Holly DDA sweeps five awards for downtown success

Recognized for its people, its programs and events like Ladies Night Out

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

Ladies Night Out in Holly brought more than a thousand women downtown Friday evening, to enjoy shopping and dining in one of Oakland County’s most successful “Main Street” downtowns.

This event is not only fun for the women who participated it has also earned the Holly Downtown Development Authority (DDA) “The Best Retail Event” award from Main Street Oakland County.

This award was one of five earned by the Holly DDA on Thursday, April 28 at the Royal Oak Music Theater, for the Main Street Downtown on 5

More than 1,000 people came through downtown Holly Friday evening for Ladies Night Out, a semi-annual event hosted by the Holly Downtown Development Authority. The Holly DDA won an award for “The Best Retail Event” from Main Street Oakland County.

Visit your local resident

TRI-COUNTY TIMES
SUBMITTED PHOTO
Shallan Thalman holds daughter Gia while attending a Detroit Tigers game in 2014. Thalman’s nose was shattered in 2015 at a Tigers game when she protected Gia from a foul ball.

Man drowns while fishing at local pond

May have had a seizure before falling in

By Vera Hogan
vhogan@tctimes.com; 810-433-6823

A 28-year-old man from Grand Blanc drowned on Sunday, May 8 in Holly Township.

According to the Oakland County Sheriff’s Office (OCSO) its operations center received a 911 call at approximately 12:30 p.m. from a caller who reported that a man had fallen into a pond of water located near the 1400 block of Joann, off Grange Hall Road.

The North Oakland County Fire Authority (NOCFA), Michigan State Police and DNR responded to the scene.

Upon confirmation from NOCFA Chief Jeremy Lintz, that the victim, later identified as Larry “Tiger” Bowerman, was still in the water, the OCSO dive team was activated. At approximately 1:30 p.m., Bowerman was located in about 10 feet of water and brought to shore. He was transported to Genesys Health Park in Grand Blanc See MAN DROWNS on 9

Five Fenton superintendent candidates selected

Board of Education holds interviews May 10 and 11

By Vera Hogan
vhogan@tctimes.com; 810-433-6823

The Fenton Board of Education has selected five candidates to interview for the permanent superintendent position.

They were chosen last week from a pool of 27 applicants. Interviews started on Tuesday, May 10 at 6 p.m. with Tom DeKeyser, superintendent for Whitmore Public Schools. They continued at 7 p.m. with See SUPERINTENDENT on 7
BLOOMIN’ BERRIES BEER RELEASE
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Tips for improving your memory

- Stay mentally active
  Staying mentally active helps keep your brain in shape, like how staying physically active helps keep your body in shape. Doing crossword puzzles, reading different sections of a newspaper, playing a musical instrument and taking alternative routes to work are all mental exercise.

- Socialize regularly
  Memory loss can be caused by depression and stress. Going out with friends and family helps keep an active social life.

- Eat healthy food
  Eating healthy is as beneficial to your brain as it is to the rest of your body. Fruits, vegetables, low-fat protein sources like fish and lean meats, and whole grains will help improve your memory.

See TIPS on 6

Some people can remember every detail of every day of their lives

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

Some people can remember every day of their lives, and some people can’t even remember what they had for breakfast this morning.

Memory is a concept scientists are still trying to figure out, but it works the same basic way for everyone. There are three components to memory: encoding, which is how memories are perceived and formatted; storage, which is how you retain memories; and retrieval, which is how you recall memories, according to science.howstuffworks.com.

Experts believe the hippocampus and the frontal cortex analyze sensory information and decide if it’s worth remembering.

There are two types of memory: short term and long term. Short-term memories become long-term memories when the hippocampus consolidates the information.

See MEMORY on 8

WWW.SURREALISTICLANDSCAPE.COM

Scientists are still attempting to figure out exactly how memory works, and why some people can remember every detail of every day but others can’t remember where they placed their keys.

More exercise, fewer pills

Doctors are prescribing gym memberships instead of drugs for health

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

American healthcare is reactive, not proactive, meaning our system places more importance on treating lung cancer than it does on encouraging people not to smoke.

It treats the problem rather than preventing the problem.

Dr. James Ide at Painless Chiropractic in Fenton said, “It’s a bad approach, being reactive instead of proactive, that’s our system. It’s backwards. It’s more a sick care model and less of a health care model.”

Because of this, Americans often pay hundreds of thousands of dollars on treatments for ailments that could have been avoided.

Exercising enough and eating healthy could help you save money in the long run by preventing common health issues, like obesity and angina, which is chest pain.
The hypocrisy of North Carolina boycotts

My, my, my. Several more corporations decided this week to boycott North Carolina due to their recent bathroom legislation.

The media is painting these corporations as caring and courageous entities who are “doing the right thing” in the name of honor and principle. That is laughable. They are simply leveraging a situation to harvest some free corporate goodwill via the mainstream media and other leftist stooges. Let’s look at some facts:

Here is the recently enacted law that has the panties of so many lefties all in an uproar: North Carolina’s new public facilities law simply says that, in government-controlled locations only, any bathroom that accommodates more than one person at a time must be assigned to a single gender. Men shall use the men’s bathroom and women the women’s room, based on the sex indicated on their birth certificates. For anyone who has undergone sex-change operations and have had their birth certificate reissued to indicate their new gender, the law applies only to the public sector. A private business may label their facilities in any manner they choose. I’ll wager you don’t know that is the entire law.

Our predatory mainstream media has been flagrantly dishonest in their reporting. They have controlled the narrative by referring only to the public sector. A private business may label their facilities in any manner they choose. I’ll wager you don’t know that is the entire law.

Our predatory mainstream media has been flagrantly dishonest in their reporting. They have controlled the narrative by referring only to the public sector. A private business may label their facilities in any manner they choose. I’ll wager you don’t know that is the entire law.

They have chosen to ignore the fact that the same sex-change operations and reissuing of birth certificates that allow them to use the bathroom of their choice in private businesses should be applied to public locations as well. So PayPal, Disney, the NBA and dozens of other hypocritical businesses are all about money over the “discrimination” all day long. They are flagrantly violating the values and principles that are at the core of PayPal’s mission and culture.

In any manner they choose.

Here’s the reality about transgender people/bathrooms: You’ve been using bathrooms with transgender people for years and never knew. Transgender ‘men,’ who identity as women, have no interest in molesting little girls in the bathroom — they identify as woman. As God’s people, follow the Golden Rule.

What do you always forget?

“Names. Too many things in my head, I guess.”
— Mark Hobson
Linden

“To take the clothes out of the washer and dryer. Probably more the dryer.”
— Alison Rummel
Holly

“I always forget passwords. I have to write everything down.”
— Michele Armour
Grand Blanc

“I always forget my keys inside my house and lock myself out.”
— Ruth Armour
Fenton

“It would probably be what I most needed at work or the grocery store. I’m surprisingly good at remembering pass-words.”
— Kim Puckett
Rose Township
Children’s play structure may be coming to downtown Fenton

Addition will be part of ‘Riverwalk’ improvements

By Vera Hogan
vhogan@tctimes.com; 810-433-6823

Fenton — With all the new improvements taking place in downtown Fenton, the Parks and Recreation Board has been considering the possibility of a new play structure for kids at Mill Pond Park.

According to a memo to City Manager Lynn Markland by Dan Czarnecki, director of the Department of Public Works, “… the improvements are drawing many people and their families to the downtown, especially in the Mill Pond Park area,” he said. “It was decided an updated play structure in this area would be a nice addition to the downtown.”

The Parks Board made a presentation of some improvements to the City Council in November 2015, Czarnecki said. Council members asked the board to look at the “bigger picture” for park improvements in the entire downtown area.

“The Parks Board listened, revisited all the possible ideas and came up with a new project called The Fenton Riverwalk Project,” said Czarnecki.

The proposed Riverwalk project stretches from O’Donnell Park through Mill Pond Park and Rackham Park, ending at Caroline Street, following the Riverwalk.

Included in the project are improvements such as a new play structure, walkway improvements with lighting and benches, fitness stations, canoe/kayak launches above and below the dam, canoe/kayak lockers, bathing and drinking fountains, water trail markers and signage as well as educational and informative signs along the walkway, according to Czarnecki.

The City Council agreed to Czarnecki’s recommendation that OHM Engineers be hired to perform the work necessary to develop the Riverwalk. Schematic Plans at a cost not to exceed $5,400.

The cost has been discounted from $9,200, since OHM also has been hired to update the Parks and Recreation Master Plan and some of the work on both projects can be done at the same time for the cost savings.

DOWNTOWN Continued from Front Page

Oakland County’s annual awards program.

Holly earned more awards than any other Oakland County community participating in the Main Street program, including Rochester, Birmingham, Ferndale, Franklin, Oxford, Lake Orion, to name a few of the 22 participants.

“It’s wonderful to see Holly highlighted and brought into the Oakland County spotlight,” said Andy Potter, executive director of the Holly DDA.

He was also an award recipient, earning “Outstanding Leader.”

“Andy Potter is always ‘working’ the downtown,” said Bob Donahue, executive director of Main Street Oakland County. “He wears out his shoes on the street, meeting with businesses. He has a persistent drive to get things done, and Holly is lucky to have him.”

Other awards earned by the Holly DDA include:

• Volunteer of the Year: Nick Klemp of Holly. Klemp and his family have donated more than 700 volunteer hours to the community, handling any task that is needed to be done.

• Best Public Relations Effort. Main Street Charette was a plan eventually adopted by every organization to help improve downtown by identifying issues and implementing proven strategies.

• Outstanding Years of Service: Suzanne Perrault, former executive director from Holly.

The Oakland County program is part of Main Street USA, which focuses on and supports thriving downtowns and community centers.

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GETTING RID OF ANXIETY AND DEPRESSION

Anxiety and depression are often lumped together, but they’re different. Explaining anxiety in one sentence, it is “Fear of the future.” A deep foreboding causes the fear, but because we can’t identify why we feel it, we become afraid of the fear and then it gets a little scary.

Depression is different. It is brought on by repressed anger. When people have anger they can’t release, it piles up. The more things go wrong, the more they blame themselves and the anger gets worse. This can lead to clinical depression, which feels like utter hopelessness and uselessness.

How do we get better? Medically, you can take pills for the rest of your life and many do.

Psychologically, Hypnotherapy is our best answer. We know this because Dr. Alfred Barrios, Jr. published a study in the Psychotherapy Journal of the APA (Spring, 1970) about it.

Barrios searched 3,446 medical, psychological, and psychiatric journals through the Medical Literature Analysis Retrieval System (MEDLARS). He was looking for published recovery rates produced by all known therapeutic modalities.

What he found was shocking: Talk-Therapy had a 38-percent recovery rate after 600 sessions. Hypnotherapy had a 93-percent recovery rate after six sessions.

Why the disparity? Hypnotherapy targets the core causes of anxiety and depression and releases them. You can get rid of the fear and drain the anger.

Talk-Therapy takes us apart — Hypnotherapy puts us back together. That’s why Dr. Tomlinson’s six-session anxiety and depression program really works.
**Fenton fire to have brighter bulbs**

By Vera Hogan

Children participate in Fenton Fire Department’s open house activities in 2014. With partial funding from a Consumers Energy rebate, new LED light bulbs will be installed in the bays for $6,343. The fire chief expects annual savings of $1,800 in energy costs.

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**Cost of LED bulbs is $6,343 after a Consumers Energy rebate**

According to Fire Chief Bob Cairnduff, the fire department currently has 25,250-watt metal halide high bay light fixtures in the apparatus bay area.

"These lights have been very problematic since the station was built," he said in a memo to City Manager Lynn Markland.

Cairnduff said the lights are very high up in the ceiling and there is no good way to access them for maintenance and repair. The bulbs have a short life, he added, and they require a lower cover on the fixture, which traps insects that causes even more maintenance.

The bulbs also are the type that need to be warmed up in order to get full light. Cairnduff said he researched the issue and believes the best option to reduce maintenance is to switch to LED bulbs in the current fixtures.

"The LED bulbs will benefit us the most by increasing the bulb life and eliminating the need for the lower cover on the fixture," he said in his memo.

The total project cost is $9,326, but with a Consumers Energy rebate, goes down to $6,343. Chappell Electric, a Consumers Energy-approved vendor, will do the work.

Cairnduff anticipates annual savings in energy costs of around $1,800.

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**Billie Sol Estes and televised trials**

Today, mentioning the name Billie Sol Estes doesn’t result in much of a response from anyone.

However, back in the early 1960s, his name evoked a far different response because in the annals of criminal justice, he became famous for two reasons. First his 1962 Texas trial for swindling millions of dollars from banks, farmers and the United States Department of Agriculture while also being a friend of future president Lyndon B. Johnson. Second, the fact that his trial was televised.

Ultimately, he was convicted and appealed his conviction based upon a claim of receiving an unfair trial due to the television cameras and related equipment being in the courtroom.

At the end his appeal was heard by the United States Supreme Court in 1965. Now it must be noted that back in 1962, television was still in its infancy. Television cameras were rather large machines on wheels and microphones were also large. Both required numerous wires and cables. When the camera was on, a red light also lit up.

At the time, only two states allowed trials to be televised and federal law prohibited it altogether. In deciding this case, the Supreme Court extensively described the proceedings and how the presence of the television cameras was ‘disruptive’ to the trial and had an effect on the jury, witnesses, trial counsel and the judge.

The court reversed his conviction and indicated, that on balance, Mr. Sol Estes’ due process rights to a fair trial outweighed the first amendment rights of the broadcasters.

Interestingly, the court concluded its opinion with a statement that left open the future televising of trials based in part on advancements in technology, which would allow for the required constitutional fairness.

Times change and now we fast forward to 1989 and to today. These technological advancements have now been made. This is evidenced by our Michigan Supreme Court specifically allowing such broadcasting and other media coverage, subject to the control of the judge through a special Administrative Order. It took a while to get here, but in today’s world in Michigan and other states televising proceedings is commonplace. Federal courts still prohibit it.

The question still to be answered is what advances will be made in the future? Only time will tell.

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**SUSPICIOUS VEHICLE FIRE**

At 3:11 a.m. on Friday, May 6, Fenton police and fire responded to a vehicle fire near North Road and Forest Drive. Upon arrival, Fenton police observed a green 1994 Pontiac Firebird fully engulfed in flames. They made contact with the owner, a 38-year-old Fenton woman, who provided leads to help police with the investigation. A surveillance video from a nearby home is being reviewed by detectives to determine the cause of fire. The fire appeared to be suspicious. Fenton firefighters extinguished the fire and the state fire marshal is inspecting the car. Fenton detectives are following up on the leads.

**DEFECTIVE EQUIPMENT LEADS TO ARRESTS**

At 12:51 a.m. on Sunday, May 8, a Fenton police officer initiated a traffic stop to a vehicle with a defective equipment violation on Fenway Drive. The officer made contact with the occupants, a 44-year-old Fenton Township man who was the passenger and a 46-year-old Fenton Township man who was driving. Police learned that the passenger had an outstanding warrant out of Oakland County. He was taken into custody. Police recovered drug paraphernalia, and a brownie inside a paper bag, which tested positive for marijuana and open intoxicants. The passenger was turned over to Oakland County Sheriff’s Office for the warrant and has a July 18 court date for marijuana possession. The driver was cited for the equipment violation and was issued a July 18 court date for having open intoxicants in the vehicle.

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**TIPS**

Continued from Page 3

• **Sleep enough**
Sleep deprivation plays a huge role in memory loss. Most adults need seven to eight hours of sleep a night.

• **Get organized**
You’re more likely to forget things if you’re disorganized. Clear your desk, take notes, and organize your home and workplace.

• **Do physical activity**
Getting exercise increases blood flow to your brain, which helps the organ work better. The Department of Health and Human Services recommends adults get 150 minutes per week of aerobic activity, like jogging.

• **Manage chronic conditions**
Listen to your doctor’s recommendations about handling chronic conditions like depression and kidney and thyroid problems. Your memory is more likely to be better if your overall health is improved.

*Source: Mayo Clinic*
TIGER GAMES
Continued from Front Page
Tiger Rajai Davis.
She was first treated at a Comerica Park first-aid center, and then signed a waiver to visit the emergency room at Wm. Beaumont Hospital in Royal Oak. “She was in a lot of pain,” said her mother, Cam Stevens of Argentine Township.

The physical injuries that required surgery six months after the accident have all healed, but the emotional scars remain.

“The ball shattered the whole inside of my nose, spreading into the cheek area,” said Thalman. “They had to wait to do the surgery until all the swelling had gone down. They reconstructed the interior of my nose, and now I can breathe fine again.”

She and her husband, Linus, have always been Tigers season ticket holders, but this year, they didn’t get tickets. “I still love baseball, but the accident has changed my comfort zone,” she said. “I flinch at the sound of a bat. I’m always on the lookout for a stray ball.”

The Detroit Tigers organization did contact the Thalman family and asked if they wanted to come back to another game, and have an opportunity to watch batting practice. So far, they haven’t taken advantage of that invitation.

“One of the insurance adjusters did talk to us,” she said. “We’ve paid all the expenses out of pocket. He actually seemed hopeful that we might get help with some of the bills even though technically, they aren’t liable.”

Fans attending a baseball game assume all the risk and danger of the sport, including the danger of being injured by thrown bats and thrown or batted balls. This clause is spelled out on tickets and on the Detroit Tigers website, detroit.tigers.mlb.com.

However, the issue of spectator safety has been called into question, after several other major injuries in 2015. A line drive foul hit by Tigers center fielder Anthony Gose struck a fan in the right temple at Comerica Park on Aug. 21, 2015. She was transported at Detroit Receiving Hospital for treatment.

A Bloomberg analysis of foul ball-related injuries predicted that roughly 1,750 fans a year are injured due to batted balls at all of the Major League Baseball stadiums. In fact, the number of spectators hurt by batted balls exceeded the number of batters hit by pitches, Bloomberg found.

Detroit Tiger pitcher Justin Verlander has spoken out in support of nets behind home plate to better protect fans. “You forget how quickly things can come at you,” said Thalman. “You’re going to the ballpark for fun and entertainment and don’t realize how fast something can happen. It’s a sport; things happen. It’s just a fluke thing.”

SUPERINTENDENT
Continued from Front Page
Steve Keskes, assistant superintendent for curriculum and instruction at Clio Public Schools.

The final interview of the night was at 7 p.m., the school board will inter-
view Jennifer Hammond, principal of Fenton Interim Superintendent Doug Busch, who is also the executive director of finance and personnel, has decided not to seek the permanent position.

He has been doing both jobs since last summer, after former Superintendent Tim Jalkanen resigned.

Following Wednesday, May 11 interviews, the board will select two candidates for second interviews, which will take place on May 17 in the Fenton Area Public Schools administration building, 3100 Owen Road, Fenton. All interviews are open to the public.

To learn more about the candidates’ home school districts, visit:
- www.wrps.net
- www.clioschools.org
- www.swartzcreek.org
- www.lindschools.org
- www.grandblancschoolfusion.us

He will be remembered at a Memorial Service on Wednesday night at 6:45 p.m. at Faith Baptist Church in Linden, 4518 Silver Lake Rd.

Visitation will be Thursday, May 12 from 5 to 8 p.m., Friday, May 13 from 1 to 4 p.m. and 6 to 8 p.m. and Saturday, May 14 from 10 to 11 a.m. at Faith Baptist Church.

The funeral service, at Faith Baptist Church, will be Saturday, May 14 at 11 a.m., followed by interment at Fairview Cemetery in Linden. Funeral arrangements are being handled by Sharp Funeral Homes.

Founder of Faith Baptist Church dies
Pastor is remembered as a father figure to many in his congregation and community

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

The tri-county area lost a father figure and friend to many, with the passing of Pastor Jack McMaster of Faith Baptist Church in Linden, on Sunday, May 8.

McMaster, 73, was founder of Faith Baptist Church in 1981, and most recently served as Pastor Emeritus. The pastor’s son, Ken McMaster, had served following his father, first as youth pastor, then as senior pastor, until Pastor Daniel Patz came to the pulpit last year.

McMaster had suffered a stroke on April 11, but his friends and family kept praying and hoping he would recover. “Jack McMaster was a man of wit and wisdom. He understood human nature. He knew the Word of God so well and knew how to apply it. He was a father figure to dozens of people, and could speak to the lives of a 10 year old or 75 year old,” said Patz.

Growing up as one of nine children in a poor, humble home with loving parents, McMaster told Patz he got one pair of pants and a shirt each year, and when he was hungry for a snack, he’d dig up beets or potatoes from the garden to munch on.

“He was a rascal as a young kid,” said Patz. “God got a hold of his life, and he gave his life to the Lord and to ministry.”

Herman Ferguson looked at McMaster as a father figure. “I met Pastor Jack almost 31 years ago. He taught me always to keep God first in my life, I never had a father growing up, and always called him ‘Dad.’

The last time I talked to him, he told me I had been like a son to him, too. He said his mission in life was to go to Heaven and take as many people with him as he could.”

He will be remembered at a Memorial Service on Wednesday night at 6:45 p.m. at Faith Baptist Church in Linden, 4518 Silver Lake Rd.

Visitation will be Thursday, May 12 from 5 to 8 p.m., Friday, May 13 from 1 to 4 p.m. and 6 to 8 p.m. and Saturday, May 14 from 10 to 11 a.m. at Faith Baptist Church.

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Why is it so hard to have a conversation with a goat?

Cuz they’re always buttering up!

Smell a rose and you’ll know why!
MEMORY
Continued from Page 3
Nerve cells connect with other nerve cells at places called synapses with the electrochemical transfer of neurotransmitters to receptors, according to science.howstuffworks.com.

The strength of each circuit is reinforced every time the memory is sent across the synapses, making it possible to remember something long term.

The more information is repeated, the more likely it will be remembered.

People who can remember every day of their lives don’t write every detail of every day down in a journal in order to retain the information.

This condition, often called hyperthymesia, has been found in only a handful of people and allows them to remember specific details like what they had for lunch on April 4, 1995, and exactly what time they left work on Sept. 2, 2002, according to livescience.com.

Scientists call this a highly superior autobiographical memory.

While it may seem useful, and it definitely has proven to be, people with hyperthymesia also remember every detail about sad events, like the loss of a loved one, and the grief that followed. Heightened emotions help everyone remember something long term.

If you have a memory associated with a certain smell, you’re much more likely to remember it. This is why fresh-baked cookies remind you of grandma and grandpa’s house or the smell of popcorn reminds you of going to the movies. On the flip side, there are many factors that cause memory loss. “If someone is putting a lot of stress on you to remember something, it’s more unlikely you’ll remember it,” Strayer said.

Sleep deprivation is another factor. “Some nights when you don’t get much sleep, you don’t function very well. Work and the ability to recall is definitely impaired,” he said, adding that no one can manage to obtain the recommended eight and half hours of sleep per night.

Alcohol is another reason why someone might not remember something. While there are many tricks to improving your memory, like saying a person’s name back to them when you meet them, and saying out loud where you placed your keys, many experts say one of the best ways to remember something is to write it down.

If you have a memory associated with great sadness, anger, joy, you’re much more likely to remember that for a very long time,” said John Strayer, owner of Tanglewood Assisted Living and Home Care, a business that specializes in dementia and Alzheimer’s, in a previous Times article.

Smells also affect memory in a significant way. If you have a memory associated with a certain smell, you’re more likely to remember it. This is why fresh-baked cookies remind you of grandma and grandpa’s house or the smell of popcorn reminds you of going to the movies.

TO THE IDIOT who is happy about the Verizon tower, you wouldn’t be so happy if it were placed near your house, endangering your health and decreasing your property values. Shame on you, and the Argentine boat.

ANOTHER HOT LINER mistake. The writer first claimed that the Constitution said that everybody must be treated equally. Wrong. Now the writer claims that the Constitution says we are created equal. Equal means equal. The Declaration of Independence says that we are created equal, by our creator, not government.

DEMOCRAT RUN, TAXPAYER-funded educational system? I’m sure that would be outstanding — Detroit Public Schools.

I’M THE MORON? Nineteen trillion dollars in debt? We need to be slashing government spending not adding to it.

DRIVERS, PLEASE BE cognizant of bikers on the sidewalks. My husband and I bike around town with our children in a trailer pulled behind us. We have almost been hit many times by drivers who do not look before moving forward. I don’t think ya’ll want that on your conscience.

REGARDING THE ARGENTINE cell phone tower. Would you be happy if it were going in your back yard, lowering your property values? As homeowners directly adjacent to the property, our voices were not heard. There are plenty of other township-owned, non-residential places to put that eyesore.

— John Strayer
Tanglewood Assisted Living and Home Care owner
“We spend the most on medications and healthcare of any other industrialized country but we rank 37 in the World Health Organization’s list of industrialized countries on how healthy we are overall,” he said. Area reason for this is that it’s easier to show costs and benefits of improving someone’s health than it is to account for activities and habits which probably would have prevented those health problems, according to hufffinancialplanning.com.

While there aren’t many programs that efficiently target long-term positive effects of preventative medicine, the benefits, like getting sick less, having a longer life expectancy, higher quality of life, and improved mental health, have been proven numerous times. Ide said type two diabetes, which used to be an “old man’s disease,” is now the fat kid disease. “It’s really an epidemic. It’s huge now,” he said.

“Every cell in your body requires certain things to be healthy,” he said. “As a child, every day that you eat something that is lacking nutrients, your body pulls nutrients from you.”

He gave the example of mac and cheese, and how it’s only starches and powdered cheese substance. “It doesn’t add nutrients and how it’s only starches and powdered cheese substance. It’s huge now,” he said. “It’s a way to increase stress,” he said. “Chiropractors free up the joints in your body.”

He said prescribing gym memberships is “absolutely” a good idea. “He’s planning to offer something like that at his office with 8 Weeks to Wellness,” a program that supports healthy eating habits and exercising with chiropractic practices. “It definitely works and that’s where it’s going to go,” he said. “Our system is broken, it can’t continue to do what it’s doing.”

He said the system has to change, citing a report recently released by CNN that states that medical conditions are the third leading cause of death in the U.S. “It’s literally killing people to do it this way,” he said.

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“At his office with 8 Weeks to Wellness,” a program that supports healthy eating habits and exercising with chiropractic practices. “It definitely works and that’s where it’s going to go,” he said. “Our system is broken, it can’t continue to do what it’s doing.”

He said the system has to change, citing a report recently released by CNN that states that medical conditions are the third leading cause of death in the U.S. “It’s literally killing people to do it this way,” he said.
Some good, some bad during Wolves’ weekend

By David Troppens
dtroppens@tctimes.com

The Linden/Fenton co-op varsity boys lacrosse team (Wolves) had a crazy week last week. The squad experienced a blowout victory, a blowout loss and a tight contest as well.

Fenton opened the week with a tight 5-4 victory against Lapeer on Tuesday, but then lost to Oxford by a 16-1 margin on Thursday night. The week ended with Saturday’s 14-1 thrashing against Ovid-Elsie/Owosso.

The Wolves dominated Ovid-Elsie/Owosso in every way possible. The Wolves (7-6 overall) won 62 of 94 ground balls and enjoyed a 51-9 shot edge. It resulted in a lopsided victory with eight different players scoring goals for the Wolves.

Lake White led the team with three goals while Tucker Whitman, Nathan Rumbles, Dylan Meisch and Derek Delong scored two goals each. Danny Punduck, Jaylen Matney and Tyler Bourass also had one goal each.

Meisch also led the team with three assists while Delong had two.

CONTINUED ONLINE
AT TCTIMES.COM

Tigers stay in Metro hunt, sweep Holly

By David Troppens
dtroppens@tctimes.com

Holly — The Fenton and Holly varsity baseball squads have played three spirited contests against each other this season. However, the Tigers have gotten the better end of the deal in each game, winning all three. On Monday, the Tigers swept a doubleheader 1-0 and 5-1, remaining in the hunt for a Metro League crown this spring.

“They were good games. Both teams pitched well,” Fenton coach Shawn Lawrence said. “We were able to put the ball into play a few more times than them.

“When you are playing local teams in league play, the games tend to have a lot more meaning, and kids seem to step up in these types of games. We got some really good pitching from our senior, John Leaske, and junior Blake Garrison. We got some clutch hitting from Chase Coselman, Brock Henson and Nolan Lawrence.”

In the opener, Leaske tossed a two-hitter, edging Holly’s D.J. Tennis allowed just five hits and a walk while striking out eight. The only run was scored in the fifth when Garrison doubled, moved to third on a Taylor Lawrence sacrifice and then scored on a wild pitch.

Holly loaded the bases with two out in the bottom of the sixth on two-out singles by Luke Copley and Tennis and a walk to Chet Wyant, but Leaske got the next batter to ground out.

CONTINUED ONLINE
AT TCTIMES.COM

Linden boys track takes second at Goodrich Invitational

By David Troppens
dtroppens@tctimes.com

It was a good day to be a tri-county track team at the Goodrich Invitational on Friday.

The Linden boys came home with a second-place trophy while the Lake Fenton boys finished third. Linden’s girls placed fourth and the Lady Blue Devils took eighth.

The Linden boys had three firsts while the Linden girls had two. Linden’s Jacob Cox took part in two. He won the 100-meter dash (11.48) and also teamed with Ryan Young, Dante Minatel and Cade Dickson to win the 400 relay (44.97). Ray Ballard also took first in the discus (130-11).

Madison Piet also came home with two firsts. She won the 200 (26.75) individually and also teamed with Breyanna Turnipseed, Alia Frederick and Taylor Acox to win the 800 relay (1:50.52).

CONTINUED ONLINE
AT TCTIMES.COM
Fenton duo break records; Tigers beat Holly

By David Troppens
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Chloe Foor and Bri Costigan have been teammates at Fenton for four seasons.

They’ve been teammates and great friends on other travel teams as well.

So it shouldn’t come as a surprise that the duo would own school records based on their relationship as well.

Recently, Foor became Fenton’s all-time scoring leader (47 goals) and Costigan became the squad’s all-time assist leader (44 assists) mainly due to their ability to work together to get those goals and assists.

Their deadly offensive combination came to fruition once again on Monday in the Fenton Tigers’ 5-0 victory at Holly High School.

Costigan assisted Foor’s first of two goals just 8:33 into the contest. Before the game was over the pair would combine once again in the second half.

“It means a lot,” Foor said about the career goal record. “It was a goal of mine since freshman year. I finally got it. Most of my goals were probably from (Bri), and we are very close.”

“It’s great to know that I can have my name on the board along with so many great girls who have gone through this program,” Costigan said. “It’s not just my name on the board, but all of the great girls I’ve played with that helped me get there.

“I’m pretty sure at least three-fourths of my assists have been to her. We just combine so well. It’s amazing to be able to rely on someone so well, to be able to get the ball in the net.”
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Reverend Dr. Elbridge L. Hatchett
1942-2016

Reverend Dr. Elbridge L. Hatchett—age 74, was born on March 22, 1942 to parents, Katherine Williams and John Elbridge Lanier of Detroit. He was given the surname Hatchett when his mother married the late Frank Hatchett. He enlisted in the United States Army in 1960 and saw conflict in the Vietnam War. He was awarded an Army Meritorious Service medal March 20, 1970. SFC Hatchett was an expert in linguistics and worked as an Admin Specialist and as a Counterintelligence Agent until his retirement in 1980. He married Jacqueline D. Barnett on August 31, 1962. To this union, two daughters were born in Orleans, France, Danielle Latrease Hatchett Hargrove and Dorita Lynn Hatchett. He was married to Ola Jackson from 1983-1997 until her death. Hatchett earned a Bachelor Degree in Theology in 1986 from Guadalupe Baptist Theological Seminary. He then returned to Detroit, his hometown, where he cared for his mother and aunt until 2002. Ebreign then returned to San Antonio, TX. Ebreign loved the Lord, his family, his church and his community. He gave his life to Christ and later served as an Assistant Pastor at Saint Philip Baptist Church where he enjoyed serving, attending, preaching and teaching Sunday School.

Dr. Hatchett served as Registrar and Greek teacher at the San Antonio Theological College. He was proud to witness those dear to his heart take what he shared with them and use it to grow, advance and support themselves. He contributed to the betterment of many people and their families and will be remembered for being kind, yielding and self-sacrificing. Elbridge leaves to cherish his memory many biological and extended family members: daughters, Danielle Hargrove and Dorita Hatchett; grandchildren, Reginald Pierre Hargrove, Phillip Tyler Hargrove and Sydney Latrease Hargrove. Living siblings include: Lavina Jones (Charlie), Joan Lanier, Barbara Kay Lanier-Jones (Raymond), George Kent Lanier (Kay), Paulette Hatchett. D. Ebreign is preceded in death by siblings, Jeanette Hatchett, Delores Hatchett, Lois Denise Echoles and Ruenell Darcell Williams, Alice Tipton, William Boyd Lanier and Field Lanier. Dr. Hatchett leaves behind a number of nieces and nephews in Michigan, Alabama and Georgia.

Interment will take place Thursday, May 12, 2016 at 1:30 PM in Fort Sam Houston National Cemetery. In lieu of flowers please send contributions to San Antonio Theological College, 205 Bransis St., San Antonio, TX 78210 (210) 534-6056.

Catherine Ann Allen
1934-2016

Catherine Allen—age 81, of Holly, passed away Monday, May 9, 2016 from congestive heart failure. Funeral services will be held at 11 AM Thursday, May 12, 2016 at Tyrone Covenant Presbyterian Church, with Pastor Jim Maslow officiating. Burial will be in Oakhill Cemetery, Holly. Visitation will be from 5-8 PM Wednesday, May 11, 2016 at the Dryer Funeral Home, Holly. Catherine was born June 15, 1934 in Emil J. and Frances C. Temming, in Tyrone Township. She graduated from the Five Points one room school through the eighth grade; she graduated from Holly High School in 1952. She married Franklin P. Allen Sr. in 1957. Catherine was a longtime member of Tyrone Covenant Presbyterian Church where she served in a variety of ministries. Catherine spent most of her working life in Holly as a bookkeeper employed first by Robert and Virginia McKenney and later by Dave Smith. Catherine was famous for her porch parties and always had room for one more guest. Catherine was a natural optimist who had a love for learning and a lifelong sense of adventure. She cherished her role as mother, friend, sister, aunt and grandmother. She is preceded in death by her son, Franklin P. Allen Jr. and sister, Marilyn Temming. Catherine was survived by her husband of 61 years, Franklin P. Allen Sr.; children, Marilyn Temming, Anthony Byard, Nicholas Byard, Caroline Allen, Rachel Allen, Natalie Allen, Michael Charles, Cameron Charles and Catherine Ann Charles; grandchildren, Craig, Carter and Kinsley Knudson, nieces, Victoria Lanning Davis, honorary niece, Louis Martin. Memorial contributions may be made to Tyrone Covenant Presbyterian Church, www.dryerfuneralhomeholly.com.
Aries (March 21 to April 19)
A once-harmonious relationship appears to be hitting some sour notes. Spend some time together to see why things have gone off-key. What you learn might surprise you.

Taurus (April 20 to May 20)
You feel a need to make some changes. Good — you can do it on a small scale (some new clothes, for example), or go big and redecorate your home and/or office.

Gemini (May 21 to June 20)
Control your tendency toward early boredom. A situation in your life might be taking a long time to develop, but patience pays off. Stay with it.

Cancer (June 21 to July 22)
You might feel that you’re on an emotional roller coaster this week. Don’t fret; just ride it out and let things settle down. A Pisces shows understanding.

Leo (July 23 to Aug. 22)
Do something different for once — compromise. A stubborn stand on an important issue proves counterproductive. You need to be open to new ideas.

Virgo (Aug. 23 to Sept. 22)
A friend offers advice that you perceive as an act of betrayal. But before you turn against the messenger, pay attention to the message.

Libra (Sept. 23 to Oct. 22)
A year of riding an emotional pogo stick finally settles down. Use this calmer period to restore frayed relationships and to pursue new opportunities.

Scorpio (Oct. 23 to Nov. 21)
Your words can sting, so be careful how you respond to a friend’s actions. A calm approach could produce some surprising facts.

Sagittarius (Nov. 22 to Dec. 21)
Be careful about whose secrets you’re being asked to keep. They could impose an unfair burden on a straight arrow like you.

Capricorn (Dec. 22 to Jan. 19)
While you prefer taking the tried-and-true course in life, be adventurous this week and accept a challenge that can open new vistas.

Aquarius (Jan. 20 to Feb. 18)
Your strong sense of justice helps you deal with a job- or school-related situation. Stay with your principles. A Sagittarius emerges as a supporter.

Pisces (Feb. 19 to March 20)
You need to build a stronger on-the-job support system to convince doubting colleagues that your innovative proposals are workable.

Crossword puzzle

WEDNESDAY JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

1. DABIE
2. GANTY
3. INGRYP
4. WEDDAN

WHAT THE PUGGY BURGER DID AT THE END OF THE BUFFET LINE

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

1. 76% liked it
2. 41% liked it

THE BOY

This is an expansive, rib-tickling, and subversive comedy in which Moore, playing the role of “invader,” visits a host of nations to learn how the U.S. could improve its own prospects. The creator of Fahrenheit 9/11 and Bowling for Columbine is back with this hilarious and eye-opening call to arms. Turns out the solutions to America’s most entrenched problems already existed in the world — they’re just waiting to be co-opted.

R, 1 hr. 50 min.

DVD RELEASES

WHERE TO INVADE NEXT

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R, 1 hr. 50 min.

THE BOY

The Boy is a frightening thrill ride directed by William Brent Bell (The Devil Inside) starring Lauren Cohan (“The Walking Dead”).

Greta (Cohan) is a young American woman who takes a job as a nanny in a remote English village, only to discover that the family’s 8-year-old is a life-sized doll that the parents care for just like a real boy, as a way to cope with the death of their actual son 20 years prior. After violating a list of strict rules, a series of disturbing and inexplicable events bring Greta’s worst nightmare to life, leading her to believe that the doll is actually alive.

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