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Life Style

SUNDAY, JANUARY 24, 2016
SECTION B

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JOURNEY ACROSS AMERICA

● Fenton Township family traveling to all 50 states

By Vera Hogan
vhogan@tctimes.com; 810-433-6795

Five years ago, in 2011, Denise Ketchmark of Fenton Township decided to give her two children a gift they will never forget — the chance to see all 50 United States.

“My children and I have begun a journey across America to make it to all 50 states before my daughter, Rakia, graduates from high school,” said Ketchmark.

Rakia is 16 years old and a junior at Powers Catholic High School. Her son, Damion, is 9 years old and in fourth grade at St. John’s Catholic School in Fenton.

“Rakia was active in travel softball and travel basketball and we never had the opportunity to do real family traveling while she played sports,” Ketchmark said. “Every year for spring break we went to Florida. We have been to many places within Florida, but not to very many places, as a family, to the rest of the states.”

See JOURNEY on 3B

“I am so happy that my mom has spent the time and money to take us to all of these places. It really makes you cherish your life and blessings we have and see all of God’s beauty and wonders face-to-face.”

Rakia Ketchmark, 16
Powers Catholic High School junior

THE KETCHMARK FAMILY SUMMER TRAVELS: ●.....

2011 — Missouri, Oklahoma, Arizona, New Mexico, Nevada, Utah, Colorado

2012 — Wisconsin, Minnesota, North Dakota, Montana, Wyoming, South Dakota, Nebraska, Iowa, Illinois, Indiana

2013 — Idaho, Washington, Oregon, California

2014 — Kentucky, Tennessee, Mississippi, Arkansas, Texas, Mississippi, Louisiana, Alabama

2015 — Ohio, Pennsylvania, New York, Vermont, New Hampshire, Maine, Massachusetts, Rhode Island, Connecticut, New Jersey

2016 — Delaware, Maryland, North Carolina, South Carolina, Virginia, West Virginia, Georgia

2017 — Hawaii on a cruise and Alaska on a cruise

Not going here — Florida, Michigan and Washington, D.C. are not included in the Ketchmark family travels because they live in Michigan and have traveled it extensively. They travel to Florida every spring break. In addition, Rakia visited Washington, D.C. with her eighth-grade class and Damion will see it with his eighth-grade class in four years.

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Tri-county fundraisers

FENTON COMMUNITY ORCHESTRA FUNDRAISER IS FOR 'THE BIRDS'

The Fenton Community Orchestra (FCO) will perform an original film score live at a showing of the 1963 Alfred Hitchcock film, "The Birds." It will happen during a Red Carpet Gala on Saturday, Feb. 27 at 8 p.m. in the Fenton Community and Cultural Center. This will be a world premiere of the composition written by FCO Music Director Andrew David Perkins. Tickets are on sale on the FCO website, www.fentonorchestra.org. Doors will open at 6 p.m. for cocktails, a display of works by local artists inspired by "The Birds," photo opportunities and a Silent Auction. This event is a fundraiser for the orchestra, and is sponsored in part by Tanglewood Home Care, Gerych's and the Fenton Community and Cultural Center.

'FLANNEL & FURS' FUNDRAISER SUPPORTS NON-MOTORIZED TRAIL PROJECT

"Flannel & Furs," a fundraiser to support the Linden-Argentine- Fenton-Fenton Township (LAFF) Pathway, is set for Wednesday, Jan. 27, with cocktails and hors d'oeuvres from 6 to 7 p.m. at Red Fox Outfitters in Fenton, followed by dinner from 7:30 to 9 p.m. at the Fenton Hotel Tavern & Grille. Tickets are \$100 per person for the first 120 guests, with 100 percent of the proceeds going toward non-motorized trail development. Grand prize will be diamond stud earrings, courtesy of Sawyer Jewelers in Fenton. Anyone interested in attending the dinner can email LAFF Steering Committee member Shannon Brant at shannon@brantsrealestate.com. People interested in making a donation to the project can send a check to LAFF Pathway, P.O. Box 5633 Fenton, MI 48430.

ROSE TOWNSHIP NOTICE OF PUBLIC ACCURACY TEST OPTICAL SCAN VOTING DEVICE

NOTICE IS HEREBY GIVEN, that, on Thursday, February 4, 2016, at 10:00 a.m., the Rose Township Election Commission will administer a public accuracy test of the voting devices to be used to conduct the March 8, 2016 Presidential Primary Election. The test will be performed in the Rose Township Offices, 9080 Mason Street in Rose Township, Michigan.

The Public Accuracy Test is performed to demonstrate that the program and computer that will be used to tabulate the results of the election, counts the votes in the manner prescribed by law.

Debbie Miller, CMC, CMMC
Rose Township Clerk

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MICHIGAN VOTES

WHAT YOUR LEGISLATORS VOTED ON RECENTLY

MichiganVotes.org is a free, non-partisan website created by the Mackinac Center for Public Policy to provide concise, non-partisan, plain-English descriptions of every bill and vote in the Michigan House and Senate. With one click, you can approve or disapprove of key votes by your legislators using the VoteSpotter smart phone app. This report was released Friday, Jan. 15.

Senate Bill 90: Create African-American Affairs Commission

To create an Office of African-American Affairs in the state Department of Civil Rights, and a government African-American Affairs Commission consisting of 15 political appointees who have "a particular interest or expertise in African-American concerns," with the mission of developing "a unified policy and plan of action to serve the needs of African-Americans in this state."

Passed 34 to 2 in the Senate

Sen. David Robertson (R-Dist. 14)	☒ NO
Sen. Mike Kowall (R-Dist. 15)	☒ YES
Sen. Joe Hune (R-Dist. 22)	☒ YES
Sen. Jim Ananich (D-Dist. 27)	☒ YES
Sen. Ken Horn (R-Dist. 32)	☒ YES

House Bill 4459: Allow embedding emergency contact info in driver license

To require the Secretary of State to embed machine-readable emergency contact information in digitized drivers licenses if a person requests this. Access to the embedded information would be limited to law enforcement agencies. House Bill 4460 does the same for state ID cards.

Passed 37 to 0 in the Senate

Sen. David Robertson (R-Dist. 14)	☒ YES
Sen. Mike Kowall (R-Dist. 15)	☒ YES
Sen. Joe Hune (R-Dist. 22)	☒ YES
Sen. Jim Ananich (D-Dist. 27)	☒ YES
Sen. Ken Horn (R-Dist. 32)	☒ YES

House Bill 4813: Revise electrician licensure mandate detail

To revise details of a law that requires a person to accumulate 8,000 hours as an apprentice before he or she can get a state license to independently earn a living as an electrician. The bill would change a current restriction that limits a licensed electrician to having just one apprentice, by increasing this to three apprentices.

Passed 58 to 49 in the House

Rep. Hank Vaupel (R-Dist. 47)	☒ YES
Rep. Joe Graves (R-Argentine Twp.)	☒ YES

House Bill 4552: Impose additional training mandate on school counselors

To mandate that school counselors must accumulate 50 hours of training on career and college admissions counseling, which would be provided by schools in lieu of other topics covered by existing "professional development" programs.

Passed 78 to 29 in the House

Rep. Hank Vaupel (R-Dist. 47)	☒ YES
Rep. Joe Graves (R-Argentine Twp.)	☒ YES

HOT LINE CONTINUED

THIS IS THE most embarrassing crop of presidential candidates in the history of America. Seriously, we can only find liars, cheats, blowhards and socialists to run for the presidency of the strongest country in the world? What are we becoming?

TO ALL THE people who think ISIS and ISIL are one and the same, not so. The L in ISIL refers to the Levant, which includes areas of all places such as Israel. When the president says ISIL, it's deliberate.

EVERYONE CRYING ABOUT the \$600 million expense to fix the roads that we're getting a tax increase on, wait until we get the \$5 billion to \$10 billion expense to fix the infrastructure of the city of Flint because they spent all their money on union negotiated pensions. Research it, you'll learn for yourself.

I SAW THE movie '13 Hours' the other night and it's the first time I can ever recall where people stood up and gave a standing ovation at the end of the movie. You owe it to yourself to see this story about these American heroes.

TYRONE TOWNSHIP REGULAR BOARD MEETING SYNOPSIS HELD JANUARY 19, 2016 AT 7:00 P.M.

- Present: Supervisor Mike Cunningham, Clerk Keith Kremer (via telecommunications), Treasurer Marna Bunting-Smith, Trustees Cam Gonzalez, Soren Pedersen, and Chuck Schultz. Absent: Trustee David Walker.
- Approved the agenda as presented. Approved the consent agenda as presented.
- Received and placed on file Communications #1-11 as presented.
- Declined the purchase offer from EnGenius for the two township parcels for sale.
- Counteroffered the Johnson's purchase offer of the township's 28-acre parcel.
- Granted Val Johnson's request for site plan approval and a special land use permit for her wedding barn business at 11009 Old US-23.
- Approved the Martinez' request for land division located at 11025 Rustic Ridge.
- Adopted the revision to the employee handbook to clarify a previous revision.
- Adopted Resolution #160101 Sewer Bonds Debt Reduction Guidelines.
- Approved the hourly performance and 2016 pay rates.
- Initiated the rezoning process to change eleven parcels along Old US-23 to Planned Commercial Industrial (PCI).
- Convened in closed session at 8:00 pm.; reconvened in open session at 9:13 pm.
- Adjourned at 9:13 p.m.

The minutes of all regular and special Tyrone Township Board Meetings are on file and may be reviewed at the Tyrone Township Clerk's office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. and online at www.tyronetownship.us. The next regular meeting of the Tyrone Township Board will be held on Tuesday, February 2, 2016 at 7:00 p.m. at the Tyrone Township Hall. The public is encouraged to attend.

Compiled by Hannah Ball, staff reporter

What state would you like to visit?

streettalk



"Maine, because I heard it's beautiful and there's lots of trees. I just traveled to Connecticut so I traveled to about five different states. When I was younger I would have said California, but not anymore."

— Lisa Klix, Fenton



"Hawaii. I haven't been there. I just want to see how exotic it is, how pretty it is. Right now the warmth sounds so good. Anything is warmer than this."

— Sylvia Cameron
Fenton Township

"Massachusetts. I haven't been there. Tennessee. I want to go back to New York. I come to Michigan a lot and I like it here."

— Miguel Ruiz
Pasadena, California

"New Mexico. It's one state that's tropical that I've never been to. There's not many states I haven't been to. My parents took us all over the U.S."

— Lynne Morgan
Argentine Township

"Alaska. It's a new frontier. I want to see the nature of it. I like the way they do shows on it which indicates to you what is there."

— Linda MacDermaid
Tyrone Township

JOURNEY

Continued from Page 1B

In 2011, Rakia decided she did not want to continue playing travel softball and travel basketball, so the family began their new journey as "road gypsies."

"Our goal was to take the next seven summers and see all 50 states," Ketchmark said.

"Our rule was that we had to do at least two things in every state," she added. "We could not just drive through the state, or just get gas in the state, or just eat in the state or sleep in the state. We had to visit a museum, go to a water park, see a national monument, go to a beach, go to a national park, go horse-back riding, see a sporting event, or something."

Ketchmark said she attempted to break down each vacation by region. "To date, we have visited 41 states," she said.

"As a self-employed attorney and single mom, it is hard to give your children everything that they desire," said Ketchmark. "However, to take three weeks out of every summer, when the children are off from school, and explore the country together, as a family, is a dream come true."

"We are cooped up in a car for three straight weeks," she added. "As a result, we learn more about each other and grow closer together."

Rakia agrees. "I have learned so much from the many years of traveling," she said. "Each state holds new information and more memories with the family. To be able to say that you've seen all 50 states by the age of 18 is a great accomplishment that some only dream to achieve."

"I am so happy that my mom has spent the time and money to take us to all of these places," Rakia added. "It really makes you cherish your life and blessings we have and see all of God's beauty and wonders face-to-face. I couldn't be more grateful."

After the family completes the 50 states journey, they don't intend to stop traveling.

"We are going to start on the countries," said Ketchmark. "I want to start with Greece and go from there."

HOTEL TIPS

- **Call the local** number for the hotel, not the 800 number, to get the best rate on a room. Ask to speak with the manager on duty, the general manager, or director of sales. They have the authority to negotiate room sales.

- **Make reservations** at night. Rooms are more expensive in the morning. Instead, call after 6 p.m., which is when hotels wipe out no-show reservations that were unsecured by a credit card.

- **The price** for everything is negotiable, even parking.

- **Rooms are** available even if the hotel says they have no vacancies. Hotels mark rooms as out of order when they have a stain or something needs repairs. You can ask to have an out-of-order room if you're desperate.

- **Check your** credit cards, not just your wallet. Many thieves take only one credit card not to cause alarm. The best option is to always have your wallet with you.

- **Certain things** in hotels are never cleaned. The bed sheets may get changed, but items like the telephone, remote control and clock radio are rarely cleaned. It's best to bring a pack of cleaning wipes to avoid picking up unwanted germs.

- **Make friends** with the housekeeper. Thieves often go into rooms when they're being cleaned, telling the housekeepers that they forgot

something in "their" room. By tipping the housekeeper or exchanging pleasantries, they'll know who you are and are more likely to stop an imposter.

- **Hotels can't** guarantee luggage safety even with the bellhop. Hotels assume no legal responsibility for lost baggage, even if it's stolen off a cart pushed by a bellhop. Keep your luggage with you or ask to put it in a secure room.

- **Utilize the lost** and found. If you forget to bring a cell phone charger, ask to see the lost and found to borrow one. Recharging cords are the number one thing left behind in a hotel room.



TRI-COUNTY TIMES | SUBMITTED PHOTO

In 2014, Damion Ketchmark poses in front of Sun Studio in Memphis, Tennessee. This is where Elvis Presley got his start.

THEIR FAVORITE PLACES

Denise Ketchmark and her children, Rakia and Damion, have a few favorite places they've visited so far.

"Bryce Canyon, Utah is the best kept secret and beautiful," said Ketchmark. "It's amazing and breathtaking."

Whale watching in Gloucester, Massachusetts is another. "It is truly amazing that these big creatures can find enough food to sustain life."

A diehard baseball fan, specifically the Detroit Tigers, Ketchmark also listed Cooperstown Baseball Hall of Fame in Cooperstown, New York as a favorite. Watching the Tigers play the Red Sox at Fenway Park in Boston was a given.

The family also enjoyed Hollywood, California. "It's just plain crazy and fun," Ketchmark said. "Horseback riding at Southfork in Dallas, Texas was great. Southfork is the ranch where the former weekly TV drama Dallas was filmed."

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Fenton native returns to open VAE Life Coaching

■ Practice is open for teens and adults to overcome fear and anxiety with goal setting, values

By Sally Rummel

news@tctimes.com; 810-629-8282

In Mark Carpenter's VAE Life Coaching practice, his goal is to bring hope back into the lives of teens and adults.

A licensed professional counselor since 2009, Carpenter recently opened his local practice in the North Towne Professional Center in Fenton Township.

"Life coaching is for everyone," said Carpenter, MA, LPC. "It gives you more joy and clarity for what you are worth as a person." VAE stands for Vision-Achievement-Excellence, which is Carpenter's goal for the process of life coaching.

A 1991 graduate of Fenton High School, Carpenter went on to a military career with the U.S. Marines, followed by work as an ex-Marine as a member of Personal Security Detail Teams in Iraq and Afghanistan for the Department of Defense.

He knows first-hand the debilitating effects of anxiety and fear, and went on to become a life coach/counselor to help others in all walks of life overcome these issues. "Anxiety is based on fear," said Carpenter, "It's all closely linked



TRI-COUNTY TIMES | SALLY RUMMEL

Mark Carpenter, MA, LPC, welcomes teens and adults to benefit from professional counseling at his VAE Life Coaching practice in Fenton.

with depression and grief."

Through Carpenter's practice, he helps adults and teens set goals for the future. "The main word is 'hope,'" he said. "We focus on the successes of the past and people can begin to see that all things are possible."

VAE Life Coaching will begin to bill major insurance companies in the spring. For now, charges are at an affordable rate for a 60- to 90-minute session. The office is at 14165 North Fenton Rd., Suite 104K, Fenton, telephone (810) 282-4093.

SUMMARY

■ Fenton native Mark Carpenter, a licensed professional counselor, has opened his practice, VAE Life Coaching.

Business briefs

HALO COUNTRY LLC ACQUIRES HALO BURGER RESTAURANTS

Halo Country LLC, a Michigan-based company, acquired Michigan's own Halo Burger Restaurant chain – a 15-location fast-food burger restaurant that has been serving fresh, never-frozen hamburgers since 1923. "We are very proud of the history of the Halo Burger brand and what it means to southeast Michigan, especially Genesee County, and we think our customers will be excited about the improvements

we plan on making to our existing locations," said Chance Richie, CEO of Halo Country, LLC. Halo Burger has 15 locations, including one in Fenton. Jim Sutherland, Halo Burger's director of operations said, "The existing management team and staff are excited to be working with the Halo Country team. During the transaction, Chance and his family have really engaged existing management and demonstrated a commitment to Halo's employees and the Halo Burger brand."

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!

Annoy
BARGED
Prod
DUEGN
Master
TORNLOC
Distort
GELMAN

TODAY'S WORD



"Will you pipe down for a while? These are my _____ years, remember?"

Answer key located in this edition



Local business owner loses 75 pounds and gains healthy attitude

■ Sensible foods and a passion for walking lead to new way of life for Linda Hathaway

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

If you think you're seeing less of Linda Hathaway, it's not your imagination. This Fenton businesswoman has lost 75 pounds since November of 2014 and has changed not only her clothing size, but also her attitude about getting healthy. "A customer of mine really inspired me," said Hathaway, 55, who dropped from a size 26 to a 14/16. "She (the customer) had a remarkable weight loss because her husband had fought cancer and beat it. She said if he could fight a disease and win, she could lose weight. Her attitude inspired me and changed me right then." Hathaway started out with an eating plan that included healthier, more sensible choices.

For breakfast, most days she'll eat yogurt or oatmeal with a mixed berry topping. "I try to eat a salad every day, usually for lunch," she said. "I top it with some kind of protein, and dip my fork into a vinaigrette or honey mustard dressing, then take a bite of salad. Sometimes, I'll have cottage cheese and tomatoes, and melba toast or bagel chips." She cut way back on red meat and found a new taste for fish, enjoying that or chicken most evenings for dinner, along with a vegetable and sometimes, a baked potato. Rather than giving up her favorite foods, she cuts back on portion size. Her husband, Greg, has been very supportive of her weight loss efforts, losing 20 pounds in the process, too. "Instead of eating four pieces of pizza, now Greg (Hathaway's husband) and I get a small pizza to share and have salad," she said. **See HEALTHY on 7B**



TRI-COUNTY TIMES | SUBMITTED PHOTOS
Brad Hoffman Insurance of Fenton owner Linda Hathaway has lost 75 pounds since November 2014. A combination of healthier eating and exercise helped her achieve the weight loss.

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PLAN AHEAD FOR WEIGHT LOSS success



Menu planning, advanced prep, healthy convenience foods help you stay on track

By Sally Rummel

news@tctimes.com; 810-629-8282

One of the most effective strategies for losing weight is to plan your meals and snacks ahead of time, before dinnertime sneaks up and you resort to unhealthy choices.

The key is to get organized and have Plan B ready when late work nights or drive-through moments inevitably happen.

Here are a few strategies that will help you get started.

TIP #1:

Establish a routine

Reduce the number of food choices in your meal planning, especially for breakfast and lunch. Dinner can be the meal you want to experiment with and plan for.

Give yourself a little time on the weekend and go through some of your cookbooks, making a list of family favorites or recipes you want to try. Looking at your personal and work schedule for

the week, schedule a week's worth of meals, then make a shopping list. Allow yourself the flexibility of swapping the meals throughout the week, if your schedule works better for a certain meal on a different day.

TIP #2:

Know before you go

If you're planning to dine out, check out the restaurant's menu ahead of time online and decide which healthy option you're going to eat. That way, you'll avoid getting "caught up in the moment" and choose the most fattening item on the menu.

TIP #3:

Use healthy convenience options

Using healthy meal delivery services, your local grocery store's fresh salad bars, freshly prepped ingredients in the produce department are all ways you can cut down on mealtime prep without sacrificing quality and healthy ingredients.

TIP #4:

Enjoy satisfying snacks

You can keep your appetite and blood sugar steady by feeding your body healthy snacks between meals. Make sure you have options in your desk, car or purse, in case your hunger just about sends you to the nearest vending machine, or causes a binge at the next meal. Healthy, pre-portioned nuts, an apple, string cheese, even a protein-based granola bar are a few good choices.

TIP #5:

Use your freezer

Spend one afternoon cooking large portions of your favorite foods, and then freeze them individually to eat on a night when you are too tired or busy to cook from scratch.

TIP #6:

Use the Sunday/Wednesday method

Set aside some time on Sundays and Wednesdays to chop, grate, mix, cook and pack whatever you can for your meals and snacks. This is a huge timesaver for most of your cooking and will also save you time doing dishes.

TIP #7:

Track your day's eating before you start your day

If you are tracking your food each day, for either calories or Weight Watcher points, try planning your day's meals and snacks before you actually eat them. You're more likely to stick to your plan if it's already written down for you.

TIP #8:

Plan your exercise ahead, too

You're much more likely to stick to an activity plan if you have already scheduled it on your calendar. Visualize your week ahead, and plan your exercise schedule accordingly.

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Times

Clean eating

■ Building your meals around whole, unprocessed foods is a healthy way to eat

By Sally Rummel

news@tctimes.com; 810-629-8282

“Don’t eat anything your great-great-grandmother wouldn’t recognize as food” is one way to explain the latest buzzword: clean eating.

Credited to American author Michael Pollan, this quote is meant to steer Americans toward whole, natural foods that have been eaten for generations, rather than Go-Gurt, Twinkies and Vitamin Water, to name just a few examples.

It’s a lifestyle rather than a diet, and can be adapted to fit almost any situation.

Here are seven concepts to explain clean eating, according to Cooking Light magazine.

- Choose whole, natural foods and



Today’s health buzzword is “clean eating,” which means focusing your meals and snacks around foods your great-great-grandmother would have eaten.

seek to eliminate or minimize processed foods. Processed foods are anything in a box, bag, can or package. Although there are always a few exceptions (like a bag of fresh green beans), most of your foods should be fresh — found in the perimeter aisles of the grocery store.

- Choose unrefined over refined foods. Up your intake of whole grains like brown rice, millet, amaranth and quinoa. Beans and legumes are also important. Clean sugars include honey, maple syrup and dehydrated sugar cane juice.
- Include some protein, carbohydrate

and fat at every meal. Most people do well with carbs and fat, but often lack protein, especially at breakfast and lunch. Protein is an important muscle builder and also helps curb your appetite, keeping you full longer.

- Watch out for fat, salt and sugar. It’s easier than you think if you’ve cut out most processed foods. Clean foods are usually naturally low in these ingredients.

- Eat five to six small meals throughout the day, usually resulting in three main meals and two or three snacks. Eating this way prevents you from skipping meals and overeating, and keeps your blood sugar levels steady to maximize your energy.

Don’t drink your calories. Specialty coffees and soft drinks, on average, tack on an extra 400 to 500 calories a day. Choose water first, or your favorite, unsweetened tea. Other clean drinks include non-fat or low-fat milk and 100 percent fruit juice diluted with sparkling water.

Get moving. Regular physical activity decreases fat, strengthens and builds muscle and helps you burn more energy at rest. It also keeps your heart, lungs and bones healthy and strong.

HEALTHY

Continued from Page 5B

said. She admits she has a huge weakness for bread and a good burger.

Hathaway began to get serious about exercise around the time of the Community Expo in early of March last year. “The day before Expo started, I bought a Fitbit and started tracking my miles during Expo weekend. I walked 18 miles. That got me started on a walking habit and now I’m addicted.”

Her family also bought Fitbits and they sync theirs together and do weekday and weekend challenges to keep each other motivated. She logs about five miles a day on an at-home treadmill she found for free, and walks outdoors when she has someone to walk with.

“I logged 1,400 miles in 2015, and I didn’t get really serious about it until August,” she said. “That’s when I did the Crim 5K. This year, I will do the 10-miler.”

She also has gotten very involved in local races, starting with her first Tiger Trot at Fenton High School. Now she does a timed 5K every month, even when she’s traveling. “Greg and I walked the 5-mile Labor Day Walk on the Mackinac Bridge, and even found a Reindeer Run to do at Sea World while in Florida.

She has also made everyday small changes in activity, by parking further away from her destination, walking to stores, and on errands whenever possible, instead of just jumping in the car.

“When you see it start to work for you, it’s exciting,” she said. “Now I can buy clothes ‘off the rack’ at any store. I’m giving my clothes away as they get too big. I still have 30 to 50 pounds to lose.”

Having celebrated the birth of her fifth grandchild last July, Hathaway is motivated and determined to be healthy for them. “I want to enjoy these grandkids,” she said.

Anderson Chiropractic offers weight loss program

■ NutriMost uses technology, customized formulations for guaranteed fat loss

By Sally Rummel

news@tctimes.com; 810-629-8282

If you have tried and failed on weight loss programs in the past, this is your chance to succeed with the guaranteed NutriMost Fat Loss System, available locally through Dr. Scott Anderson at Anderson Chiropractic in Fenton Township.

“It’s not like any other weight-loss program out there today,” said Anderson.

With a client’s first no-cost, no-obligation consultation, Anderson is able to determine what is causing them to store fat, then customizes a formula to turn on their body’s fat-burning switch. Clients eat regular grocery-store foods, with no shakes, bars, pre-packaged meals, herbal stimulants or exercise required.

“The technology is what makes NutriMost different from a ‘diet,’” said



Anderson. “This flips the switch to turn your body on fat-burning mode, making sure you maintain your body’s muscle and water stores. Then it resets your body weight to a set point so you can keep the weight off for good.”

If it sounds too good to be true, Anderson assures clients that it not only works, it’s also guaranteed. “I have one 65-year-old client who has been on medications for Type 2 diabetes, high blood pressure and elevated cholesterol.” After 40 days, he lost 53 pounds and got off all of his medica-

tions except for one diabetic drug. “He is so excited to lose the weight,” said Anderson.

Most clients lose 20 to 40 pounds in 40 days, monitoring their progress with weekly weigh-ins and support. “The program guarantees you’ll lose 20 pounds in 40 days,” said Anderson. He is the Fenton area’s exclusive source for the NutriMost program.

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“It’s not like any other weight-loss program out there today,”

Dr. Scott Anderson
Owner of Anderson
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THESE HEALTHY FOODS WILL KEEP YOU *full... not fat*

■ High fiber and protein foods keep hunger at bay and burn more calories during digestion

By Sally Rummel

news@tctimes.com; 810-629-8282

While the jury is still out on the health claims of “fat-burning” foods, it is a fact that a diet containing foods high in fiber and protein help keep you full longer, and high fiber foods are difficult to digest, causing the body to work harder (burn more calories).

GREEN VEGETABLES

Spinach and broccoli are loaded with nutrients for very few calories. Have a salad before dinner to curb your appetite, but remember that iceberg lettuce has practically no fiber.

OATMEAL

Watch out for varieties with added sugar, but enjoy plain oatmeal sweetened with berries for a fiber-rich breakfast that will keep you away from the doughnuts.

busting drink.

• **Olive oil** — mono-saturated fats like olive or canola oil keep cholesterol under control and satisfy cravings. Steer clear of hydrogenated vegetable oils loaded with unhealthy trans fats.

• **Beans and legumes** — low calorie and packed with protein and fiber, these will help you tone up and lose weight. Choose cannelloni beans when possible, as they lead the pack in resistant starch. Slower digestion means your body has to work harder to digest them.

• **Lean meats and fish** — your body burns more calories digesting protein than carbs or fat. Choose tuna or salmon, which are full of omega-3s. Limit cured meats and sausages.

• **Whole grains** — choose 100 percent whole wheat or whole grain for fiber that keeps you full longer.

• **Peanut butter** — this childhood favorite is packed with niacin to keep the digestive system on track and prevent belly

bloat. Keep an eye on portion size — no more than 2 tablespoons per day. Pick a natural peanut butter with no added sugar.

• **Dairy** — calcium helps break down fat and may even prevent it from forming. Always pick fat-free or low-fat over full-fat dairy.

• **Parmigiano-Reggiano cheese** — this low calorie and calcium-rich cheese has more protein than any other dairy product.

ICED TEA

Especially green tea, is rich in antioxidants proven to speed metabolism. Tea drinkers burn a whopping 266 calories more per day than those who abstain. Brew your own, as bottled teas are depleted of their slimming nutrients.

EGGS

These contain B12, which the body needs to metabolize fat.

AVOCADOS

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SUGAR IS THE NEW 'BAD GUY' IN AMERICAN DIETS

■ The sweet stuff is found everywhere, from sodas to salad dressings

By Sally Rummel

news@tctimes.com; 810-629-8282

Carbs, cholesterol and fat used to be considered the "bad guys" in the American diet.

Now the "bad guy" is sugar. The U.S. government's 2015-2020 dietary guidelines recommend limiting the amount of added sugar in our diet to no more than 10 percent of daily calories—about 12 teaspoons of sugar per day. That's just slightly more than the 10 teaspoons of sugar found in a 12-oz. can of Coke.

Keep in mind that these guidelines are talking about added sugar, not the naturally occurring sugar found in milk, apples or raisins. Nearly half of the added sugar in American diets comes from sweetened beverages, such as sodas and sports drinks, according to the guidelines.

WOMEN SHOULD CONSUME NO MORE THAN 100 CALORIES A DAY IN ADDED SUGAR (ABOUT 6 TEASPOONS) AND MEN SHOULD CONSUME NO MORE THAN 150 CALORIES A DAY IN ADDED SUGAR (ABOUT 9 TEASPOONS).

AMERICAN HEART ASSOCIATION

Americans can improve their diets significantly by making small changes and learning to cook. Most people consume too many saturated fats, refined grains and sodium, and don't eat enough fruits, vegetables, whole grains, seafood or dairy.

Here are some surprising sources of hidden sugar in American diets:

• **Pasta sauce** — many have between 6 and 12 grams of sugar per half-cup serving, about the same as a chocolate chip cookie.

• **Granola bars** — with sweetened fruit and sugary coatings, many granola bars have between 8 and 12 grams of sugar. A better snack choice would be 1/3 cup of granola with only five grams.

• **Yogurt** — some varieties have from 17 to 33 grams of sugar per 8-oz. serving, although some of that is natural sugar in yogurt. Eat plain yogurt sweetened with fresh fruit.

• **Instant oatmeal** — many fruit-flavored oatmeals have between 10-15 grams of sugar. Eat reduced-sugar oatmeal for 5 to 6 grams, or better yet, prepare your own oatmeal from scratch.

• **Salad dressing** — the most sugar-laden dressings are raspberry vinaigrette, French and Catalina dressings, boasting between 5 and 7 grams in 2 tablespoons. A better choice would be light homemade vinegar and oil dressing, containing only

about 1 gram of sugar.

• **Breakfast cereals** — even healthy-sounding oat and bran cereals have 10 to 20 or more grams of sugar per cup.

• **Frozen entrees** — in addition to a heavy dose of sodium, many prepared entrees have between 30 and 40 grams of sugar. Read your labels carefully.

• **Fruit juice** — it's more than squeezed fruit. They can have been 20 and 30 grams of sugar per cup. Read the label first and look for 100 percent juice unsweetened.

• **Barbecue and other sauces** — adding barbecue, teriyaki and jerk to grilled meats can add big flavor and minimal fat, but they come with a big sugar price tag, accounting for up to 80 percent of the calories. Two tablespoons of barbecue sauce can have up to 12 grams of sugar. Make your own sauce and cut down the sugar.

• **White wine** — choose your glass of wine carefully. Sweet white wine, like a Riesling, can have 6 grams per glass. Another option: drink red wines, which typically contain less sugar.

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FITNESS TRACKERS

Which is the right one for you?

■ The Fitbit Charge HR tops the list for general use

By Sally Rummel

news@tctimes.com; 810-629-8282

Fitness trackers are one of the few hi-tech gadgets that can actually improve your quality of life.

While they won't make you healthier on their own, they can motivate you to adopt a healthier lifestyle by providing you with statistics about your body in motion and at rest, then give you a plan of action to help you make it happen.

Selecting the right fitness tracker for you can be tricky, because there are so many available in the marketplace. Basics to look for include wearing comfort, tracking accuracy, long battery life and useful features. Because they come with so many different price tags, your budget is another important consideration.

To pick a tracker that meets your needs, businessinsider.com rounded up brands that meet specific needs. Here are their top choices.

FOR GENERAL USE:

Fitbit Charge HR (cost: \$146.98)

The Charge HR is more accurate than most wrist-worn devices at tracking simpler things like steps and sleep, it's relatively comfortable and runs anywhere from five to seven days on a single battery charge. The "HR" part of the tracker features an integrated sensor that continuously tracks your heart rate.

On the down side, it's water-resistant, not waterproof, so it's not safe for swims or showers.

FOR BUDGET BUYERS:

Jawbone Up Move (cost: \$26.99)

This model doesn't feature many "bells and whistles," but there are a few tools to help you get in shape. It tracks sleep, steps, calories burned and you can keep tabs on all that data in Jawbone's intuitive Up app. It's a clip-on tracker that can also be worn on an optional wrist strap.

FOR ATHLETES:

Garmin Vivoactive (cost \$169.99)

If you're an active athlete and want a tracker that will keep up across different

activities, this is the tracker for you. It offers a set of multisport tracking modes, which measure specific metrics for a given activity, such as, running, cycling, swimming and golfing. On the downside, it doesn't offer built-in heart rate monitoring and sleep tracking is basic.

FOR RUNNING:

MOOV (cost: \$39.95)

It's a wearable personal trainer more than a tracker, providing useful feedback during a workout. While it's particularly helpful for runners, it also measures your performance for boxing, swimming and cycling. Through its companion MOOV app, it provides tips and bits of motivation, which can coach you to run faster, farther or more efficiently, and presents the results of each workout that's easy to read and act upon. On the downside, it requires you to run with your smartphone, which for some people may be annoying.

FOR SLEEP TRACKING:

Basis Peak (cost \$126.99)

As a general fitness tracker, Business Insider says this one can be either "hit or miss" with accuracy, although it's one of the most ambitious wearables when it comes to features.

Basis Peak offers a continuous heart rate monitor, smartwatch-style notifications and the ability to automatically tell whether you're sleeping or exercising. It's waterproof, too, and measures a truckload of metrics.

Its greatest accuracy and detail is in sleep metrics, telling how long you've been asleep, time spent in REM and deeper sleeping states.

FOR COMPACTNESS:

Fitbit One (cost: \$79.95)

The Fitbit One tracks steps, calories, distances, stairs climbed and basic sleep metrics, all with the convenience of being attached anywhere, which also makes it more accurate than a wrist-worn tracker.

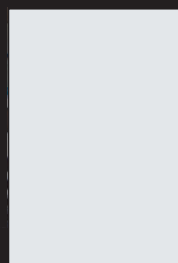
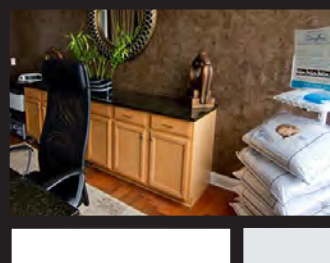
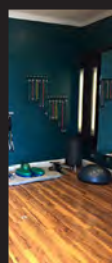
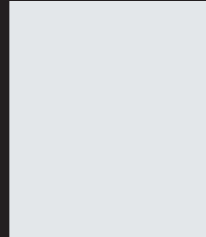
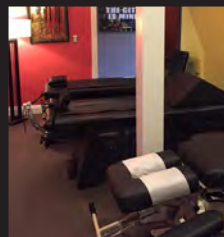
It also syncs with the Fitbit software and lasts about 10 days on a single charge. Its compactness makes it easier to misplace, but it's also more convenient to wear and more affordable.



With so many fitness trackers on the market, it helps to choose one based on your own need for particular features, as well as your budget.

Fitbit Charge HR shown

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SUNDAY, JANUARY 24, 2016

PAGE 11B

Personal Notices

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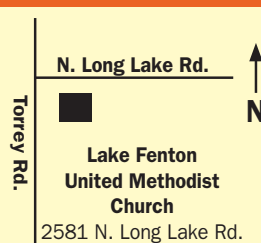
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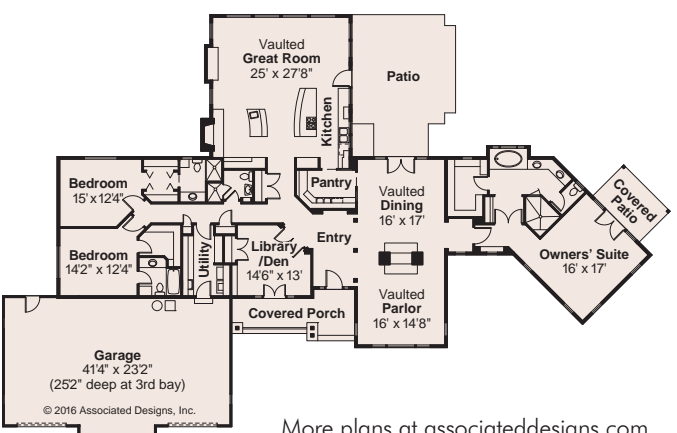
HOUSE PLAN OF THE WEEK



Bellewood	
Living Area	3384 sq.ft.
Garage	1021 sq.ft.
Dimensions	122'4" x 77'6"

Bellewood PLAN 30-292

The Bellewood is a large contemporary home with an abundant array of living areas, public and private. It offers close to 3,400 square feet of indoor floor space. The library/den's direct front access makes it an ideal location for a home office. Families who like to entertain will particularly appreciate the spacious and dramatic vaulted gathering spaces. The living room and dining room are separated by a two-sided fireplace that can be enjoyed from either side.



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TOWNSHIP OF HOLLY NOTICE OF PUBLIC ACCURACY TEST

NOTICE IS HEREBY GIVEN that the Public Accuracy Test for the March 8, 2016 Presidential Primary Election has been scheduled for Thursday, February 4, 2016 at 1:00 PM at the Holly Township Hall, 102 Civic Drive, Holly, Michigan.

The Public Accuracy Test is conducted to determine that the electronic tabulating equipment will accurately count the votes cast in the manner prescribed by Michigan Election Law.

Karin S. Winchester
Holly Township Clerk

NOTICE ARGENTINE TOWNSHIP

Please be notified that the Argentine Township Zoning Board of Appeals will hold a Meeting on Monday, February 1, 2016 at 7:00 P.M. at the Argentine Township Hall, 9048 Silver Lake Rd, to consider the following Variance:

Thomas Tunk, 15153 Longfellow Dr is requesting a Public Road Frontage and Width to Depth ratio to separate the lakefront parcel from vacant land. There will be 4 parcels created. Described as 01-29-200-034. 15.99 acres.

A complete copy of this tax description may be viewed at the Township office during regular office hours.

Denise Graves, Clerk
Argentine Township

Open House

Saturday, Jan. 30th • 11am-3pm

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We offer Independent Retirement Living for Seniors age 55+

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ROSE TOWNSHIP BOARD OF TRUSTEES REGULAR MEETING SYNOPSIS

January 13, 2016

Supervisor Gambka called the Regular Meeting of the Rose Township Board of Trustees to order at 7:30 p.m. at the Rose Township Offices, 9080 Mason Street, Holly, Michigan and led in the Pledge of Allegiance.

Roll Call: Board Members Present: Miller, Kemp, Scheib-Snyder, Gambka
Board Members Absent/Excused: Lumley

Approved: Agenda as amended.

Approved: Consent Agenda minus HAYA report.

Approved: Resolution to appoint Rose Township Planning Commission Members Michael Brooks and Theresa Lynn to serve a three (3) year term ending in December 2018.

Approved: Resolution to appoint Rose Township Zoning Board of Appeals Members Carol Lenchek and Tim Claus to serve a three (3) year term ending in January 2019.

Public Hearing: Rose Township Ordinance, Chapter 10, Cemeteries, Article 1.

Approved: Amending Chapter 10, Cemeteries, Article 1.

Date Set: Special Meeting Wednesday, January 27, 2016 for discussion and decision on Rose Township Constable position.

Adjourned: By motion at 8:33 p.m.

Paul Gambka
Rose Township Supervisor

Debbie Miller, CMC, CMMC
Rose Township Clerk

Obituaries

Times
John Casper

John Casper - age 66, died January 18, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


James Jones

James Jones - age 65, died January 19, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Rhonda Suryan

Rhonda Suryan - age 59, died January 19, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Harry Bourne

Harry Bourne - age 83, died January 15, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Steven Parker

Steven Parker - age 48, died January 15, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Steven Love

Steven Love - age 50, died January 16, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Donald Turner

Donald Turner - age 63, died January 20, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Herschell Russell

Herschell Russell - age 90, died January 21, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Virginia Engel

Virginia Engel - age 92, died January 20, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Lindon James

Lindon James - age 82, died January 20, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Joy L. Sheldon
1927-2016

Joy L. Sheldon - age 88, reunited with the love of her life, Daniel J. Sheldon on January 18, 2016. Born in Munising, MI to Carl and Ruth Jensen, she was the eldest of five children. Joy followed



her passion to help others by becoming a registered nurse, graduating from Hurley Medical School, specializing in infants and children. In 1951 Joy married Daniel J. Sheldon, her soulmate; they had four children to complete their family. Joy was a master gardener. Her little Yorkie, "Sammy" (a rescue) comforted her daily. Preceded in death by her husband, Daniel J. Sheldon; brothers, George and John Jensen, and sister, Mary Ann Cook. Survived by brother, Charles Jensen; daughters, Linda Foland, Diane Rockman; sons, Daniel and William Sheldon; grandchildren and great grandchildren. Special thank you to Hospice Home Care Advantage.

Joyce Bigham

Joyce Bigham - age 86, died January 18, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Katharine Mascow

Katharine Mascow - age 85, died January 18, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Mamie Johnston

Mamie Johnston - age 90, died January 18, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Virginia May Engel
1923-2016

Virginia May Engel - age 92, of Fenton, formerly of Redford Twp., died Wednesday, January 20, 2016. A Celebration of Life Service will be held 2 PM Sunday, January



24, 2016 at Aldersgate United Methodist Church, 10000 Beech Daly Rd., Redford Township. Pastor Jeff Nelson will officiate. Committal service will be held 12:30 PM Monday, January 25, 2016 at Great Lakes National Cemetery, Holly. Those desiring may make contributions to Aldersgate United Methodist Church. Virginia was born May 15, 1923 in Detroit, the daughter of Marvin and Myrtle (Taylor) Swenness. She was married to Glen H. Engel on May 10, 1945 in Detroit. Virginia was employed as an accountant for Redford Twp. for many years. She was a lifelong member of Aldersgate United Methodist Church. She enjoyed traveling and was known as a "kind and generous soul," who was loved by everyone who knew her. She is survived by: her 2 daughters, Carol (Ken) Lee and Linda Zeeb; 4 grandchildren, Kyle and Eric Zeeb, and Bryan and Dustin Voss; 2 great-grandchildren, Rosalie and Noah Voss; and son-in-law, Michael Voss. She was preceded in death by her parents; husband, Glen; and daughter, Bonnie Voss. Online condolences may be posted on the obituaries page of www.sharpfuneralhomes.com.


Clara Beemon

Clara Beemon - age 90, died January 16, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Duane T. Ketchmark
1964-2015

Duane T. Ketchmark - age 51, of Otisville, formerly of Fenton, passed away peacefully at his home Friday, December 25, 2015, from medical compli-



cations stemming from a work related injury. Duane was a 1982 graduate of Lake Fenton High School and lived life to the fullest having grown up on a lake. He was an Iron Worker at Cadillac Iron prior to his injury. Duane enjoyed the outdoors, especially water skiing, motorcycle racing, and hunting. Per his wishes, cremation has taken place. A memorial service celebrating Duane's life will be held 11 AM, Saturday, January 30, 2016 (Duane's 52nd birthday) at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton. Fr. David Harvey celebrant. A luncheon will take place at Johnny's Pizzeria in Fenton. Visitation will be held 10 AM until the time of service at the funeral home. Friends may share memories of Duane with his family, during the memorial service, in his memory book which will be available at the funeral home, or online at www.sharpfuneralhomes.com. Duane leaves to cherish his memory: parents, Gerald and Marie Ketchmark of Grayling; 3 sisters, Debra and husband Bradley Koch of Holly, Lynn Ketchmark of Fenton, and Denise Ketchmark of Fenton; 2 nieces, Kaitlynn Koch and Rakia Ketchmark; 2 nephews, Mitchell Koch and Damion Ketchmark; and many aunts, uncles, and cousins. He was preceded in death by his grandparents, Ralph and Ella Ketchmark and Frank and Regina Ahearn. Contributions in Duane's memory may be made to the American Diabetes Association, 1701 N. Beauregard Street, Alexandria, VA 22311. The Ketchmark family wanted to personally thank Dave Hosner and his family for being such good friends of the family and assisting them with transporting Duane to his numerous medical appointments. www.sharpfuneralhomes.com.



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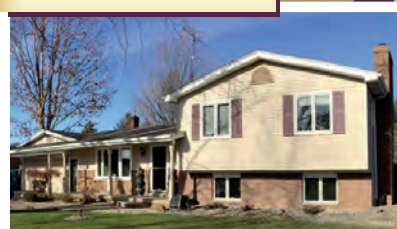
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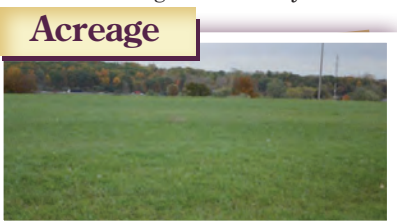
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Fenton • \$195,000

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Waterfront



Fenton • \$1,149,999

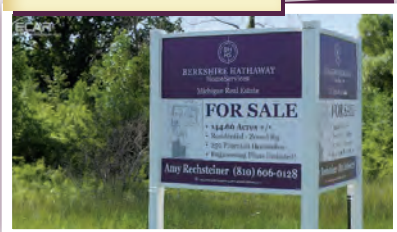
Impeccable Maintained Home. 115' Of Lake Frontage And 5900 Sq. Ft. Of Living Space. 5 Bed, 4.5 Baths, Multi-Level Decking, Sandy Beach, 2nd Full Kit. In LL. Fantastic Views.



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Acreage



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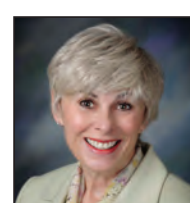
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