Local Living

Sunday, April 10, 2016



Couple lace their sneakers every day, come rain, snow, sleet or mud

By Sally Rummel

news@tctimes.com; 810-629-8282

Wednesday, April 6 marked the 365th consecutive day that Justin and Erin Best ran outdoors, and they celebrated that occasion by . . . you guessed it, running.

These full-time working parents of a 9-year-old and 5-year-old made a pact in April 2015 to run every day, either

44The

biggest

challenge

is fitting it

around our

schedule of

kids, jobs

and kids'

Justin Best

Tyrone Township

resident, runner

events. 77

separately or together, depending on their daily schedules. They vowed not to run on a treadmill, but to keep their running hobby pure by taking it outdoors.

Their wedding last August didn't keep them from running. Nor did Erin's surgery in August.

"She's a trooper," said Justin, 33, who works for the State of Michigan. "Before

surgery, we woke up extra early to get a fivemile run in that day. The next day, she did four laps around the track for a mile. That was definitely the hardest day of running."

See RUNNING on 4B



TRI-COUNTY TIMES I TIM JAGIELO

Justin and Erin Best of Tyrone Township run down Hogan Road despite the rain, mud and gloom on their daily five-mile loop. The couple is committed to running every day, for the next year and a half.





TAX DAY TRIVIA, 3B

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TRI-COUNTY TIMES I SALLY RUMMEL

Deli manager Jessi Wiper (left) displays a pizza and deli sandwich with Merchants co-owner Neil Asmaro.

Merchants Gourmet Wine Shop re-opens deli

■Local business is now in its 30th year in Fenton

By Sally Rummel

news@tctimes.com; 810-629-8282

Merchants Gourmet Wine Shop in

Fenton Township has re-opened its deli, offering a touch of gourmet dining for hungry customers.

Featuring Boar's Head meats and cheeses, Merchants makes its own pizzas, sandwiches, soups, salads and pastries for carry-out enjoyment.

"Everything is made fresh here," said Neil Asmaro, who owns the shop with his brother, Tom. Another brother, Gus Asmaro, manages the store.

Large pizzas are made with your choice of items, or specialty-style, including barbecue chicken, meat lovers, and veggie.

In addition to the Boar's Head brand, Merchants is proud to use homemade breads from CRUST for their sandwiches. Homemade deli-style potato, spaghetti, macaroni, chicken and tuna salads are made fresh on-site, along with cole slaw, chef, garden and antipasto lettuce salads.

The addition of the deli to Merchants' huge inventory of wine, beer and liquor creates a one-stop shop for entertaining and a quick bite to eat. Open since 1986, the Asmaro families are proud to operate a hometown Fenton business for three decades

Merchants Gourmet Wine Shop is located at 3909 Owen Rd., telephone (810) 714-1299.





READING MONTH A SUCCESS

March is Reading Month at Hyatt Elementary in Linden and Hyatt students met their goal and read for more than 200,000 minutes. As an incentive to reach their goal, Principal Vicki Makaravage (pictured above) promised she would kiss a pig. A special thank you goes to the parents and students for organizing another successful reading month, and the Linden Masonic Lodge for their donation and commitment with the bike program. Each year the Masonic Lodge raffles two scooters, two bikes and a host of other prizes as encouragement to read.



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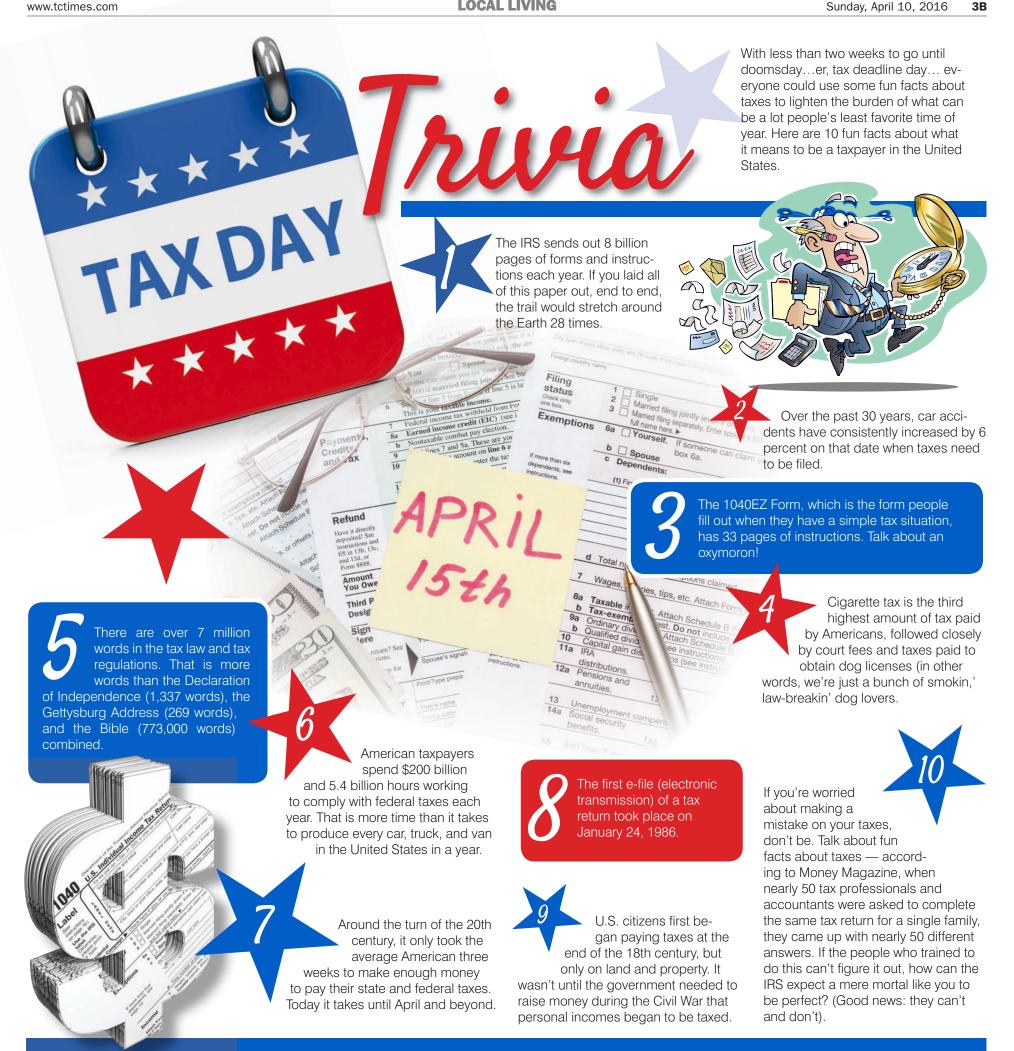
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Hi Chris I just noticed a hissing sound at the back of my 05 impala I don't know if its the fuel pump going bad? When i turn off the car it stops!

Aurthur, This could be a few things and you might want to have a mechanic near you listen to it, the fuel pump will make a steady humming noise when the car is running and one thing you could do is listen while someone turns the key on and see if the sound is the same, (when you turn the key on the pump should run for 10 seconds or so to prime the fuel system) if this is the sound try changing the fuel filter first as it could be clogged causing the pump to work very hard to produce enough pressure and volume to keep the car running, next thing to look at is if the hissing sound is coming from the fuel cap or the vent valve under the car in the evaporative emissions canister, these valves can become inoperative at times causing the fuel tank to pressurize or have a vacuum, if this is the case you will need a professional to diagnose this as the cost can go very high if you replace the wrong part.

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Seven Lakes State Park open at night for Dark Sky Week

■Local park is one of 20 in Michigan to welcome night-time visitors to view natural night sky

By Sally Rummel

news@tctimes.com; 810-629-8282

Imagine a natural night sky brimming with stars and available to view with the naked eye.

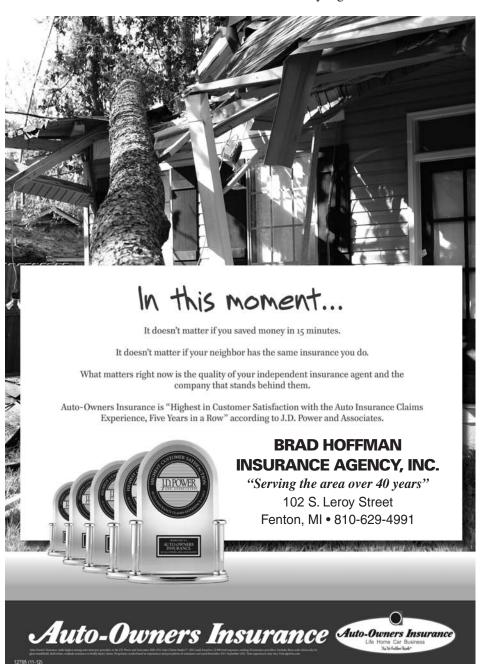
That's why Dark Sky Week is celebrated every year during the first week of April, around Earth Day and Astronomy Day. This year, the event runs April 4-10.

Dark Sky Week was founded in 2003 to bring awareness to the negative effects of light pollution and artificial lights which hide the stars, radically changing the nighttime environment. Many in today's generation will not know the beauty of a natural night sky.

This year, Seven Lakes State Park in Holly Township joins 19 other Michigan State Parks in keeping gates open for visitors to enjoy the wonder of the night sky.

"Our gates will be open at night for visitors through Sunday, April 10," said Jason Dunkel, lead worker at Seven Lakes. "This is our second year to participate in Dark Sky Week." A Recreation Passport is required for entry into the park, and can be applied for at the park or at Michigan. gov/recreationpassport.

For more information, call Seven Lakes State Park at (248) 634-7271 or visit darksky.org.



News briefs

Fenton Film Series

The Fenton Film Series will be presenting its free movie for April on **Wednesday, April 20**. This month's movie is "I Dream of Sushi." The event will be held at the Fenton Community and Cultural Center. Free refreshments begin at 6:30 p.m. and the film will begin at 7 p.m.

RUNNING

Continued from Page 1B

"The biggest challenge is fitting it around our schedule of kids, jobs and kids' events. When life has gotten in the way, we then do at least a mile. That's our minimum."

But they still run, sometimes early, early in the morning, or late, late at night.

Justin usually runs a five-mile loop around their home, while Erin logs between three and 10 miles, usually averaging four to five. "We run everywhere, in Fenton, Ann Arbor, Clio, whenever I have time," said Erin, 28, a human resources manager. "I usually have my running clothes with me."

Weather doesn't stop this hardy couple from running; they just bundle up warmly in layers to keep the cold and snow at bay. "This year hasn't been too bad," said Erin. "There was a big snowstorm in February, though. We ran five miles right in town in Fenton, jumping through all the snow. It was rough. We've run through hail and severe thunderstorms, too."

In fact, these committed runners met by running, introduced by mutual friends who knew they had this hobby in common. Erin has been running since she was 12 and Justin since high school.

"Both of us are pretty obsessed about getting out there, but she's more detailed about logging our miles, etc.," said Justin.

Their next goal, which started immediately, the next day on April 7, is to run every day until Erin turns 30 and Justin turns 35, about a year and a half away.

"Once you're done, you feel better," said Justin.

Tri-county fundraisers

Spring into Summer Art & Craft Show

The Holly Historical Society's new annual Spring into Summer Art & Craft Show is scheduled for Saturday, April **30 from 10 a.m. to 4 p.m.** at the Karl Richter Community Center, 300 East Street in Holly. More than 45 exhibitors will showcase Michigan-made products by local artists and crafters. Admission is \$1 and there is plenty of free parking and handicapped accessibility. Holly High School Senior Project Graduation will be selling baked goods. The fundraiser is for the Hadley House Museum, an 1873 Italianate wood structure in need of a fresh coat of paint and new porch boards. Grand Blanc Paint Center will be donating free exterior paint. The private non-profit group receives no funding from the government and relies on donations and the proceeds from their fundraisers. For more information, call (248) 634-5338.

WHAT YOU MISSED in the MIDWEEK TIMES

Wednesday, April 6, 2016 edition



BALD EAGLES ABOUND IN FENTON AREA

Little dogs beware. The bald eagle population is back on the rise in Michigan. Population is soaring since ban of DDT pesticide.

LESSONS LEARNED

While she's past the age people typically learn to play musical instruments, one Linden woman offsets engineering career by learning viola.

OLDEST BUILDING IN FENTON TO BE DEMOLISHED

DDA budgets \$20,000 to tear down Fenton founder's original structure. Most recently occupied by Rex Todd Rogers Design Studio, the building was originally owned by William Fenton and Robert LeRoy, who built in 1837 to serve as a hotel, tavern and stage coach stop.

ANTIQUES, COLLECTIBLES FETCH TIDY SUM

Estate of Tyrone Township man dead for a year were auctioned off in January. Auctioneer Tim Narhi provides some of the highlights.

HOT LINE CONTINUED

THE NEXT TIME Ted Cruz has a town hall where people are asking him questions, really listen to what he says. He never answers the question with an answer. At least Donald Trump answers the questions. He may not answer them the way everyone wants but he gives you an answer.

SUBTRACT THE SUPER-delegates from the total count and you'll find that Bernie is beating Hillary. And he is raising more money. Too bad Democrat votes don't matter. The party has already rigged the election for Hillary. What a sham.

THERE HAS BEEN a calico cat roaming around Davis Street and Shiawassee Ave. I can see that it has a collar and a tag and appears to be taken care of. If this is your cat, or if you know whom it may belong to, please ask them to keep the cat indoors. Our animals are kept in our yard and would just appreciate that others do the same.





Think varicose veins are just a cosmetic issue?

Varicose veins are a sign of vein (venous) disease.

Symptoms may include pain, swelling, restlessness, burning, itching, fatigue of the legs as well as skin damage. Learn more about vein disease at www.flintveins.com





Untreated hearing loss tied to lower earning potential

Maximizing one's ability to hear well should be part of any smart career strategy. Individual performance in an organization is found to be directly related to listening ability or perceived listening effectiveness. In fact, listening is one of the top skills employers seek in entrylevel employees and in those being promoted.

People who both hear and lis-

promoted.

People who both hear and listen well are also more likely to establish positive working relationships with bosses,

clients, and colleagues.

An alarming new study by the Better Hearing Institute (BHI) reveals a direct correlation between unaddressed hearing loss and earnings. The national survey, entitled "The efficacy of hearing aids in achieving compensation equity in the workplace," clearly demonstrates that hearing loss has a significant impact on people's ability to earn a livelihood. The study underscores how critically important it is for workers to treat hearing loss early in order to

maximize their job performance and earning potential.

According to Sergei Kochkin, PhD, author of the study: "The real tragedy in delaying hearing loss treatment is that when left unaddressed, hearing loss negatively affects individuals and their families for the rest of their lives in the form of lost wages, lost promotions, lost opportunities, lost retirement income, and unrealized dreams. But when people with even mild hearing loss use hearing aids, they improve their

job performance, increase their earning potential, enhance their communication skills, improve their professional and interper-sonal relationships, stave off depression, and improve their quality of life."



Seniors who have untreated hearing loss may be at an increased risk for developing dementia, a loss of brain function that can affect memory, thinking, language, judgment and behavior. This is the finding of a study conducted by researchers from the Division of Otology at Johns Hopkins University School of Medicine. The study included 639 people whose hearing and cognitive abilities were tested over a period of time, starting in 1990 and concluding in 2008. Researchers found that study participants who had hearing loss at the beginning of the study were significantly more likely to develop dementia by the end of the study.

How might hearing loss and dementia be connected? Investigators aren't sure, but they think a common pathology may underlie both conditions, or possibly the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia.

The article concludes that, whatever the cause, these findings may offer a starting point for further research as to whether interventions, even as simple as hearing aids, could delay or prevent dementia by improving patients' hearing.

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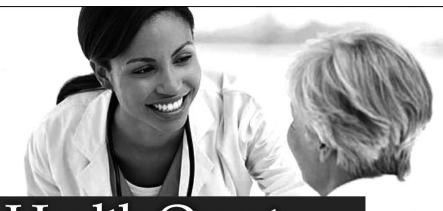
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44 'Dodo' was a

nickname that

Laura Legant

GRANNY, WHO?

■ Today's grandparents opt for more hip, youthful names to be called by their grandchildren

By Sally Rummel

news@tctimes.com; 810-629-8282

made her sound Suzanne Somsilly, but was full of mers goes by "Zanlove from all of us. 77 nie" and Martin Sheen is "Peach." Barbara Bush's grandchildren call her "Gannie" and George W. Bush's granddaughter calls him "Jefe" (Spanish for "Chief").

Many Baby Boomers, whether a celebrity or not, opt for more hip names than the traditional "Grandma and Grandpa," when they become grandparents. With so many families, having multiple sets of grandparents today the use of nontraditional names also serves a purpose in keeping these relationships in order.

In a survey last year by parenting website BabyCenter, half of new moms and dads said that their parents were using different names than "Grandma and Grandpa."

Top names for grandmas are Nana, Grammy and Granny and for grandpas, Papa, Granddad and Gramps, according to BabyCenter.

Some grandparent nicknames come from individualized choices made by the parents or grandkids, or are related to cultural backgrounds. Oma and Opa, for example, are common in families with German ties and Nonna and Nonno among those of Italian descent.

For this writer, the nickname "Beepa" came about when granddaughter Ava was 4 months old and started "beeping" her grandma's nose. Grandpa Mark's nickname immediately became Boppa.

These unusual names are almost always meant with affection, such as the name Laura Legant of Holly called her great-grandmother.

"When I was a kid, we all called my great-grandmother (on my dad's side) 'Grandma Dodo," said Legant. "I never questioned it. I always assumed she was kinda silly and so she had a silly name."

"I was 16 before I even knew she had a name, Eldora. 'Dodo' was a nickname that made her sound silly, but was full

of love from all of us. She made dolls and sewed doll clothes for all of us. She loved books, too, so she had a big impact on my life."

Some grandma names even have furry roots.

"I'm called Grandma Riley, after my dog," joked Linda Foreman of Fenton Township. "The oth-

> er grandma is Grandma Yooper, also after her dog. My granddaughter named us when asking her mom when I was going to visit. My daughter Staci replied, 'On Thursday, as she always does.' Alaina said, 'No, Mom, Grandma

Riley, not Grandma Yooper.' And that was it.'

No matter where the name comes from, it's clear that it denotes a special relationship between generations.

POPULAR 'GRANDMOTHER' **NAMES**

- Grandma
- Gram
- Nana
- Nanny
- Grammy Granny
- Oma
- Mimi
- Mamaw Gran

POPULAR 'GRANDFATHER' **NAMES**

- Grandpa
- Poppy
- Papa
- Papaw
- Granddad
- Pop
- Gramps
- Opa
- Pop-Pop
- Pappy

IS GOOD

■Here are 10 benefits to 'keep you in the game'

By Sally Rummel

news@tctimes.com; 810-629-8282

Golf may be known as a sport of leisure or a "gentleman's game," but it has farreaching positive benefits for your health, especially as you reach 50 and beyond.

EXPOSURE TO THE OUTDOORS

Playing golf on large golf courses provides health benefits for your body and mind. It reduces stress, relieves anxiety and allows the body to soak up vitamin D from the sun. That promotes bone growth in young people and reduces the risk of depression, heart disease and certain cancers.

BUILDS A SOCIAL NETWORK

Golf provides opportunities to keep in touch with friends, meet new people and connect you to a community of like-minded sports enthusiasts. The nature of golf provides an opportunity to interact with fellow golfers while enjoying the game. You might even close a business deal while out on the golf course, having fun.

BURNS CALORIES

Covering between 30 and 200 acres means a lot of walking, especially if you forego the golf cart. If you opt to carry your own clubs, you'll burn even more calories. With all the walking, carrying and swinging involved, golfers can burn up to 1,000 calories in a single game.

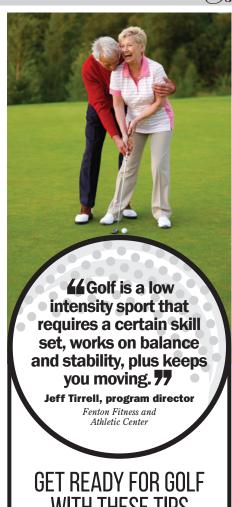
KEEPS YOUR HEART RATE UP

Playing golf can lead to quite a bit of exercise for your heart, increasing your heart rate, keeping it pumping and increasing blood flow. This lowers your risk for heart disease and decreases levels of "bad" cholesterol.

GOOD FOR YOUR BRAIN

As your heart rate increases, so will blood flow to the brain, which can stimulate and improve nerve cell connections, helping delay illnesses such as dementia. While competing against yourself and others, you'll boost your self-confidence. You'll also improve your mental acuity when tallying scores, improving strategy and fostering hand-eye coordination.

See GOLF on 11B



WITH THESE TIPS

OFF-SEASON:

Build a base level of strength with cardio, strength training



IN-SEASON:

Use velocity-based exercises and power production with medicine ball training and core stability training, mimicking movements you'll use out on the golf course.



Source: Jeff Tirrell, program director at Fenton Fitness and Athletic Center



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BRAIN POWER

Continued from Page 5B

Here's how: If you're a person who does a lot of mental work (doctor, accountant, researcher), do something physical instead of mental, or take up art, sculpting or music

2) TRY SOMETHING NEW

Challenge your brain by getting out of your normal routine. Try it first for 15 minutes a day.

Here's how: Learn a new language or take a cooking class.

3) GET A SOCIAL LIFE

Maintain strong connections with friends and you'll live up to 20 percent longer, say experts. Surround yourself with people who challenge your intellect.

Here's how: Form a book club or take a trip with friends to a museum, lecture or poetry reading.

4) HIT THE SHEETS

Decreased estrogen in women is associated with lessened brain activity and poor memory.

Here's how: Sexual activity once a week enhances estrogen production, improving overall brain function.

5) EAT RIGHT TO STAY BRIGHT

Enjoy a diet rich in antioxidants, which prevents cholesterol lining your arteries and slowing blood flow.

Here's how: Include berries, dark leafy greens, grapes, carrots, beets and tomatoes in your daily diet.



Simple lifestyle changes can result in big improvements in your brain power as you age.

6) EAT FISH ONCE A WEEK

Studies show that people who eat fish at least once a week have a 60 percent less chance of developing Alzheimer's disease. A weekly seafood meal may slow cognitive loss by 10 percent per year.

Here's how: Eat fish with omega-3 fatty acids, including salmon, tuna and cod.

7) EXERCISE RIGHT

A daily cardiovascular exercise program helps you feel more lively and alert and reduces symptoms of stress and anxiety. Aerobic exercise increases brain volume more than stretching and toning.

Here's how: Choose cardio exercises like walking, running, elliptical training and dancing.

8) CHEW GUM

That's right. Studies show that chewing gum has a positive effect on memory and other cognitive functions.

Here's how: Chew gum before a test or performance to get your brain working, but not during the test, as the brain boost is of limited duration.

9) TAKE A SNIFF

Taking in a whiff of a scent can make you more productive.

Here's how: Lemon oil can be a morning pick-me-up, while peppermint oil can ward off drowsiness. Use lavender oil to keep your mental wheels turning.

10) CHANGE YOUR TACK

Force yourself to use your non-dominant hand for some daily tasks and routines

Here's how: Brush your teeth with opposite hand, and try walking backward (carefully).

11) UNPLUG YOURSELF

Get away from your cell phone and laptop for at least two hours a day. Otherwise, you'll experience a loss of concentration and problem solving skills.

Here's how: Use those two hours for a more stimulating activity.

12) DRINK A SPOT OF TEA

Green and black tea are known to prevent memory loss.

Here's how: Substitute your morning coffee with a morning cup of tea.







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SENIOR HOUSING aptions abound

■Whether you're an active senior or require more assistance, there's a place for you

By Sally Rummel

news@tctimes.com; 810-629-8282

Seniors have many possible lifestyle choices when they or a loved one decide it's time to make a change.

The tri-county area has many different living options, from retirement communities like Shiawassee Shores in Linden to skilled nursing care at WellBridge of Fenton.

HERE ARE LIFESTYLES YOU CAN EXPLORE:

RETIREMENT COMMUNITIES — FOR AGES 55+

Retirement communities are designed for seniors with an active lifestyle, who may want to have fewer maintenance issues at home

• Shiawassee Shores, Linden, a manufactured housing community for people age 55+. This is one example of an active retirement neighborhood that provides maintenance and recreational opportuni-

ties for residents who live there.

Cost: \$425 monthly for lot rent, plus the cost of pre-owned manufactured home.

INDEPENDENT LIVING

Designed for seniors who want to maintain their independence while having some extra services available, ranging from studio to large two-bedroom apartments. Fine dining services are often offered with custom-designed meal packages.

- Lockwood of Fenton
- Dauner House II (non-subsidized), Fenton
- Dauner House III (subsidized), Fenton
- Millpond Manor, Fenton
- The Village of Holly Woodlands, geared toward seniors age 62+.

Cost: \$1,500 to \$3,000 per month

ASSISTED LIVING

These facilities are designed for seniors who are no longer able to safely live on their own, but don't require the high level of care providing in a nursing home. They offer help with daily living, including meals, personal care, medications, etc.

- Abbey Park, Grand Blanc
- Almost Home, Fenton
- Caretel Inns of Linden
- Vicinia Gardens, Fenton
- Rockwell Assisted Living, Fenton
- Young At Heart, LLC, Fenton
- Courtyard Manor of Fenton
- Wynwood of Grand Blanc
- Tanglewood Assisted Living

Cost: \$2,500 to \$4,000, depending on facility and services offered.

MEMORY IMPAIRED

Numerous senior housing options abound for people with dementia or Alzheimer's. These facilities provide 24-hour support and structured activities to ensure a resident's safety and quality of life.

- Caretel Inns of Linden
- Clare Bridge, Holly
- Tanglewood Assisted Living, Fenton
- Rockwell Memory Care, Fenton
- Vicinia Gardens, Fenton

Cost: \$5,000 average per month, depending on the facility and services offered.

SKILLED NURSING

These provide 24-hour skilled nursing for long-term care of the elderly or short-term rehabilitative stays for those recovering from an injury, illness or surgery.

- Argentine Care Center, Linden
- Caretel Inns of Linden
- Crestmont Health Care Center, Fenton
- Fenton Health Care
- WellBridge of Fenton

Cost: \$6,750 average per month

HOME CARE

Home care allows older people to remain in their own homes while receiving the assistance they need to retain their independence, including bathing, dressing and meal preparation. They can also provide help with transportation, bill paying, appointments, and simply being there for companionship and emotional support.

Cost: \$20 to \$40 per hour

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WISHES

■ Planning your funeral ahead of time can make your wishes known to your family

By Sally Rummel

news@tctimes.com; 810-629-8282

Death and taxes are two certainties that await all of us in life.

They both have in common the need to make sound decisions and planning ahead of time, to take away some of their

"Pre-planning your funeral is the most considerate gift you can leave your family," said Jennifer Sharp Scully of Sharp Funeral Homes in Fenton, Linden, Swartz Creek and Flint. "With arrangements made in advance, bereaved family members are relieved of the burden of making decisions at a difficult time, and from guessing what your final wishes might be."

There are actually two ways to preplan your funeral — pre-arrangement and pre-payment. You can sit down with a pre-planning specialist and discuss your wishes that are then recorded on file at the funeral home. "There are no costs or obligation for this kind of planning," said Scully.



Funeral pre-planning can be a helpful tool for families who can make decisions ahead of time instead of during the most emotional times of their lives.

"The most important thing is just to sit down and talk about it," said Becca Temrowski of Temrowski Family Funeral Home and Cremation Services in Fenton. "People tend to not want to 'bother' their families, but talking openly and truthfully is called love. It takes the pressure of making significant decisions away from your family at a difficult emotional time."

Pre-planning also makes clear to the family exactly what the wishes are of the person who has died. "Families that come in are always thankful their loved one has made some decisions ahead of time," said Connie Glynn, an advanced planning specialist at Swartz Funeral Home in Flint.

The second step can be to pre-pay for

a funeral, although that's not a required component of pre-planning.

"Funds are put into a funeral policy in the person's name, and set into an escrow account," said Scully. "The growth is designed to offset the cost of inflation of funeral costs. When it's prepaid, it secures the cost of our professional services and merchandise, including services, the casket, outer burial container, urns anything that is directly tied to a funeral, cremation, burial or memorial. When you pre-pay, you lock in your funeral at today's prices."

Another positive aspect of funeral prepayment is helping people qualify for

See **PLANNING** on 13B

QUESTIONS TO ASK **ABOUT FUNERAL** PRE-PLANNING

- What happens to the money you've prepaid? States have different requirements for handling funds paid for prearranged funeral
- What happens to the interest income on money that is prepaid and put into a trust account?

services.

- Are you protected if the firm you dealt with goes out of business?
- Can you cancel the contract and get a full refund if you change your mind?
- What happens if you move to a different area or die while away from home? Some prepaid funeral plans can be transferred, but often at an added cost.

Source: Federal Trade Commission



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Golfing is not only fun, it has many health benefits for all ages, especially seniors.

Cavice FOR AGING ATHLETES

Retired professional athletes often speak about the difficult moment when they knew it was time to retire from professional competition. The transition can be easy for some but far more difficult for others. But aging amateur athletes know you need not be a professional to realize there comes a time when your body is telling you it's time to ease up.

Athletes are used to pushing themselves and stretching their limits, but some limitations are best not pushed. Such is the case with the limits posed by aging. While athletes don't have to completely fold up shop and hang up their cleats, tennis shoes or other athletic equipment as they approach senior citizen status, there are steps aging athletes can take to ensure they aren't pushing their bodies too far as they grow older.

RECOGNIZE YOUR NEW RECOVERY TIME.

Veteran athletes tend to have a sixth sense about their bodies, knowing how long they need to recover from common ailments like ankle sprains,

See ATHLETES on 15B

GOLFContinued from Page 7B

IMPROVES VISION

Keeping your eye on the ball has more advantages than just a better golf score. It also forces them to concentrate on their vision at long distances, zooming in on that little white ball that may be yards away. Even while on the tee before taking a swing, golfers can evaluate the keenness of their vision while improving hand-eye coordination.

LOW RISK INJURY SPORT

Compared to other sports, the overall risk of injury is low. Golf is primarily a sport of strategy, coordination and accuracy, yet still provides enough physical activity to keep the muscles engaged and the heart pumping.

BETTER SLEEP

A busy day on the course, using your body and your mind, will provide more opportunities for a better night's sleep.

REDUCES STRESS

Playing a round of golf releases endorphins, those natural, mood-enhancing chemicals, which make a person happier and more relaxed. Plus, interacting with others who share your interest in the sport is a natural way to alleviate stress and help you forget the troubles of your day.

INCREASES BONE STRENGTH

Golf is a great weight bearing exercise, as long as you skip the cart. Regular golf can help prevent bone loss while also increasing muscle strength.





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Linden Office

107 Main St. | Linden (810) 750-8794

Holly Office

4043 Grange Hall Rd. | Holly (810) 750-8701

Grand Blanc South

7606 S. Saginaw St. | Grand Blanc (810) 695-9601

Grand Blanc North

1401 E. Hill Rd. | Grand Blanc (810) 603-9500

Brighton

134 North First Street | Brighton (810) 534-0800





PLANNING

Continued from Page 10B

government services, such as Medicaid, for long-term nursing home care. Prepaid funeral expenses don't count against the person's estate when

the government determines financial eligibility.

44 Pre-planning The state of Michigan requires that funds your funeral is the collected for pre-paid most considerate funerals go to a thirdgift you can leave party escrow agent. your family. 77 Consumers are encour-Jennifer Sharp Scully of Sharp Funeral Homes aged by the Attorney General's office to obtain a written explanation of exactly how their money is protected in each transaction, and whether the pre-need contract is guaranteed, revocable, refundable, transferable and portable.

"Your pre-paid funeral is completely transferable to any funeral home of your choice," said Scully.

In addition to funeral pre-planning, there are travel insurance plans available that will pay for the costs of returning a deceased person's body back home, including flights, transportation to and from the airport, etc. "If you spend six months in Florida and six months in Michigan, it's a very worthwhile, comprehensive plan," said Glynn.

The most important aspect of preplanning your funeral is talk-

ing to the right person. Michigan's Pre-Paid Funeral and Cemetery Sales Act permits anyone to sell funeral goods and services on a pre-arranged basis, as long as they register with the State of Michigan and receive certification.

Many Michigan consumers, especially the elderly, receive direct mail and telemarketing calls from sellers of pre-need funeral goods, from cemetery lots to urns and caskets, and are pressured to pay in advance for these services. Funeral directors in Michigan are tested, regulated and inspected by the state to offer pre-planning.

"We plan more for weddings, graduations and retirement than we do for the one event that we know is going to happen," said Glynn.







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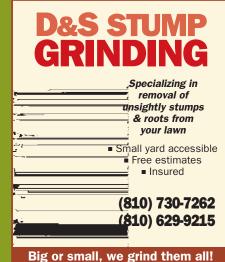
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Assisted Living





Traveling soon? STAY SAFE

Yes, taking a trip may be require more work as you age, but that doesn't mean you can't have a great time away from home. Proper planning can make all the difference in ensuring safe, enjoyable travels.

TALK TO YOUR DOCTOR

One of the first things you should do to prepare for an extended trip is to set up an appointment with your doctor.

Explain your travel plans and discuss any concerns you may have about being away from home. Your physician may need to update your shots or explain any potential health risks ahead of your trip.

The sooner you can schedule a sit-down with your doctor, the better. Overseas traveling may require certain vaccinations up to six weeks before you depart.

WRITE IT DOWN

Especially if you take various forms of medication requiring different dosages, make a physical list of all prescription and

over-the-counter medications you take.

Also write down the dosage and what time you should take these medications. Being on vacation can throw off your daily schedule, so it is crucial that you keep this list with you to remind you of medicinal requirements.

You can also set alarms on your phone to alert you when it is time to take your medication.

OTHER SAFEGUARDS

Any kind of travel — especially international — can open you up to the risk of infection or dehydration.

The air inside planes is dry, so health experts urge you to bring a large bottle of water with you for the ride. The Centers for Disease Control and Prevention recommend that you think twice about what you eat or drink in a foreign country.

The CDC's travel site (www.cdc.gov/ travel) offers a comprehensive list of illnesses that are prevalent in different countries and tips on how to avoid them.

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ATHLETES

Continued from Page 11B

knee pain, back pain and shin splints. Despite the body's remarkable ability for recovery, it's not immune to aging, and that recovery time will increase as the body ages. Whereas a sprained ankle might once have been as good as new after a few days or rest, aging athletes must recognize that the same ankle sprain now might require more recovery time. Returning too quickly from an injury can only make things worse for aging athletes, so don't push yourself.

- TAKE MORE TIME TO WARM UP. As the body ages, its response time to exercise increases. This means the body needs more time to prepare itself for cardiovascular and strength training exercises. Increase your warmup time as you age, gradually increasing the intensity of your warmup exercises until your body feels ready for more strenuous exercise.
- FOCUS ON FLEXIBILITY. The more flexible you are, the more capable the body is of absorbing shock, including the shock that results from repetitive activities. But as the body ages, it becomes less flexible, which makes it less capable of successfully handling the repetitive movements common to exercise. Aging athletes should focus on their flexibility, stretching their muscles before and after a workout. In addition, activities such as yoga can work wonders on improving flexibility for young and aging athletes alike
- DON'T STOP STRENGTH TRAINING. Some aging athletes mistakenly feel they should stop strength training as they get older. No



Staying active by walking, swimming or with a regular routine at the gym, is a great way to maintain muscle mass and a healthy heart.

longer concerned about building muscle, aging athletes might feel as if they have nothing to gain by lifting weights and continuing to perform other muscle strengthening exercises. But the body gradually loses muscle mass as it ages, and that loss puts the joints under greater stress when aging athletes perform other exercises. That stress can put people at greater risk for arthritis, tendinitis and ligament sprains. While you no longer need to max out on the bench press or challenge yourself on the biceps curl, it is important to continue to make strength training a part of your fitness regimen as you age.

Aging athletes need not associate aging with ceasing their athletic pursuits. But recognizing your limitations and the changes your body is going through is an important element of staying healthy as your approach older adulthood.



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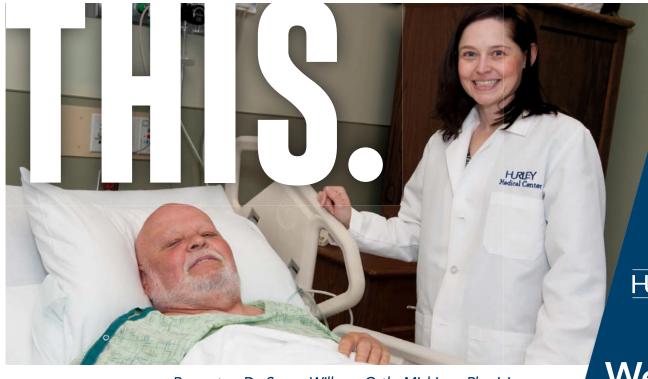






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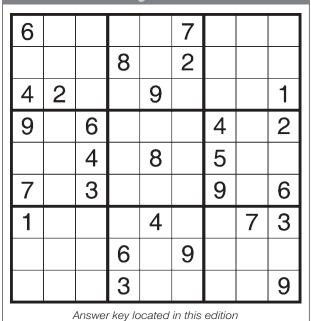
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A Look back at the TOP 10

MARIAH CAREY Top 10 Songs

- 1. One Sweet Day
- 1 16 weeks. 1995 2. We Belong Together
- #1 14 weeks, 2005 3. Fantasy - #1 eight weeks,
- 1995 Dreamlover - #1 eight
- weeks, 1993
- 5. Hero #1 four weeks,
- Vision Of Love #1 four weeks, 1990
- 7. Love Takes Time #1 three weeks, 1990
- 8. Emotions #1 three weeks, 1991
- Honey #1 three weeks, 1997
- 10. Always Be My Baby #1 two weeks, 1996

37 Crude home

38 Diner hirees

44 Axon's place

46 Aussie bird

54 Resembling

55 One-eighty

56 Con's vote

57 Groundwork

58 Greek Cupid

59 Pay to live

47 Tremolo's

51 Bowed

53 Fluster

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43 Dwindle

KING FEATURES SuperCrossword **ACROSS** 48 "- a living" 86 Dunce DOWN 36 - -fi film

90 Convertible

carriage

used to

94 Suffix in

sugar

names

95 Give support

who's always

(music style)

letters after

alephs

106 Exit opposite

107 Pilot planes

97 Port in Italy

98 Greasy

104 — -rock

105 Hebrew

99 Boyfriend

upbeat?

transport

GOLD-TRIMMED 84 Missy

85 84-Down's

87 "It's finally

88 Pork-filled

pastry, e.g. 89 Rabbit

features

head

cipher

92 "I knew it!"

93 Absence of

restriction

91 Put in

96 Krispy

counterpart 86 Working

farm horses

clear to me'

In boots, e.g. 49 Company 5 Accident IDs 11 Leaf-cutting 50 Arthur of old little colonist

- 14 Lend (assist) 19 Roof border
- 20 Pungent yellow cheese 21 Corp. leader 22 Go-kart, say
- 23 Nickname for a really strong novelist? **26** The
- Carolinas. e.g., in Caen 27 Wings for women
- 28 Many a flower airl 30 Wilhelm's
- 31 Return to get title Dr.?
- 36 Eschew 38 Topped party appetizer won't!'
- 40 Prefix with 81-Across or 31-Down 41 British poet as a young badge
- earner? 45 "The Streak" singer Ray

- 52 Sister record co. of Virgin 53 Nudge 54 Neoprene produced at an Alabama university?
- 60 Italicize, e.g. 63 Whitman or Disney **65** Some **HDTVs** 66 Singular
- 67 Chicago airport 68 Baby kangaroo living on a Pacific island
- nation? 70 "Friday the 13th" villain 71 Arial is one 72 Potter's dirt 73 Shred up 75 Very breezy
- 74 Most darling month? by Jimmy
- Fallon 80 Min. fraction
- 79 Greek letter 81 Handed out 83 Item in a nest
- 78 Jay replaced
- 122 Train base playing cards 123 Safari shelter
- 110 Opinions offered 111 Singer Gene who should forgotten? 116 Black, in Bordeaux 117 Blvd. or rd. release? 25 — ToK³ Vent (the Leewards)
- 118 Limited 119 - Sous-le-120 Affirm 121 Cold Warera state: Abbr.
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6 Suffix with

7 Grab a chair

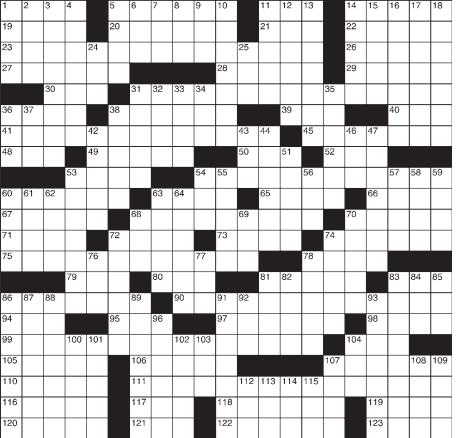
8 Stable feed

9 Turkish title

10 Attacked like

fool

- 16 College life 18 Creator of 24 Private AOL storekeeper
- 12 Former 13 Many "Olé!" **14** "Am not!" 15 Spiteful sort
- Kreme 60 Large couch inventory 61 What you used to be? 100 One of Kirk's 62 Bonged lieutenants 63 Ragamuffins 101 Blender **64** 100% wrong brand 102 Ferret's kin 68 - -bah 69 Pa Clampett 103 Wilhelm's of TV "the 70 Interim ruling 104 Parade group 72 11th-cen place: Abbr king of Norway 107 City in Iowa 108 Driving exam taker. 74 Prison parts 109 Lead-in to shrimp 77 Wilhelm's "l' while 112 Road topper 78 Cake tier 81 Dunce 82 Allure rival - PC? 83 Fit to 114 Fabled flier print, after 115 Reindeer revisions cousin



Answer key located in this edition

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PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON BOARD MEETING SYNOPSIS APRIL 4, 2016

The Fenton Township Board held a regular meeting on Monday April 4, 2016 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

- Supervisor Mathis led the pledge of allegiance to the flag.
- Approved the agenda as amended.
- Approved invoices and expenditures for payment in the total amount of \$1,199,760.37.
- Approved a METRO Act Telecommunications Right-of-Way Permit for Fiber Technologies Networks, LLC for the construction of a fiber optic network ex-
- Adopted Resolution No. 2016-06, honoring John Patrick Galvin for attaining the rank of Eagle Scout in Boy Scout Troop 219.
- Adjourned at 9:05 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

NOTICE "TO ALL OWNERS, AGENTS OR OCCUPANTS OF LAND IN THE TOWNSHIP OF HOLLY:

Notice is hereby given that after May 15 of this year the provisions of Holly Townships Code of Ordinances, Chapter 10, Article VI, Noxious Weed Ordinance will be enforced.

No owner of any parcel of land within the township or the occupant or agent of such owner shall permit on such parcel of land or upon any sidewalk abutting the same, or upon that portion of any street or alley adjacent to the same between the property line and the curb or traveled portion of such street or alley, any growth of weeds, grass or other rank vegetation to a greater height than six inches on the average, or any accumulation of dead weeds, grass or brush. No such owner or agent shall permit on such land poison ivy, ragweed or any other poisonous, noxious or unhealthful growths.

If after May 1st an owner, agent or occupant has failed to cut or cause such noxious weeds to be destroyed it shall be the duty of the commissioner to abate the nuisance, either utilizing township employees or private contractors which may enter upon such land and destroy by cutting, with or without mechanical equipment, any such weeds and all expenses incurred in such destruction shall be paid by the owner of such land. The township shall have a lien upon land for such expense, to be enforced in the manner prescribed by the general laws of the state providing for the enforcement of tax liens.

(d) Means of abatement

If an owner, agent or occupant has failed to cut or cause such noxious weeds to be destroyed after receiving notice as hereinbefore provided in subsection 6(b), it shall be the duty of the commissioner to abate the nuisance, either utilizing township employees or private contractors which may enter upon such land and destroy by cutting, with or without mechanical equipment, any such weeds and all expenses incurred in such destruction shall be paid by the owner of such land. The township shall have a lien upon land for such expense, to be enforced in the manner prescribed by the general laws of the state providing for the enforcement of tax liens.

Exclusions. This Article does not apply to weeds in unimproved lands, designated open space, open fields or fields devoted to growing small crops such as wheat, oats, barley, or rye. In the case of an easement or public property such as a forest preserve, and all other land as to which definite ownership is not known to the commissioner and cannot be established the county board of commissioners shall cause the destruction of noxious weeds in accordance with Public Act 359 of 1941.

Karin S. Winchester, Holly Township Clerk

Classifieds

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

CLASSIFIED DEPARTMENT: 810-629-8194

SUNDAY, APRIL 10, 2016

PAGE 17B

Personal Notices

HOLY SPIRIT you made me see everything and showed me the way to reach my ideals. You who gave me the divine gift to forgive and forget the wrong that is done to me and you who are in all instances of my life with me. I. in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen. Thank you for your love towards me and my loved ones. Persons must pray the prayer 3 consecutive days without asking your wish. After 3rd day, wish will be granted no matter how difficult it may be. Then promise to publish the

NOVENA TO ST. JUDE

dialogue as soon as favor is

granted. BL

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. O Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day, by the 8th day you prayers will be answered. It has never been known to fail. Publication must be promised. KP

Most loving Father, I thank you for the gift of this new day. Kindly help me to use it for your honor and glory. By your grace may all my thoughts, words and actions be pleasing today in your sight.

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Legal Notices

AS A DEBT COLLECTOR, WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE NOTIFY US AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY, MORTGAGE SULE, Dergult basing home prode in the terror. ARE IN ACTIVE MILITARY DUTY. MORTGAGE SALE - Default having been made in the terms and conditions of a certain mortgage made by DONNA A FAUST. Mortgagors. In Mortgagors. In Mortgagors. In Mortgagors. In Mortgagors. In Mortgagors. In Mortgagors, to Mortgagors with the Mortgagors. In Cas nominee for Countrywide Home Loans Inc dba America's Wholesale Lender, Mortgagoe, dated the 27th day of April, 2007 and recorded in the office of the Register of Deeds, for The Country of Genesee and State of Michigan, on the 30th day of April, 2007 in Instrument #200704300037835 of Genesee. State of wikingian, in the soul way on April, 200 in Instrument #200704300037835 of Genesee County Records, said Mortgage having been assigned to BANK OF AMERICA, N.A., as successor by merger to BAC Home Loans Servicing L.P. FKA Countrywide Home Loans Servicing L.P. For high mortgage there is claimed to be due, at the date of this notice, the sum of One Hundred Eighty ST housand Seven Hundred Forty One Dollars and 22/100 (\$186741.22), and no suit or proceeding atlaw or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provided, notice is hereby given that on the 27th day of April, 2016 at 11:00 AM o'clock Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the Courthouse in Finit MI (that being the building where the Circuit Court for the County of Genesse is held, the content of the state o public auction, to the highest bidder, at the Courthouse in Filint MI (that being the building where the Circuit Court for the County of Genesee is held, of the premises described in said mortgage, or so much thereof as may be necessary to pay the mount due, as aforesaid on said mortgage, with interest thereon at 4.000 per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows. All that certain piece or parcel of land, including any and all structures, and homes, manufactured or otherwise, located thereon, situated in the Township of Richfield, County of Genesee, State of Michigan, and described as follows, to with Fart of the Northwest 1/4 of Section 31, Township 8 North, Range 8 East, beginning at a point on the South right-of-way line of Richfield Road, so-called, which is South 00 degrees 28 minutes 23 seconds West 767.43 feet and North 71 degrees 00 minutes 45 seconds East 835.06 feet from the Northwest 200 cropper of said Section 31; thence North seconds West 767-43 feet and North 71 degrees 00 minutes 45 seconds East 383.06 feet from the Northwest corner of said Section 31; thence North 71 degrees 00 minutes 45 seconds East, along said right-of-way line, a distance 150.00 feet; thence South 73 degrees 09 minutes 15 seconds East 360.00 feet; thence South 71 degrees 00 minutes 45 seconds West 150.00 feet; thence North 18 degrees 59 minutes 15 seconds West 860.00 feet to the place of beginning During the sax (6) months immediately following the sale; the property may be redeemed, except that in the event that the property is determined to be abandone pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale. Pursuant to MCLA 600.3278, the mortgagor(s) will be held responsible to the person who buys the property at the foreclosure billowing the sale. Fullsdart to MUCH 900.9.2 the person who buys the property at the foreclosure sale or to the mortgage holder for damaging the property during the redemption period. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee or the Mortgagee's attorney Dated: 3/27/2016 BANK OF AMERICA, N.A., as successor by merger to BAC Home Loans Servicing, LP FKA Countrywide Home Loans Servicing, LP FKA Countrywide Home Loans Servicing LP PKA Countrywide Home Loans Servicing LP TOO Tower Drive, Ste. 510. Troy, MI 48098, (248) 862-860 BOA FNIMA FAUST Commonly known as 7070 E RICHFIELD ROAD, DAVISON, MI 48423

www.tctimes.com

Garage Sales

ľimes

Fenton



APRIL 16TH - 17TH, 9-4 PM

11466 Clairmont Dr. Moving Sale, furniture, kids items, guy stuff and more!!

Hartland VILLAGE ELEMENTARY mom 2

PLEASE COME JOIN US SATURDAY, **APRIL 16TH**

> **EARLY BIRD** 8:30-9AM, \$2: 9-12PM, \$1 **ADMISSION**

10632 Hibner Rd. Hartland, MI. 48353.

Mark your calendars for this great sale...

YOU DON'T WANT TO MISS IT!!!

Bring your friends, strollers welcome, GREAT DEALS, big item room, crafters and home businesses.

SIGN UP for Text blasts to receive local Garage sale listings. Text GARAGESALE to **810-475-2030**

Real Estate

i mes

Apartments for Rent

LaFonda

Apartments

🗽1 bedroom^{\$}500 🧩

2 bedroom\$600

CALL FOR MORE

INFORMATION

810-629-5871

www.cormorantco.com

Manufactured Homes

LINDEN SCHOOLS

1850sqft, fireplace, new furnace and air conditioner, china cabinet, desk, curio. Laundry, hot tub. \$38500. 810-735-9233.

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Brand new 2 & 3 bedroom, 2 bath homes including all appliances

\$599 moves you in PLUS **FREE RENT UNTIL**



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meritusmhc.com *WAC, select community owned homes. 15 mo lease. Expires 4-30-16.

810-691-2124

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12624 Pagels Drive, **Grand Blanc**

INDEPENDENT LIVING FOR SENIORS 55+

\$350 Moves You In. First Month Rent is Free!

Spacious 1 and 2 bedroom units available

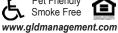
Call today! 810.695.0344

Next door to the Grand Blanc Senior Center, close to Genesys Reg. Medical Center, expressway and shopping

Heat, water, sewer and trash removal included in rent



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Visit TimesHG.com





OPEN HOUSE Sunday, April 10th **1-3** pm 1115 Bridge St. • Linden \$240,000 IN-GROUND POOL 4 bedrooms/2 baths Lower level walkout Nice views on 3/4 acre Donna Anderson

Tyrone Township Livingston County, Michigan NOTICE OF PUBLIC HEARING UPON SPECIAL ASSESSMENT ROLL FOR THE TYRONE TOWNSHIP JAYNE HILL FARMS SUBDIVISION NO. 1, 2 AND 4 WASTE REMOVAL PROJECT (2016) SPECIAL ASSESSMENT DISTRICT

NOTICE IS HEREBY GIVEN:

(1) The Township Board of Tyrone Township, Livingston County, Michigan (the "Township") in accordance with the laws of the State of Michigan, will conduct a public hearing beginning at 7:00 p.m., local time, on April 19, 2016 at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan, to review the following proposed special assessment district:

TYRONE TOWNSHIP JAYNE HILL FARMS SUBDIVISION NO. 1, 2 and 4
WASTE REMOVAL PROJECT (2016)
SPECIAL ASSESSMENT DISTRICT

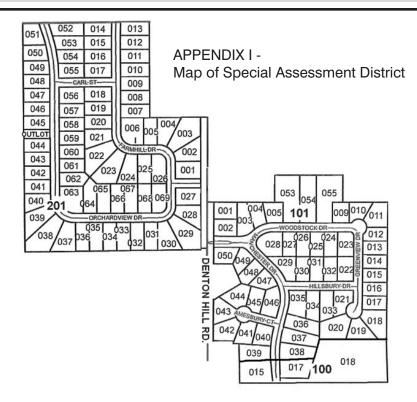
and to hear any objections thereto and the proposed project.

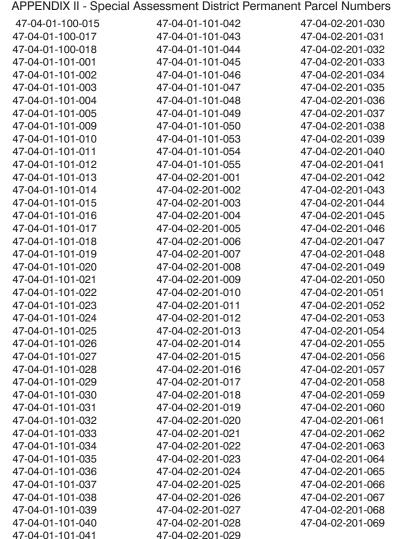
- (2) The project (the "Project") will consist of establishing a single waste hauler for the following roads in the Jayne Hill Farms Subdivision No. 1, 2 and 4 in Tyrone Township: Farmhill Drive, Orchardview Drive, Carl Drive, Amesbury Court, Greenview Drive, Woodstock Drive, Hillsbury Drive, and Manchester Drive. The Project is designed to serve the properties in the Special Assessment District (the "District"), which District consists of the properties located within the area designated on the map attached at Appendix I and includes the specific properties that are identified by the permanent lot and parcel numbers described in Appendix II.
- (3) The Township plans to impose special assessments on the properties located in the Special Assessment District to pay for the costs of the Project.
- (4) The plans and cost estimates for the proposed Project and the description of the District are now on file in the office of the Township Clerk for public inspection. Periodic redeterminations of the cost of the Project may be made, and subsequent hearings shall not be required if such cost redeterminations do not increase the estimated cost of the Project by more than 10%. Any person objecting to the proposed Project or the proposed District must file his or her objections in writing with the Township Clerk before the close of the April 19, 2016 public hearing or within such additional time (if any) as the Township Board may grant.

This notice is given by order of the Tyrone Township Board.

Dated: April 5, 2016

Marcella Husted Tyrone Township Clerk







NOTICE- FAIRVIEW CEMETERY CITY OF LINDEN

Anyone wishing to salvage flowers, wreaths, etc. from Fairview Cemetery should do so by Sunday, April 24, 2016. After that date, they will be removed and disposed of by the sexton of the cemetery.

Scott Fairbanks Sexton of Fairview Cemeterv

PUBLIC NOTICE HOLLY TOWNSHIP OAKHILL CEMETERY

NOTICE IS HEREBY GIVEN to anyone wishing to save decorations from Oakhill Cemetery should do so by removing those items from the cemetery by May 15, 2016. After that date all decorations will be removed and disposed of by Holly Township.

Karin S. Winchester, Holly Township Clerk

GROVELAND TOWNSHIP LEGAL NOTICE PROPOSED AMENDMENT: Z 2016-001 PUBLIC HEARING APRIL 25, 2016 @ 6:30 PM Planning Commission

Groveland Township is proposing to reschedule the Public Hearing for a proposed ordinance to Amend Section 21.00.00 of the code of the Township of Groveland. Notice is hereby given that a PUBLIC HEARING WILL BE HELD ON MONDAY, APRIL 25' 2016 at 6:30 p.m. at the Groveland Township Hall, 4695 Grange Hall Rd., Holly, MI for the purpose of hearing all persons interested in the proposed amendment. Said amendment, if adopted by the Groveland Township Board, would revise the Codified Ordinances, as amended, and change the zoning map text of the Township of Groveland of the following described property:

Z -2016-001, GROVELAND TOWNSHIP, 4695 GRANGE HALL RD., HOLLY, MI. REZONE PARCELS: 02-19-300-003 & 004 & 005 & 008 & 011 FROM E-I (EXTRACTIVE) and RE/F (RURAL ESTATE FARM)

TO B-3 (GENERAL BUSINESS)

Proposed language for the amendment is available at the Township Office during regular business hours. If you are unable to attend the meeting, your written comments are welcome prior to the night of the meeting, or you can telephone (248) 6344152.

Pamela Mazich, Clerk clerk@grovelandtownship.net

PUZZLE ANSWER KEYS

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

SUPER CROSSWORD ANSWERS SHOD MISHAP ANT AHAND EAVE ASIAGO CEO RACER THEMIGHTYAUTHORETATS HARE MS NIECE SEDGE DAS GOBACKFORMOREAUS SHUN CANAPENOLUMNISTEVENS CUBSCOUTAUDEN STEVENS CUBSCOUTAUDEN STEVENS TITS LOGOS BEA ENTE

KING CROSSWORD ANSWERS Solution time: 21 mins. L E S S R E F C O D E M I T I C U A N E I S T A N B U L N I C B U S F A C T O A D U L T A I D A N O N E I S L A N D E T E D I M P L Y E V I S O T O P E S B A I

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WEDNESDAY JUMBLE ANSWERS

Jumbles: IDIOM, SNACK, THIRTY, MYSTIC Answer: When the race car driver kept losing, he— HIT THE "SKIDS"

SUNDAY SCRAMBLERS ANSWERS

Resign
 Debate
 Reason

4. Naive Word: **BINGO**

SUNDAY SUDOKU ANSWERS

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WEDNESDAY SUDOKU



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NOTICE OF PUBLIC HEARING 2016-2017 BUDGET CITY OF LINDEN

The Linden City Council will hold a public hearing on the 2016-2017 Fiscal Year proposed budget Monday, April 25, 2016 at 7:00 p.m. as part of their regular meeting agenda in the Council Chambers, 201 N. Main Street, Linden, Michigan. Copies of the proposed budget are available for review at City Hall, 132 E. Broad Street, Linden, Michigan during regular business hours Monday through Thursday, 8:00 a.m.- 5:00 p.m. (closed between 12:30 p.m. – 1:30 p.m. for lunch) and from 8:00 a.m. until 1:00 p.m. on Friday.

The property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.

Lynn M. Henry, City Clerk

PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD TUESDAY APRIL 26, 2016 AT 7:00 PM BY THE CHARTER TOWNSHIP OF FENTON ZONING BOARD OF APPEALS AT 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

NEW BUSINESS:

ZBA16-009 Eric Morse, 12357 Margaret, Fenton:

Requesting a 4 ft. side yard and 1.5 ft. set back from principle structure variance for a detached garage parcel 06-11-501-016.

ZBA16-011 Joseph P. Dumech, 4311 Island View, Fenton:

Requesting a 20 ft. sight line variance for 2 new decks, parcel 06-33-502-023.

ZBA16-012 Kam Proos, 2406 Cranewood, Fenton:

Requesting a 15 ft. sight line variance for an extension and reconstruction of a deck and stairs, parcel 06-14-506-013.

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (2) (3) and the Americans With Disabilities Act (ADA).

Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township.

Individuals with disabilities requiring auxiliary aids or services should contact Fenton Township by writing or calling the following: Robert Krug, Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430, (810) 629-1537.

Ordinances, meeting schedules and other Township information are also available at www. fentontownship.org.

ROBERT KRUG, FENTON TOWNSHIP CLERK

TYRONE TOWNSHIP REGULAR BOARD MEETING SYNOPSIS HELD APRIL 5, 2016 AT 7:00 P.M.

- 1. Present: Supervisor Mike Cunningham, Treasurer Marna Bunting-Smith, Clerk Marcella Husted, Trustees Cam Gonzalez, Soren Pedersen, David Walker, and Chuck Schultz.
- 2. Approved the agenda as presented; approved the consent agenda as amended.
- 3. Received and placed on file Communications #1-2 as presented.
- 4. Adopted Resolution #160401 to proceed with the Jayne Hill Subdivision Waste Collection special assessment.
- 5. Adopted Resolution #160402 to issue notices and to schedule the first public hearing for the Jayne Hill Subdivision Waste Collection special assessment.
- 6. Agreed to proceed with the Faussett Road repaving project with an estimated budget of \$350,000 with matching funds up to \$100,000 through the LCRC Primary Pavement Preservation Program.
- 7. Authorized the amount of \$35,000 to the Road Commission to proceed with the Hartland Road (Gordon to Germany Rd.) gravel and improvement project; authorized the Township to bid out the tree removal service portion of the project.
- 8. Discussed posting meeting videos to website and/or cable channel 191.
- Biscussed posting meeting videos to website analyticable charmer 191.
 Authorized the Supervisor to use HireMojo to recruit an Assistant Assessor.
- 10. Adjourned at 7:41 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, April 19, 2016 at 7:00 p.m. at the Tyrone Township Hall. The public is encouraged to attend.

Job Openings

Times

Help Wanted

Beale St. Smokehouse BBQ

- Is looking for

 Experienced Line Cooks
- Delivery Drivers
- Dishwashers

Please bring your resume to 2461 North Rd . Fenton No phone calls please.



Help Wanted

COMMERCIAL LINES ACCOUNT MANAGER

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COYOTE PRESERVE GOLF CLUB

is hiring for seasonal line cooks and dishwashers. Apply within: 9218 Preserve Dr., Fenton. 810-714-3206.

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Kitchen Staff YMCA Overnight Camp

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Help Wanted

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openings for full and part-time in several locations. Will train, up to \$9.25 once trained. Benefits! Call 248-887-9863.

NOW HIRING DIRECT CARE

workers to provide care for developmentally disabled adults in a group home. We are looking for compassionate applicants with a good work ethic and are interested in pursuing rewarding job opportunities. Job requirements: valid drivers license, clean background check, pass drug test. Parttime positions, all shift available. Training provided. Linden and Fenton area. 810-750-0382, \$8.50/hour untrained. \$8.85/hour trained.

Help Wanted

DOG GROOMER wanted, part-time, experienced

only. Call 810-735-5169.

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GENERAL LABOR/ MECHANIC

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to work on etching machine and inventory. Will need some computer experience. Will train individual. Please contact Jim Foust at jfoust@ spentechusa.com or call 810-275-6816.

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and cooks.



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Help Wanted

PIPE FITTER

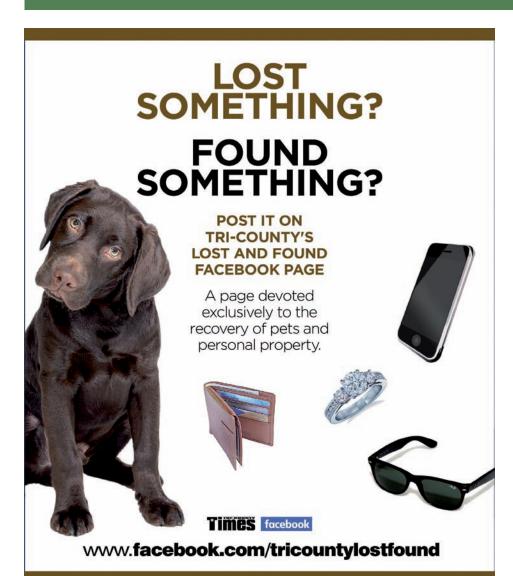
Looking for a journeyman Pipe Fitter for machinery and equipment. Understanding of air logic and pneumatic circuit design required. Please submit resume to: wanda@ spentechusa.com.

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Times

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Obituaries

Times

Pauline E. Polsgrove

1918-2016

Pauline E. Polsgrove - age 98, of Flint, died Tuesday, April 5, 2016. Funeral services were

held 11 AM Friday, April 8, 2016 at Sharp Funeral Homes, 1000 Silver Lake Road, Fenton. Deacon Michael Dear officiating. Burial followed in St. Paul Catholic Cemetery, Owosso. Visitation was held at the funeral home 1-4 PM and 6-8 PM Thursday, April 7, 2016 and 10 AM Friday until time of service. In lieu of flow-

ers, those desiring may make contributions to the Make-A- Wish Foundation, Genesee County Humane Society, or a charity of one's choice. Pauline was born February 16, 1918 in Swartz Creek, the daughter of Paul and Pauline (Lois) Balazovic. She married Herb Polsgrove on August 20, 1949 and he preceded her in death April 9, 1997 after 48 years of marriage. She had resided in Flint most of her life. Pauline

was employed at Fisher Body #1 and AC Spark Plug for 39 years, retiring in 1974. She was also a



and several nieces and nephews. She was also preceded in death by her parents; son, Rodney Polsarove: two sisters. Lida Webber and Frances Kasubowski; step-father, John Hanzlovic; and sonin-law, Charles Bunker. The family would like to give a special thanks to Regency of Grand Blanc and Reverence Hospice. Tributes may be shared on the obituaries page of www.sharpfuneralhomes.



Glynn Radulski

Glynn Radulski - age 94, died April 2, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-



John "Jack" Brown

John "Jack" Brown - age 70, died April 1, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com



John Moore

John Moore - age 57, died March 31, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com



Lavern Zenner

Lavern Zenner - age 93, died April 4, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Luella Jones

Luella Jones - age 85, died April 1, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-



Michael Townley

Michael Townley - age 65, died April 1, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Patty Martin

Patty Martin - age 85, died April 1, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-



Virginia Rickey

Virginia Rickey - age 76, died April 3, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Ruth Eleanor "Ruthie" Richmond 1933-2016

Ruth Eleanor "Ruthie" Richmond - age 82, of Fenton, died peacefully

in her home surrounded by family after a courageous fight with breast cancer on Wednesday, April 6, 2016. Funeral Mass will be celebrated 11 AM Saturday, April 9, 2016 at St. John the Evangelist Catholic

Church, 600 N Adelaide Street, Fenton. Visitation was held 5-8 PM Thursday and 1-4 PM and 6-8 PM Friday at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton; and 10-11 AM Saturday, April 9, 2016 at church. A vigil service was held 7:30 PM Thursday at the funeral home. In lieu of flowers, contributions may be made to St. John Educational Foundation. Ruth was born July 31, 1933 in Toledo, OH. She was the youngest of five children and just a baby when her father died. Ruth and her three sisters and brother went to live with extended family. She was raised by her beloved Aunt Clara Fox. her father's sister, in Weidman, MI. Ruth married Bill Richmond on September 15, 1956 in Mt. Pleasant. They moved to East Lansing for Bill to complete his degree in Engineering at Michigan State University. After graduation in 1959,

roots in Fenton where they raised their four children. She lived a faith-filled life

and radiated a joyful spirit. Ruth and Bill have been members of St. John Catholic Church for 50 years. Ruth loved people! She was involved in many social clubs: Questers. Bayview, Bridge Club,

Bunco, Council of Catholic Women, and Red Hat Society. In the 70's Ruth met many of her lifelong friends while spreading beauty door to door selling Avon. Her passion for looking good and feeling good never faded. She loved yoga, exercising, good food, sending notes of encouragement, shopping, grandchildren, and laughing. Surviving are: husband of 59 years, Bill; children, Dr. Nick (Tricia) Richmond, Tanya (Mike) Heaphy, Stephanie (Jamie) Truesdell, and Jennifer Cislo; 11 grandboys, Briggs, Chase, and Jackson Richmond, Cooper, Lincoln, and Spencer Heaphy, Bailey and Carson Truesdell, and Parker, Drew, and Cameron Cislo; three sisters, Margaret (Donald) Seyfried, Doris Quick, and Gertrude Brownlee; and several cousins, nieces, and nephews. She was preceded in death by her Aunt Clara Fox and her brother Bernard Rau. Tributes may be shared on the obituaries page of www.sharpfuneralhomes.



Delores Hawley

Bill's career took them all

In 1966 they placed their

over the United States and

a four-year stint in Germany.

Delores Hawley - age 81, died April 4, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-



Doris Penny

Doris Penny - age 69, died April 5, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-



Dorothy Suttle

Dorothy Suttle - age 80, died April 4, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Eli Theodore

Eli Theodore - age 88, died April 5, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneral-



Elizabeth Voorheis

Elizabeth Voorheis - age 82, died April 1, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneral-



William Ross

William Ross - age 56, died April 2, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Donald Joseph Steele

1930-2016

Donald Joseph Steele - age 86, of Fenton, died Monday, April 4, 2016. Graveside services will be held 12:30 PM Friday. April 22, 2016 at Great Lakes National Cemetery, 4200 Belford Road, Holly, MI. Online tributes may be posted on the obituaries page at www. sharpfuneralhomes.com.





Erin Coffey 1965-2016

Erin Coffey - age 51, died Sunday, March 27, 2016 in hospice care in her home in Fenton, surrounded by family. Erin was born as the sixth child of Jack and Venita Daugherty on January 9, 1965 in Detroit. She lived in Birmingham during her early childhood, later moving to Byron for high school. She was married in 1985, and moved to Fenton shortly afterward. Erin attended Baker College, and worked for EDS during the late 80's, before giving birth to her first child in 1991. A long-time Fenton resident, she was known for her enduring kindness, sharp wit, and great compassion. Erin was devoted to her three children, and donated much of her time to their school trips and activities. She later worked for the Fenton Area Public school system as a Special Education Aid. Erin is survived by her three children, Steven, Sam, and Emma. A memorial service will be held at 1 PM Saturday, May 7, 2016 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. The family will receive friends from 11 AM until the time of service. Tributes may be shared on the obituaries page of www.sharpfuneralhomes.



Constance Williams

Constance Williams - age 65, died April 3, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.



Mr. Allen A. Merce 1922-2016

Mr. Allen A. Merce - age 93, of Fenton, died April 6, 2016 at Genesys Regional Medical Center in Grand Blanc. Mr. Merce was born



He began work at

July 27, 1922 in Toledo, OH. He married Patricia Mae Rupert on March

Advanced Electric in 1968, where he worked in management until the day he retired. Through work and play, Allen and his wife travelled to many destinations throughout the world. He enjoyed golfing, playing cards, and weekends at his cottage with friends and family. He raised seven children including his children and grandchildren. He was a Freemason, Shriner, member of Fenton VFW, The American Legion, The Moose Lodge of Fenton, and served his country in the United States Coast Guard during WWII. He leaves behind daughters, Darlene Barron and Sharon Winn; sons, Bill Rupert (Pattie) and Philip Rupert: grandchildren, Brian Barron (Melissa), Lindsey Stotts, Taylor Stotts, Reid Winn, Ryan Rupert, Kattie Rupert, and Jason Rupert, greatgrandchildren: Chayce Barron, Layne Stotts, Jordan Winn, and Hunter Brown. He was preceded in death by his wife, Patricia; sister, Ida Koester; and his granddaughter, Devon Winn, whose company he now shares. He was loved and will be missed by all who knew him. Visitation will be Monday, April 11, 2016 from 4-8 PM at the Temrowski Family Funeral Home, 500 Main Street, Fenton. Mr. Allen will lie in state Tuesday, April 12, 2016 at 9:30 AM at Transfiguration Lutheran Church until the time of his funeral service at 10 AM. Interment will follow in Ottowa Hills Memorial Park Cemetery, Toledo, OH. Donations in his name may be made to The Humane Society. Share memories at www. temrowskifamilyfuneral home.com.





Obituaries

ľimes

Dorothy Toth

Dorothy Toth - age 76, died April 7, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.



Eugene ChristensenEugene Christensen - age

93, died April 8, 2016. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.



Jeffrey Beebe

Jeffrey Beebe - age 52, died April 8, 2016. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Obituaries updated daily online • Visit www.tctimes.com

Getting a Ph.D. was easy, compared to dealing with mom

BY AMY DICKINSON

AMY

DICKINSON

DEAR AMY:

I am a 27-year-old recent Ph.D.

graduate who has moved back into my parents' home (hopefully temporarily) and looking for my first job. With today's economy and the glut of Ph.D. holders in my field, it hasn't been an easy process. To compound this, my mother has been constantly bothering me about career prospects over the last two months since I've moved home. My mother is impatient for me to get my adult

life started, especially as many of our family friends' children (some even younger than me) have been working for years, started their own families, even bought their first house, and she's worried that I'm falling behind. I'm becoming increasingly frustrated over my unemployment status, and my mother's nagging is making it worse. Do you have any suggestions on how to cope with both the unemployment and my mother's pestering? — Frustrated

DEAR FRUSTRATED:

The best way to cope with unemployment is to stay very busy, nurture yourself and your friendships and to approach a

job search as if it is your full-time job. Because you face pressure from fam-

ily — and for lots of other reasons — it might be best for you to get a part-time job while you are looking for a professional job. Working part time in almost any field is better than being unemployed while you wait for the perfect job to come along. Volunteering is also a great way to stay busy and mentally and socially stimulated during your job search. Realistically, it may not be possible for you to stop your mother's nag-

ging. Remember this, though — nagging is sometimes a reaction from someone who feels she is not being heard. If you could respond to your mother, just once, by saying, "Mom, let's sit down and you tell me everything that's on your mind." After she unloads, even if you've heard it all before, answer her questions and then ask her to do you a favor and lighten up, because her anxiety about you is coming across as pressure, and pressure makes everything worse.

You and your mother might want to read, "I'm Still Your Mother: How to Get Along with Your Grown-Up Children for the Rest of Your Life" by Jane Adams (2001, iUniverse).

Rare nerve problem causes chronic cough

BY KEITH ROACH, M.D.

lo uour

KEITH

ROACH, M.D.

DEAR DR. ROACH:

I have had a chronic cough for over

30 years. As you can imagine, I have seen numerous specialists through the years, and none of the prescribed treatments has worked. A friend suggested I might have laryngeal neuropathy. My doctor didn't know anything about it. What is the solution for this condition? — A.B.

ANSWER:

I can't blame your doctor for not knowing anything about it. I've never recognized a case of it,

though I wonder now, having researched it, whether it might be more common than we think. The word "neuropathy" just means "a nerve problem," and in this case, it's one of the nerves in the throat, the superior laryngeal nerve or recurrent

laryngeal nerve. It's a sensory neuropathy, meaning that the nerve is sending the brain

> incorrect information, which the brain misinterprets as a need to cough or clear the throat. Most people diagnosed with this condition have sudden onset of cough, often after surgery or viral illness. The condition is diagnosed by an expert ENT doctor via a nerve conduction test or a video test of the larynx. In the largest paper on this syndrome, about two-thirds of study participants were relieved by gabapentin

(Neurontin), a medication used for many types of neuropathy. Some physicians choose to try this medication without doing the testing. This approach sometimes makes sense, especially when diagnostic testing is difficult or expensive.

DVD RELEASES





STAR WARS: EPISODE VII - THE FORCE AWAKENS

In this thrilling continuation of the epic space opera, ex-stormtrooper Finn (John Boyega), scrappy desert dweller Rey (Daisy Ridley), and droid companion BB-8 get caught up in a

galactic war when they come across a map containing the whereabouts of the vanished Luke Skywalker (Mark Hamill). They soon embark on an epic adventure that brings them face-to-face with heroes from the past, as well as new villains such as Kylo Ren (Adam Driver) and the First Order, a fascist regime that has emerged from the ashes of the old Empire. Unrated, 2 hr. 16 min.



TUMBLEDOWN

TUMBLEDOWN

Small town journalist Hannah (Rebecca Hall) has been struggling to write the biography of her late husband, an acclaimed musician with a devoted following, while taking refuge with quirky, protective Maine locals. But things

23B

change when she meets Andrew (Jason Sudeikis), a brash, smart-alecky New York academic with an obsession for tragic musicians and a different take on her husband. Though Hannah is skeptical of Andrew's motives, the unlikely pair strike up a deal to collaborate on the book, forcing them to confront truths about themselves. R,1 hr. 45 min.

Skillet Chicken in Tomato Chipotle Sauce



- 2 (1 pound total) boneless, skinless chicken breasts, halved
- 3/4 t. kosher salt
- 1/2 t. cumin
 Freshly ground black pepper, to taste
 Olive oil spray
- 1 t. olive oil
- 1/2 small onion, sliced
- 2 garlic cloves, minced 1/2 C. tomato sauce
- 1/2 C. low sodium chicken broth
- 1 T. chipotle pepper in adobo
- 2 T. chopped cilantro

AVOCADO SAUCE:

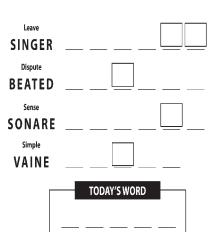
- 1/4 C. low fat sour cream 1 oz. avocado
- 2 T. fresh cilantro leaves
- ½ small jalapeno pepper, seeds and membrane removed
- 1 small garlic clove 1 T. lime juice
- 1/8 tsp kosher salt Freshly ground pepper, to taste
- 1 tablespoon water, as needed

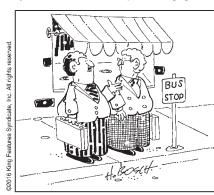
DIRECTIONS:

- 1. Place the chicken breast halves between 2 pieces of plastic wrap or parchment and lightly pound to even thickness. Season both sides with 1/4 teaspoon salt and pepper.
- 2. Heat large non-stick skillet over medium high heat. Spray with olive oil spray, add chicken breasts and brown each side, 2 minutes each. Remove chicken from pan and set aside
- 3. Reduce heat to medium, add oil and onions and sauté, scraping brown bits with a wooden spoon, about 3 minutes or until onions are tender. Add garlic and sauté 30 seconds more. Add tomato sauce, chicken broth, ½ teaspoon salt, cumin, chipotle pepper and adobo sauce, stir and bring to a boil. Reduce heat to medium low, return chicken to pan, cover and cook 8 to 10 minutes more or until chicken is cooked through. Add lime juice.
- 4. Meanwhile, to make the avocado sauce combine all sauce ingredients in a small blender and process until smooth and uniform in color.
- To serve: Top each chicken breast half with tomato sauce mixture, avocado sauce and garnish with cilantro.

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!





"Ya know what kills me? My wife made more last year than I did in the

stock market!"

Answer key located in this edition

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