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

‘Big Mike’

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

By Sally Rummel

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

“I help people whether they’re training for a bodybuilding 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.

“Big Mike” Shumate

“Your 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.”

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 might also like:
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.”

The best way to lose weight is to spend more calories than you take in, she said.

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.”

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's your home"

WE OFFER SENIOR DISCOUNTS

What would you like to see go away in 2016?

“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 Hess
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

Street Talk

BIG MIKE
Continued from Page 1B

“I never thought I’d do this,” said Cantlieberry, 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.”

Continued from Page 1B

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

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

“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 Hess
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

Street Talk

BIG MIKE

“I never thought I’d do this,” said Cantlieberry, 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.”

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

“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 Hess
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

Street Talk
PROFESSIONAL VIDEOS

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

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

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

TRAVEL SMART

PACKING TIPS

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

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.

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.

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.

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.

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.

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.
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

© 2016 Big Boy Restaurants International LLC. Big Boy is a registered trademark of Big Boy Restaurants International LLC. Big Boy is an Equal Opportunity Employer.
A Look back at the **TOP 10 COUNTRY SONGS** from A – Z

<table>
<thead>
<tr>
<th>Rank</th>
<th>Song Title</th>
<th>Artist(s)</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>My Love</td>
<td>#1 two weeks, 1994</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>What Might Have Been</td>
<td>#2, 1993</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>God Blessed Texas</td>
<td>#4, 1993</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Amy &amp; Bo Back in Austin</td>
<td>#4, 1994</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Kick A Little</td>
<td>#5, 1992</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>You And Forever Me</td>
<td>#5, 1992</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Life Goes On</td>
<td>#5, 1995</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Some Guys Have All The Love</td>
<td>#8, 1991</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>First Time For Everything</td>
<td>#13, 1992</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Stop On A Dime</td>
<td>#14, 1994</td>
<td></td>
</tr>
</tbody>
</table>

**LITTLE TEXAS TOP 10 SONGS**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Song Title</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>My Love</td>
<td>1994</td>
</tr>
<tr>
<td>2</td>
<td>What Might Have Been</td>
<td>1993</td>
</tr>
<tr>
<td>3</td>
<td>God Blessed Texas</td>
<td>1993</td>
</tr>
<tr>
<td>4</td>
<td>Amy &amp; Bo Back in Austin</td>
<td>1994</td>
</tr>
<tr>
<td>5</td>
<td>Kick A Little</td>
<td>1992</td>
</tr>
<tr>
<td>6</td>
<td>You And Forever Me</td>
<td>1992</td>
</tr>
<tr>
<td>7</td>
<td>Life Goes On</td>
<td>1995</td>
</tr>
<tr>
<td>8</td>
<td>Some Guys Have All The Love</td>
<td>1991</td>
</tr>
<tr>
<td>9</td>
<td>First Time For Everything</td>
<td>1992</td>
</tr>
<tr>
<td>10</td>
<td>Stop On A Dime</td>
<td>1994</td>
</tr>
</tbody>
</table>

**PUZZLE ANSWER KEYS**

**SUDDEN SCRAMBLERS ANSWERS**


Word: MEDICAL
Mr. Rodney Jay Warden - 1950-2015

Mr. Rodney Jay Warden - age 65, of Flint, passed away on December 23, 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 away on December 26, 1996. Cremation has taken place. Memorial contributions may be made to the United Methodist Church of Fenton, MI or St. Jude Methodist Church of Portage. Visitation was from 9 AM until the time of the service. Mrs. Charette 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) Kernen; granddaughter, Morgan; great-grandchildren, Spencer, Xavier, and Chad; great-grandchild, Morgan; sister, Barbara Thibault of Flushing; and many nieces and nephews. She was preceded in death by her first husband, Kenneth Kernen, granddaughter, Ashleigh Rizzi; parents, Lome and Opal Bird, father, Harold Mitchell; brothers, Lome Bird Jr., and William Carson Bird; and nephew, Christopher Merritt. Memorial donations may be given to the family, www.dryerfuneralhome.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 Horton 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) Kernen; grandchild, Morgan; great-grandchildren, Spencer, Xavier, and Chad; great-grandchild, Morgan; sister, Barbara Thibault of Flushing; and many nieces and nephews. She was preceded in death by her first husband, Kenneth Kernen, granddaughter, Ashleigh Rizzi; parents, Lome and Opal Bird, father, Harold Mitchell; brothers, Lome Bird Jr., and William Carson Bird; and nephew, Christopher Merritt. Memorial donations may be given to the family, www.dryerfuneralhome.com.


Victoria M. Charette - 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 9 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 Neibolt 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.com.


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.

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 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.
$ 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

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!

WE ARE ALWAYS INTERESTED IN BUYING QUALITY MILITARY MEMORABILIA