

IN THIS SECTION:

- ★ CLASSIFIEDS
- ★ REAL ESTATE
- ★ FEATURES
- ★ BUSINESS
- ★ OBITUARIES
- ★ MUCH MORE!



Life Style



SUNDAY, JANUARY 3, 2016

SECTION B

Grief Support Meetings

Hosted by Sharp Funeral Homes in conjunction with Reverence Hospice.

Every first Wednesday of the month
1:30pm - 3:00pm • Fenton Chapel

Every third Wednesday of the month
10:00am - 11:30am • Miller Rd. Chapel

Come join us
Wednesday
Jan. 6 & Jan. 20

Sharp
FUNERAL HOMES

1-810-629-9321



MEET THE GUY
WHO LIVES UP TO
THE NAME...

‘Big Mike’



TRI-COUNTY TIMES | TIM JAGIELO
Personal trainer “Big Mike” Shumate works with Susan McLaughlin of Fenton on Monday afternoon. She trains with him three times per week.

“You are what you eat. That’s number one. Then number two is, come to the gym and work out. Be consistent. Help me help you, let’s get it done.”

“Big Mike” Shumate
Powerhouse Gym
personal trainer



Local personal trainer commits to helping clients meet fitness goals all year long

By Sally Rummel
news@tctimes.com; 810-629-8282
At 6-feet, 4-inches tall and 350 pounds, “Big Mike” has earned his nickname.

“Big Mike” Shumate is often the first person people notice at Powerhouse Gym in Fenton, where he works as a professional trainer

TRI-COUNTY TIMES | TIM JAGIELO
On Monday, McLaughlin and Shumate work on back, hamstrings and glutes. Shumate uses the mirrors to check her form as she works out.

to help people reach their fitness goals, whatever they may be.

“I help people whether they’re training for a body-building competition, triathlon, to lose weight, or overcome a medical condition,” said Shumate, 45, a former power lifter who has been a personal trainer for almost a decade.

In addition to having his own extreme team of body-building and fitness-physique hopefuls, Shumate also trains the average person who wants to lose weight and feel good. He usually has a pool of about 20 clients, keeping him busy full time at Powerhouse.

Many of his clients are professional people, who are well-known in Fenton, like local Realtor Kristy Cantleberry, who has been back to

work with him for the past six months with the goal of participating in the Natural Figure Competition in Flint in April. “I competed four years ago after losing 30 pounds at Weight Watchers,” said Cantleberry, “Then I had knee surgery. Now I’m back at it again.”

Fenton Township resident Sue McLaughlin is also working toward that same goal, having competed with Cantleberry in 2012.

See **BIG MIKE** on 2B



BEALE ST. SMOKEHOUSE BBQ

2461 North Rd. Fenton, MI (US-23, Exit 80)
810-750-0507

Visit our new To-Go location at M-59 & Old US-23, Hartland, MI (In the Kroger plaza)
810-746-9125

“Award Winning BBQ”

www.BealeStSmokehouse.com



10% OFF

Get 10% off on your next dine-in or to-go order!

Go to www.BealeStSmokehouse.com for more information, menu and directions. Not to be combined with other offers. One coupon per visit. Expires January 31, 2016 TCT

Losing weight is a 'numbers game'

■ Local dietician says you still have to expend more calories than you take in for long-term success at weight loss

By Sally Rummel

news@tctimes.com; 810-629-8282

You can't "out run" a poor diet.

While exercise plays a significant role in long-term weight loss success, what you eat will be the most important determining factor in your journey to lose weight. So, what should you eat and what should you not eat?

That seems to be the question, when there are so many diet plans out there.

Sarah Easlick, a registered dietician at McLaren-Flint, said there's still no "magic" formula for losing weight other than to eat less and move more. "To lose a pound per week, a person has to either eat 500 calories less a day, burn 500 calories in exercise or do a combination of both," she said.

Whether you follow a low carb, paleo or other popular diet trend, the end result is that you're taking in fewer calories and will lose weight.

Easlick encourages people to take "baby steps" in making a commitment to lose weight, focusing on five pounds a month rather than a large goal of 50 pounds or more. She also suggests that you eat a "rainbow" of foods to get all your nutrients, instead of

cutting out any particular food group.

"If you do cut out a food group, for example, carbs, then once you re-introduce them, you'll gain the weight back that you lost, plus more," she said. "You have to eat in a way that you can sustain for the long-term."

Easlick likes to emphasize eating protein for satisfaction and staying full longer. "Most junk foods are void of protein, and after you eat them, you're still not satisfied," she said.

She's interested in the new updated Weight Watchers program for 2016, introducing SmartPoints. The new plan is designed to make eating healthy easier by steering people toward foods with more protein and less sugar and saturated fat.

Julie Hope, owner of Reflections Resale in Fenton, lost 42 pounds on the Weight Watchers program from April to November of last year, now enjoying smaller clothing sizes and more energy.

"I turned 60 this year and didn't want to be that 'older, overweight lady' who couldn't keep up with her grandkids," she said. "I've tried a lot of things to lose weight, and this really worked for me. I actually looked forward to the weigh-in. Now I feel so much better."

"Moderation is key," added Easlick. "Losing weight is still hard work, but sticking with it for the long term is what will be successful."



TRI-COUNTY TIMES | TIM JAGIELO

"Big Mike" Shumate's philosophy for working with his clients is simple: "Help me, help you." Results are the most important thing.

BIG MIKE

Continued from Page 1B

"I never thought I'd do this," said Cantleberry, 48. "I just started training for it and fell in love with it. I do the shows because I enjoy it. This is my hobby."

One of Shumate's most rewarding stories comes from client, Lynn Mattila, who came in to train for a full marathon, while battling arthritis. "She trained so hard," said Shumate. "It was the biggest blessing of all to see her cross that finish line."

While Shumate is a huge proponent of fitness through exercise, he always tells people that health and fitness starts with their diet. "You are what you eat," he said.

He works with nutritionist Steve Robinson at Powerhouse to design diets to meet the goals of his clients. "That's number one. Then number two is, come to the gym and work out. Be consistent. Help me help you, let's get it done."

Shumate prefers to work one-on-one with clients, charging an affordable rate of \$25 per session. "I care about my clients and want to make this something they can do for the rest of their lives. If you work out every day, it's like adding another day to your life. You'll feel so much better."

One of his long-time clients is Shelly Rowe of Fenton Township, who has been working out with Shumate for eight years.

"I've always been active," said Rowe, 49, who trains with Shumate three times a week, then does her own cardio routine at Powerhouse another three days a week. "I'm at the gym at 7 a.m."



TRI-COUNTY TIMES | SUBMITTED PHOTO

Shelly Rowe of Fenton Township pauses after completing a recent Crim 10-mile race. Rowe, 49, has worked on staying healthy for the past 20 years.

Her goal is to stay lean and toned, while maintaining her weight. "It's 80 percent nutrition and 20 percent at the gym," said Rowe. "I've pretty much weighed the same for 20 years, because I eat right and avoid flour and sugar. I'm an 'all or nothing' girl and sugar is my weakness."

While Shumate is committed to helping others in their journey toward fitness and health, he admits it's hard for him to follow his own advice. "I'm lifting right now, but it's hard to stay focused on myself when I'm focusing on everyone else. Plus, everyone brings all the food they can't eat to me."

Happy New Year from
SCOTT'S PAINTING

Start your **NEW YEAR** with a fresh
NEW COLOR!

30 PLUS YEARS EXPERIENCE

• Complete Interior & Exterior Painting Services
Drywall Repair • Wallpaper Removal • Power Washing • Deck Refinishing

248-795-4303

"It's more
than a job;
it is your
home"

WE OFFER
SENIOR
DISCOUNTS

Compiled by Hannah Ball, staff reporter

What would you like to see go away in 2016?

streettalk



"Prejudice and intolerance is what I want to see go away. I would like for people to accept people for who they are and we should all accept one another."

Tracey Comis
Byron



"Poverty. That's one of the worst. Global poverty."

Marian Hessc
Fenton Township



"I guess so much political talk on social media outlets. There's so much of it and a lot of it is so misinformed. People's opinions are so strong and it's misleading."

Erik Varner
Fenton Township



"Problems in the Middle East. The Syrian refugee crisis. Potholes. There are enough in the area that I worry about them."

Brian Wallace
Fenton Township



"The Iraq and Middle East wars because I want our guys and girls home. I don't want to risk their lives any longer."

Crystal Hitt
Fenton Township

TRAVEL SMART

PACKING TIPS

ALWAYS USE A PACKING LIST.

You're more likely to forget things on a mental checklist than on a physical checklist.

STUFF YOUR SHOES

with jewelry, underwear and socks to save space. Put your shoes in Ziploc bags to avoid spreading dirt.

CHECK YOUR DESTINATION'S WEATHER

to make sure you're bringing appropriate clothes. If the weather calls for rain and you don't bring a raincoat or umbrella, you'll end up spending money on items you could have brought.

IT'S HARD TO EAT HEALTHY WHEN TRAVELING SO MUCH.

Bring granola bars, protein bars, dried fruit and nuts to snack on to save money and to avoid eating junk food.

SAVE SPACE FOR SOUVENIRS

by bringing an extra foldable bag.

ROLL INSTEAD OF FOLDING.

This saves space and allows you to pack more.

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

If you haven't done so yet, it's time to start planning your trips for 2016. There's enough stress already with choosing an airline, coordinating dates, and purchasing tickets, so here are a few packing tips to make going on vacation or taking a business trip easier.

Sources: Reader's Digest & Budget Travel

ASSUME TOILETRIES WILL LEAK.

Make sure they're secure in a Ziploc bag to avoid them leaking all over your clothes and shoes. Check your airline's website to find out what's allowed and what's not.

DON'T WAIT UNTIL THE LAST MINUTE.

Make a list of items you need and pack a few days early so you're not making rushed decisions.

IF YOU'RE TRAVELING WITH SOMEONE ELSE,

put half of your items in your suitcase and half of your items in theirs. If one suitcase gets lost, you both still have half your things.

DITCH THE "WHEN IN DOUBT" MINDSET.

Don't over pack because you want to be prepared. Instead, mix and match outfits and use neutral colors so all your shorts can be worn with all your tops.

POSITION HEAVY ITEMS,

like shoes, close to the wheels of your suitcase. This will keep your bag from toppling over when it's upright.

DO THE LAUNDRY

If you can, do the laundry at your destination in order to be able to wear clothes multiple times, instead of bringing an outfit for each day.



PROFESSIONAL VIDEOS

Your business needs a video for your website, presentations, commercials, reception area, employee training, YouTube channel, social media and more.

REEL★TIMES
TRI-COUNTY TIMES VIDEO PRODUCTION

Call 810-433-6822 to get your video started today.

OUR WORK:

- The Laundry
- The State Bank
- Elections
- Beale Street BBQ
- Osaka Buffet
- McGarry Family Dentistry
- And more!

As low as
\$476
complete!



Classifieds

REAL ESTATE | GARAGE SALES
JOB OPENINGS | SERVICE DIRECTORY
PUZZLES | OBITUARIES

Times

CLASSIFIED DEPARTMENT: 810-629-8194

SUNDAY, JANUARY 3, 2016

PAGE 4B

A dollar spent locally
circulates 14 more times
in the community!



Spend it here.
Keep it here.

Invest In Your Community.

Miscellaneous Wanted

Household for Sale

Lost & Found

Legal Notices

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.

GAS RANGE STOVE
excellent condition! 2 1/2 years old, GE, off white, \$150. 810-217-2014.

MAYTAG GAS DRYER
excellent condition! Runs like brand new, no scratches \$195. Call 810-240-8313.

FOUND CAT
near Main St. and LeRoy on Saturday. Large orange striped tabby. Call 810-730-2176.

ALL ADVERTISEMENTS PUBLISHED in the Tri-County Times are subject to approval before publication. We reserve the right to edit, refuse, reject or cancel any ad at any time.

PUBLIC AUCTION
due to unpaid rent at Fenton Storage, 1159 N. Leroy St., 810-714-3707 on January 14, 2016 at 9:30a.m. or later Matthew Knapchuck G726-L, James Olmstead G723-L, James Anderson A208-L, Nicholas Carmisino 616, Bobbie Klein 217, Jerry Austin 602, Tami Hooper 112, Derrick Fox 667, Nick Roberts 535. All units contain miscellaneous items.

www.tctimes.com

Job Openings

Times

Help Wanted

Help Wanted

Help Wanted

Help Wanted

Help Wanted

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

A SENIOR COMMUNITY

CASHIER/STOCK PERSON
apply in person at Fenton Party Shop, 502 Silver Lake Rd. 810-629-6501.

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.

Join Our Team!
NOW HIRING
Opening Breakfast Cook

- Benefits package including 401(k) Plan
- Great work environment • Competitive wages
- Many opportunities for advancement

For employment at the Fenton Big Boy located at:
3401 Owen Road
Fenton, MI 48430

Apply online at:
www.bigboy.com/careers
Big Boy is an Equal Opportunity Employer
© 2015 Big Boy Restaurants International LLC - Big Boy is a registered trademark of Big Boy Restaurants International LLC

PART-TIME SECRETARY
needed. Must be knowledgeable in Quickbooks. Reliable, organized, proficient computer skills and effective communication skills required. Serious inquires only! 810-625-0454.

WAREHOUSE TECHNICIAN NEEDED
Located in Holly. Full-time, 40 hours per week. Ideal tech will perform numerous warehouse and cylinder testing duties. Must exhibit understanding of DOT regulations. Email resume to: hr@northwoodinc.com.

TRI-COUNTY TIMES
is looking for newspaper carriers. Papers must be delivered by 2p.m. to all porches every Saturday. Email kschroeder@tctimes.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


Find it in the 

Real Estate

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

Times

HOUSE PLAN OF THE WEEK

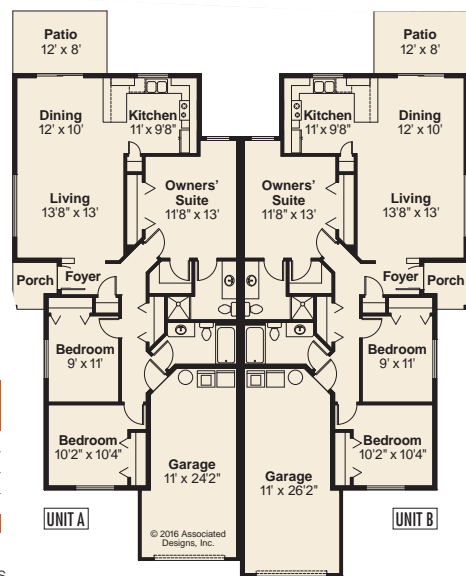


Wynant
PLAN 60-024

| DUPLEX | UNIT A | UNIT B |
|------------------|-------------|-------------|
| Living Area | 1202 sq.ft. | 1202 sq.ft. |
| Garage | 290 sq.ft. | 315 sq.ft. |
| Total Dimensions | 58' x 64' | |

2000 SERIES

More plans at associateddesigns.com



Land for Sale

10 ACRES
near Boyne Mountain, adjacent to Walloon Lake Conservancy. Trout stream, deer crossing, frontage on two roads, beautiful building sites, \$100,000. Call 810-964-7955.

Homes for Rent

LAKE HOME
Argentine Township, \$1,300 per month. Call 810-730-6669.

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.

Apartments for Rent

LaFonda Apartments
In Fenton
1 bedroom **\$500**
2 bedroom **\$600**
CALL FOR MORE INFORMATION
810-629-5871
EHO
www.cormorantco.com



Service Directory

Times

Animal Care Services



DogWatch
HIDDEN FENCES

SERVICE OR
FREE ESTIMATES
734-780-7777
www.dogwatchlaughinglab.com

Building/Remodeling

Eagle Valley Builders LLC

REMODELING
Roofing • Siding
Painting • Drywall
Framing • Decks
Additions
No Job Too Small

248-245-8642

Electrical

RS DALEY
ELECTRICAL CONTRACTOR
COMMERCIAL/INDUSTRIAL/RESIDENTIAL

- Free Estimates
- Prompt Response
- No Overtime Charges
- Troubleshooting
- 24/7 Service
- Licensed & Insured

810-266-4090
810-714-0022
www.rsdailey.com

Are you looking for a
Clean, Courteous, On -
Time, Electrical Expert?

Look No Further!

CRAFTSMEN
ELECTRICAL
SERVICES, LLC

810-629-6968

Licensed & Insured
Guaranteed Work
Serving the Fenton
Area Since 1947

www.CraftsmenElectrical.com

Fencing

FENCING
FENTON
FENCE
Company

(810)
735-7967

Handyman

HANDYMAN
MIKE

All types of home improvements
Give me a call, I do it all!
810-964-9559

Music Lessons



**PIANO/GUITAR/VOCAL
LESSONS**
with Maria Rose
\$22.50/30minutes
\$40/60minutes. Studied
at Berklee College
of Music.
6 years teaching
experience, 810-730-4598
or Mariarose808@gmail.
com.

Painting/Wallpapering

SCOTT'S PAINTING

Interior/Exterior | Drywall Repair
Wallpaper Removal | Decks
Power Washing

248-795-4303

**FULL SERVICE
PAINTING**

All Size Jobs
Call Back Guarantee
25 Years Experience

**LAURICELLA
PAINTING**

248-210-8392
lauricellapaintinginc@yahoo.com

MA Peterson Painting
Professional Craftsman

RESIDENTIAL/COMMERCIAL
Interior & Exterior Painting
Brush & Roll • Spraying
Powerwashing • Decks • Staining
Caulking • Wallpaper Removal
Drywall & Plaster Repairs
INSURANCE REPAIRS
FREE ESTIMATES

(810) 750-1640 • (313) 690-9085 Cell

Snow Plowing/Removal

**TREE REMOVAL
& SNOW REMOVAL
YARD CLEANUP**

- Fall Cleanup
- Brush Removal
- Tree Trimming
- Weeding
- Fall Cleanups
- And more

Free Estimates • Available 7 days a week

CODY'S OUTDOOR
Essentials & Services
Call Cody
810-625-4034

**BARTLETT
LAWN & SNOW**

**SNOW PLOWING
AND
SALTING**

- MOWING & TRIMMING
- TREE REMOVAL/TRIMMING
- TREE & BRUSH CHIPPING
- BRUSH HOGGING
- CLEAN-UPS

FREE ESTIMATES
Residential / Commercial
36 Years Experience
Licensed / Insured
Duane

810-275-4241

Stump Grinding

**BIG OR
SMALL**

We Grind Them All!

SMALL YARD ACCESSIBLE
FREE ESTIMATES
INSURED

**DS STUMP
GRINDING**

(810) 730-7262
(810) 629-9215

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**

ADS T ASSEL M M I I I SALE
BET N HOME AORTA ICER
CLEAR DIST INCTION ANCA
TINEAR BERTIN REONS
HONG BOUND OF APPLAUSE
ORELSE FROS USED TO
COMIC STRIP AMIC I EVA
DECAL RESCALED BASRA
AVON LEA ARNE IWISH
MEX PLAYING CARD YEW
TEALS TERIER ESPOUSE
BRINE POTROAST IPKES
BATTLE LINES OCHER
CDS PACER ARCHERY BOW
ASSAIL BIBI POLYPUS
WRONG CONCLUSION AFEW
ATEA MEYED IIRONON
TRAC THINGS YOU CAN DRAW
TASK WALDO ERRANT CID
SPYS ALLIS TEND TO ERS

**SUNDAY SUDOKU
ANSWERS**

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

SUNDAY SCRAMBLERS ANSWERS

1. Stable; 2. Smear; 3. Abstain; 4. Induce;
Word: **MEDICAL**

A Look back at the TOP 10 COUNTRY SONGS from A – Z

**LITTLE TEXAS
Top 10 Songs**

1. My Love - #1 two weeks, 1994
2. What Might Have Been - #2, 1993
3. God Blessed Texas - #4, 1993
4. Amy's Back in Austin - #4, 1994
5. Kick A Little - #5, 1994
- T6. You And Forever And Me - #5, 1992
- T6. Life Goes On - #5, 1995
8. Some Guys Have All The Love - #8, 1991
9. First Time For Everything - #13, 1992
10. Stop On A Dime - #14, 1994

BY TRIBUNE MEDIA

SundaySudoku

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

ANSWER KEY LOCATED IN THIS EDITION

**KING
FEATURES**

SuperCrossword

ACROSS

- 1 Madison Ave. products
- 4 Stocking-cap dangle
- 10 Year the U.S. declared war on Iraq
- 15 Store lure
- 19 Perfecta, e.g.
- 20 Residence-based
- 21 Vital vessel
- 22 Pastry decorator
- 23 Easily seen contrast
- 26 March Madness gp.
- 27 Musical inaptitude
- 28 Poet's Ireland
- 29 Near-etermities
- 30 — Kong
- 31 Encore elicitor
- 37 Ominous last words
- 40 Frizzy dos, for short
- 41 No longer fazed by
- 42 "Blondie" or "Beetle Bailey"
- 44 Italian for "friends"
- 47 A Gabor sister
- 49 Very easy, as a job
- 50 Absent looks
- 53 Transferable design
- 56 Upsized or downsized
- 59 Iraq's only port city
- 60 "Anne of —" (1909 novel)
- 62 English composer Thomas
- 63 "Would that it were true!"
- 66 Nation south of the U.S.
- 67 Jack or king
- 70 Tree with red berrylike fruit
- 73 River ducks
- 75 Garr of "Oh, God!"
- 76 Adopt
- 79 Pickle juice
- 82 Brisket dish
- 85 Toll rds.
- 86 War fronts
- 89 Pale yellow LPs
- 91 supplanters
- 92 Indiana basketball
- 93 Weapon used with a quiver
- 98 Lay siege to
- 101 Nickname of Israel's Netanyahu
- 102 Corals, e.g.
- 103 Incorrect inference
- 108 Not many
- 109 Really vexed
- 110 Watched
- 111 Like some 53-Acrosses
- 114 — II (razor brand)
- 115 Theme of this puzzle
- 121 Undertaking
- 122 Emerson's middle name
- 123 Off the mark
- 124 "El —" (1961 epic)
- 125 1974 CIA spoof film
- 126 "— right with the world!"
- 127 Take care of
- 128 Hospital trauma ctrs.

DOWN

- 1 Alphabet starter
- 2 "Traffic" co-star Benicio
- 3 "Ms." co-founder Gloria
- 4 Pit stop item
- 5 "Shave — haircut ..."
- 6 Bake in a shallow dish, as eggs
- 7 Urgent call
- 8 911 VIP
- 9 Maui gift
- 10 Lens used for close-ups
- 11 Dominant theme
- 12 Sister in "Three Sisters"
- 13 "What am — think?"
- 14 007 creator Fleming
- 15 "Nothing Compares 2 U" singer O'Connor
- 16 Provides with furnishings
- 17 Stoops
- 18 Rub off
- 24 Like many a British bishop
- 25 Beatty and Romero
- 29 "Pale" brew
- 30 Ad — committee
- 32 Agatha Christie's "A Pocket Full —"
- 33 Geller of spoon-bending
- 34 Trio after M
- 35 Hockey disk
- 36 Frat letters
- 38 Kind of oar
- 39 Twisty path
- 43 Person held in bondage
- 44 Quickly, in a score
- 45 Alluring West
- 46 Jaipur locale
- 48 Tight — drum
- 50 Flags
- 51 Conan O'Brien's network
- 52 Ooh and —
- 53 Beaver's construction
- 54 Night before
- 55 Racing boat steerer
- 57 Articulate
- 58 Beastie
- 61 MPG-rating org.
- 64 Unfortunate sort
- 65 Photo badges, e.g.
- 68 Jellyed dish
- 69 Covert U.S. org.
- 70 Laugh loudly
- 71 Siam or Japan suffix
- 72 Film director Craven
- 73 It blasts
- 74 Slippery fish
- 77 Lead-in to dactyl
- 78 Nashville amusement park of the 1970s-'90s
- 79 Programme broadcaster
- 80 Police setup to catch speeders
- 81 1977 Linda Ronstadt hit
- 83 Smackeroo
- 84 Prefix with economic
- 87 Grand tale
- 88 French composer Edouard
- 90 Cool, to a 1940s cat
- 93 Sue Grafton's "— for Alibi"
- 94 Baseball stat
- 95 Via coercion
- 96 Alfresco
- 97 Nashville-to-Memphis dir.
- 99 Mini-meals
- 100 G-man, e.g.
- 101 Good friends
- 103 Bulb units
- 104 Playwright Eugene O'—
- 105 Singer Lauper
- 106 Kids' bricks
- 107 Battery type
- 112 Angry talk
- 113 Savvy about
- 115 It had a hub at JFK
- 116 "Into the Wild" actor Holbrook
- 117 Despite that
- 118 Cuprite, e.g.
- 119 Tea vessel
- 120 Dict. entries

ANSWER KEY LOCATED IN THIS EDITION

Obituaries

Times
Mr. Rodney Jay Warden
1950-2015

Mr. Rodney Jay Warden - age 65, of Flint, passed away on December 26, 2015 at Kith Haven Convalescent Home. He was born December 25, 1950 along with his twin sister, Teresa Fahmie. Rodney was a graduate of Fenton High School and the University of Michigan-Flint. He is survived by his daughter, Ronda of Flint; mother, Ardis Chisnell of Portage; two sisters, his twin, Teresa (Michael) Fahmie of Albany, CA, and Laurie (Kenneth) Raleigh of Portage; sister in law, Deborah Warden of Lansing; and many nieces and nephews. He was preceded in death by his father, Lawrence Warden Jr. who passed in 1988 and brother, Jeffry who passed in 1996. Cremation has taken place. Memorial contributions may be made to the United Methodist Church of Fenton, MI or St. Jude Children's Research Hospital. www.temrowski familyfuneralhome.com.


William Kelly Jr.

William Kelly Jr. - age 77, died December 23, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Carol Dunbar

Carol Dunbar - age 76, died December 24, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Carrol Rosenthal

Carrol Rosenthal - age 73, died December 25, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Roy Plagens

Roy Plagens - age 81, died December 26, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Paula Verkennes

Paula Verkennes - age 58, died December 27, 2015. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.


Marianne Keene

Marianne Keene - age 63, died December 27, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Vicky Stanley

Vicky Stanley - age 58, died December 26, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Robert Stuart

Robert Stuart - age 89, died December 26, 2015. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.


Victoria M. Charette
1947-2015

Victoria M. Charette - age 68, of Holly, died December 21, 2015. Funeral services were held at 12 Noon, Wednesday, December 30, 2015 at the Dryer Funeral Home, Holly, with Pastor Patricia Harton officiating. Burial will be in Great Lakes National Cemetery, Holly. Visitation was from 9 AM until the time of the service. Mrs. Charette was born in Wyoming, MI on July 6, 1947. She was a lifelong resident of Holly, a member of the Holly Women of the Moose, and was very involved with her community. She was a very caring, generous, and hardworking person, giving of herself even to the detriment of her own health. She had a great love for her family and friends. Surviving are her husband, Robert Charette; 2 children, Kenneth (Suetta) Kern Jr. of Harrison and Kandie (Sonnie) Guilfooy of Harrison; 3 grandchildren, Spencer, Xavier, and Chad; great-grandchild, Morgan; sister, Barbara Theibault of Flushing; and many nieces and nephews. She was preceded in death by her first husband, Kenneth Kern; granddaughter, Ashleigh Rizzi; parents, Lorne and Opal Bird, father, Harold Mitchell; brothers, Lorne Bird Jr., and William Carson Bird, and nephew, Christopher Merritt. Memorial donations may be given to the family. www.dryerfuneralhome holly.com.

Margaret Webb
1932-2015

Margaret Webb - age 83, of Holly, died Saturday, December 26, 2015. Funeral services were held at 12 Noon, Thursday, December 31, 2015 at the First Baptist Church of Holly, with Pastor Ed Pedley officiating. Entombment will be in Crestwood Memorial Cemetery, Grand Blanc. Visitation was from 10 AM until the time of the service at the church. Mrs. Webb was born in Pontiac on June 2, 1932, the daughter of Constantine and Winifred Rottarr. She was retired from the Colombiere Retreat Center, Clarkston. She was a member of the First Baptist Church, was a volunteer with Forgotten Harvest and F.A.R.R., and loved gardening. She is survived by her sister Lulu Nesbitt of Cleveland, OH. She was preceded in death by her husband, James Webb; and brothers and sisters, Lawrence Rottarr, Catherine Zumbrunnen, Theodore Rottarr, and Helen Rottarr.

www.dryerfuneralhome holly.com.


Linda Maniak

Linda Maniak - age 64, died December 27, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Wanda Elizondo

Wanda Elizondo - age 53, died December 24, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Linda Oldham

Linda Oldham - age 68, died December 20, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Leon Malcomson

Leon Malcomson - age 83, died December 28, 2015. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.


Norma Florence Griffiths
1928-2015

Norma Florence Griffiths - age 83, of Linden, died Sunday, December 27, 2015. Funeral services will be held 2 PM Saturday, January 2, 2016 at Sharp Funeral Homes, Linden Chapel, 209 E. Broad St., Linden. Visitation will be held from 1 PM until the time of service. Norma was born March 28, 1932 in Buffalo, NY, the daughter of Walter W. and Florence C. (Ahrens) Luther. She married Floyd Griffiths on November 25, 1950 in Buffalo, NY; he preceded her in death on December 29, 2009. Survived by: two sons, David H. Griffiths of Linden, and Hugh G. (Kelly) Griffiths of Fenton; grandchildren, Ryan (Latasha), Emily, and Heather; great-grandchildren, Sarah and Noah who is due in February. She was preceded in death by: her husband; parents; and infant brother. Tributes may be shared on the obituaries page at www.sharpfuneralhomes.com.


Javada Eves

Javada Eves - age 75, died December 26, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Shirley Speckin

Shirley Speckin - age 88, died December 26, 2015. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.


Maxine Owens

Maxine Owens - age 72, died December 27, 2015. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.


James Austin

James Austin - age 89, died December 28, 2015. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.


The Tri-County Times Daily Edition

FEATURING
 Breaking News Stories • Classifieds • Obituaries
 Feature Stories • Social News

www.tctimes.com

ARE YOUR TEETH LIKE STARS THAT COME OUT AT NIGHT?

IMPLANT RETAINED DENTURES

STARTING AS LOW AS **\$2499**

*FEE INCLUDES 2 IMPLANTS AND CONVERSION OF EXISTING DENTURES.

Call today for your **free consultation** and **x-rays** to see if implants are right for you!



SULFARO
 FAMILY DENTISTRY

STEVEN A. SULFARO, D.D.S.
 607 NORTH SAGINAW STREET
 HOLLY, MICHIGAN 48442
 CALL TODAY! 248-634-4671

view OBITUARIES online

Obituaries
 updated daily
 online!

Visit
 tctimes.com

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

"Subscribe to the Times"

"Subscribe to the Times"

"Subscribe to the Times"



Woman groped at party is conflicted about reaction

DEAR AMY:
My husband and I both enjoy your wisdom, that is why I am writing to you. I am a 62-year-old woman, who along with my husband went to a party at a friends' house. I have known this couple since high school. During the party, I was standing in the kitchen when the husband groped me (he squeezed my breast). I told my husband about it afterward. He confronted the man immediately and the man denied doing it but said he was sorry if he did. Now my husband insists that we sever our friendship with this couple. We both like the wife very much. My husband wants to tell the wife why we are severing our friendship, but I say to let it go and don't tell her about it because it will only make her feel bad and she doesn't deserve this added heartache. This man had a stroke within the last 18 months but had been offensive to at least two of my



girlfriends prior to this stroke. — Please Help

DEAR PLEASE:
“I didn’t do it but I’m sorry if I did” is a terrible acknowledgment and apology. You say this man has “been offensive” to other women before his stroke, so I assume that his stroke is not a factor in his behavior. You should be the primary person to decide how much contact you are willing to tolerate with this man, although surely you can understand your husband’s protective reaction. You feel strongly about protecting the wife from the reality of her husband’s behavior, but don’t you think she has the right to know why your friendship has hit such a skid? Do you all realize that groping is a crime? If you feel able, you should confront the husband, either in person or via phone or mail. Somebody has to call him on his behavior. Silence buys him more opportunities to grope women.

DVD RELEASES

54% liked it

(Audience score on rottentomatoes.com)



A WALK IN THE WOODS
In this new comedy adventure, celebrated travel writer, Bill Bryson (Academy Award winner Robert Redford), instead of retiring to enjoy his loving and beautiful wife (Academy Award winner Emma Thompson), and large and happy family, challenges himself to hike the Appalachian Trail - 2,200 miles of America’s most unspoiled, spectacular and rugged countryside from Georgia to Maine. The trouble is, the two have a completely different definition of the word, “adventure.” Now they’re about to find out that when you push yourself to the edge, the real fun begins. **R, 1 hr. 38 min.**

44% liked it

(Audience score on rottentomatoes.com)



HITMAN: AGENT 47
HITMAN: AGENT 47 centers on an elite assassin who was genetically engineered from conception to be the perfect killing machine, and is known only by the last two digits on the barcode tattooed on the back of his neck. His latest target is a mega-corporation that plans to unlock the secret of Agent 47’s past to create an army of killers whose powers surpass even his own. Teaming up with a young woman who may hold the secret to overcoming their powerful and clandestine enemies, 47 confronts stunning revelations about his own origins and squares off in an epic battle with his deadliest foe. **R, 1 hr. 36 min.**

Nonalcoholic fatty liver is increasingly common

DEAR DR. ROACH:
I am 59 years old and am having problems with my lower abdomen. After colonoscopy and ultrasound, my doctor called to say I have a fatty liver. When asked what that means, I was told to lose weight. I weigh 170 pounds, and am 5 feet, 6 inches tall. Research online suggests that alcohol is an issue, but I don’t drink. I may have a drink or a beer when I go out, but most times I am the designated driver, so I don’t drink. The only medication I take is estradiol-norethindrone 0.5-0.1; I take one daily. Diabetes does not run in my family, and I have not been tested for it. Can you give me information on “fatty liver” and treatment? — J.A.



percent to 46 percent of people in the U.S. have NAFLD. Most people are diagnosed in their 40s or 50s. Obesity, particularly abdominal obesity (as opposed to fat around the hips and thighs) is common in fatty liver disease. People with suspected NAFLD should have other possible causes evaluated, especially viral hepatitis (types B and C), hemochromatosis and autoimmune hepatitis. Simple fatty liver is a benign condition; however, some people will develop the more serious condition non-alcoholic steatohepatitis (NASH). Seventy percent of people with NASH are obese, and up to 75 percent have Type 2 diabetes. NASH without treatment can lead to fibrosis and even cirrhosis of the liver. Your body mass index is 27, so you are considered overweight, not obese. Still, I would recommend gradually losing 10 pounds or so. I also would recommend that you continue to drink very moderately or not at all. Exercise also can help.

ANSWER:
Non-alcoholic fatty liver disease is an increasingly common problem; in fact, it is the most common liver disorder in industrialized countries. Recent studies have suggested that 30

Jalapeno Black-Eyed Pea Hummus

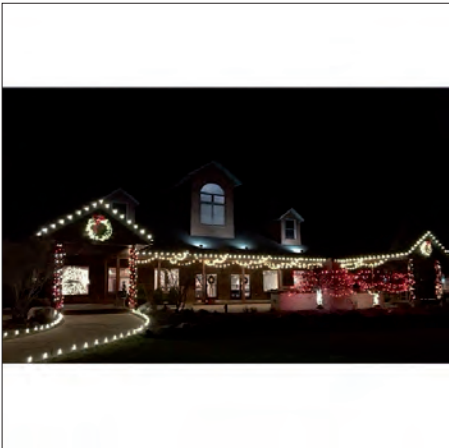
A fun twist on classic hummus, with lucky black-eyed-peas in place of the chickpeas. Spicy jalapenos add the perfect touch of heat!



- INGREDIENTS:**
- 1 (15 oz.) can black-eyed-peas, drained, but reserve the liquid (you may also want to reserve a tablespoon or so of the black-eyed peas for garnish if desired)
 - 1/3 C. tahini
 - 1-2 fresh jalapenos, seeded and roughly diced (more or less to taste)
 - 3 T. freshly-squeezed lemon juice
 - 2 medium garlic cloves, minced
 - 1/2 t. salt (plus more to taste; I prefer kosher salt)
 - 2 T. - 1/4 C. fresh cilantro, to taste
 - 1/2 t. cumin
 - Optional garnishes: fresh cilantro, sliced jalapenos, black-eyed peas, a drizzle of olive oil
- DIRECTIONS:**
1. Add black-eyed peas, tahini, jalapenos (start with less then add more if more heat is desired), lemon juice, garlic, 1/2 teaspoon salt, cilantro, and cumin to the pitcher of a high-powered blender or to the bowl of a food processor fitted with the S-blade. Puree until smooth, adding the reserved liquid as needed to keep everything moving. Taste and add additional jalapeno pepper, cilantro, and salt, if desired.
 2. Spoon into a bowl and smooth the top. Scatter on optional garnishes, if desired, and drizzle with olive oil. Serve with pitas, pita chips, veggies, or whatever else you like to dip in hummus!
 3. Keeps refrigerated in an airtight container for 3-4 days.

www.kitchentreaty.com

#heartoffenton



Posted by: drinkfwb



Posted by: kristagram17



Follow us and use #heartoffenton for a chance to have your photo published in the Tri-County Times. Only entries from public Instagram profiles are eligible. Photos from private profiles will not be displayed.

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!

Secure

TABLES

Blur

MARES

Forgo

BASTIAN

Prompt

DUNCIE

TODAY'S WORD



“He refuses to make a house call ... and to think of how we sacrificed to send him to _____ school.”

Answer key located in this edition

\$ WANTED \$

QUALITY MILITARY MEMORABILIA SERIOUS COLLECTOR IS BUYING

OVER 40 YEARS OF COLLECTOR EXPERIENCE

BRING YOUR ITEMS FOR TOP CASH PRICES

**BUYING EVENT
TWO DAYS
ONLY!**



**MONDAY, JAN. 4TH &
TUESDAY, JAN. 5TH
FROM 10AM - 5PM**

**COMFORT INN & SUITES • FENTON
810-714-7171
17800 SILVER PARKWAY**

Between Owen & Silver Lake Rds
next to Lucky's Steak House
US 23 Exit 78/Owen Road



CALL

313-671-8667

FOR MORE INFORMATION
ASK FOR MR. GRANT

*Proud Member of VFW &
The American Legion*

**WE ARE ALWAYS INTERESTED IN BUYING
QUALITY MILITARY MEMORABILIA**

Japanese & German Swords & Daggers.....Up to \$3500
Flags, Medals & Badges.....Up to \$1500
Hats, Helmets & Headgear.....Up to \$1500
Civil War Items: Swords, Uniforms, Guns.....Up to \$1500
WWII Items: Pistols & Rifles.....Up to \$1500
All Military Uniforms, especially Paratrooper items.....Up to \$1500
A.H. Silverware.....Up to \$600
German Military Beer Steins.....Up to \$400
U.S. Leather Flight Jackets.....Up to \$1500

Also Interested in
**PRE 1964 U.S.
GOLD & SILVER
COINS**



**WE MAKE
HOUSE
CALLS!**