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 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 five-mile 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

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.

365 DAYS OF RUNNING

365 DAYS OF RUNNING

The biggest challenge is fitting it around our schedule of kids, jobs and kids’ events.

Justin Best
Tyrone Township resident, runner

TRI-COUNTY TIMES | TIM JAGIELO

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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 quiet 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.

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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

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Fenten House

www.tctimes.com

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News briefs

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READING MONTH A SUCCESS

March is Reading Month at Hyatt Elementary in Linden and Hyat 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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LOCAL LIVING

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Merchants Gourmet Wine Shop in

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Fenten House

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News briefs

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READING MONTH A SUCCESS

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With less than two weeks to go until doomsday...er, tax deadline day... everyone could use some fun facts about taxes to lighten the burden of what can be a lot people’s least favorite time of year. Here are 10 fun facts about what it means to be a taxpayer in the United States.

1. The IRS sends out 8 billion pages of forms and instructions each year. If you laid all of this paper out, end to end, the trail would stretch around the Earth 28 times.

2. If you’re worried about making a mistake on your taxes, don’t be. Talk about fun facts about taxes — according to Money Magazine, when nearly 50 tax professionals and accountants were asked to complete the same tax return for a single family, they came up with nearly 50 different answers. If the people who trained to do this can’t figure it out, how can the IRS expect a mere mortal like you to be perfect? (Good news: they can’t and don’t).

3. Cigarette tax is the third highest amount of tax paid by Americans, followed closely by court fees and taxes paid to obtain dog licenses (in other words, we’re just a bunch of smokin’, law-breakin’ dog lovers.

4. Over the past 30 years, car accidents have consistently increased by 6 percent on that date when taxes need to be filed.

5. There are over 7 million words in the tax law and tax regulations. That is more words than the Declaration of Independence (1,337 words), the Gettysburg Address (269 words), and the Bible (773,000 words) combined.

6. American taxpayers spend $200 billion and 5.4 billion hours working to comply with federal taxes each year. That is more time than it takes to produce every car, truck, and van in the United States in a year.

7. Around the turn of the 20th century, it only took the average American three weeks to make enough money to pay their state and federal taxes. Today it takes until April and beyond.

8. The first e-file (electronic transmission) of a tax return took place on January 24, 1986.

9. U.S. citizens first began paying taxes at the end of the 18th century, but only on land and property. It wasn’t until the government needed to raise money during the Civil War that personal incomes began to be taxed.

10. If you’re worried about making a mistake on your taxes, don’t be. Talk about fun facts about taxes — according to Money Magazine, when nearly 50 tax professionals and accountants were asked to complete the same tax return for a single family, they came up with nearly 50 different answers. If the people who trained to do this can’t figure it out, how can the IRS expect a mere mortal like you to be perfect? (Good news: they can’t and don’t).

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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; 810-629-8382

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.

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**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.

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**What you missed in the MIDWEEK TIMES**

**Wednesday, April 6, 2016 edition**

- **Bald Eagles About 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 violin.

- **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 stagecoach stop.

- **Antiques, Collectibles**
  - Fetch Tidy Sum Estate of Tyrone Township man dead for a year were auctioned off in January. Auctioneer Tim Natri provides some of the highlights.

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**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 Suzy.” 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, Chio, wherever 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 other elements 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.

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**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 get in the way every one 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.
Senior LIVING

Boost your brain power

You can do more than crossword puzzles and Sudoku to improve your memory

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

Forgetfulness is not “all in your head,” in fact, occasional lapses of memory are very common, especially as we age. While it can be scary to have a “senior moment” now and then, the good news is that you can keep your brain healthy with certain lifestyle changes.

Here are a few ways you can boost your memory and stay sharp, from womansday.com, no matter where you last left your keys:

1) CROSS TRAIN YOUR BRAIN

Do exercises that work the left (verbal memory and logic) and right (visual memory) sides of your brain to boost mental agility over time.

See BRAIN POWER on 8B

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

Now that your deductible has been met... it’s time to have your varicose veins treated.
Untreated hearing loss tied to lower earning potential

Researchers from Johns Hopkins University School of Medicine have demonstrated in a new study that untreated hearing loss is associated with a decreased earning potential in a population-based cohort study of 3,322 people with hearing loss from 1990 to 2008. Researchers found that study participants with hearing loss, even at an early age, earned $54,000 less than those with normal hearing at age 65, suggesting that untreated hearing loss significantly impacts employment opportunities throughout a lifetime.

The links between hearing loss and dementia

The study underscores how critical it is to address hearing loss in order to prevent or delay the onset of dementia. The article concludes that, “The findings demonstrate that hearing loss has a significant impact on people’s ability to earn a livelihood. The study underscores how critical hearing loss is to maintaining job performance and earning potential.”

People who both hear and listen well are more likely to maintain positive social relationships, stay in good physical health, and enjoy a high quality of life.

GRANNY, WHO?

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

By Sally Rummel

Dr. Geriatric

Suzanne Sommers goes by “Zan-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 non-traditional 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 heritage 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 on her dad’s side “Grandma Riley.” She explained, “I’m called Grandma Riley, after my dog,” joked Linda Foreman of Fenton Township. “The other 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.

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Source: BabyCenter.com

POPULAR ‘GRANDMOTHER’ NAMES

• Grandma
• Nana
• Grammy

POPULAR ‘GRANDFATHER’ NAMES

• Grandpa
• Papa
• Granddad

Source: BabyCenter.com
Golf IS GOOD FOR YOU

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 far-reaching positive benefits for your health, especially as you reach 50 and beyond.

EXPOSURE TO THE OUTDOORS
Playing golf outside on a beautiful day 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.

BUILD 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.

Get ready for golf 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

You have a choice!

At The Oaks at Woodfield, we adhere to Medicare’s 30-day Rule, which means if you discharge to home from the hospital and you later decide that you need a little more assistance in order to recover, you can come to The Oaks within 30 days time and still utilize your Medicare benefit to help cover your needs. With beautiful private suites, a home-like atmosphere and caring staff, you’ll feel better in no time at The Oaks. Call today to speak to an expert who will help you understand your insurance benefit and the services we offer!

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See GOLF on 11B

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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.

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 SNIF
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.

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

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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 opportunities 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
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 uncertainty.

“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 pre-plan 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.

“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 pre-payment is helping people qualify for

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 services.
• What happens to the interest income on money that is prepaid and put into a trust account?
• 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.

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Michael T. Scully, Manager
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Linden Chapel
209 E. Broad St. • Linden
Stephanie Sharp Foster, Manager
(810) 735-7833

Two additional locations: 8138 Miller Rd. in Swartz Creek and 6063 Fenton Rd. in Flint/Grand Blanc Township
Advice

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
PLANNING
Continued from Page 10B
government services, such as Medicaid, for long-term nursing home care. Pre-
paid funeral expenses don’t count against the person’s estate when the government determines financial eligibility.

The state of Michigan requires that funds collected for pre-paid funerals go to a third-party escrow agent. Consumers are encour-
eged by the Attorney General’s office to obtain a written explanation of exactly how their money is protect-
ed 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 pre-planning your funeral is talking 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, gradu-
ations and retirement than we do for the one event that we know is going to hap-
pen,” said Glynn.

A Mind, Body and Soul Approach to Senior Living

The Tranquility Estates experience is based on providing customized services that embrace and enhance our residents’ well-being and independence. Depending on specific needs, we provide various levels of support and assistance with medication, personal care, mobility and other activities of daily living. An emphasis on dignity and respect, along with social engagement is woven together to create a true sense of community committed to enriching residents’ lives.

Lease Your Apartment Today

Reserve an apartment now starting at $3,000 a month or share an apartment with a friend for $2,000 a month each. We also have short term stays for $135 a day.

Call today at 810.771.7754, or email bhoward@tranquility-estates.com
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*Fenton’s Best Kept Secret for Seniors 55+

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Millpond Manor

Vicky Coppler
Community Manager
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**Senior Mini Lunch Special**

Mondays & Tuesdays

$5.99

2461 North Rd. • Fenton
810-750-0507
www.BealeStSmokehouse.com

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**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 you need to update your shots or explain 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.

**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.
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 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.

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.

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Presenter: Dr. Seann Wilson, OrthoMichigan Physician Hurley Orthopaedic Surgeon

Join Hurley’s Joint Replacement Team and Dr. Seann Willson of OrthoMichigan, for a friendly conversation about the latest surgical and non-surgical treatments for hip and knee pain. Get your questions answered and find out if joint replacement surgery is right for you.

For interpreting services for this event, please call 810.262.7275.
A Look back at the TOP 10 SONGS from A – Z

MARIAH CAREY Top 10 Songs

1. One Sweet Day - #1 16 weeks, 1995
2. We Belong Together - #1 14 weeks, 2005
3. Fantasy - #1 8 weeks, 1995
4. Dreamlover - #1 8 weeks, 1993
5. Hero - #1 4 weeks, 1993
7. Love Takes Time - #1 3 weeks, 1990
8. Emotions - #1 3 weeks, 1991
9. Honey - #1 3 weeks, 1997
10. Always Be My Baby - #1 2 weeks, 1996

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.

1. Supervisor Mathis led the pledge of allegiance to the flag.
2. Approved the agenda as amended.
3. Approved invoices and expenditures for payment in the total amount of $1,199,760.37.
6. 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 unhealthy 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 by 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.

(e) Exclusions. This Article does not apply to weeds in improved 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
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 dialogue as soon as favor is granted. BL

NOVENA TO ST. JUDE

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 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 dialogue as soon as favor is granted. BL

1984 CHEVROLET MONTE CARLO


1998 VOLKSWAGEN BEETLE

New timing belt, oil pan, catalytic converter, windows and more. 181,000 miles. $900. Call 810-444-3381.

VAULT AT TYRONE MEMORY GARDENS

Fenton, inside climate control. Call for more information 714-2071990.

TRI-COUNTY TIMES PHOTOS

Any staff photo published in the Tri-County Times can be purchased by calling 810-833-6797.

I NEED YOUR SCRAP METAL

washers, dryers, water heaters, furnaces, aluminum, copper piping, etc. Please call 810-735-5910.

RGC BOATLIFT

8’5” wide, electric, 3,000 lb capacity, canvas cover and trailer. $1250. Call 810-735-8750.

LINDEN SCHOOLS

1850sqft, fireplace, new furnace and air conditioner, china cabinet, desk, curio. Laundry, hot tub. $139500. 810-735-9233.

LINDEN TWO BEDROOM

close to park and lake. Heat included, no dogs. $650 per month. 810-735-1900.
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, Amersbury 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 CEMETARY

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 Cemetery

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-1 (EXEMPLARY) 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) 634-4152.

Pamela Mazich, Clerk
clerk@grovelandtownship.net

TYRONE TOWNSHIP

REGULAR BOARD MEETING SYNOPSIS

HELD APRIL 5, 2016 AT 7:00 P.M.

1. Present: Supervisor Mike Cunningham, Treasurer Mama Bunting-Smith, Clerk Marcella Husted, Trustees Cam González, 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 #160402 to issue notices and to schedule the first public hearing for the Jayne Hill Subdivision Waste Collection special assessment.

5. Adopted Resolution #160401 to proceed with 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.

9. 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, 8 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.
COMMERCIAL LINES ACCOUNT MANAGER

Fast growing, fast-paced insurance agency is in need of a full time, experienced Commercial Lines Account Manager. A positive attitude is a must! Send your resume to Kelly Dues, lulupere@peabodyxe.com. To learn more about our agency, please visit www.peabodyxe.com.

COYOTE PRESERVE GOLF CLUB

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

DIRECT CARE

is looking for Kitchen Staff $8.75 - $10.00 per hour YMCA Fenton. 810-714-3206. within: 9218 Preserve Dr., cooks and dishwashers. Apply is hiring for seasonal line cooks and dishwashers. Apply is hiring for seasonal line cooks and dishwashers. Apply within: 9218 Preserve Dr., Fenton. 810-714-3206.

DRIVERS-TRACTOR/ TRAILER

full and part time regional drivers. Clean MVR CDLA, 2 years OTR van experience. Non-smoking, no criminal record, no touch freight. Home weekends and full benefits. Full time, expect 50-60k per year $1,000 bonus. Call 517-223-7330 Monday-Friday, 8-5.

HEAVY EQUIPMENT OPERATOR

wanted for fast growing excavating company. Class A CDL a plus, email cookemployment@gmail.com.

MECHANICAL LEAD DESIGNER SPECIAL MACHINES

Mechanical Designer familiar with IG software. Experienced in the Design of Specialty Machines, including Parts Handling and Assembly Equipment as well as lead a team. Good communications skills and efficient. 10 years experience desired. Email wanda@spentechusa.com.

MECHANICAL DESIGNER Fenton Moose Lodge

is 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.

SIGN UP

for Text blasts to receive local help wanted listings. Text JOBS to 810-475-2030.

PRINTSITES

is currently seeking an experienced Customer/ Help Desk Support Representative to work in our fast paced Support Center located in Fenton. Job requirements include: Outstanding customer communication (written and verbal) skills, Ability to work within a team environment. Ability to multi-task, Type 60 wpm. Computer experience necessary. Preferred experience in customer service, retail or sales. 8/hour shift Monday- Friday with the potential of occasional overtime on weekends. Day, Evening and Split Shifts available. Compensation is negotiable based on experience. Additional compensation is also available for the sale of some add-on services. Email: careers@printsites.com.

IF YOUR ADULT SON IS GETTING UP AT NOON TO PLAY VIDEO GAMES, you may want to subscribe to our ‘Help Wanted’ text blasts each week.

Text Jobs to 810-475-2030 to receive a link to the Times help wanted listings.

COMMERCIAL LINES ACCOUNT MANAGER

Fast growing, fast-paced insurance agency is in need of a full time, experienced Commercial Lines Account Manager. A positive attitude is a must! Send your resume to Kelly Dues, lulupere@peabodyxe.com. To learn more about our agency, please visit www.peabodyxe.com.

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Text Jobs to 810-475-2030 to receive a link to the Times help wanted listings.
### Service Directory

#### Animal Care Services
- [DogWatch](https://www.dogwatchlaughinglab.com)
  - Service Fences
  - Licensed & Insured
  - Calls Accepted 24/7
- [Handycare Services](https://www.dogwatchlaughinglab.com)
  - Licenses & Insured
  - Free Estimates
  - 810-240-6162

#### Electrical
- [RS Daley](https://www.rsdaley.com)
  - Licenses & Insured
  - 810-266-4090

#### Home Improvement
- [Zen at Work](https://www.thescentnetwork.com)
  - 810-624-0164
- [Cody’s Outdoor Essentials & Services](https://www.codysoutdoores.com)
  - 810-625-4034

#### Lawn Services
- [Bartlett Lawn Service](https://www.bartlettlawnservice.com)
  - Spring Clean-Up
  - 810-275-4241
- [Irish Brothers Services LLC](https://www.irishbrothersservicesc.com)
  - Lawn Maintenance
  - Mulch
  - 810-965-4057

#### Painting / Wall Papering
- [Laurelcella Painting](https://www.whiteandsonsroofs.com)
  - Full Service Painting
  - 810-516-8347

#### Sand and Gravel
- [Sand and Gravel](https://www.sandandgravel.com)
  - 810-735-6772

#### Brick Paving
- [McDonald’s Brick Paving and Repair](https://www.mcdonaldbrickpaving.com)
  - Decks & Additions
  - Roofing & Siding
  - New Construction

#### Building / Remodeling
- [McNeil Construction](https://www.mcneilconstruction.com)
  - Custom Building & Remodeling
  - Spring Special 20% OFF

#### Concrete
- [John Schaefer Bobcat & Concrete Services](https://www.johnschaeferbobcat.com)
  - Home Improvements by J.C.
  - Tile, Decks, Siding, Painting, Dry Wall, Power Washing, Trim Carpentry, Plumbing, Electrical
  - 810-964-9559

#### Fencing
- [Handyman Mike](https://www.handymanmike.com)
  - Handyman Services
  - 810-931-8644

#### Home Improvement
- [Home Improvement Services LLC](https://www.homeservicesllc.com)
  - Home Improvements by J.C.
  - 810-240-6162

#### Landscaping Services
- [Landscaping Services](https://www.landscaping.com)
  - 810-266-4090

#### Organizer
- [Get Realtor Ready](https://www.getrealtor-ready.com)
  - First Impressions Matter
  - 810-965-4057

#### Roofing
- [Bentley Home Improvement](https://www.bentleyhomeimprovement.com)
  - Spring Roofing Sale
  - 810-240-6162

#### Tree Services
- [Ronald’s Tree Service LLC](https://www.ronaldstreeservice.com)
  - Locally Owned and Operated
  - Free Estimates
  - 810-280-8963

### More Services
- [Animal Care](https://www.animalcare.com)
  - DogWatch Hidden Fences
  - Licenses & Insured
  - 810-931-8644

### Contact Information
- [TRI-COUNTY TIMES SERVICE DIRECTORY](https://www.tctimes.com)
  - Call Kathleen at 810-433-6787

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Reach out to potential customers • Advertise in the Tri-County Times • __Home Improvement Services LLC__ • Call Kathleen at 810-433-6787
Pauline E. Polsgrove 1918-2016

Pauline E. Polsgrove - age 98, of Flint, died Tuesday, April 5, 2016. 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-PM and 6-8 PM Thursday, April 7, 2016 and 10 AM Friday until time of service. In lieu of flowers, 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 to the late couple of Paul and Pauline (Los) Balaizovic. She married Herb Polsgrove on August 20, 1949 and he preceded her in death in 2010 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 member of the 1936 - 1937 sit down strike. Pauline also worked at Hanson’s Cleaners of Fenton for 18 years. Pauline enjoyed her flower gardens, traveling, cooking, and baking. Surviving are: daughter, Lois (Randy) Birchmeier; granddaughter, Barb (Card) Eccleston; two great-grandchildren, Olivia and Shane Eccleston; and several nieces and nephews. She was also preceded in death by her parents; son, Rodney Polsgrove; two sisters, Lida Webber and Frances Kasoldowski; step-father, John Hansel; and son-in-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.com.


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 July 27, 1922 in Toledo, OH. He married Patricia Mae Rupert on March 5, 1954. He began work at Tuesday, April 6, 1954, where he worked in management until the day he retired. Through work and play, Allen and his wife traveled to many destinations throughout the world. He enjoyed golfing, playing cards, and weekly he and Patricia would go to a restaurant with friends and family. He raised seven children including his children and grandchildren. He was a Freemason, Shriner, member of the American Legion, the Moose Lodge of Fenton, and served in the United States Coast Guard. In November 1994, he leaves behind daughters, Darlene Baron and Sharon Winn, sons, Bill Rupert (Pattie) and Philip Rupert; grandchildren, Brian Barron (Melissa), Lindsay Stotts, Taylor Stotts, Reid Winn, Ryan Rupert, Kattie Rupert, and Jordan Rupert; great-grandchildren, Chyace Barron, Layne Stotts, Jordan Winn, and Hunter Brown. He was preceded in death by his wife, Patricia; sister, Ida Buster; and his granddaughter, Devon Winn, whose company 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 at 9:30 AM at The Remembrance Chapel at the Temrowski Family Funeral Home until the time of his funeral service at 10 AM. Interment will follow in Willow Run Memory Gardens, Northville, MI. Donations in his name may be made to The Humane Society. Share memories at www.temrowskifamilyfuneralhome.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, Ohio. 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. The couple moved to Lansing to pursue his degree in Engineering at Michigan State University. After graduation in 1959, Bill’s career took them all over the United States and a four-year stint in Germany. In 1966 they placed their 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 over 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 grandchildren, Bridget, Charlotte, and Jackson Richmond, Cooper, Lincoln, and Spencer Heaphy, Jessica, and Jordan Richmond, Cooper, Lincoln, and Spencer Heaphy, Jessica, and Jordan Richmond, Cooper, Lincoln, and Spencer Heaphy, Jessica, and Jordan Richmond, Cooper. They will be held 12:30 PM Friday, April 22, 2016 at Great Lakes National Cemetery, 2700 Bedford Road, Holly. Holly. Online tributes may be posted on the obituaries page at www.sharpfuneralhomes.com.


Elizabeth Voorheis Elizabeth Voorheis - age 82, died April 1, 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, 2700 Bedford Road, Holly. Holly. Online tributes may be posted on the obituaries page at www.sharpfuneralhomes.com.


Lauren Coffey Lauren 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 in a family of seven in Togoland, OH. She was the only daughter, 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 Ad. 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.com.

Mr. Allen A. Merce 1922-2016
Obituaries

Dorothy Toth

Eugene Christensen

Jeffrey Beebe

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

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 family — and 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 any field is better than being unemployed while you wait for the perfect job to come along. Volunteer- ing 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, Universe).

Skillet Chicken in Tomato Chipotle Sauce

INGREDIENTS:
• 2 (1 pound total) boneless, skinless chicken breasts, halved
• 3/4 t. kosher salt
• 1/2 t. cumin
• 1/2 small onion, sliced
• 1 oz. avocado
• 1/2 t. chipotle pepper in adobo
• 3/4 t. kosher salt
• 1/2 t. garlic cloves, minced
• 1/2 t. cumin
• 1/2 t. chipotle pepper in adobo
• 1/2 t. garlic cloves, minced
• 1/2 t. cumin
• 1/2 t. chipotle pepper in adobo
• 1/2 t. garlic cloves, minced
• 1/2 t. cumin

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 1/2 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 on a plate.
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, 1/2 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.
5. To serve: Top each chicken breast half with tomato sauce mixture, avocado sauce and garnish with cilantro.
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9am - 3pm

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Race Against the Clock in the
Riding Mower Time Trials

Test Drive Residential and
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WIN THIS RIDING MOWER!

Participate in the Tractor Time Trials and get a FREE t-shirt!
Complete any of the Challenges and get entered to win a FREE Riding Mower!
Top 5 times from Time Tractor Trail gets EXTRA entry for FREE Riding Mower.
Race Steering Wheel vs. Lap Bar in the Straight Line Challenge.
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