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TRICOUNTY  
**Times**

Life S

SECTION B

SUNDAY, DECEMBER 27, 2015

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# Passion for yoga takes her to India

Fenton instructor  
 studied at  
 Hindu monastery

By Sally Rummel

news@tctimes.com; 810-629-8282

Most people who do yoga in the tri-county area do so to relieve stress and get fit.

But one local yoga instructor, Amanda Carnes, 26, has taken yoga many steps further — in fact, all the way to India.

She recently spent five weeks in a Hindu monastery in Rishikesh, India in the Ganges Mountains, studying Vyayama yoga. It's an ancient practice that originated at the time of Buddha and is rooted in martial arts and tai chi. Its literal translation is "to tame the energy that comes from air through breathing."

See **YOGA on 2B**

**TRI-COUNTY TIMES** | SUBMITTED PHOTOS  
 (Top) Amanda Carnes is seated third from right with Hindu monks during the Deepavali celebration, the Indian equivalent of our New Year. (Right) Carnes is in a salutation pose to the guru (teacher, master), showing respect and thanking the teacher who shares his or her knowledge and wisdom. (Far right) Carnes is pictured here during an Arati ceremony, a Hindu ritual of worship.



“This particular yoga really clicked with me. It was the physical part, the way it made me feel and the energy it created.”

Amanda Carnes  
 Local yoga instructor

## Benefits

There are numerous reasons to practice yoga,

including:

- **Helps relieve stress** and tension
- **Increases flexibility, strength** and bone density
- **Improves circulation** and lung capacity
- **Betters your sleep** and concentration
- **Lowers your blood pressure** and cortisol (stress hormone)
- **Builds muscle** and burns calories to help you lose weight
- **Trains you** to become less reactive and more aware, giving you the skills to break free from old habits.

SOURCE: *Ethosyoga.com*

## Common terms

- **Asana** — a yoga posture or pose
- **Mudra** — hand gestures used in yoga
- **Namaste** — a Hindu greeting that is considered a sign of respect. Translated, it closely means “the divine essence in me recognizes the divine essence in you.”
- **Om** — a mantra used to center the mind, often repeated during meditation.
- **Prana** — energy or life force
- **Pranayama** — the combination of two concepts: life force and breath. This term refers to the ability to control one's breath for a specific purpose.
- **Savasana** — the resting pose that provides space for the mind and body to relax and integrate the efforts of practice. It is the final posture in most classes.
- **Ujjayi** — a breathing technique that gives the breath an audible, oceanic sounding quality, by constricting the back of your throat during inhalation and exhalation.
- **Vinyasa** — the linking of movement with breath through a series of postures.
- **Yogi or yogini** — an individual who practices yoga. Yogi (male); yogini (female).

SOURCE: *Yogasix.com*

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# Happy New Year!

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**HOT LINE CONTINUED**

**HILLARY LIED AGAIN.** Clinton told Americans that a video was responsible for the Benghazi attack. Now Hillary told Americans that ISIS is showing videos of Trump to recruit new ISIS members. If you can fool the people with one lie why not try another.

**THE POINT YOU** bring up about Donald Trump's inexperience certainly didn't hold you back from electing the worst president of the modern era. Obama was totally inexperienced. Unfortunately he still hasn't learned anything and he still doesn't like our country.

**ALL I WANT** for Christmas is a new varsity basketball coach. His strategy makes no sense.

**YOGA**

Continued from Page 1B

"I had 'wwoofed' (World Wide Opportunities on Organic Farms) in New Zealand at a yoga ashram and started teaching there and taking classes in Vyayama yoga," said Carnes of Tyrone Township. "This particular yoga really clicked with me. It was the physical part, the way it made me feel and the energy it created. I knew this was my next step in my personal journey of yoga."

Whenshefoundthatstudyfor certification in Vyayama yoga was only offered in Spain or India, she decided to pack her bags for India, Oct. 18 through Nov. 25.

Carnes' study of yoga became a total lifestyle change, drawing her into the emotional, physical and spiritual heart of Hindu monastic life. She was up with the monks at 4:30 a.m. every day to bathe and drink 1½ liters of lemon water, then followed this schedule daily:

- 5:30 a.m.: at temple for meditation.
- 6:30 a.m.: mantras, hymns and chanting.
- 7 to 7:30 a.m.: Pranayana yoga (breath control).
- 8 to 10:30 a.m.: Hatha yoga (physical yoga postures).
- 11 a.m.: Lunch (vegetarian—lightly fried foods, rice, quinoa, bread).
- 12:30 to 1:30 p.m.: Karma yoga (activities like cleaning, painting, creating).
- 2 to 5 p.m.: Vyayama practice.
- 6:30 p.m.: Hanunam Arati (Hindu hymns). 8 p.m.: Dinner, followed by self-reflection and bedtime.

"It was challenging," said Carnes, a 2007 graduate of Fenton High School. "I was questioning my own beliefs." It was also difficult because everyone stared at this tall, blonde, blue-eyed American. "They want to touch you and take selfies with you all the time. That was overwhelming."

While she doesn't plan to become a Hindu monk, Carnes does want to continue the study of Vyayama yoga, which will likely take her to a new yoga ashram in Hungary, either this summer or fall. "I only completed Part I of six parts," she said. "I still have a long way to go."

Also passionate about sustainable living, Carnes' dream is to open a yoga ashram, hopefully somewhere

*Types of yoga*

- **Hatha** — the most well-known of all types of yoga, due to ease in learning the poses, which are the basis of every other physical yoga practice. Good for the lifelong practice of yoga, as it is excellent for cardio health, strength, flexibility and stress management.
- **Vinyasa** — this very active form of yoga is known for its flowing sequences and focus on the breath. You will most likely sweat in this class, yet also feel invigorated and relaxed.
- **Ashtanga** — this is known in the West more for its integration of cardio, making it more aggressive with fewer calming properties than other yoga practices.
- **Bikram** — this yoga practice is set in a room heated between 95 and 105 degrees F. to increase the intensity of the practice on the body. It is considered excellent for those on detox programs and those seeking weight loss benefits.
- **Iyengar** — this type of yoga is for deep relaxation while getting thorough all-over stretching. Moving slowly, Iyengar practices hold precisely aligned poses for a minute or more, often utilizing straps, blocks, cushions and blankets. It is excellent for those recovering from injury, the elderly and the disabled.

SOURCE: Yoga.top5.com

*Where to practice locally:*

- Fenton**
- Yoga Retreat & Boutique
  - Divine Yoga
  - Southern Lakes Parks & Recreation classes: slpr.net
- Linden**
- Loose Senior Center (Gentle Flow, Chair Yoga)
  - Linden Community Education (Slow Flow Yoga)
- Holly**
- Ethos Yoga

in Michigan, where people can live completely off the land. She had lived on a 95-percent self-sustainable farm in Maine, and would like to combine that passion with Vyayama yoga. "There's no Vyayama master anywhere in the U.S., so I could bring that to the west," she said.

Carnes currently teaches yoga at The Yoga Retreat Boutique in Fenton and Good Karma in Hartland.



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# HERO DOGS

By Hannah Ball

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Dogs are man's best friend, and for good reason. They're loyal, fluffy, adjust to your moods, and can be helpful in life threatening situations.

Here are heroic dogs that risked their lives to save others.

Source: dogguide.net

## Brutis

This golden retriever was 7 years old in 2004 when he stopped a coral snake from delivering a deadly bite to a young child. He suffered a bite in the process, but was saved in a hospital in Los Angeles and was awarded the National Hero Dog Award.



## Honey

As 2006 Dog of the Year, this English Cocker Spaniel ran to get someone after she and her owner were in a car accident. Her owner wasn't able to crawl out herself, but Honey got free and ran a half-mile to find help. If not for Honey, her owner would have died.

## Trakr

Trakr helped dig through about 30 feet of unstable debris at the World Trade Center after the attacks on 9/11, finding the last human survivor. The police appreciated his bravery so much, the dog will be cloned.



## Eve

This Rottweiler pulled her owner, a paralyzed paraplegic, by her ankles out of a burning car to a ditch, just far enough away to avoid the explosion.

## Kankuntu

This pooch saved his owners from pirates when they were out voyaging. When the ship was about to be overrun by armed pursuers, the dog viciously attacked them and was shot and stabbed between the shoulder blades. The pirates left and the dog was nursed back to health.



## Blue

This dog went one-on-one with an alligator in 2001 to save his owner, who had fallen behind their home while out for a walk. An alligator loomed over her, ready to attack, but Blue scared the alligator away.



## Shana

This half wolf-half German Shepherd saved an elderly couple from an awful snowstorm. They were trapped by snow, but Shana dug through the snow and pulled them to safety.



## Katrina

This ironically named black Labrador saved a drowning man during the flooding after Hurricane Katrina. He was honored at that year's Genesis Awards with a standing ovation.



## Belle

This heroic beagle bit "911" into her owner's cell phone after he collapsed from a diabetic seizure. She was awarded VITA's Wireless Samaritan Award.



## Napoleon

This English Bulldog saved a burlap sack with six abandoned kittens from drowning in a lake. Two kittens didn't make it, but the other four were nursed back to health.



## Maya

Not all pit bulls are mean. This dog saved her owner from a vicious male attacker and received high praise from the Animal Miracle Foundation.



## Moti

This German Shepherd took a bullet for his family when a masked intruder invaded their house. Moti barked and the gunman shot him before running off. Luckily, Moti made a full recovery.



**MEET**  
*Autumn*

I'm a gorgeous one year old girl, with extra toes! I would love a quiet home with a feline pal.

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**MEET**  
*Poinsettia*

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# LOOKING BACK

at this week IN HISTORY

COMPILED BY VERA HOGAN

## LOCAL

### 5 YEARS

Sunday, January 2, 2011

**Fenton DPW director retiring after 41 years.** When Les Bland joined the Fenton Department of Public Works (DPW) as a skilled laborer, backhoe and grader operator, the cost of a first-class postage stamp was 6 cents. It was 1969, and the average household income was \$8,389. After 41 years of service, Bland will retire on Jan. 7, 2011.

### 10 YEARS

Sunday, Jan. 1, 2011

**Holly Academy deputy director excited about new job.** Holly Academy's new deputy director, Lisa Leimeister, didn't think she'd become an administrator at the charter school so quickly. But Leimeister, who began her teaching career in 1999 at the academy, found herself in her new job after Thanksgiving. She took over for Tina Craven, who became the school's literacy coach.

### 15 YEARS

Wednesday, Dec. 27, 2000

**School Chaplain Program there for kids.** The Linden Board of Education has approved a new program that will directly affect the entire student body. The School Chaplain Program brings a designated chaplain to the school to interact with and get to know the students.

### 20 YEARS

Sunday, Dec. 31, 1995

**Too much to drink? Police offer rides home.** Welcoming in the new year often involves sipping a few alcohol beverages, often too many. To help keep New Year's Eve safe, officers from local police departments are willing to chauffeur inebriated residents home.

### 25 YEARS

Wednesday, Jan. 2, 1991

**Holly kids make pitch for world peace.** Children speak of world peace at Davisburg Elementary School and wish for the Middle East crisis to end. The fourth- and fifth-graders presented a program before the holiday break called "Children as the Peacemakers," to help encourage global awareness of peace.

### 30 YEARS

Wednesday, Jan. 1, 1986

**Expelled knife-wielder says she was the victim, not offender.** A 17-year-old Linden senior, who was expelled from school for allegedly assaulting another student with a knife, is claiming she was the victim and not the offender, and claims punishment for the instigator was light because he is an athlete.

## NATIONAL

### DEC. 27

**1900:** Prohibitionist Carry Nation smashes up the bar at the Carey Hotel in Wichita, Kansas, causing several thousand dollars in damage and landing her in jail. Nation, who was released shortly after the incident, became famous for carrying a hatchet and wrecking saloons as part of her anti-alcohol crusade.

### DEC. 28

**1895:** The world's first commercial movie screening takes place at the Grand Café in Paris. The film was made by Louis and Auguste Lumiere, two French brothers who developed a camera-projector called the Cinematographe. On Dec. 28, the entrepreneurial siblings screened a series of short scenes from everyday French life and charged admission for the first time.

### DEC. 29

**1890:** In the final chapter of America's long Indian wars, the U.S. Cavalry kills 146 Sioux at Wounded Knee on the Pine Ridge reservation in South Dakota. On Dec. 15, 1890, reservation police tried to arrest Sitting Bull, the famous Sioux chief, and killed him in the process, increasing the tensions at Pine Ridge.

### DEC. 30

**1936:** At 8 p.m., in one of the first sit-down strikes in the United States, autoworkers occupy the General Motors Fisher Body Plant Number One in Flint, Michigan. The autoworkers were striking to win recognition of the United Auto Workers (UAW) as the only bargaining agent for GM's workers.

### DEC. 31

**1985:** Former teen idol Rick Nelson dies in a plane crash in De Kalb, Texas, on Dec. 31, 1985. When the teenage Ricky Nelson launched his pop career in 1957 by picking up a guitar and singing at the end of an episode of The Adventures of Ozzie and Harriet, he established a template for pop-music stardom that inspired hundreds of imitators in the decades that followed.

### JAN. 1

**45 B.C.:** New Year's Day is celebrated on Jan. 1 for the first time in history as the Julian calendar takes effect. Soon after becoming Roman dictator, Julius Caesar decided that the traditional Roman calendar was in dire need of reform. Introduced around the seventh century B.C., the Roman calendar attempted to follow the lunar cycle but frequently fell out of phase with the seasons and had to be corrected. In addition, the pontifices, the Roman body charged with overseeing the calendar, often abused its authority by adding days to extend political terms or interfere with elections.

### JAN. 2

**1974:** President Richard M. Nixon signs the Emergency Highway Energy Conservation Act, setting a new national maximum speed limit to 55 mph. The act was intended to force Americans to drive at speeds deemed more fuel-efficient.

# Area could see more entertainment options

## ■ Fenton officials to create Arts & Culture Ad Hoc Committee

By Vera Hogan

vhogan@tctimes.com; 810-433-6823

Fenton may soon have a group of individuals charged with the future of arts and culture in the city.

On Monday, Dec. 7, the Fenton City Council discussed the possibility of adopting a new ordinance that would create an Arts & Culture Commission.

Although the original intent was to have five members on the proposed new commissions, officials said Monday that number would be increased to 11 members.

The idea for a commission was first discussed at the Council's Oct. 2 work session. At the time, City Manager Lynn Markland commented that the Downtown Development Authority (DDA) began renting art to display in the downtown area. That display created interest in art and the desire to establish an Arts & Culture Commission.

Markland and Councilwoman Pat Lockwood subsequently visited the city of Brighton to gather information on how its commission was created.

City Attorney Stephen Schultz, advised officials that such a commission would function as an advisory group, or one that has its own budget. If it is to have its own budget, the commission should be created by ordinance. An advisory board only could be established through a Council resolution.

Lockwood said the idea came about while working with the Fenton Community and Cultural Center over the past year and a half.

The idea was to get people who are experts in arts and cultural activities to come together and advise what programs would be best to bring to Fenton.

In October, Councilman Dave McDermott said he supported the idea of establishing a commission, having it be a board that oversees its own budget and not an advisory board.

The eligibility of commission members was originally addressed by Councilman Scott Grossmeyer. He questioned whether eligibility should go beyond just city residents to include members residing outside the city.

"I was glad to see the number was changed from five to 11," Grossmeyer said Monday. "I came up with a list of nine almost immediately."

On Monday, council members discussed and agreed that including members from outside the city of Fenton would broaden the level of talent available on the commission. That would include authors and poets, people with experience and talent in dance, music, sculpting, painting, pottery and more, including even a member with marketing and public relations experience.

Schultz, however, threw a bit of a wrench into that idea. In order to create a commission by ordinance that would have its own budget, all members would have to be city residents according to city charter.

Schultz recommended instead of an actual city commission, to create an Arts & Culture Ad Hoc Committee, which would be created by resolution instead of a new ordinance. This would allow for the appointment of members who reside outside the city.

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### HOT LINE CONTINUED

**A WORD OF** advice to Linden schools — do not put the burden of your financial woes on student athletes. The solution must be one that involves a sacrifice on the part of all. Why not make student council pay to participate? Or chess club? And every single other non-athletic activity.

**MY HUSBAND AND** I would like to thank the people who paid for our early dinner at Applebee's on Silver Parkway today about 4:30 p.m. That was very generous of you and we for sure will pay it forward. A very Merry Christmas to you.

**WHY IS A** teacher in Fenton schools rated ineffective four years in a row still working? In private industry, they would be gone after one year.



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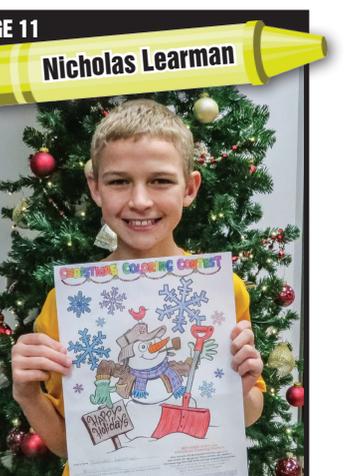
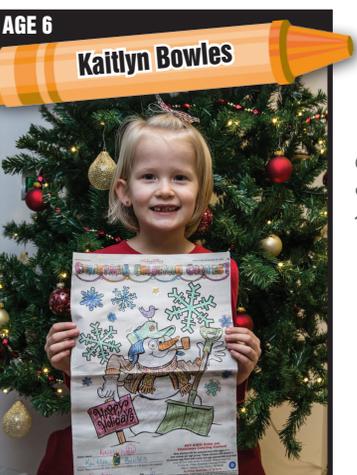
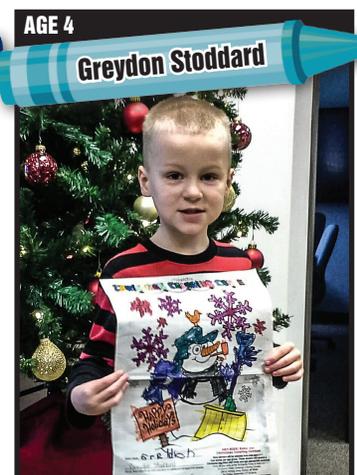
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# Christmas Coloring Contest

## WINNERS



The Times would like to thank all of the parents and their children who stopped by the office to submit their coloring contest entries and to have their photograph taken. The staff enjoyed looking at all of the works of art.

## 2016 COLORING CONTEST ENTRANTS

**Age 3**

- WINNER - Zoey Suszko (Fenton)**  
Max Thibodeau (Fenton)  
Genevive Sutphen (Linden)

**Age 4**

- WINNER - Greydon Stoddard (Gaines)**  
Skyler Smith (Fenton)  
Devon Gilmour (Fenton)  
Rose Roberts (Fenton)  
Harrison Carah (Fenton)  
Matthew Waters (Fenton)  
James Plew (Fenton)

**Age 5**

- WINNER - Leighton Armbruster (Linden)**  
Jackson Follick (Holly)  
Logan Thibodeau (Fenton)  
Cole Sawatzki (Linden)  
Gerard Gilmour (Fenton)  
Maxx Stump (Fenton)  
Samuel Smith (Fenton)  
Aria Guru (Fenton)  
Savannah Wood (Fenton)  
Dalainee Brant (Linden)  
Avery Walden (Gaines)  
Cam Bradley (Fenton)  
Katie Churchill (Holly)

**Age 6**

- WINNER - Kaitlyn Bowles (Fenton)**  
James MacCaughan (Fenton)  
Ashton Slater (Fenton)  
Danielle Ramsey (Holly)  
Andersen Pillow (Fenton)  
Hudson Vanconant (Fenton)  
Kenna Day Slavens (Swartz Creek)  
Melody Meckstroth (Linden)  
Alexis Washburn (Swartz Creek)  
Cici Liddle (Holly)  
Jillian Bowles (Fenton)  
Parker Smelis (Fenton)  
William Waters (Fenton)  
Oscar Penn (Fenton)  
Riley Jo Wright

**Age 7**

- WINNER - Grace Groves (Fenton)**  
Natalie Spohn (Grand Blanc)  
Joseph Casper (Linden)  
Bridget Diem (Fenton)  
Miah Stone (Holly)  
Olivia Hollar (Fenton)  
Harper Hornus (Grand Blanc)  
Caden Smotherman (Linden)  
Katelyn Tarnoff (Linden)  
Dalton Chavis (Holly)  
Dakota Chavis (Holly)  
Hailey Duncan (Holly)  
Alex Dennis (Fenton)  
Claire Weir (Fenton)  
Alekin Glover (Fenton)  
Aliah Jaber (Detroit)  
Colin Wentworth (Fenton)  
Quamar Feimster (Flint)  
Luke Wright (Swartz Creek)

**Age 8**

- WINNER - Carson Kuch (Linden)**  
Isabella MacCaughan (Fenton)  
Dillon Hamilton (Fenton)  
Reyna Fox (Fenton)  
Breanna Wright (Fenton)  
Alyssa Bowman (Holly)  
Katlin Emery (Holly)  
Abbey Smith (Fenton)  
Sanibel Stack (Fenton)  
Matthew Wsocki (Linden)  
Graham Groves (Fenton)  
Stella Rose Wright (Fenton)  
Angel J McCallister (Fenton)  
Reese Russo (Fenton)  
Matthew Maxwell (Swartz Creek)  
Payton LaRowe (Fenton)  
Brooke Waters (Fenton)  
Mackenzie Mahala (Fenton)  
Sarah Learman (Linden)

**Age 9**

- WINNER - Clarissa Bidleman (Holly)**  
Anna LaMothe (Grand Blanc)  
Isabelle Gyarmati (Holly)  
Stella Strauss (Linden)  
Lincoln Breuker (Holly)  
Allison Mowery (Fenton)  
Andrew Kelly (Gaines)  
Jasmine Nadine Compton (Holly)  
Ava Tata (Linden)  
Matthew Hildreth (Linden)  
Reagan Boulis (Linden)  
Riley Boulis (Linden)  
Emily Medford (Waterford)  
Dustin Richards (Holly)  
Haley Wasilewski (Linden)  
Lauren Skank (Fenton)

**Age 10**

- WINNER - Reagan Stack (Fenton)**  
Patrick Hamilton (Fenton)  
Keegan Weddle (Fenton)  
Mary Grace McAninch (Holly)  
Anika Guru (Fenton)  
Savannah Velzy (Fenton)  
Madison LaRowe (Fenton)  
Caden Hall-Cooke (Linden)

**Age 11**

- WINNER - Nicholas Learman (Linden)**  
Carol Hatch (Holly)  
Alyssa Fancher (Holly)  
Brady Tallman (Fenton)  
Hannah Wasilewski (Linden)  
Chase Cooke (Linden)  
Lily Wright (Swartz Creek)



**Q:** I have a 2004 Dodge Ram 1500 with a 4.6l V8. It starts shaking when I'm stopped. I just did a minor tune-up. What do you think is wrong with it?

**A:** Stephen, Anything I tell you at this point would just be a guess without hearing the vehicle run and knowing the history. First, if the shaking did not start until after the tune up then you need to look for a possible cracked porcelain on one or more of the spark plugs. Check to make sure the proper spark plugs where installed since sometimes they are cataloged wrong. Next, I would make sure when you are checking the plugs to pay attention to the coil boots as you remove the coils to make that they are seated properly and in good condition. If the shaking was present before the tune up then it is probably best at this point if you have a professional look at it. Some components are difficult to test and may take some specialty equipment to test. With the cost of parts for today's vehicles guessing is not a good way to go.

Do you have a question that you would like to have answered?  
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PUZZLES | OBITUARIES

Times

CLASSIFIED DEPARTMENT: 810-629-8194

SUNDAY, DECEMBER 27, 2015

PAGE 7B

## Job Openings

Times

Help Wanted

### MCLAREN REGIONAL MEDICAL CENTER

Job openings for clinical faculty internal medicine. Location of jobs: Flint, MI. Send resume to: Ms. T. Morgan, McLaren Regional Medical Center, 401 S. Ballenger Hwy., Flint, MI 48532.

### SALES ASSOCIATE

Downtown Holly renovoparts.com is seeking a part-time employee to assist in taking phone orders, packaging and shipping. Flexible weekday hours, will train right person, candidate must be capable in Excel, Outlook and Google. Email Jim at renovoparts.com or call 248-342-4824.

Help Wanted

### Lockwood of Fenton an Independent Senior Housing Community

#### is looking for MAINTENANCE TECH (PT) FENTON

Assist the Maintenance Supervisor in attending to the maintenance needs. High School Diploma, some experience in maintenance. Mechanical knowledge. Part-time 24-28 hrs.

\$10.00 hr.  
Fax 810 714-3341  
E-mail fentonmaintsuper@lockwoodgrp.com resume



Help Wanted

### MEDICAL ASSISTANT

needed for busy Internal Medicine Practice, 3 years experience, warm, caring and energetic, full-time. Please email resume to jlwalke4@aol.com.

### TRAINING! Real Estate TRAINING!

No experience needed, We will train you! Best training in town!



Professionals  
120 N. Leroy St., Fenton  
Call Darwin today!  
810.354.0991

Help Wanted

### FENTON MEDICAL INDUSTRY

Seamstress wanted. Put your passion for sewing to work! Experience with industrial machines preferred. Flexible hours. Full-time with benefits, medical, dental, vision, life, short and long term disability, 401k, paid vacation and holidays or part-time. Send resume to HR@cfmedical.com or fax 810-593-1356.

### TRI-COUNTY TIMES

is looking for newspaper carriers. Papers must be delivered by 2p.m. to all porches every Saturday. Email kschoeder@tctimes.com.

Miscellaneous Wanted

### I NEED YOUR SCRAP METAL

washers, dryers, water heaters, furnaces, aluminum, copper piping, etc. Please call 810-735-5910.

### WANTED: MUSCLE CARS

1972 and older. Any model, any make, any condition. Also 1986-1987 Grand National or T-type. 810-252-9194.

### WANTED INDOOR STORAGE

for 40 foot motorhome. Needs 10' by 12'6" door. 810-714-0197.

### NOTICE OF ERROR

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

Miscellaneous for Sale



**SOLID OAK TABLE**  
with self-contained 16" leaf and four chairs, \$500. Call 248-328-0504.

Household for Sale

**GAS RANGE STOVE**  
excellent condition! 2½ years old, GE, off white, \$150. 810-217-2014.

www.tctimes.com

## Real Estate

• FOR SALE • FOR RENT • VACANT LAND • APARTMENTS  
• COMMERCIAL PROPERTY • MANUFACTURED HOMES

Times

Homes for Sale

Homes for Rent

Coldwell Banker Professionals in Fenton would like to wish everyone a **Safe and Happy New Year!**



Professionals  
**810.629.2220**  
Downtown Fenton • 120 N. Leroy St.  
(Across from the State Bank Loan Store)  
Each office is independently owned and operated.

### Attention Developers! Vacant Land



#### 4455 McCandlish Rd. Grand Blanc Twp.

This is a Vacant Land Listing consisting of 5 Parcels with a total of 17 Acres. These parcels are currently listed R2 residential, but are Master Planned at a maximum of 10 units per acre. Call for more info.

**\$3,000,000**



Bonnie Nelson  
810-938-2101



#### Great House in the Village of Atlas.

3 Bedroom 2 Bath 1428 Sq. Ft. Nice dry basement. Quiet neighborhood. Includes two story hobby shed with room for compact car and workshop.

**\$123,375**



Bob Hutchins  
810-407-0371

### NEW LISTING

6435 Lahring Rd. • Holly



#### Wow!!!

This 1963 A-Frame home has been transformed into a beautiful 1.5 story home with a walkout basement, over 5,000 livable square footage all sitting on 10 acres.

Call me for a private showing.  
**\$550,000**



Charles Stoner  
248-361-6690

### REDUCED

1721 Brookside Dr. Flint

Great 2 story, 3 bedroom, 2 bath home in high demand area for Flint professionals. Wood flooring, fireplace in large living room.



Kitchen comes with appliances, first floor laundry complete with washer and dryer. Dining room boasts a marvelous window for viewing outdoors; along with built in china cupboard. Huge backyard with large deck for relaxing or entertaining. Beautiful mature trees with up north feel. Full length covered front porch.

**\$79,900**



Carol Verhelle  
810-691-0589



#### 3117 Ponemah Dr. Fenton Twp.

Large Ranch, 3 Bedrooms, One Full, Two half baths, Large Great Room, with rear deck along the entire backside of home. Front Deck, 2 Car Attached garage with additional 4 car Detached Garage, setting on 5.58 Acres.

**\$214,900**



Michael Wagner  
248-640-4722

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- Passionate about helping others fulfill their Dreams!
- Willing to take full advantage of our Top Ranked, Free Training Program!
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Contact us at  
810-629-4092



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2 bedroom **\$600**  
CALL FOR MORE INFORMATION

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www.cormorantco.com

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

VIEW MORE LISTINGS AT: COLDWELLBANKERPROFESSIONALS.NET

BY TRIBUNE MEDIA

# Sunday Sudoku

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

ANSWER KEY LOCATED IN THIS EDITION



## BIG OR SMALL

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Specializing in removal of unsightly stumps & roots from your lawn

SMALL YARD ACCESSIBLE  
FREE ESTIMATES  
INSURED

## DS STUMP GRINDING

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(810) 629-9215

### Synopsis of Argentine Township Regular Board Meeting December 21, 2015

Call to order @ 7:00 p.m.  
Pledge of Allegiance led by Supervisor Cole  
Present: Ciesielski, Hallman, Cole, Schmidt and Graves. Absent: none  
Approved: Minutes as printed of Regular Board Meeting November 30, 2015  
Approved: Budget amendment.  
Approved: Payment of bills as presented.  
Authorized: Chief to hire Kati Whalen as a fire-fighter.  
Approved: Repair to unleaded fuel pump.  
Issued: 2 permits that total \$2,943.00.  
No action: Administrative Assistant to Police chief position.  
Accepted: Resignation from Ray Kondel from the Board of Review.  
Appointed Bruce Allen to the Board of Review.  
Accepted: Contract proposal from Aquest Services for Lobdell Lake.  
Authorized: Treasurer to negotiate price for collection of Linden and GISD School taxes.  
Approved: Purchase of an additional security camera for the general office area.  
Authorized: Treasurer to negotiate the sale of township owned properties.  
Adjourned @ 7:32 p.m.

Submitted by Denise Graves  
Argentine Township Clerk

KING FEATURES

# SuperCrossword

- ACROSS**
- 1 Laughing sound
  - 5 Friends, in French
  - 9 Black Sea port
  - 15 Tick away
  - 19 Univ. VIP
  - 20 Not yet finalized, in law
  - 21 Dorm-mate, e.g.
  - 22 Yam, for one
  - 23 Pulling a plug while at work?
  - 26 Airport for Air France
  - 27 "Old MacDonald" sequence
  - 28 Part of NYC
  - 29 Avoid booze
  - 31 Rough amt.
  - 32 Cat covering
  - 34 Water balloon battles?
  - 38 — boredom (endure extreme tedium)
  - 40 Frazier's longtime foe
  - 42 Waikiki neckwear
  - 43 "That's neither here — there"
  - 44 Unaffected by killjoys?
  - 49 Strips (off)
  - 53 Vehicles like Santa's
  - 54 Rowing tool
  - 56 Jai — (fronton sport)
  - 57 Put in words
  - 59 Avenues: Abbr.
  - 60 Ancient valley where female spouses lived?
  - 65 Brick haulers
  - 66 Part of a full house
  - 68 "If — told you once ..."
  - 69 Symphony writer
  - 70 Bear, in León
  - 71 Decide against divorce?
  - 75 Suffix with hero
  - 76 Entice
  - 78 Letter after sigma
  - 79 Legitimate
  - 80 Electrolysis atoms
  - 81 Basketballer Rodman is a suitor?
  - 85 Mr., in India
  - 86 Houston-to-Chicago dir.
  - 87 TV's "How — Your Mother"
  - 88 Water, in Paris
  - 89 Heavy bases under statues
  - 92 Firma or cotta lead-in
  - 94 Finish doing the dishes prior to going shopping?
  - 101 Hand-talking syst.
  - 103 Scot's cap
  - 104 Above, to bards
  - 105 Muscat citizen
  - 106 Circus beast after tipping?
  - 112 Maple syrup source
  - 114 Fashionable
  - 115 Singer of the 1969 #1 hit "Dizzy"
  - 116 Conger, e.g.
  - 118 Utter impulsively
  - 120 "—, James!"
  - 121 Twenty cents in change?
  - 127 Straight — arrow
  - 128 Barcelona's country, to its natives
  - 129 Smell — (be leery)
  - 130 Dialogue bit
  - 131 Pad for a bird
  - 132 Gold-medal gymnast
  - 133 Light hits
  - 134 Playwright
  - 135 William
  - 30 Like a rain forest's climate: Abbr.
  - 31 Byrnes who was "Kookie"
  - 33 New Jersey river
  - 35 Letters after kays
  - 36 Bottom-line
  - 37 American spy org.
  - 39 Windows or Linux, briefly
  - 41 Goes by foot
  - 45 Answer
  - 46 Same: Prefix
  - 47 "— did not!"
  - 48 Final Hebrew letter
  - 50 Great joy
  - 51 Jack of fitness
  - 52 Kitchen strainers
  - 55 Kingly slate
  - 57 "I goofed ... big whoop!"
  - 58 Prettifier
  - 61 Mil. rank
  - 62 Movie format
  - 63 Dress up in
  - 64 Prefix with mount
  - 65 "Not so fast!"
  - 67 Q followers
  - 71 Half of MIV
  - 72 Laughing sound
  - 73 Hunger for
  - 74 Ones getting wages
  - 77 Snaring
  - 80 As a recap
  - 82 He's no gentleman
  - 83 — Lady
  - 84 Beach lotion abbr.
  - 90 Observed
  - 91 Hullabaloo
  - 93 Pale-looking
  - 95 Since Jan. 1
  - 96 Taproom
  - 97 Ostrich's kin
  - 98 Persian Gulf country
  - 99 Linking up
  - 100 Pound sound
  - 102 Pantry
  - 106 Joel Coen's brother
  - 107 Unfettered
  - 108 Thompson and Watson
  - 109 Cacophony
  - 110 Entice
  - 111 Beauty of film
  - 113 Aids in crime
  - 117 Old Italian money
  - 119 Aptly named citrus fruit
  - 122 Have a bite
  - 123 "That's —" ("Ixnay")
  - 124 East Indian flatbread
  - 125 Hiking aid
  - 126 By birth
- DOWN**
- 1 "Veep" airer
  - 2 More than forgetfulness
  - 3 Huge seller
  - 4 Nagging pain
  - 5 Pear type
  - 6 "O Sole —"
  - 7 13-digit publishing ID
  - 8 Entrée go-with
  - 9 "... boy — girl?"
  - 10 "— amuse you?"
  - 11 Just about forever
  - 12 Singer Kate
  - 13 Vigorous strength
  - 14 Rhodes' sea
  - 15 Scans for errors
  - 16 Crucial artery
  - 17 Sunny?
  - 18 Elegance
  - 24 Paris' — Tower
  - 25 He defeated Mondale to become pres.

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131					132												134

ANSWER KEY LOCATED IN THIS EDITION

### Village of Holly Community Development Block Grant PUBLIC HEARING

Notice is hereby given that in accordance with Community Development Block Grant (CDBG) requirements a Public Hearing will be held by the Village of Holly on Tuesday, January 12, 2015 at 7:00 pm at the Village of Holly Council Chambers located at 920 E. Baird Street, Holly, MI to receive written and verbal comment regarding the reprogramming of federal CDBG funds as follows:

#### EXISTING – 2015 Program Year

Account Number	Code Enforcement
172170-730310	
Activity Description	Amount
	\$4,000.00

#### PROPOSED – 2015 Program Year

172170-730345	
Activity Description	Amount
Clearance and Demolition	\$4,000.00

Cathrene A. Behrens  
Clerk/Treasurer

### CHARTER TOWNSHIP OF FENTON NOTICE OF PUBLIC HEARING

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD THURSDAY, JANUARY 8, 2016 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:

##### Amendments to Fenton Township Zoning Ordinance #594:

Article 4, Section 4.02 Accessory buildings in residential and agricultural districts C. requiring completion of the principal structure prior to building the accessory building.

Article 8, Section 8.05 Site Plan Review to change reference from the time the building permit is issued to the time of certificate of occupancy.

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 1:00 p.m. Friday. Ordinances, meeting schedules and other Township information are also available at [www.fentontownship.org](http://www.fentontownship.org).

ROBERT E. KRUG  
FENTON TOWNSHIP CLERK

# Service Directory

Times

## Animal Care Services



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## Electrical

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\$79<sup>95</sup>**  
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### NOTICE OF PUBLIC HEARING ROSE TOWNSHIP, OAKLAND COUNTY MICHIGAN

ON AMENDING CHAPTER 10, CEMETERIES, ARTICLE I

Notice is hereby given that the Rose Township Board of Trustees will hold a public hearing at 7:30 pm on Wednesday, January 13, 2016, for the purpose of considering amending the Rose Township Ordinance Amending Chapter 10, Cemeteries, Article I, Sec. 10-1 through and including Sec. 10-37.

A copy of the amendment is available for public inspection at the Rose Township offices, 9080 Mason Street, Holly, Michigan, during regular business hours. Written comments may be submitted to the Township at the above location prior to the hearing and will be made part of the official record.

Handicapped persons needing assistance to attend the meeting should contact the Rose Township Clerk at (248) 634-8701 at least 72 hours prior to the meeting.

Paul Gambka  
Rose Township Supervisor

### PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON BOARD MEETING SYNOPSIS DECEMBER 21, 2015

The Fenton Township Board held a regular meeting on Monday December 21, 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. Clerk Krug led the pledge of allegiance to the flag.
3. Appointed Clerk Krug as temporary chairperson.
4. Approved the agenda as presented.
5. Approved invoices and expenditures for payment in the total amount of \$360,463.79.
6. Granted a depth-to-width ratio variance to permit the requested division of parcel 06-24-200-023.
7. Approved the hiring of Deborah Prater to fill the open position of Accounting Coordinator.
8. Adopted amendments to the 2015 Fenton Township Budget.
9. Adjourned at 8:12 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, Tuesday & Thursday, 8:00 a.m. to 6:00 p.m. Wednesday and 8:00 a.m. to 1:00 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

### TYRONE TOWNSHIP PLANNING COMMISSION NOTICE OF PUBLIC HEARING

Notice is hereby given the Tyrone Township Planning Commission will hold a Public Hearing on Tuesday, January 12, 2016, beginning at 7:30 at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan 48430. The purpose for the Public Hearing is:

To receive public comments regarding proposed amendments to Zoning Ordinance #36:

1. Amendments to Article 13A – Planned Commercial Industrial, to include building location regulations;
2. Amendments to fully incorporate PCI – Planned Commercial Industrial zoning district, into the Tyrone Township Zoning Ordinance: Article 3 – Section 3 District Designations; Article 20 - Schedule of Regulations; Article 21 Section 21.42 - State Licensed Child and Adult Care Facilities; Article 21A Landscaping and Screening; Article 23 Site Plan Review and Impact Assessment and Section 23.18 Architectural Standards; Article 27 – Outdoor Advertising and Sign Regulations;
3. Proposed Article 21 Amendments to include the regulation of Outdoor Furnaces.

Additional information is available at the Tyrone Township Clerk's Office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. Individuals with disabilities requiring auxiliary aids or services should contact the Tyrone Township Clerk, at (810) 629-8631, at least seven days prior to the meeting.

Mark Meisel, Chairman  
Tyrone Township Planning Commission

# Obituaries

Times

**Bruce J. Hamilton**  
Bruce J. Hamilton - age 50, died December 18, 2015.  
www.temrowskifamilyfuneralhome.com.



**John Mallard**  
John Mallard - age 83, died December 18, 2015.  
www.temrowskifamilyfuneralhome.com.



plug-in

f t p g+ YouTube

tctimes.com

**Robert Vaughan**  
Robert Vaughan - age 65, died December 17, 2015.  
Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Leona Burnham**  
Leona Burnham - age 78, died December 18, 2015.  
Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Herbert Steele**  
Herbert Steele - age 90, died December 20, 2015.  
Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Charles Jennett Jr.**  
Charles Jennett Jr. - age 59, died December 20, 2015.  
Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Russell Bateman**  
Russell Bateman - age 72, died December 19, 2015.  
Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Robert Suci**  
Robert Suci - age 76, died December 21, 2015.  
Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



**Russell D. Bibb**  
1957-2015

Russell D. Bibb - age 58, of Fenton, formerly of Ortonville passed away on December 18, 2015 due to a tragic highway accident. Husband of Diane; father of Miranda Bibb and Ryann (Jeff)



Caraway; grandpa of Beckett & Caitlyn; brother of Susan (Jerry) Allen, Barbara Young, Raymond Bibb & James (Bonnie) Bibb; special uncle of Rachel, Shane, Greg, Stephen (Marina) and many others; dear cousin of David Coffey; like a father to Nickole & Becky. Russ loved craft beer. Celebration wake will take place Saturday, December 26 at the Fenton Moose Lodge from Beer Thirty, 12:30 PM to 3:30 PM. In lieu of flowers, any donations to the family will be used for Miranda's college education, <http://e.gofund.me/g2fqnx5h>. Arrangements entrusted to Lewis E. Wint & Son Funeral Home, Clarkston. Online guest book [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

**Edward D. Shea**  
1936-2015

Edward D. Shea - age 79, of Swartz Creek, died December 17, 2015. The family will receive friends from 3-8 PM Monday December 28, 2015 at Sharp Funeral Home & Cremation



Center, 6063 Fenton Rd., Flint and from 11-12 PM Tuesday at Spring Meadows Country Club. Services will be held 12 PM Tuesday, December 29, 2015 at Spring Meadows Country Club, 1129 Ripley Rd., Linden. Rev. Don Neuville will officiate. Cremation has taken place. In lieu of flowers, those desiring may make contributions to the Humane Society of Genesee County. Ed was born May 10, 1936 in Flint, the son of Edward and Susan (Richardson) Shea. He was married to Sharon Ingersoll on June 12, 1954; she preceded him in death in 1987. He was then married to Susan Mattson on July 4, 2000 in Nikiski, Alaska. Ed retired from General Motors with 40 years of service. Ed was a recognized athlete in the Linden Community and was one of the first inductees into the Linden Athletic Hall of Fame. He was an avid outdoorsman and sports enthusiast, with a passion for college football, especially Michigan and Michigan State and was an avid Detroit Tigers fan. Ed loved traveling with his wife and for the past 10 years they wintered in Naples, FL, where they met many friends and played softball with the Paradise Point team. Surviving are his wife, Susan; children, Trudy (John) Starrs, Michael Shea, Kimberley (Donald) Shank, Dayna (Michael) Jankowski; grandchildren, Joyelle (Brody), Sarah, Christopher (Patricia), Joshua (Britany), Bree (Dennis), Alexis, Mikayla; 10 great-grandchildren and his beloved Sheltie, Maggie. He was preceded in death by his parents and brother, James. Ed was the most caring and giving person and can be best expressed by his grandson, Chris Starrs "Grandpa was a legend to me and legends never die. Lets never stop sharing our memories. Going to miss him."

**Donald D. Rodgers**  
1925-2015

Donald D. Rodgers - age 90, of Holly, died Monday, Dec. 21, 2015. Funeral Mass will be celebrated at 11 AM Monday, December 28, 2015 at St. Rita Catholic Church of Holly with Father



David Blazek, Celebrant. Burial will be in Lakeside Cemetery, Holly with military honors under the auspices of Hulet-Bravender Post #5587 VFW and Amel Schwartz Post #149 American Legion. Visitation will be from 2-4 and 6-8 PM Saturday and Sunday, with a Rosary prayed at 4:30 PM Sunday at the Dryer Funeral Home, Holly. Mr. Rodgers was born on December 8, 1925, the son of Leo and Agnes (Lukaszewicz) Rodgers. He was a veteran of WWII, serving in the US Army. He was retired from GM and was a member of St. Rita Catholic Church. He was also a licensed pilot, a Holly Village Councilman for 16 years, one of the Founders of the Holly Volunteer Ambulance, a volunteer with Holly Project Pride, and an avid Detroit Tiger fan. Surviving are 3 children, Craig (Patti) Rodgers of Holly, Brian (Patty) Rodgers of Linden, and Terri (Ron) Monette of Holly; 6 grandchildren, Ellie (Joel) DuPuis, Haylee Rodgers, Allison (Ian) Haaseth, Logan Clark, Taylor Clark, and Alexandra Johnson; 2 great-grandsons, Ian Haaseth and Isaiah Narducci; 3 brothers, Raymond Rodgers of Holly, Gene Rodgers of Fenton, and Steve (Edith) Rodgers of Holly; and sister Ileene (Bill) Shook of FL. He was preceded in death by his wife, Barbara "Mert" Rodgers; grandson, Joey Rodgers; and brothers, Alvin and Richard Rodgers. Memorial donations may be made to St. Rita Catholic Church. [www.dryerfuneralhome-holly.com](http://www.dryerfuneralhome-holly.com).

**Brady Skodinski**  
Brady Skodinski - age 2 months, died December 19, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



**Donald Sherman**  
Donald Sherman - age 78, died December 19, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.

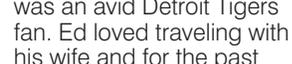


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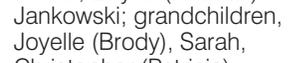
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**Donald Sherman**  
Donald Sherman - age 78, died December 19, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



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**Katherine Adamaitis**  
Katherine Adamaitis - age 83, died December 20, 2015. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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**PUZZLE ANSWER KEYS**  
King Crossword, Wednesday Jumble, Wednesday Sudoku puzzles are located in last Wednesday's issue. All other puzzles are throughout this edition.

**SUPER CROSSWORD ANSWERS**

H	A	H	A	A	M	I	S	O	D	E	S	S	A	P	A	S	S		
B	M	O	G	N	I	S	R	O	O	M	I	E	R	O	O	T			
O	N	T	H	E	J	O	B	D	R	A	I	N	I	N	G	O	R	L	I
E	T	I	O	N	E	W	T	E	T	T	O	T	A	L					
E	S	T	F	U	R	D	R	E	N	C	H	W	A	R	F	A	R	E	
D	I	E	O	F	A	L	T	L	E	T	N	O	R						
D	A	M	P	E	R	R	E	S	T	A	N	T	P	E	E	L	S		
S	L	E	I	G	H	S					O	A	R						
I	S	A	Y	S	T	S	O	L	D	W	I	V	E	S	D	A	L	E	
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A	S	A	N																
N	E	S	T																

**SUNDAY SCRAMBLERS ANSWERS**

1. Limber; 2. Equal; 3. Covert; 4. Astute;  
Word: **SMARTER**

**FUNERAL ETIQUETTE**

**How long should I stay at a visitation?**

It is only necessary to stay for a short time; fifteen minutes or so gives you enough time to express your sympathy. Your simple presence will mean a lot to the family. You do not need to stay for the entire visitation, but try not to leave during any prayers that might be offered.

Source: [thefuneralsource.org](http://thefuneralsource.org)

**ARE YOUR TEETH LIKE STARS THAT COME OUT AT NIGHT?**

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# Friend frustrated with friends' lack of understanding about finances

## DEAR AMY:

I'm on a very strict budget. I make decent money, but live in a very expensive area. I check my balances daily, track them on spreadsheets and am slowly paying down debt and building up savings. But my friends constantly suggest things to buy or places to go that I can't afford. These friends either make more money than I do, or have living situations where they have more disposable income. They're trying to be helpful, and I'm flattered that they might see a product or vacation idea and think that I'd enjoy it. But after the umpteenth "That jacket is really cute, but I can't afford it" and "Wine-tasting does sound super-fun, but I don't have room in my budget right now," I'm getting worn down. I'm trying not to become bitter that my friends have money for fun, but it's hard. How can I get it through to them that I have to keep within my monetary limits? — \*Can't Afford It

ASK **Amy**  
BY AMY DICKINSON



AMY DICKINSON

## DEAR CAN'T AFFORD

It might be easier on you if you simply gave up on trying to get through to your friends about your finances. If someone sends you a link to a cute J Crew jacket, you don't need to respond with "I can't afford it." You can either not respond at all, or you can just say, "Yummy..." Not every texted or emailed link is a suggestion that you must follow — this is just how some people share cool stuff. I realize that the context is implied, but it doesn't have to be. I was in a very similar situation as a young adult — financially struggling but surrounded by people who seemed to have so much more. You simply have to make your own way and make your own fun. Maybe your budget-consciousness yields a cool flea market vibe to your apartment. Perhaps you're up for Frisbee in the park over Champagne at the Mark. Don't judge your friends for having more, and pat yourself on the back for being so savvy and smart. Given your great habits, you will see the balance tip.

# Every minute counts during heart attack

## DEAR DR. ROACH:

I have read that if you think you are having a heart attack, you should put an aspirin under your tongue to help it dissolve fast and therefore thin your blood. Is this true? Does it somehow adversely affect any medicine the hospital might want to administer? Would it be the same to swallow powder versus a tablet under your tongue? Goody's powder has caffeine in it. Does this make it better or worse in the case of a heart attack? — G.A.

To your **GOOD HEALTH**

BY KEITH ROACH, M.D.



KEITH ROACH, M.D.

heart attack, and chewing the tablet speeds up effectiveness by about six minutes. I think you may be confusing aspirin with nitroglycerine, which is absorbed under the tongue and should be administered only by the paramedic or a doctor if you haven't had it before. Aspirin is very important and does not interfere with the other medications used. If you really think you are having a heart attack, call 911 first, then take the aspirin. You still should take it even if you regularly take a baby aspirin. Tell the paramedics that you took it and when. I wouldn't recommend using a preparation with caffeine.

## READERS:

**Every year, over 1.5 million Americans suffer heart attacks -- more than a third are fatal. You can play an essential role in surviving and even preventing a heart attack.**

## ANSWER:

Yes, it is true that aspirin is among the very first treatments given by paramedics for someone with a suspected heart attack. The fastest way of it being effective is to use a 325-mg regular, uncoated aspirin, and to chew and swallow it. Every minute counts during a

# DVD RELEASES

90% liked it  
(Audience score on rottentomatoes.com)



## WAR ROOM

Tony and Elizabeth Jordan have it all—great jobs, a beautiful daughter, and their dream house. But, Tony and Elizabeth Jordan's world is crumbling under the strain of a failing marriage. Their lives take an unexpected turn when Elizabeth meets her newest client, is challenged to establish a "war room" and a battle plan of prayer for her family.  
**PG, 2 hr.**

47% liked it  
(Audience score on rottentomatoes.com)



## PAN

An orphan boy (Levi Miller) discovers his destiny as Peter Pan in this vividly realized fantasy, and is whisked away to an enchanted land to battle the fearsome pirate Blackbeard (Hugh Jackman) with the help of the warrior woman Tiger Lily (Rooney Mara).  
**PG, 2 hr. 15 min.**

# LINGUINI WITH PANCETTA, MUSHROOMS & GARLIC

**Prep Time:** 10 mins | **Cook Time:** 20 mins | **Serves:** 4-6

## INGREDIENTS

- 1 pound linguini
- 4 ounces pancetta
- 11 ounces white mushrooms
- 3-5 cloves garlic
- 1/2 cup whipping cream
- Pepper, to taste
- Grated parmesan cheese (optional)
- Parsley, chopped (optional)

## INSTRUCTIONS

1. Boil a large pot of salted water for the linguini. You can make the sauce while the pasta cooks. Cook linguini according to package directions.
2. Cut pancetta into small pieces (dice). Add to a skillet and cook on medium-high heat, stirring frequently, until pancetta is crispy.
3. While pancetta is cooking, chop mushrooms into desired size. I chop mine quite roughly.
4. Once pancetta is crispy, add mushrooms to skillet and stir. Reduce heat to medium.
5. Mince garlic into the skillet, and stir. Cook for about five minutes, stirring often, until mushrooms are softened.
6. Add cream to skillet and reduce heat to medium-low. Cook for an additional five minutes.
7. Once pasta is cooked, drain and add to skillet, mixing thoroughly.
8. Serve immediately with freshly grated parmesan cheese and a sprinkling of chopped parsley if desired

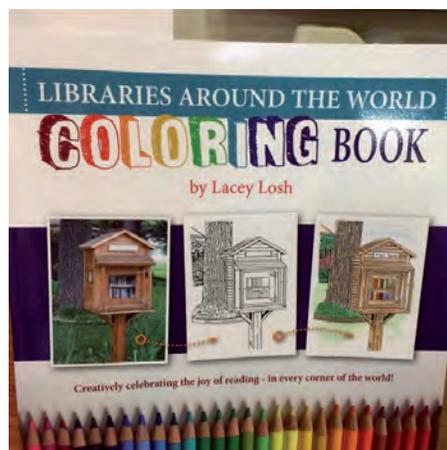


www.saltandlavender.com

# #heartoffenton



Posted by: allurehair\_co



Posted by: 6thstreetlibrary

# 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!

Agile

RIMBLE

Alike

QUALE

Secret

VECTOR

Smart

STATUE

TODAY'S WORD



"I'm going steady with a physicist... Do you have anything that will make me smell...?"

Answer key located in this edition

### HOT-N-READY



4-8 pm or order anytime.  
pepperoni plus tax

### HOT-N-READY

## LUNCH COMBO

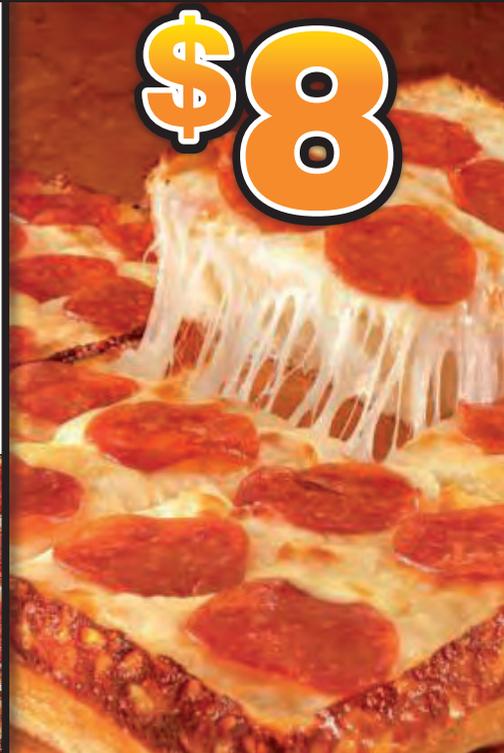
Available 11am-2pm EVERY DAY  
HOT & READY WEEKDAYS

# \$5

4 slice Deep Dish Pizza  
with Pepperoni  
& 20oz. Pepsi



### DEEP DISH



8 Crispy, Crunchy  
Corners with caramelized  
cheese edges, soft-and-  
chewy-on-the-inside crust

### CAESAR WINGS



8 Delicious Flavors

## OUR MENU

**Ultimate Supreme - \$10<sup>00</sup>**

Pepperoni, Sausage, Mushroom, Green Pepper & Onion (8 slices)

**Three Meat Treat® - \$8<sup>00</sup>**

Pepperoni, Sausage & Bacon (8 slices)

**Hula Hawaiian® - \$6<sup>50</sup>**

Pineapple & Ham (8 slices)

**Crazy Combo® - \$2<sup>99</sup>**

Crazy Breads® & Crazy Sauce® (8 piece order)

**Italian Cheese Bread - \$3<sup>99</sup>**

(10 piece order)

**Caesar Wings (8 piece order) - \$5<sup>00</sup>**

Flavors: BBQ, Buffalo, Garlic Parmesan, Teriyaki, Spicy BBQ,  
Bacon Honey Mustard, Oven Roasted, Lemon Pepper

**Caesar Dips® - 59¢ or 2 for \$1<sup>00</sup>**

Buffalo, BBQ, Ranch, Buttery Garlic, Buffalo Ranch & Cheezy Jalapeno

**2-Liter Beverage - \$1<sup>99</sup>**

Pepsi®, Diet Pepsi®, Mountain Dew®, Diet Mountain Dew®,  
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### MEAL DEAL



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