Hope through hypnosis

You can lose weight, stop smoking, improve relationships and control pain through your subconscious mind

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

Beth Spicer, 44, had been smoking for almost three decades when she decided she wanted to quit — once and for all.

“I said I was going to quit at 40, and I kept putting it off,” said Spicer of Fenton. “I just didn’t want to keep aging and smoking, plus my dog needed surgery and I knew I had to stop smoking to save money for it. I drove by a sign for an upcoming Mark Patrick Hypnosis Seminar at the Hyatt Regency on Hill Road, and I decided right then I was going to go.”

That one three-hour session in February, right near her birthday, changed her life. “I don’t have the cravings I thought I’d have,” she said. “I feel so much better.

I know I can never pick up a cigarette, or I’ll be a pack-a-day smoker again.”

Hypnosis group seminars are just one of the ways people can use hypnosis to change or improve just about anything in their lives. Chronic pain, losing weight, sleep disorders, stress, phobias, fears and anxieties all can be helped through hypnosis.

“I used a group seminar when I quit smoking years ago,” said Terry Peabody, R.N., who opened her own practice, Optimize Hypnosis, in Fenton a year ago, while still working as a critical care nurse. She had seen the benefit of hypnosis when she was a student nurse, and has always been fascinated by its benefits for helping people.

See HYPNOSIS on 5B

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HYPNOSIS

Hypnotists can help with anger management, fear of public speaking and much more

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

A swinging pocket watch won’t put you into a deep sleep, but combined with verbal suggestion the practice of hypnosis is entirely plausible. If you want it to be, that is. Often in movies, hypnosis is used to help someone remember their troubled past, but in real life it’s used for many different purposes. In order for it to work, you have to want it to. Psychotherapists might use hypnosis in these five instances.

Source: Bottomlinepersonal.com

1. FEAR OF PUBLIC SPEAKING
Glossophobia, fear of public speaking, affects many people. It can cause anxiety, rapid heartbeat, profuse sweating and a strong desire to flee. Doctors will use hypnosis to have a patient visualize speaking in public, and then verbally suggest that the experience is pleasing and that they’re an adept speaker. Once they see themselves successful while hypnotized, the person can replicate it in real life.

2. DENTAL PHOBIAS
To get over the fear of going to the dentist, hypnotists will have their patient visualize a pleasant scene when hypnotized. During that scene, they will verbally suggest that the mouth has no feeling so every time they go to the dentist they are mentally transported to their happy place without any pain.

3. ANGER MANAGEMENT
For people who suffer from anger management problems, a professional will hypnotize someone and have them visualize a recent memory when they were very angry. The hypnotist will suggest counting to 10 and then calmly responding instead of causing confrontation. This practice can easily translate into real life if done enough times.

4. PAIN RELIEF
Studies have proven that burn patients who undergo hypnosis experience less pain and their need for painkillers can be reduced by half. Hypnosis can reframe the context of pain to make it bearable. While their patient is hypnotized, an expert will tell them the discomfort they feel isn’t a bad thing, reframing the pain to make it something good.

5. ERECTILE DYSFUNCTION
Men who worry about their performance are more likely to have erection problems than those who don’t. During hypnosis, the hypnotherapist will encourage a man not to focus on himself, and instead focus on his partner and the scene in front of him. A hypnotist may also instill a mantra promoting self confidence because many men who suffer from erectile dysfunction are also insecure in everyday life.
Project would honor Quasarano family
By Hannah Ball
hball@tctimes.com; 810-433-6792

In the face of tragedy, communities often come together in hopes of raising awareness so that the tragic event never happens again.

In this case, one neighbor of the Quasarano family of six, who died from apparent carbon monoxide poisoning late February, started a GoFundMe page to raise money to give carbon monoxide detectors away for free.

The GoFundMe page, started by Nicole Caroen, states, “It is our purpose and responsibility to make sure that we do all that we can to prevent this tragedy from happening again. Please help us provide carbon monoxide detectors to anyone who may need one.”

Caraen and her family were friends with the Quasarano family. They lived across the street from them for seven years. Their children, who were around the same age, often played together. She said that when her kids were with the Quasaranos, they were treated like family.

On Feb. 21, the Quasarano family, Leonard, 35, Heather, 39, and their children Luke, 11, Brenden, 9, Rachel, 7, and Grant, who would have been 2 on March 4, were found dead in their Fenton Township home from apparent carbon monoxide poisoning from a generator located in the basement.

“Obviously, the tragedy hit us and the community really hard,” she said. “I know that they would want to save people.”

By working with the Fenton Township Fire Department, she’s hoping to raise $3,000 to purchase carbon monoxide detectors.

“The Fenton Township Fire Department will distribute them to the people who need them in the community,” she said.

Caraen hopes this fundraiser will educate people about using generators and carbon monoxide detectors to ensure this tragedy doesn’t happen again.

“I’m hoping to grow this into other communities,” she said, adding that she’s working to get certain companies to join the cause and provide free furnace inspections for people who can’t afford them.

She also hopes to change the law on labeling generators to make the warnings more clearly stated.

Caraen has planned fundraisers over the summer, in September, and one in October for fire safety week. She aims to go door to door to talk to people about carbon monoxide detectors and provide free ones to people who can’t afford them.

Caraen also plans to honor the Quasarano family at a special event in February.

“It’ll be an annual thing,” she said.

The current GoFundMe account, titled “The Q Project CO Detector Fund,” will be open until the end day of March.

“We appreciate any donation we can get,” she said. “All the money is going toward the purchase of carbon monoxide detectors.”
“People are their own worst enemies,” said Peabody. “We’re controlled by our feelings, which are in our subconscious. Your subconscious mind is the best and easiest way to change your lifestyle. With hypnosis, you change your feelings about whatever you’re trying to change in your life. Rather than feeling deprived, you feel proud of your efforts.”

Several of the most popular reasons for seeking help through hypnosis are to quit smoking or lose weight.

**QUITTING SMOKING**

Group seminars, individual hypnosis sessions and smoking cessation programs are all ways people can use hypnosis to quit smoking. Dr. John Tomlinson of Tomlinson Medical Hypnotherapy in Grand Blanc Township boasts a 90-percent success rate for smoking cessation, compared to 14 percent for Chantix (prescription drug) and 7 percent for nicotine patches. “I get at the deeper causes for people who smoke, which makes the problem go away and stay away,” he said.

During hypnosis to quit smoking, a person is often asked to imagine unpleasant outcomes from smoking. When Spicer was hypnotized with a group, her visual for this was slimy, raw meat coming out of a computer. “I know it sounds gross, but it has worked for me,” she said.

If a client desires to lose weight, approximately $50 for a one-time group session to $125 for a one-on-one session with a professional. Peabody offers a discounted rate of $240 for three sessions to quit smoking, and Tomlinson’s four-week smoking cessation program is approximately $795.

**LOSING WEIGHT**

If a client desires to lose weight, Peabody doesn’t mention the word “lose” in a hypnotic session. “In the critical thinking part of one’s brain, it doesn’t want to ‘lose’ anything, so we talk about having a healthy shape and body,” said Peabody. “Our subconscious mind is very literal. It depends on what you say and how you say it.”

Tomlinson offers a unique “Virtual Bariatric Surgery” for his weight loss clients. “When they come out of hypnosis, they eat like they just had bariatric surgery,” he said. “I’ve saved a lot of people from actually having the surgery.”

**HOW MUCH DOES HYPNOSIS COST?**

The costs for a hypnotic session vary, approximately $50 for a one-time group session to $125 for a one-on-one session with a professional. Peabody offers a discounted rate of $240 for three sessions to quit smoking, and Tomlinson’s four-week smoking cessation program is approximately $795.

**TEXT YOUR HOT LINE**

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**NOTICE**

CITY OF LINDEN BOARD OF REVIEW 2016

The City of Linden Board of Review will meet at Linden City Hall 132 E. Broad St. P O Box 507, Linden, Michigan 48451, at the following times for the purpose of hearing protests to assessed values and the review of poverty exemption applications, and Disabled Veteran Exemptions.

Tuesday, March 8, 2016 (organizational) 1:30pm-2:00pm
Monday, March 21, 2016 9:00am-12:00pm and 1:00pm-4:00pm
Tuesday, March 22, 2016 6:00pm-9:00pm

Meetings with the Board of Review will be by appointment only. To make an appointment, please contact the Assessor’s Office at (810)735-7960, or visiting Linden City Hall at 132 E Broad St, Linden, Michigan 48451. Property Owners who reside out of the area may appeal in writing to the Board of Review. Written appeals must be received no later than 6:00pm on Tuesday, March 22, 2016.

**TENTATIVE EQUALIZATION RATIO’S**

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**EASTER SUNDAY**

LAKE FENTON HIGH | 10 & 11:30

**HOLY WEEK AT THE FIRST PRESBYTERIAN CHURCH**

Palm Sunday
March 20th 9:00 a.m. Worship
11:00 a.m. Fauré Requiem by Gabriel Fauré
Maundy Thursday
Tenebrae/Communion
March 24th 7:30 p.m.
Easter Sunday – March 27th 9:00 a.m. Communion Service
11:00 a.m. Worship featuring Choirs & Brass
503 S. Leroy, Fenton
810-629-7801

Join us at Linden Presbyterian Church

PALM SUNDAY | MARCH 20TH
9:30 am Community Palm Processional (throughout downtown Linden)
10:00 am Worship Service at Church

MAUNDY THURSDAY | MARCH 24TH
7:00 pm Celebration of the Lords Supper at Linden Presbyterian Church

EASTER SUNDAY | MARCH 27TH
7:00 am Sunrise Service (Mill Pond Gazebo)
9:00 am & 10:30 am Sanctuary Worship
*Please join us for a warm and nourishing breakfast in Whitney Hall between 7:30-10:30am.

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VACANT LAND

HARTLAND SCHOOLS, Road Rd. W. of Fenton Road on N. side. Desirable and beautiful wooded 25 acre parcel on a ponded road. Natural gas at road. Great location. $139,000.

TYRONE TWP.  
Deep Road, between Old US 23 & Linden Road on the S. side. 50 acres, rolling with some woods. Many possibilities for home sites or hunting camp. L/C terms. $145,000. Lien Schools.

DEERFIELD TWP.  
Allen Road, W. of Argentine Road on N. side. 20 acres on scenic Barke Lake. Lodge area for overnight guests with dining area and family gathering area. Wdsws. $11,500. Call for more details.

ALGOMA TWP  
Rassaw Trail, W. of F-41, off Fenton Road. 2 lots w/1 memberships available in Lost Lake Woods Subdivision. Golf & hunting community with a variety of events happening year round. Beach access on Badger Lake. Lodge area for overnight guests with dining area and family gathering area. Wdsws. $11,000. Call for more details.

HIGHLAND  
Catherine Ann Dr., N. of Clyde. W. of Hickory Rd. Beautiful wooded 5 acre parcel in area of nice homes. Walkout basement and daylight windows in basement are available on this property. $15,000.

HARTLAND

Gracious 2 story home on cul-de-sac & beautiful 2.5 acre wooded setting. Home offers 3 bedrooms, 2.5 baths, spacious kitchen w/ breakfast area & large pantry. Custom counters & an abundance of hickory cabinets. Breakfast nook for casual eating & formal dining. Great room with natural wood burning fireplace to enjoy. Peaceful scenic views from the many Andersen wood windows & the wrap around deck. Walk-out lower level prepped for bath & 3 car garage, plus second 24x30 garage & wood burning stove. Convenient location 2 miles N of M-59. $375,000.

JUST LISTED!  
Nice ranch w/3 bedrooms, 2 baths on 3.6 acres with pond & open space. Convenient kitchen also separate dining area. "Green Home" w/ 2 memberships available in Lost Lake Woods Subdivision. Just south of Goodrich Town Atlas Twp.  13.5 acres, completely renovated. Nice 3 bedroom, 3 bath, full finished basement. Whole house generator, and more. $329,900. Linden Schools.

JUST LISTED!  
5 acres in Hartland Twp on the S. side of Laughton Rd. Beautiful wooded 5 acre parcel on ponded road. Lake Michigan access w/ 2 memberships available in Lost Lake Woods Subdivision. Golf & hunting community with a variety of events happening year round. Beach access on Badger Lake. Lodge area for overnight guests with dining area and family gathering area. Wdsws. $11,500. Call for more details.

LAUNCH HOMES

JUST LISTED!  
65+ homesite subdivision. Located on Otsego Rd. S. of Fenton Rd. Many possibilities for home sites or hunting camp. L/C terms. $139,000. Lien Schools.

BROWNSDALE  
810-802-3519

JUST LISTED!  
Nice 3 bedroom, 2 bath ranch w/2 memberships available in Lost Lake Woods Subdivision. Golf & hunting community with a variety of events happening year round. Beach access on Badger Lake. Lodge area for overnight guests with dining area and family gathering area. Wdsws. $11,500. Call for more details.

JUST LISTED!  
Nice 3 bedroom, 2 bath ranch w/2 memberships available in Lost Lake Woods Subdivision. Golf & hunting community with a variety of events happening year round. Beach access on Badger Lake. Lodge area for overnight guests with dining area and family gathering area. Wdsws. $11,500. Call for more details.
PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
MARCH 7, 2016

The Fenton Township Board held a regular meeting on Monday March 7, 2016 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

1. Trusted Shumaker offered the opening prayer.
2. Supervisor Mathis led the pledge of allegiance to the flag.
3. Approved the agenda as presented.
4. Approved invoices and expenditures for payment in the total amount of $612,066.49.
5. Conducted the first reading of a proposed amendment to the Land Division Ordinance to authorize the Zoning Board of Appeals to grant variances from the lot depth-to-width ratio requirements of the ordinance.
6. Adopted a proclamation designating May 1, 2016 as Law Day.
7. Approved local road improvement projects for 2016.
8. Adopted Resolution No. 2016-04, supporting the application of the Lake Fenton Property Owners Association to participate in the MDNR Canada Goose Egg & Nest destruction program.
9. Adjourned at 8:05 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday, Tuesday & Thursday, 8:00 a.m. to 6:00 p.m. Wednesday and 8:00 a.m. to 1:00 p.m. Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK

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CHARTER TOWNSHIP OF FENTON
PUBLIC NOTICE OF
PROPOSED ORDINANCE AMENDMENT

At their meeting of March 7, 2016 the Fenton Township Board conducted the first reading of a proposed amendment to the Land Division Ordinance to authorize the Zoning Board of Appeals to grant variances from the lot depth-to-width ratio requirements of the ordinance.

The second reading of the proposed ordinance will be conducted at the March 21, 2016 Fenton Township Board meeting.

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

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
Q: I have a serious crush on “The Rev- enant” co-star Tom Hardy. I heard he’s coming to television. Is that true? — Linda T., via email

A: Tom Hardy is indeed set to star in the FX/BBC One eight-episode miniseries called “Taboo.” The series was created and written by Steven Knight, and is based on a story co-written by Tom and his father, Chips Hardy. A premiere date has yet to be determined, but I can tell you that the story, set in 1813, centers on Tom’s character, an adventurer who returns to Britain from Africa, along with 14 stolen diamonds, to seek vengeance after the death of his father.

Q: I grew up watching, and loving, the cartoon “Voltron.” My brother told me he heard it was being remade. Is that true? — Cara O., Deerfield, Michigan

A: Netflix — which is by far my favorite way to watch TV and movies — is developing an updated version of the popular 1980s classic cartoon, in conjunction with Dreamworks Animation, which premieres sometime later this year. The original series ran for only two seasons — from September 1984 through November 1985 — and was separated into different parts: “Lion Force Voltron” and “Vehicle Force Voltron.” Together they total a whopping 124 episodes. All 72 episodes of “Lion Force Voltron” are available on Hulu, as well as the 45-minute TV special of “Lion Force Voltron.” “Voltron: Fleet of Doom” (1986) and the movie “Voltron Force: The New Defenders Trilogy” (2011).

Q: I really enjoyed Fox’s live presentation of “Grease.” Are there any plans for another movie-musical adaptation? — Eric P., Lancaster, Pennsylvania

A: You can tell your boyfriend that his girlfriend knows of what she speaks. May 20 is the premiere date for “Neighbors 2: Sorority Rising,” in which Mac (Seth) and Kelly (Rose Byrne) have to deal with a sorority that moves in next door, where the hell-raising fraternity used to be. And, if it’s even possible, they prove to be more trouble than the fraternity was. So Mac enlists the help of former-enemy/now-friend Teddy (Zac) to help him try to run off his debaucherous new neighbors. Dave Franco returns as Pete and Lisa Kudrow as Carol Byrne (who he heard it was being remade. Is that true? — Linda T., via email)

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VILLAGE OF HOLLY PLANNING COMMISSION
NOTICE OF SITE PLAN REVIEW

NOTICE IS HEREBY GIVEN, in accordance with Article 21, Section 2106 of the Village of Holly Zoning Ordinance, that the Village of Holly Planning Commission will discuss a request for a Site Plan Review on March 23, 2016 at 7:00 PM (or as soon thereafter as possible) in the Village of Holly Council Chambers located at 920 E. Baird Street, Holly, Michigan.

An application for site plan review was filed by O'Reilly Auto Enterprises, LLC, 233 South Peterson, Springfield, MO 65802. The proposal is for the construction of a new 7,499 sq. ft. auto part supply retailer located at 15190 North Holly Road, Holly, MI Parcel ID # IH-01-28-276-006.

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

Interested persons are encouraged to attend the meeting. Handicapped persons needing assistance to attend are asked to contact the village offices at least 48 hours prior to the meeting at (586) 834-9571 during regular business hours.

Cathrene Behrens
Clerk/Treasurer
Village of Holly

Huntsville
PLAN 30-463

Brick veneer gives a look of permanence to the large, luxurious Huntsville. The home is intriguing to look at because its entire left wing angles toward its right wing at the front. Handsome raised brick trim crowns the lofty, arched entry, highlights windows, underscores the entire front facade, and caps the chimney. Wooden shutters provide a touch of nostalgic warmth.

Huntsville

TCTimes.com

More plans at associateddesigns.com
Survivor of violent abuse struggles to forgive

DEAR AMY:
I have been divorced for 25 years from a man that had a “Dr. Jekyll/Mr. Hyde” personality. He would be great and nice one day, and a vicious animal the next. I was not aware of this until my first-born son was 6 months old and he beat me for the first time. I stayed in the marriage for 17 years. The last episode occurred in the 17th year, when he beat me for what seemed like forever. A young couple came out of nowhere and saved me. Soon after, I escaped with my two sons and have tried to forgive and forget about my married life. In the 25 years since, on special occasions when I am forced to be in the same room with this man, I can barely breathe the entire time. I am retired now. I take care of myself and have the company of good friends and family who know about my past. I have been to numerous therapy sessions to get some strength to forgive and forget, all to no avail. I love my sons dearly. They have a good relationship with their father. They want me to remain friendly with him. How can I possibly tell my sons that their father’s presence is hazardous to my health?

— Unable to Forgive and Forget

DEAR UNABLE:
It sounds as if you might have a form of PTSD. The symptoms you describe are your body’s way of telling you that you are in danger. This is familiar to people who have survived battle or violent crimes. My sense is that focusing on forgiveness and forgetting might not be the right path for you. You might do better dealing with your symptoms, because your body won’t let you forget — no matter what your mind (or a therapist) tells you to do. Do your sons know about the physical beatings you endured? Perhaps you should tell them. Do not ask them to make terminal choices between the two of you, but do explain, rationally, why a friendship with him is out of the question. Forgiveness is not an issue here; instead you should continue to acknowledge the reality of this trauma and seek ways to live with this reality, so that you can move forward toward a greater healing. Forgiveness may flow from that. If you decide to try therapy again, seek a professional with experience dealing with survivors of trauma and violence.

High blood pressure can lead to stroke

DEAR DR. ROACH:
Can high blood pressure cause blood clots, blindness and strokes? Or is this caused by taking the wrong combination of blood pressure medicines?

— Anon.

ANSWER:
High blood pressure over months or years causes damage to the lining of blood vessels. This can indeed predispose a person to a stroke. Reducing blood pressure gradually reduces risk of stroke. Blood clots also can cause strokes, but these usually are not linked to blood pressure, high or low, and instead are linked to conditions that affect the blood itself or that affect the rhythm of the heart. Some medicines, such as estrogen, make blood clots more likely. In people with very high blood pressure, lowering it too much, too quickly can cause strokes. The blood pressure needs to be reduced gradually, which usually can be done as an outpatient. There are still a few times when people with extremely high blood pressure are admitted to the hospital, where blood pressure can be brought down very slowly in a controlled environment. High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it’s treated.

Chicken and Asparagus Teriyaki Stir Fry

INGREDIENTS:
• 3 tablespoons soy sauce or gluten-free soy sauce
• 2 tablespoons mirin
• 1/2 tablespoon cornstarch
• 1/2 pound skinned chicken breast, cut into 1/2-inch cubes
• Kosher salt, to taste
• 1 tsp canola or grapeseed oil, divided
• 12 oz asparagus, ends trimmed, cut into 1/2-inch pieces
• 4 cloves garlic, chopped

DIRECTIONS:
1. Whisk the soy sauce, mirin, honey and ginger and cornstarch in a small bowl; set aside.
2. Lightly season the chicken with salt.
3. Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 6 to 7 minutes. Add the garlic and cook until golden, about 1 minute. Set aside on a dish.
4. Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Place everything back into the wok, pour the sauce over and cook stirring 30 to 60 seconds until the sauce thickens slightly.

Skinnytaste.com

Servings: 4
Carb: 15 g
Size: 1 1/2 cups
Fiber: 2 g
Points+: 7
Protein: 42 g
Smart Points: 5
Sugar: 5 g
Calories: 302
Sodium: 531 mg
Fat: 8 g

Cholesterol: 125 mg

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! 

“*And we thought our boy was eating all his ...”

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