

Local Living

THE TRI-COUNTY
Times

Sunday, March 13, 2016

Hope through hypnosis

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

By Sally Rummel

news@tctimes.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



"Your subconscious mind is the best and easiest way to change your lifestyle."

Terry Peabody, R.N.
Optimize Hypnosis
in Fenton

SUMMARY

■ Hypnosis takes people beyond their conscious mind and into their subconscious, which controls feelings and actions that act upon those emotions.



GO FUND ME, 4B

Carbon monoxide defectors for anyone



TRI-COUNTY
LOST AND FOUND

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JOB OPENING, 6B

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RECIPE, 11B

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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.

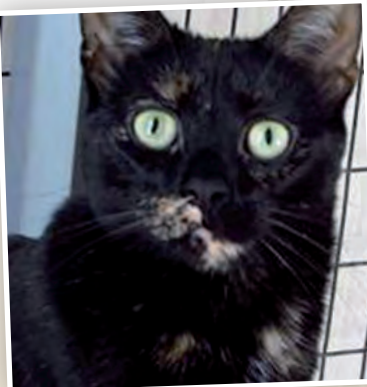
5 ERECTILE DYSFUNCTION

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.

MEET

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Neighbor starts GoFundme to provide free carbon monoxide detectors

■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."

Caroen 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



TRI-COUNTY TIMES GOFUNDME.COM

A neighbor of the Quasarano family (shown above) has started a gofundme.com account to raise money to provide carbon monoxide testers for anyone who cannot afford one. The Quasaranos died last month from carbon monoxide poisoning because a generator was operating in the basement of their home, following a power outage. As of Thursday, more than \$1,400 has been raised.

said that when her kids were with the Quasarano's, 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.

"They (Fenton Township Fire Department) will distribute them to the people who need them in the community," she said.

Caroen 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.

Caroen 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.

Caroen 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."

gofundme

www.gofundme.com/phsh2gcc

News briefs

Genesee County Regional Spelling Bee Winners announced

Elizabeth Draeger, a senior at Lake Fenton High School, won first place in the Grade 12 Genesee County Regional Spelling Bee that was held Monday, March 7 for students in grades seven, 11 and 12. The competition was held at Genesee Intermediate School District's Davis Education Center. She correctly spelled "gorgeous." Second place went to James Napier of Flushing and third place went to Mackenzie Fisher of Mt. Morris. **Allison Hathaway** of Lake Fenton Middle School won third place in the Genesee County Regional Spelling Bee that was held Tuesday, March 8 for students in grades eight, nine, and 10. First place went to Katie Lengyel of East Middle School in Grand Blanc and second place with to Remy Jakeway of Goodrich Middle School. Lengyel correctly spelled "predecessor."

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HYPNOSIS
Continued from Page 1B

“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 step was slimy, raw meat coming out of a cigarette. “I know it sounds gross, but it has worked for me,” she said.

According to Peabody, clients who want to quit smoking or lose weight usually require three sessions of hypnosis, each about a month apart.

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 HYPNOSIS WORKS

Hypnosis works by updating the unconscious mind with new and more helpful information, like reprogramming a computer.

It is nothing like the stereotypes you may have of someone acting silly or zombie-like during a hypnotic session, according to Peabody. Even though you appear to be in a trance, you aren’t unconscious; you are very aware of your surroundings. Despite what many stage performers claim during an entertaining show, you can’t be made to do anything against your will.

“Have you ever driven somewhere and when you arrived at the destination, you can’t remember the drive that got you there?” she said. “Your subconscious mind became more alert and got you there. That’s exactly what happens during hypnosis.”

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.



Dr. John Tomlinson
Tomlinson Medical Hypnotherapy

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

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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)735-7980, 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.

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MAUNDY THURSDAY | MARCH 24TH
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EASTER SUNDAY | MARCH 27TH
7:00 am Sunrise Service (Mill Pond Gazebo)
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SUNDAY, MARCH 13, 2016

PAGE 6B

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with large pantry, Corian 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 w/cement floor & 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 and open space. Convenient kitchen plus separate dining area,

living room w/coved ceiling. Full basement w/wood burning insert. Detached 2 car garage. Natural gas at road in 2016. Howell Schools. \$155,000.

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VACANT LAND

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

TYRONE TWP. Dean Road, between Old-US-23 & Linden Road on the S. side. 90 acres, rolling with some woods. Many possibilities for home sites or hunting camp. L/C terms. \$450,000. Linden Schools.

DEERFIELD TWP. Allen Road, W. of Argentine Road on N. side. 20 acres on scenic Barris Lake. Build your dream home. \$265,000. Hartland Schools.

ALCONA TWP. Racoon Trail, W. of F-41, off Fox Road. 2 lots w/2 memberships available in Lost Lake Woods Subdivision. Golf & hunting community with a variety of events happening year round. Beach area on Badger Lake. Lodge area for overnight guests with dining area and family gathering area. Wildlife abounds. \$11,500. Call for more details.

HARTLAND SCHOOLS. Maxfield Road. Nice 1.96 acre parcel for your new home. Great location. Paved Roads. \$69,900.

HIGHLAND. Catherine Ann Dr., N. of Clyde, W. of Hickory Ridge. Beautiful wooded 5 acre parcel in area of nice homes. Walkout basement and daylight windows in basement are available on this property. \$125,000.

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4455 McCandlish Rd.
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5 Parcels with a total of 17 Acres. These parcels are currently listed R2 residential, but are Master Planned at a maximum of 10 units per acre.



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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. Trustee 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

Advertise in the Tri-County Times SERVICE DIRECTORY
Call Kathleen at **810-433-6787**

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



BY CINDY ELAVSKY

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 “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” earlier this year. Are there any plans for another movie-musical adaptation?

— Eric P., Lancaster, Pennsylvania

A: ABC and Lions-
gate are bringing us the
live version of “Dirty
Dancing” later this
year, starring Abigail
Breslin (“Little Miss
Sunshine”) as Baby and rela-
tive newcomer

Colt Prattes (best known for starring in P!nk’s music video for “Try”) as Johnny. This three-hour musical event also will star Debra Messing as Baby’s mother, Marjorie Houseman, and Nicole Scherzinger as Penny. As of this writing, the rest of the cast had not yet been revealed and/or cast.



Lionsgate
Colt Prattes

Q: One of my boyfriend’s favorite movies is “Neighbors” with Zac Efron and Seth Rogan. I told him that they are making a sequel, but he doesn’t believe me. Can you settle this disagreement?

— Jennifer R., via email

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 debauchorous new neighbors. Dave Franco returns as Pete and Lisa Kudrow as Carol Gladstone, the dean, with Chloe Grace Moretz and Kiersey Clemons leading the sorority brigade.

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

HANK WILLIAMS JR. Top 10 Songs

1. All For the Love Of Sunshine - #1 two weeks, 1970
2. Mind Your Own Business - #1 two weeks, 1986
3. Eleven Roses - #1 two weeks, 1972
4. I'm For Love - #1 one week, 1985
5. Born To Boogie - #1 one week, 1987
6. All My Rowdy Friends (Have Settled Down) - #1 one week, 1981
7. Ain't Misbehavin' - #1 one week, 1986
8. Honky Tonkin' - #1 one week, 1982
9. Dixie On My Mind - #1 one week, 1981
10. Texas Women - #1 one week, 1981

BY TRIBUNE MEDIA

SundaySudoku

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

ANSWER KEY LOCATED IN THIS EDITION

KING FEATURES

SuperCrossword

ACROSS

- 1 Stinging box jellyfish
8 Salvador of surrealism
12 NFL three-pointers: Abbr.
15 Seal off
19 Satellite, to its planet
20 Envoy
22 Course
23 Jack-o'-lantern
25 One gazing
26 Ending of sugars
27 A deadly sin
28 Wiggly fish
29 Mother, in Madrid
30 Snow house
32 1986 #1 hit for Whitney Houston
36 Colonel on "Hogan's Heroes"
40 See 52-Across
41 Tibetan or Thai
42 Weighted fishing nets
43 How butter is often eaten
47 Gave gas to in a garage
49 Start to fall
50 ER lifesaver

- 52 With 40-Across, 1960s fad dance
53 Christmas star's place
55 7/21/69 New York Times headline
61 Strong desire
62 Say "I do" to
64 Having a sleek design
65 Snatched
66 1978 Maya Angelou poem
71 Shot — (ice hockey statistic)
74 Not of the clergy
75 Bit of Aspen gear
76 Feedbag bit
79 Y2K
83 Nosy comic
86 Sebastian of England
87 Kind of poem
88 Ill-lighted
90 Pestle's partner
91 Nine-item groups
95 "Fallin'" singer Keys
98 Tale twisters
99 Dress lussily

- 101 Dessert at a tropical-themed party, maybe
103 1928 Eddie Cantor song
107 Reel drum
108 Samuel on the Supreme Court
109 Drop the ball
110 Mosque chief
111 Kick — fuss
114 Strong desire
115 It uses only the 12 letters A, E, H, I, K, L, M, N, O, P, U and W (like eight long answers in this puzzle)
121 "The Wizard of Oz" farm hand
122 Present-day Persians
123 Most lax
124 In time past, in time past
125 Hogs' home
126 Rolling — (rich)
127 Apply messily

- 2 Lengthy reigns, say
3 Proficient
4 Wheaton of the screen
5 Volume 1 heading starter
6 "Black Beauty" author
7 First names, in France
8 Disallow
9 Fuse box unit
10 Lucy of the screen
11 Philosophy
12 Bluff one's way through
13 Decorative grating
14 Wd. in Rogel's
15 Talk with
16 Franz Joseph —
17 In — surgery
18 Flung
21 Expel forcibly
24 Draws forth
29 Light fog
30 "— no clue"
31 Playwright Jean
32 Gate joint
33 A single
34 Month divs.

- 35 Jeremy of basketball
36 Like toads
37 River to the Rhone
38 Pep (up)
39 Neeson of "Taken"
44 All-inclusive
45 Brogan, e.g.
46 Be inclined
48 Thrive
50 Track legend Lewis
51 Rototills, e.g.
54 Hogs' home
56 Country/ folk singer
57 "Aren't — pair?"
58 Densest stable element
59 Tch'r.'s org.
60 Hour div.
63 Portioned
66 Toy dog breed, briefly
67 "Bali —"
68 Shaggy locks
69 German "a"
70 Didn't nix
71 In time past
72 Sign gas
73 Stefani of pop music
76 At the ready

- 77 Early arcade biggie
78 Laconic
80 Despair
81 City near Venice
82 Prey for owls
84 Rich kid in "Nancy"
85 Israel's Sharon
89 Noxious vapor
92 Sobriquet
93 Tuscan river
94 Dawn beads
95 Tablet buy
96 — in wait
97 Horrifics
100 Oslo's land
102 Item for a cheerleader
103 Corn, to Brits
104 Amend
105 Boots
106 Algerian city
110 Tech sch.
111 Super, slangily
112 Mexican coin
113 Fax abbr.
115 That fellow's
116 20% of XV
117 Scottish "John"
118 Singer DiFranco
119 Farm tool
120 Solid — rock

1	2	3	4	5	6	7		8	9	10	11		12	13	14		15	16	17	18
19								20				21					22			
23							24										25			
26						27						28				29				
			30	31					32	33	34				35					
36	37	38						39					40							
41							42							43				44	45	46
47						48		49				50	51					52		
53							54		55		56	57				58	59	60		
61						62		63			64					65				
						66	67				68	69				70				
71	72	73						74						75				76	77	78
79							80					81	82		83		84	85		
86							87					88		89		90				
91				92	93	94				95	96				97		98			
				99				100		101						102				
103	104	105							106					107						
108								109					110					111	112	113
114							115				116	117	118				119	120		
121							122								123					
124							125				126				127					

ANSWER KEY LOCATED IN THIS EDITION

PUZZLE ANSWER KEYS

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

WEDNESDAY JUMBLE ANSWERS

Jumbles:
SMACK, PARCH,
CATTLE, GRISLY
Answer:
When he joined the dice
game, his chances were
— “SHAKY”

SUPER CROSSWORD ANSWERS

SEAWASP	DALL	FGS	SHUT
ORBITER	EMISSARY	PATH	
HALLOWEEN	PUMPKIN	EYER	
OSE	ENVY	EEL	MADRE
ISGLOO	HOWWILL	KNOW	
WILHELM	KLINK	TWIST	
ASIAN	SEINES	ONTOAST	
REVVED	SAG	CPR	THE
TREETOP	MENWALK	KONMOON	
YEN	WED	AERO	SEIZED
PHENOMENAL	WOMAN		
ONGOAL	LATG	SKI	OAT
NEWMILLENNIUM	DURANTE		
COE	ODE	DIM	MORTAR
ENNEADS	ALICIA	LIARS	
PREEN	PTNEAPPLE	PIE	
MAKINWHOOPEE	SPOOL		
ALITO	ERR	IMAM	UPA
ITCH	HAWAIIANAL	PHABET	
ZEKE	IRANTANS	LOOSEST	
ERST	STY	INIT	SMEABON

KING CROSSWORD ANSWERS

Solution time: 25 mins.

PEP	PASS	PLAN
IRA	IDLE	AONE
PARANO	ID	ROTS
ARK	PARA	PET
SIMMER	NUS	
AGO	DOS	MOPED
SOUP	BEA	LAVA
STRAW	ASH	REL
PARA	RID	SAFARI
PARA	GON	RAG
EKED	PARA	QUAT
SIL	LO	EMUS
AWN		
ONYX	YENS	YET

SUNDAY SUDOKU ANSWERS

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

WEDNESDAY SUDOKU ANSWERS

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

SUNDAY SCRAMBLERS ANSWERS

1. Stable
 2. Process
 3. Discord
 4. Routine
- Word:
BROCCOLI

Obituaries

Times

Douglas Harlan

Douglas Harlan - age 43, died March 6, 2016. www.temrowskifamilyfuneral-home.com.



William Gadsby

William Gadsby - age 88, died March 10, 2016. www.temrowskifamilyfuneral-home.com.



Arthur Hallem

Arthur Hallem - age 84, died March 5, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-homes.com.



Clark Wallace

Clark Wallace - age 54, died March 7, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-homes.com.



David Thiese Jr.

David Thiese Jr. - age 52, died March 5, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Doris Botos

Doris Botos - age 89, died March 4, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-homes.com.



E. Roberta Feldhahn

E. Roberta Feldhahn - age 89, died March 6, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Elizabeth Puyear

Elizabeth Puyear - age 94, died March 6, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Gary Howard

Gary Howard - age 71, died March 7, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-homes.com.



James Race II

James Race II - age 69, died March 5, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Julia Sanchez

Julia Sanchez - age 77, died March 6, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-homes.com.



Margaret Zion

Margaret Zion - age 83, died March 6, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-homes.com.



Virginia Burgess

Virginia Burgess - age 84, died March 8, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Keith Lawrence

Keith Lawrence - age 62, died March 9, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Rene Gramz

Rene Gramz - age 62, died March 9, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-homes.com.



Jack Grubaugh

Jack Grubaugh - age 84, died March 9, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Thomas Gleason

Thomas Gleason - age 78, died March 6, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.



William J. Elliott 1923-2016

William J. Elliott - age 92, of Fenton, died March 7, 2016. Private services have been held. Those desir-



ing may make contributions to First Presbyterian Church of Fenton. William was

born September 17, 1923 in Kitchener, Ontario, the son of Roy A. and Vera (McLeod) Elliott. He served in the Canadian Air Force and loved to fly his plane out of Glassel Airstrip. Surviving are his children, William R. (Jeanette) Elliott, Vicki (Dan) O'Neill, John O. (Frances) Elliott, Susanne (David) Elston; grand-children, Erin, Brendan, Cailin, Melissa, Lara and Adam; great-grandchildren, Sherice, Tanyon and Joshua; brother, Norman "Lorne" (Norma) Elliott. He was preceded in death by his wife Gertrude "Trudy" Elliott. Online condolences may be posted on the obituaries page of www.sharpfuneralhomes.com.



Vincent Chambers

Vincent Chambers - age 44, died March 5, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



**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 Patterson, 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 (248) 634-9571 during regular business hours.

Cathrene Behrens
Clerk/Treasurer
Village of Holly

Patricia Kosa

Patricia Kosa - age 76, died March 4, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-homes.com.



Phyllis Austin

Phyllis Austin - age 85, died March 7, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-homes.com.



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OBITUARIES
online

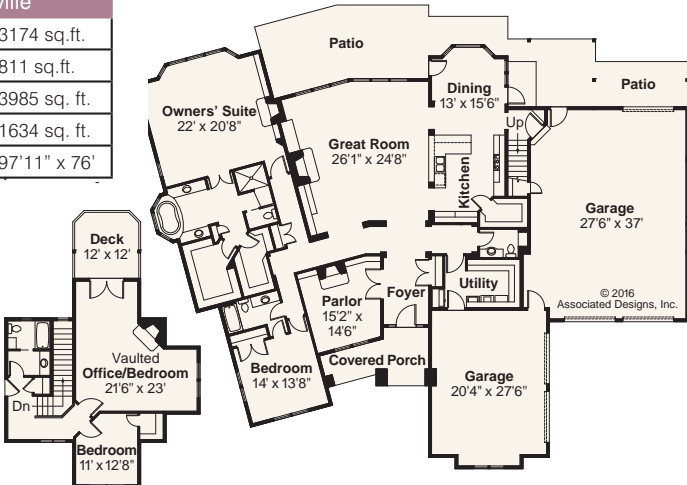
Obituaries updated
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tctimes.com

HOUSE PLAN OF THE WEEK



Huntsville	
First Floor	3174 sq.ft.
Second Floor	811 sq.ft.
Living Area	3985 sq. ft.
Garage	1634 sq. ft.
Dimensions	97'11" x 76'



More plans at associateddesigns.com

**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.

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

ASK

Amy

BY AMY DICKINSON

AMY DICKINSON

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.

To your

GOOD HEALTH

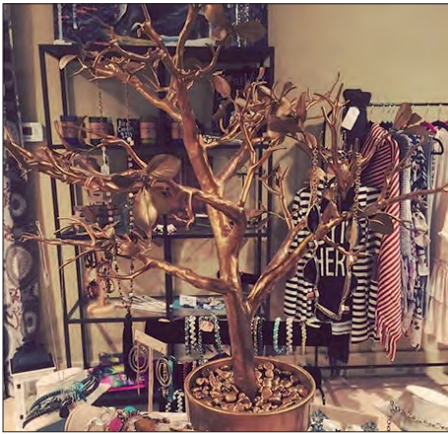
BY KEITH ROACH, M.D.

KEITH ROACH, M.D.

#heartoffenton



Posted by: alexandernelson0218



Posted by: divineyogaboutique

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DVD RELEASES

78%

liked it

(Audience score on rottentomatoes.com)



THE PEANUTS MOVIE
Charlie Brown, Snoopy, Lucy, Linus and the rest of the beloved “Peanuts” gang make their big-screen debut, like they’ve never been seen before, in state of the art 3D animation. Charlie Brown, the world’s most beloved underdog, embarks upon an epic and heroic quest, while his best pal, the lovable beagle Snoopy, takes to the skies to pursue his arch-nemesis, the Red Baron. The Peanuts Movie will prove that every underdog has his day.
G, 1 hr. 32 min

56%

liked it

(Audience score on rottentomatoes.com)



IN THE HEART OF THE SEA
In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will, and an almost human sense of vengeance. The real-life maritime disaster would inspire Herman Melville’s Moby-Dick. But that told only half the story. “In the Heart of the Sea” reveals the encounter’s harrowing aftermath, as the ship’s surviving crew is pushed to their limits and forced to do the unthinkable to stay alive.
PG-13, 2 hr. 1 min.

Chicken and Asparagus Teriyaki Stir Fry



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

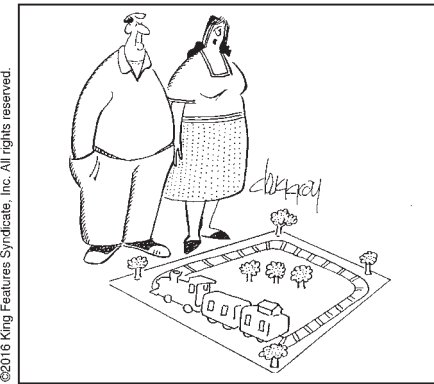
- INGREDIENTS:**
- 3 tablespoons soy sauce or gluten-free soy sauce
 - 2 tablespoons mirin
 - 1/2 tablespoon honey
 - 1/2 tablespoon fresh grated ginger
 - 1 teaspoon cornstarch
 - 1 1/2 pounds skinless chicken breast, cut into 1/2-inch cubes
 - Kosher salt, to taste
 - 1 tbsp canola or grapeseed oil, divided
 - 12 oz asparagus, ends trimmed, cut into 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.

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!

Lasting	BLEATS	_____
Method	CORPSES	_____
Tumult	CORDIDS	_____
Normal	TOURINE	_____

TODAY'S WORD



"And we thought our boy was eating all his _____."

Answer key located in this edition

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Owner/Broker

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11475 Torrey Road | Fenton

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NEW LISTING

STUNNING CUSTOM ESTATE IN GATED COMMUNITY



11200 Vantage Pointe Drive | Linden

4 Bedrooms, 4.5 Baths, 5,400 finished sq/ft
Luxury Living inside & out! This Gorgeous Home sits on Over 3 Acres of Waterfront Property and features an Inground Pool, Gourmet Kitchen with Granite, Brazilian Cherry Flooring, Bonus Room, Finished Basement with Impressive Bar and Movie Room. You Must See this Outstanding Home!
\$700,000

LAKE FENTON WATERFRONT



2371 Davis Road | Fenton

3 Bedrooms, 4 Baths,
2,700 finished sq/ft
\$625,000

BEAUTIFUL ESTATE HOME



11389 Faussett Road | Fenton

5 Bedrooms, 6 Baths,
4,834 finished sq/ft
\$600,000

FOLEY CROSSINGS



9331 Foley Crossing | Fenton

5 Beds, 4 Baths,
4,500 finished sq/ft, 3 acres
\$400,000

9 ACRES WITH POND



9147 Faussett Road | Fenton

4 Bedrooms, 3.5 Baths,
2,800 finished sq/ft
\$370,000

WOODFIELD GREENS



10679 Lone Oak Cir | Grand Blanc

3 Bedrooms, 3.5 Baths,
2,860 finished sq/ft
\$330,000

DAVISON - LONG LAKE



9435 Janiece Drive | Davison

3 Bedrooms, 3.5 Baths,
2,438 finished sq/ft
\$320,000

GRAND BLANC - WATER'S EDGE



6074 Pine Creek Crossing | GB

4 Bedrooms, 3.5 Baths,
3,225 finished sq/ft
NEW PRICE! \$200,000

LINDEN RIVERFRONT



214 Bridge Street | Linden

3 Bedrooms, 2 Baths,
1,800 finished sq/ft
\$160,000

CRANE LAKE WATERFRONT LAND



3777 Regis Drive | Linden

Beautiful 7.5 Acre Buildable
Lot on Crane Lake
\$200,000

SHANTY CREEK VACANT LOT



3940 Deskin Drive | Bellaire, MI
Vacant Wooded Lot Located in Summit
Village near Shanty Creek Resort
\$10,000



16330 Knobhill | Linden
\$520K



3489 E. Rolston | Linden
\$369K



2359 Grove Park | Fenton
\$240K



12082 Clover Knoll | Fenton
\$200K



16160 Aspen Hollow | Fenton
\$195K



7109 Sharp Rd. | Swartz Creek
\$120,000



HAPPY ST. PATRICK'S DAY FROM TREMAINE REAL LIVING

