager, 12060 2015. Send letter of application and résumé to:
Deadline for submission is 3:00 p.m. Thursday December 10, fentontownship.org.

Opportunity Employer. A detailed job posting is available at www.fentontownship.org. We are seeking a motivated, team-oriented individual to fill the full-time position of Accounting Coordinator.

Fenton Township is looking for a Full Time Certified Accounting Coordinator to work in their Accounting Department. The position pays $10 per hour, with benefits. Fenton Township offers a very competitive wage and benefit package and is an Equal Opportunity Employer. A detailed job posting is available at www.fentontownship.org.

Full inquiries can submit a resume to email: hdsnlsrk66@aol.com

POSITION OPENING

Fenton Township is seeking a motivated, team-oriented individual to fill the full-time position of Accounting Coordinator.

The position will be responsible for accounts payable, general ledger and other related duties. Applicants must have a minimum of an associate degree in accounting, with government accounting experience preferred. Applicants must also possess strong interpersonal, communication and multi-tasking skills, and have experience with Microsoft Word & Excel. Fenton Township offers a very competitive wage and benefit package and is an Equal Opportunity Employer. A detailed job posting is available at www.fentontownship.org.

Deadline for submission is 3:00 p.m. Thursday December 10, 2015. Send letter of application and résumé to:
Charter Township of Fenton, Attn: Operations Manager, 12060 Mantawauka Drive, Fenton, MI 48430-8817.

AUTO MECHANIC NEEDED

5 day week, salary position. Pay based on tools, certification and ability. Contact Mike at Linden Auto Repair 810-735-9911 or in person at 417 W. Broad St. Linden.

BABYSITTER NEEDED

in my Davison home for 7 year old son. Mostly weekends, own transportation. Call 248-882-1635.

DIRECT CARE

openings for full and part-time in several locations. Will train, up to $9.25 once trained. Benefits! Call 248-887-9863.

DENTAL ASSISTANT

needed warm, caring, energetic, experienced. 2-3 days. Very Competitive Pay! Please email resume to jamesrachordds.com.

EXPERIENCED HOME DELIVERY

driver needed. Call Paul 248-820-8503.

FULL-TIME POSITION

local State Farm Insurance agency. Unlimited income, hourly rate, bonuses, paid holidays and vacation. Extra starting bonus for licensed staff. Will train and license the right person. Send resume to Doug@bushheathinsurence.com. Get paid for your hard work and potential!

LIGHT HOUSEKEEPING

or cleaning. Call Judy 810-221-9445.

SIDEWALK SNOW REMOVAL CREW

No experience necessary, on call 24/7. Apply within Shoemaker Services - Fenton.

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

LOCAL PRINTING

printing, publication, and mailing company in Fenton is looking for a friendly, outgoing receptionist. Basic computer skills and attention to detail required. Monday-Friday, 8-5pm. The position pays $10 per hour. Qualified individuals can email a resume to hjr@alliedmedia.net.

TRI-COUNTY TIMES will not be responsible for more than one incorrect insertion and for only that portion that may have been rendered valueless by an error.

Linden 2 Bedroom
with dishwasher. Quiet subdivision on private lake. 3 beds, $625. 810-923-0274.

WILLIAM MANOR

Fenton, 1-2 bedroom, newly remodeled, convenient to freeway, very quiet. $475 to $600. Call 248-789-2335.

NOTICE OF ERROR

It is the responsibility of the advertiser to check the correctness of each insertion of an advertisement. The TriCounty Times will not be responsible for more than one incorrect insertion and for only that portion that may have been rendered valueless by an error.
CHARTER TOWNSHIP OF FENTON PUBLIC NOTICE OF 2016 BUDGET HEARING

The Charter Township of Fenton Board of Trustees will hold a public hearing on the proposed township budget for fiscal year 2016 at the Fenton Township Civic Community Center on Monday December 7, 2015 at 7:30 p.m. The property tax millage rates to be levied to support the proposed budget will be a subject of this hearing. A copy of the budget is available for public inspection at the Fenton Township Office, located at 12060 Mantawauka Drive. Office hours are Monday, Tuesday & Thursday, 8:00 a.m. to 5:00 p.m, Wednesday 8:00 a.m. to 6:00 p.m.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
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FENTON, MI 48430-8817
(810) 629-1537

THE BEST WAY TO REMEMBER SOMETHING VERY IMPORTANT IS TO REPEAT IT THREE TIMES.

Burnside
PLAN 30-657

Brick veneer masonry with smooth stucco to clad the bright and breezy, Florida-inspired Burnside. This is not your typical rectangular floor plan, though you’ll find enough squared corners inside to put you at ease. The dining room is an elongated octagon, linked to a basically rectangular kitchen that is wide open on another side to a vaulted, half-octagonal great room.

WWW.TCTIMES.COM  TIMES CLASSIFIEDS  Sunday, November 29, 2015  78
VILLAGE OF HOLLY
NOTICE OF PUBLIC HEARING
PLANNING COMMISSION
NOTICE OF SPECIAL LAND USE REQUEST

NOTICE IS HEREBY GIVEN, in accordance with Articles 7 and 17 of the Village of Holly Zoning Ordinance the Village of Holly Planning Commission will conduct a public hearing on a request for a special land use permit on December 16, 2015 at 7:00 PM (or as soon thereafter as possible) in the Village Council Chambers located at 920 E. Baird Street, Holly, Michigan.

An application for a special land use permit was filed by Mike Ryan and Doug Gangwer to permit a multi-sport complex in an industrial district at 405 Cogshall Street, parcel ID # IH-01-34-455-003. The proposed use is allowed only after review and approval by the Holly Planning Commission in accordance with Articles 7 and 17 of the Holly Zoning Ordinance. An approval will be contingent on the approval of a proposed text amendment that would amend the M Industrial district to allow indoor recreational facilities by Special Land Use that will also be reviewed at this meeting.

Written comments may be submitted to the Village Clerk/Treasurer, 300 East Baird Street, Holly, Michigan 48442 prior to the review and may also be submitted at the meeting. All documents pertinent to the application are available for inspection in the Village Offices at the above address during regular business hours.

Interested persons are encouraged to attend the meeting. Handicapped persons needing assistance to attend are asked to contact the village offices at least 48 hours prior to the meeting at (248) 634-9571 during regular business hours.

Cathrene A. Behrens
Clerk/Treasurer
Village of Holly
CHARTER TOWNSHIP OF FENTON
PUBLIC NOTICE OF ADOPTED & PROPOSED ZONING ORDINANCE AMENDMENTS

At their meeting of November 23, 2015 the Fenton Township Board took the following actions relative to Zoning Ordinance amendments:

1. Adopted Ordinance No. 783, a Zoning Ordinance amendment to revise the conditions for a previously approved PUD (Planned Unit Development) project on Thompson Road to change the permitted number of entrances from two to three.

2. Conducted the first reading of a proposed Zoning Ordinance amendment to rezone parcel 06-21-400-003 (vacant Land-Silver Lake Road) from R-3 to C-2.

The second reading of the proposed rezoning ordinance will be conducted at the December 7, 2015 Fenton Township Board meeting.

A complete copy of the adopted and proposed ordinances may be obtained at the office of the Fenton Township Clerk, 12060 Mantawauke Drive, Fenton, MI 48430. The ordinances are also available on Fenton Township’s website at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
Obituaries

Aleana Johnson

Alois Hopak

Barbra VanWagoner

Charleen Miller-Holt

George Smith

Jeannette Zastrow

Kathy Nicks

Marjory Felch

Peter Perry

Ruth Barrett

Shirley Huff

Barbara Akers

John Bontrager Sr.

Elsie Siebert

Thomas Brewer

Anna Downing

Steven Heyn

Marjory Felch

Jeannette Zastrow

Ruth Barrett

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Which diet is the right diet?  

DEAR DR. ROACH:  
I am taking Zetia and niacin for extremely high cholesterol and triglycerides. Exactly what type of cereal and triglycerides? Many of the processed (cheese, ice cream, cookies, etc.) fat-free, cholesterol-free foods are high in sugar. Should I be on the South Beach Diet or a strictly vegetarian diet? How many calories, carbohydrates and fat grams should I consume daily to lose weight? I am a 5-foot-4-inch-tall female who weighs 160 pounds. When I was on the Atkins diet for more than 20 years, I was always slim and had no health problems. Thank you. — J.D.  

ANSWER:  
You are asking how to lower cholesterol, but I think what you really want to know is what diet reduces risk of heart disease. The right question is: What diet should you be on that will help you be healthier in the long term? All of the diets you mention have their strengths and weaknesses. Almost everyone agrees that avoiding sugar and processed foods is a key factor in reducing heart disease risk, but, despite decades of research and controversy, there isn’t agreement on the best diet for overall health. I think it’s possible to take some wisdom from all the diets you mention, and to avoid some of their potential pitfalls. Both the Atkins and South Beach plans avoid simple sugars and excess carbohydrates, and I would emphasize that red meat and saturated fats should be kept at reasonable levels. A vegetarian diet emphasizes vegetables and fruits, but some people will gain weight on this diet, especially if they aren’t careful to choose good sources of protein and healthy fat, or choose refined carbohydrate sources like the cookies you mention. I have often recommended the Mediterranean diet, since there is high-quality evidence that it reduces heart disease risk. This diet calls for lots of vegetables and fruits, lean proteins such as fish, healthy fat such as from olive oil and nuts, and whole grains. The medications you are taking, ezetimibe (Zetia) and niacin, do lower cholesterol, but it isn’t certain whether either of them really reduces risk of heart disease. The statin class of drugs is best shown to reduce heart disease risk in people of above-average risk.  

INGREDIENTS  
8 oz elbow macaroni  
⅓ cup salted butter  
3 tablespoons flour  
⅛ cup salted butter  
8 oz elbow macaroni  
1 lb sharp cheddar cheese, grated pepper to taste  

INSTRUCTIONS  
1. Preheat oven to 350 degrees  
2. Bring a large pot of water to a boil  
3. Cook macaroni according to package instructions  
4. Drain cooked pasta and put the empty pot back on the stove over low heat  
5. Add the butter to the pot and stir until melted  
6. Add flour to melted butter 1 tablespoon at a time, whisking constantly  
7. Once the flour and butter mixture is smooth and bubbly, add half and half and whisk until the half and half is heated through  
8. Add cream cheese and whisk until smooth  
9. Add all but ½ a cup of the grated cheese a little bit at a time and whisk until smooth  
10. Add pepper and stir  
11. Add cooked pasta back to the pot and stir to combine  
12. Spray baking dish with non-stick spray  
13. Add pasta and cheese to baking dish and cover top with remaining cheese  
14. Bake, uncovered for 10 minutes  
15. Turn oven to broil and cook for an additional 3-5 minutes, or until top begins to brown  
16. Remove from oven and serve  

CUT THE CORKScrew  
www.eatstylecreate.com  

Holiday season brings on tug of war  

DEAR AMY:  
My boyfriend and I have been dating for three years. I dread every interaction with his family. He’s the youngest of five. The eldest brother ignores my existence entirely, if his mother sees that I have left my boyfriend’s side for one moment, she will approach him and express how she wishes he would date his ex from high school because of how much skinnier, prettier, etc., she is. I spend every holiday with them now because if my boyfriend goes with me to see my family, his family will tell him how controlling and evil I am. His family keeps trying to convince my boyfriend that I am controlling him. It started when he became a vegetarian three years ago. My boyfriend and I have been dating for DEAR GIRLFRIEND:  
Your boyfriend sits at the silent center of this drama. He has had written to me. I would happily tell him how easy it can be to shut down misrepresentation by family members. I call this technique: “Oh, look at the time!” When people start in — whether you two are standing side by side or suffering on opposite ends of the credenza — your boyfriend can simply say, “Enough.” And then you get your coats and leave. But he seems passive, or perhaps he is paralyzed and trapped between two strong women. Your insistence on participating in this annual ritual is baffling. You say you want to share the burden with him, but according to you he is mainly forced to watch his family be mean to you. Wouldn’t you both be much happier sharing a holiday meal with your family or friends, or at a shelter alongside people who might actually appreciate your presence? You should consider it.  

AMERICAN ULTRA  
American Ultra is a fast-paced action comedy about Mike, a seemingly hapless and unmotivated stoner whose small-town life with his live-in girlfriend, Phoebe, is suddenly turned upside down. Unbeknownst to him, Mike is actually a highly trained, lethal sleeper agent. In the blink of an eye, as his secret past comes back to haunt him. R, 1 hr. 39 min.
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