

# Local Living

**Times**

Sunday, January 1, 2017



Happy New Year

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## Find a fitness activity to enjoy in 2017



### Options abound in tri-county area, including four new fitness studios

**By Sally Rummel**

news@tctimes.com; 810-629-8282

You've nibbled the last of the Christmas cookies down to crumbs and welcomed the New Year with cocktails, munchies and desserts. Now it's time to embark on a healthier approach to 2017, adding more movement and exercise to your daily habits.

Everyone has their own fitness personality that will help determine how successful they are at reaching their goals.

Are you a motivated person who likes to work out at a gym? If so, a gym membership just might be your ticket to fitness. Are you more likely to work out in fitness classes with others, or do you prefer exercising at home on your own, or outdoors? Asking yourself these questions will be your first step toward a healthier you this year.

For additional motivation, several new fitness studios are opening soon, adding even more options to the mix of gyms, studios, classes and boot camps already available locally. Look at the Times 2017 Source Book for complete information.

Watch for:

- **Trufit**, a functional fitness studio, is opening Feb. 4 at 1542 N. LeRoy St. in Fenton (behind Fenton Fine Used Cars). This program offers classes, personal and group training. Owners are Mandy West, daughter Amber West, and Jeff Thorpe. Visit [trufit.com](http://trufit.com) for more information.

- **Fit Body Boot Camp**, planning to open Feb. 1, is located at the former Chassé Ballroom & Latin Dance Studio at 3180 W. Silver Lake Rd., Fenton. This franchise offers high intensity interval training with 30-minute workouts, from 5 to 10 a.m. and 4 to 7 p.m., according to owner Gary Hogeboom. For details, visit [fitbodybootcamp.com](http://fitbodybootcamp.com).

- **Soul Yoga**, owned by Jamie McFall, is set to open

Jan. 1 in the Classic Corner Plaza, near Nutrition Works. All levels of yoga, from gentle basic to vinyasa, and cradle yoga, will be offered. For more information, visit [soulyogafenton.com](http://soulyogafenton.com)

- **Bent Yoga**, a heated, athletic form of yoga, owned by Jennifer Domagalski, is set to open Jan. 8 at 108 LeRoy St., the former Yoga Retreat.

There are already dozens of workout opportunities available, each catering to different fitness types. Take a look and see which matches your own workout personality.

#### FOR YOGA LOVERS

Yoga continues to be a popular fitness trend, including Balanced Body Yoga in Byron, Divine Yoga in Fenton, Ethos in Holly and new studios opening soon.

#### IF YOU LIKE WORKING OUT ON YOUR OWN

A gym setting will be a very good option for you, from Anytime Fitness to Snap Fitness, Planet Fitness, Power House 365, Fenton Fitness and Athletic Center, among others. Some gyms offer 24-hour access, and others have showers for convenience. Make sure the gym you choose fits your needs and schedule.

Solo exercisers also might enjoy working out at home with a personal trainer, or doing your own thing with DVDs, YouTube videos, etc.

To map out running or walking routes on your own, visit [mapmyrun.com](http://mapmyrun.com).

#### FOR CAMARADERIE WITH OTHERS

Group exercise classes are offered at many gyms, as well as through other fitness programs, including Jazzercise, martial arts, Zumba, The Fit Box, yoga, boot camps, etc. Join a walking or running club, or sign up for upcoming races (for runners and walkers), such as the Iddarun XC Night Race coming Jan. 7 to Linden.

#### IF YOU LIKE DANCE MOVES

Check out local dance studios for dance classes — from ballroom to line dancing.

For more specific fitness dance moves, try Jazzercise or Zumba, which offer cardio, muscle conditioning, balance and flexibility in one-hour sessions.

Jazzercise offers eight classes a week between Anderson's Karate Studio in Fenton Township and the Family Life Center at Fenton United Methodist Church. The Jazzercise Byron location is at 204 S. Saginaw St. Visit [Jazzercise.com](http://Jazzercise.com) for more information.

Zumba is offered at local dance studios, through Loose Senior Center and Southern Lakes Parks & Recreation, etc.

See **FITNESS** on 2B

#### SUMMARY

■ There's a fitness program for everybody in the tri-county area, including four new fitness businesses opening early this year.



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## FITNESS

Continued from Page 1B  
FOR FUNCTIONAL FITNESS

This is a popular trend in fitness right now, training your muscles to work together, simulating common movements you might do at home, at work or in sports, also emphasizing core stability. Programs like Crossfit Tuebor in Holly and Crossfit Tuebor West in Fenton, owned by the Lasco family, offer these functional workouts.

Fenton Fitness & Athletic Club provides functional fitness, sports training, total body training and is a bridge from physical therapy to physical fitness.

### BOOT CAMPS AND TRANSFORMATIONS

Transformation Time Fitness, Commit 2 B Fit, The Fit Box, and gyms that offer boot camp classes offer programming for a high intensity workout with weight loss as the goal. Sign up for your first 5K, and transform yourself on your own through "From Couch to 5K" programs on coolrunning.com.

### EXERCISING ON A BUDGET

Watch for specials this month for many gyms and programs. Check out Loose Senior Center for very affordable fitness classes, including a new punch card rate. Visit slpr.net to view the Southern Lakes Parks & Recreation's class schedules.

Be a school hall walker at local schools, or walk the malls.

Play games or sports this winter, enjoying cross-country skiing, ice skating, snowshoeing, winter walks, etc.

## HOT LINE CONTINUED

**AS I CAMPAIGN** for civil discourse in public forums like the Hot lines, I recently noticed the following adjectives to characterize those who hold opposing positions: idiot, liar, village idiot, delusional.

■■■■ **PUMPING GAS THE** other morning and the village president came storming out of the gas station yelling that he hates the bike lanes and he hates this village.

■■■■ **KUDOS TO THE** Lake Fenton Middle School eighth-graders for their random acts of kindness. Kudos to the parents and organizers too. Awesome to teach the importance of giving back to our great community.

■■■■ **TREASON: WHEN A** person (Trump) colludes with a foreign country to disrupt and influence elections (democracy).

■■■■ **HELP, LOST SKY** Rider Drone Christmas Eve near Oakland and Saginaw streets. Please turn in to Holly police. They have our contact information.

■■■■ **CAN'T WAIT UNTIL** Obama is out of office.

■■■■ **ISN'T IT INTERESTING** that Obama's oldest daughter now has a net worth of \$12.2 million.

## Just sayin'...

vhogan@tctimes.com

## Phew, that was close!

Christmas at our home was wonderful. My stepson Jeremy was home with his beautiful new wife, Yezi. As an added bonus, a family friend of Yezi's from her hometown of Chendu, China, joined us as well. Max is a senior at Michigan State University, studying economics. He was a delightful guest.

On Christmas Eve, Yezi and Max were talking "live" on their cell phones with their moms in Chendu. I'm assuming it was through Facetime, or a similar app.

Anyone who knows me knows I am one of the last holdouts when it comes to getting a smartphone. I have been dreading the day when I have to get one because cell phones like the one I have now are no longer available (which was probably two years ago).

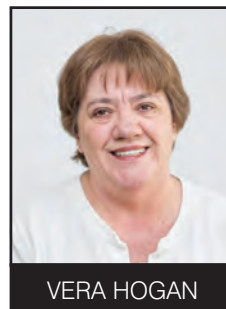
But the ability to see and talk with loved ones the way Yezi and Max were doing was pretty cool. So, I decided within the last few days that after the holidays, I will get one.

Then yesterday, I watched a video on Facebook, shared by a long-time family friend who grew up with my sons. He is a young adult, a recent U.S. Army veteran and a successful businessman.

The video was an interview with Simon Sinek, a motivational speaker, author and consultant who writes on leadership and management. This particular interview was about a variety of topics, including cell phones.

It was a rather long interview, but I only want to focus on the cell phone part of it. I felt as though this man was saying the words I have not been able to articulate in a way that people understand what I mean.

He said constant cell phone use releases a chemical in the brain called Dopamine. This chemical is the same one that makes people smoke, drink and gamble. He said it is highly addictive. There are age restrictions on smoking, drinking and gambling, but not cell phone use.



VERA HOGAN

Sinek said if you're having dinner with friends and you start texting someone who isn't there, that's a big problem.

He also said if you're in a meeting at work and you pull out your cell phone and place it on the table either right side up or upside down, it doesn't matter, you're telling everyone in the room "you're just not that important to me right now."

Sinek also said you should never ever charge your cell phone by your bed on the nightstand. "But it's my alarm," some will say. "Get an alarm clock," said Sinek. "They're only eight bucks, I'll buy you one."

After listening to Mr. Sinek, I decided I can wait a little while longer. Even if I had a smartphone right now, I would only use it for the same things I do now, make a phone call, check the time, take a picture or two, and text my kids. I don't need the internet by my side 24/7. I have a computer at work and in my kitchen. I never miss appointments and I'm never late for work.

If I want to have some 'face time' with friends and relatives out of town, or out of the country, I have Skype on the big flat screen TV in my family room.

Sinek said there are two things you can never get from your cell phone — job satisfaction and meaningful relationships.

"There are no apps for that," he said. Amen to that, sir. Happy New Year!

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## WHAT YOU MISSED in the MIDWEEK TIMES

Compiled by Vera Hogan

You did not miss any stories in the Wednesday, Dec. 28, 2016 Midweek Times — because we decided to give staff a holiday break and not publish one edition. We will be back next week, however, publishing the next Midweek edition on **Wednesday, Jan. 4**. To subscribe and receive both the Midweek and Sunday Weekend editions, please call (810) 629-8282.

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# Stars go back to the sky

★ Some of the more memorable celebrities that left us in 2016

Compiled By Vera Hogan

The following are just a few of the many celebrities and entertainers who died in 2016. They include:

★ **Debbie Reynolds** died Wednesday, Dec. 28, 2016 at 84, one day after daughter Carrie Fisher's death. The cause of Reynolds death is unknown. She had complained of breathing problems, but she was reeling emotionally from losing her daughter, who was 60. Reynolds was best known for her performances in "Singin' in the Rain," and "Tammy and the Bachelor," to name a couple.



Actress and socialite ★ **Zsa Zsa Gabor** died at the age of 99 on Dec. 18. Gabor was perhaps best known for her nine marriages throughout her life, and her arrest for slapping a cop.

★ **Florence Henderson**, who played beloved mom Carol Brady on 1970s sitcom "The Brady Bunch," died on Nov. 24. She was 82. Her manager said she died with friends and family by her side but did not reveal a cause of death.



★ **Carrie Frances Fisher** was an American actress, writer, producer, and humorist. She was the daughter of singer Eddie Fisher and actress Debbie Reynolds. Fisher was best known for playing Princess Leia in the Star Wars film series. Fisher was also known for her writing and working as a screenplay script doctor. Fisher died at the age of 60 on Dec. 27, 2016, after going into cardiac arrest during a transatlantic flight four days earlier.



"Star Wars" actor ★ **Kenny Baker**, who played the robot R2-D2 in six of the films, died on Aug. 13. He was 81, and had suffered from a long illness.



Actor ★ **Abe Vigoda**, known for diverse roles from Detective Fish on the sitcom "Barney Miller" to Sal Tessio in "The Godfather," died on Jan. 26. He was 94.



★ **Arnold Palmer** was a golf great, a legend who dominated the sport and had fans who called themselves "Arnie's Army." He died on Sept. 25, at age 87.



Hockey legend ★ **Gordie Howe** died at age 88, the Detroit Red Wings announced on Friday, June 10. The 23-time NHL All-Star led Detroit to four Stanley Cup titles before retiring in 1980.

★ **Prince**, the singer and musician, died April 21 at age 57. His body was found at his Paisley Park studios, located in Chanhassen, Minn.



★ **Alan Young**, who played Wilbur Post opposite a talking horse on the 1960s sitcom "Mr. Ed," died on May 19. He was 96 years old. Young was among the stars of the 1961 film "The Time Machine," as well as the voice of animated character Scrooge McDuck.



★ **Gene Wilder**, star of "Blazing Saddles" and "Willy Wonka & the Chocolate Factory," died on Aug. 29. He was 83. Wilder died at his home in Stamford, Connecticut, from complications of Alzheimer's disease.

Actress ★ **Doris Roberts**, best known for her role as Marie Barone on the hit sitcom "Everybody Loves Raymond," died on April 17 at 90. She also played Clark Griswold's "tipsy" mother-in-law in National Lampoon's Christmas Vacation.



★ **George Michael**, the English songwriter who sold tens of millions of albums as a member of the duo Wham and on his own, was found dead on Sunday, Dec. 25, 2016 at his home in Goring in Oxfordshire, England. He was 53. It is believed his death was caused by cardiac arrest.

★ **Patty Duke**, who won an Oscar as a teenager for "The Miracle Worker," died at the age of 69 on Tuesday, March 29, of sepsis. The actress' long career included her own television show, "The Patty Duke Show," and the Neely O'Hara role in "The Valley of the Dolls."



Heavyweight champion ★ **Muhammad Ali** died on Friday, June 3, 2016, at an undisclosed hospital in the Phoenix area. The self-proclaimed "Greatest of All Time" was 74 years old.

Actor ★ **George Kennedy**, who starred in "Cool Hand Luke" and "Airport," died at 91, media outlets reported on Feb. 29.



★ **David Bowie**, aka Ziggy Stardust, left Earth on Jan. 10 at age 69.

Source: Amny.com

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## Times

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SUNDAY, JANUARY 1, 2017

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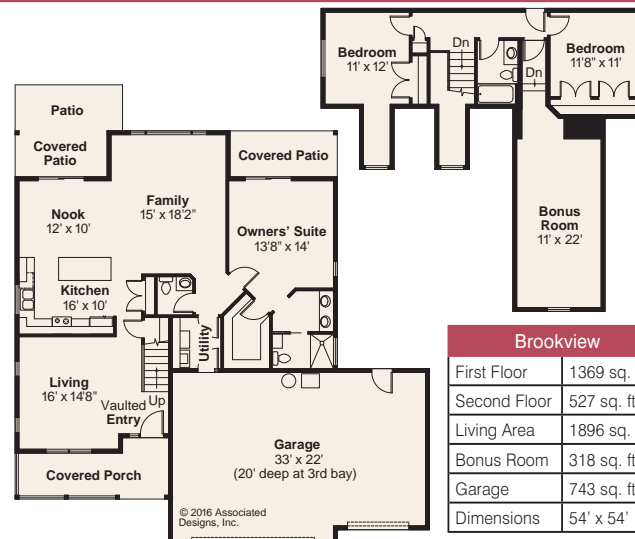
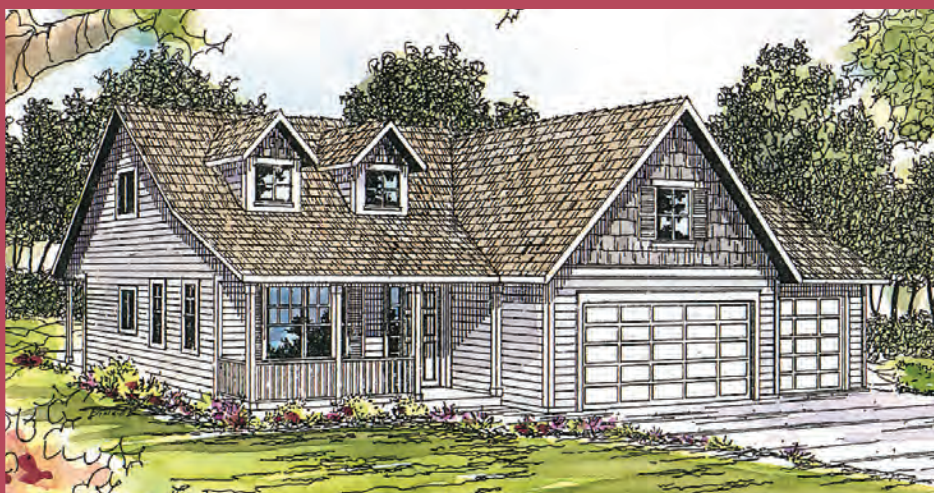
Line Ads: Noon Thursday

MIDWEEK PAPER HELP WANTED DEADLINES

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Line Ads: Noon Tuesday

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|--------------|--------------|
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| Dimensions   | 54' x 54'    |

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ANSWERS

1. Enigma  
2. Faker  
3. Pique  
4. Sleazy

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BY TRIBUNE MEDIA

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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

Answer key located in this edition

**KING FEATURES**

## SuperCrossword

**MIDDLE NAMES**

**ACROSS**

1 Abe of "Fish"  
7 In hitting position  
14 "Neue Liebeslieder" composer  
20 Idolized  
21 Details of one's life  
22 Angle unit in math  
23 Doctors testifying about injuries, e.g. [Trebek]  
25 Third-largest Danish city  
26 East — Alto  
27 Former space station  
28 Tributary of the Seine  
30 Compound conjunction  
31 Fox's quality  
33 Uses a pogo stick [Chavez]  
37 Back muscle, informally  
38 Assns.  
39 Soft throw  
40 It's variable with a zoom lens [Ginsberg]  
45 Wry Mort

**DOWN**

1 Coquettes  
2 Flawless  
3 Like saints  
4 Rigel's constellation  
5 Yr. closer  
6 Water, jocularly  
7 App-based taxi service  
8 Fotos  
9 With 87-Down, penthouse's place  
10 Pindar verse  
11 Magnates  
12 Cockloft, e.g.  
13 Cup, in Caen  
14 Dude  
15 Systems to track storms  
16 The "A" of ATP  
17 Gandhi, e.g.  
18 Stoneworker  
19 Dummy Mortimer  
24 Eavesdrop  
29 Beauty lover  
32 Architectural annex  
33 Marshy area

**ACROSS**

47 See 95-Across  
51 The same, to Simone  
52 NM-to-NJ dir.  
53 Absorb slowly  
55 "Rapture" singer Baker  
56 St. Kitts and —  
58 Confident assertion  
60 They're part of history [Seagal]  
62 Modest reply of gratitude [Hawke]  
64 Item fitting in a rowlock  
65 Vain one's problem  
66 Tyke  
67 Above, in an ode  
68 Not prone to fading in daylight, as a fabric  
71 Wonder  
73 Winter malady  
76 "Coolness!"  
78 It hangs from a hoop  
79 Regulations on importing and exporting [St. Johns]  
84 Initial race advantages [Lovett]  
87 Épée relative  
88 Putrefy  
89 Guardian —  
90 Hansel's sis  
92 Heat qty.  
94 Goatee site  
95 With 47-Across, swooned-over sort  
96 "It's cold!"  
97 Current fashion [Lubitsch]  
100 Water, in Oaxaca  
102 Winged god  
103 G8 country  
104 Curt comment [Previn]  
109 Moralist's statement  
114 Rural towers  
115 Twisting fish  
116 Enzyme suffix  
117 Skinny  
118 Not inclined  
120 Saying "I do" [Bergman]  
125 Lamented loudly  
126 By mistake  
127 One of the Ramones  
128 Fall blooms

**DOWN**

129 Region centered on the upper Oder valley  
130 Makes off-peak calls?

**ACROSS**

34 Playwright Joe  
35 Cries of repugnance  
36 "Buddy List" co.  
40 — shui  
41 Pointed arch variety  
42 Spelunking spot  
43 Samuel of the Supreme Court  
44 Bottle parts  
45 Reaches, as new heights  
46 Barn brayer  
48 By — of (due to)  
49 "Chained" actor Kruger  
50 Hold up  
54 Movie-rating gp.  
55 Stated firmly  
57 Crow of pop  
59 Into pieces  
61 "Crikey!"  
63 Asian sea  
64 Frequently, to Donne  
69 Chick's home  
70 Cree or Erie  
72 Decide (to)  
73 Heroic act  
74 Thin street  
75 Egg on  
77 Humiliate  
80 Selflessness

**DOWN**

81 Hurting, as a joint  
82 Grieve loudly  
83 December 31 song word  
85 "Stormy Weather" singer  
86 Abbr. on a bus schedule  
87 See 9-Down  
91 Watson of "Noah"  
93 Erratic  
96 Frank holder  
98 Nickname for Dwight Gooden  
99 Airline to Sweden  
101 Riotous joke  
102 Dutch lager  
104 Honshu city  
105 Exchange for a ten  
106 Naval force  
107 TV's Philbin  
108 Nicholas Gage novel  
110 Brought out into the open  
111 Spiteful  
112 "— much better now"  
113 Stem joints  
116 Taj Mahal site  
119 Mag staffers  
121 Mario's three  
122 Auditing gp.  
123 "— don't!"  
124 Vintage auto

Answer key located in this edition

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# Obituaries

Times

## Cheryll Corey

Cheryll Corey - age 61, died December 27, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Donald D. Stevens

Donald D. Stevens - age 78, died December 25, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Margaret A. Schultz

Margaret A. Schultz - age 74, died December 27, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Raylene V. Boren

Raylene V. Boren - age 93, died December 25, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Richard J. Howey

Richard J. Howey - age 54, died December 25, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Virginia Bender

Virginia Bender - age 84, died December 27, 2016. [www.temrowskifamilyfuneralhome.com](http://www.temrowskifamilyfuneralhome.com).



## Barbara Crickmore

Barbara Crickmore - age 83, died December 28, 2016. Services entrusted to Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Charles Ulrich

Charles Ulrich - age 71, died December 24, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Deborah Trigger

Deborah Trigger - age 63, died December 26, 2016. Services entrusted to Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## George Quigley

George Quigley - age 71, died December 23, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## James Cox

James Cox - age 72, died December 25, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## James Truesdell III

James Truesdell III - age 56, died December 23, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Joel Abrams

Joel Abrams - age 82, died December 21, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Mark Matejcek

Mark Matejcek - age 49, died December 26, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Patricia Martin

Patricia Martin - age 84, died December 26, 2016. Services entrusted to Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Paul Vogeleisen

Paul Vogeleisen - age 54, died December 22, 2016. Services provided by Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Thelma Lehman

Thelma Lehman - age 98, died December 27, 2016. Services entrusted to Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Thomas Collins

Thomas Collins - age 92, died December 23, 2016. Services entrusted to Sharp Funeral Homes. [www.sharp-funeralhomes.com](http://www.sharp-funeralhomes.com).



## Hod Morton

1938-2016

Hod Morton - age 78, of Linden, died Tuesday, December 20, 2016 at his residence. A memorial service will be held 12 PM Saturday, January 7, 2017 at Sharp Funeral Homes, Fenton



Chapel, 1000 W. Silver Lake Rd., Fenton. The family will receive friends from 10 AM-12 PM Saturday at the funeral home. In lieu of flowers, memorial contributions may be made to the Alzheimer's Association. Mr. Morton was born June 30, 1938 in Newaygo, MI, the son of Gerald H. and Marge Ann (Beckwith) Morton. He married Jeri Smith on December 4, 1968 in Grand Blanc. Hod was a self-employed business man who built, owned and operated Pirate's Park on Miller Road and had also owned several dry cleaning businesses throughout the years. He was a hard working man all of his life but still had a passion and love for his family. Surviving are: wife, Jeri of Linden; son, JD Morton and wife, Jenny of Linden; daughter, Sgt. Kathy Morton of Sault Ste. Marie; special son, Tom Klee and wife, Rossann; beloved grandson, Dominick Morton; special friend, Lynn Wilkenson; three sisters; and one brother; beloved cat, Charlie. Friends may share an online tribute on the obituary page of [www.sharpfuneralhomes.com](http://www.sharpfuneralhomes.com).



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## Scott William Brabon

1957-2016

Scott William Brabon - age 59, of Davisburg, died Saturday, December 24,



2016. Funeral Mass will be celebrated 12:30 PM Friday, December 30, 2016 at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton with Rev. Fr. Robert Copeland celebrant. Interment will follow at Great Lakes National Cemetery. Visitation was 6-8 PM Thursday, December 29, 2016 at Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton where a rosary was prayed at 7 PM. Visitation will also be from 11:30 AM-12:30 PM Friday at the church. Memorial contributions may be made to the Scott Brabon Memorial Fund. Scott was born January 2, 1957 in Flint, the son of William Alton and Lucille Marie (Hubert) Brabon. He was a graduate of Fenton High School, veteran of the U.S. Navy, received an associates degree from Mott Community College and attended Eastern Michigan University. Surviving are: daughter, Keely (Paul) Wetzel; three grandchildren; three sisters, Teresa Hamilton, Christine (Kim) Day, and Rachel (Bob) Oligney; nieces and nephews, Jaynie Caszatt (Bill Ziegler), Faith (Mike) Striler, Cassandra Brabon (Drew Madek), Rob Oligney, Amanda (Jake) Meadows, Sandi (Jordan) Hayward, and Kelly Day. His parents preceded him in death. Friends may share an online tribute on the obituary page of [www.sharpfuneralhomes.com](http://www.sharpfuneralhomes.com).



## Ronald Charles Grahl

1938-2016

Ronald Charles Grahl - age 78, of Fenton, died December 25, 2016. Funeral



services will be held 11 AM Thursday, December 29, 2016 at First Presbyterian Church of Fenton, 503 S. Leroy St., Fenton. Burial will follow in Great Lakes National Cemetery. Visitation was 5-8 PM Tuesday, December 27, 2016 from 1-3 and 5-8 PM Wednesday, December 28, 2016 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. Those desiring may make contributions to First Presbyterian Church of Fenton. Ronald was born September 2, 1938 in Taylor, the son of Frank and Violet (Porath) Grahl. He was a veteran of the U.S. Air Force. Mr. Grahl was a local insurance agent for many years and was a partner in Professional Insurance in Fenton. He was a member of First Presbyterian Church of Fenton, Fenton Optimist Club and Fenton Kiwanis Club. He was a lifelong fan of the Detroit Tigers, Detroit Red Wings and was always up for a good card game. He is survived by his wife, Elizabeth; son, Colin (Karen Hauber) Grahl of Granite City, CA; daughter, Julie (Todd) Swan of Bridgeport, WV; grandchildren, Ian and Jenna Swan of Bridgeport, WV; sister, Ella Stevenson of Fenton; brothers, Eugene Grahl of Taylor, Melvin Grahl of Grosse Isle, Karl Grahl of Sublimity, OR; sister-in-law, Christine (Dr. James) Overfield and family. He was preceded in death by his parents; brothers, Roger and Walter Grahl; sister, Janet Lakin. Online condolences may be posted on the obituaries page of [www.sharpfuneralhomes.com](http://www.sharpfuneralhomes.com).



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# Grandma needs to show more respect

**DEAR AMY:**  
I am at a loss over what to do with my mother and her relationship with my kids. Mom and I have always had a strained relationship, but we have both always tried hard. I am now a mom to a tween and a preschooler, and I want my kids to have a healthy relationship with their grandma, even if ours is not so great. The problem arises when my mother is angry with me — whether from an instance happening at that moment or in the past — she demeans me and my parenting to my kids, the older one in particular. Raising kids is hard enough to do without having your children lose respect for you. I've told my mom to cut it out, and she agrees, only to do it again and again. I've not been letting my kids spend time with her because of this, but I don't want them to be punished. I don't want to punish my mother either. I just can't trust her to not betray her word and try to manipulate me through my kids. Is there any way my kids can have a good grandma in their lives?  
— A Mother First

**DEAR MOTHER:**  
The only way for your kids to have a good grandma in their lives would be to have a different grandma. They — and you — are stuck with this one. You alone

can judge the true toxicity of these comments and the effect on your children. If your mother is in the “grouchy complainer” category, this might be tolerable. As the kids grow older, they will understand that this is just the way she is. If your mother is deceitful, manipulative, poisonous and a vicious gossip, then yes — this can undermine your own relationship with your children, as well as cause them genuine emotional harm. Be open with your oldest. Ask her how she feels when her grandmother does this. She may have to train herself to say, “Grandma, I don't want you to talk about mom,” and repeat this often. And yes, if your mother can't respect your reasonable request, then you should limit visits to times when you will also be present.

**DEAR AMY:**  
As part of the discussion over how to address a woman who has taken her husband's surname, you suggested, “Let's stop calling them maiden names.” I completely agree. At my university, they trained us to say “birth name” instead of “maiden name.” It can apply to anyone who has changed his or her name since birth — not just women who change names upon marriage. — Anna

**DEAR ANNA:**  
Yes. And it dodges the awkwardness of a woman being referred to as a “maiden.”

ASK

Amy

BY AMY DICKINSON

AMY DICKINSON

# Irritable bowel disease, syndrome very different

**DEAR DR. ROACH:**  
Could you please explain the difference between irritable bowel syndrome and irritable bowel disease? What is the treatment for each? I saw in a health magazine that there is a blood test to determine which one someone may have. — ES

**ANSWER:**  
Although the two names are very similar, the conditions are very different. Irritable bowel syndrome is a common condition, more frequent in women than in men, of abdominal discomfort and bowel changes, such as diarrhea and/or constipation. It is managed by diet (such as the low-FODMAP diet I have recommended several times), stress management and sometimes medications. It can cause significant changes in one's social life, in addition to pain and discomfort. IBS is a clinical diagnosis, and there is no blood test to confirm it. Primary-care doctors manage IBS, and severe cases may benefit from the care of a gastroenterologist. Irritable bowel disease — of which there are two types: ulcerative colitis and Crohn's disease — is a potentially life-threatening condition of the GI tract. In ulcerative colitis, there is inflammation that's limited to the colon, whereas in Crohn's disease, the inflammation can be in any part of the GI tract, from the lip to the anus, though it is most frequent in the far end of the small bowel and the colon. IBD should be managed by a gastroenterologist, preferably one with special expertise in these diseases. IBD usually is diagnosed by colonoscopy or other endoscopy with biopsy. Many blood tests can be abnormal in IBD,

but only the pathologist's report is definitive. Most people with IBD will need medication treatment, although symptoms and therefore treatment may change dramatically across time.

To your

GOOD HEALTH

BY KEITH ROACH, M.D.

KEITH ROACH, M.D.

**DEAR DR. ROACH:**  
I am 83 and recently began having sciatica pain down my right thigh. My doctor recommended using a hot-water bottle. Are there any painkillers I can use? Are there any other products I can use? — G.L.B.

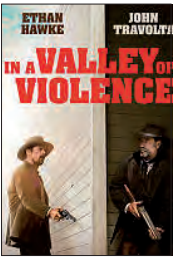
**ANSWER:**  
The sciatic nerve is a very large nerve that runs down the back of the leg. When the nerve is pressed on in the back — from a herniated disk in the back or from spinal stenosis — there can be intense pain that feels like it is coming from the back, or anywhere from the top of the thigh to the foot. Since other nerves besides the sciatic can be affected, the condition is called lumbar radiculopathy. A herniated disk is when the shock-absorbing material in between the vertebrae comes out into the space where the nerve root is, on its way out of the spinal column toward the leg. Spinal stenosis is a narrowing of the bony canal through which the nerve travels. In most cases, people get better within four to six weeks. Standard pain medications, such as acetaminophen (Tylenol) or ibuprofen, can be helpful. If pain is severe and not responsive, there are other treatments, including a short course of steroids and narcotics, which should be given only during that initial period of pain. Pain that persists for a longer period of time, or pain with weakness, especially with progressive symptoms, needs expert evaluation.

# DVD RELEASES

59%

liked it

(Audience score on rottentomatoes.com)



**IN A VALLEY OF VIOLENCE**  
Mysterious loner Paul (Ethan Hawke), headed to Mexico with his faithful collie at his side, stumbles into a small-town saloon. There, he brawls with a rowdy gang of misfits and finds himself exiled by the town marshal (John Travolta), which sparks a bloody quest for revenge. Karen Gillan and Taissa Farmiga co-star. Ti West wrote and directed this Western thriller.  
**R, 1 hr. 44 min.**  
*Western*

73%

liked it

(Audience score on rottentomatoes.com)



**SNOWDEN**  
Oliver Stone directed this docudrama about whistle-blower Edward Snowden, who decided to leak classified information from the NSA in order to expose a massive, covert surveillance program orchestrated by the U.S. government. The film traces Snowden's career in both the NSA and CIA as he becomes disillusioned with his work and receives support from his idealistic girlfriend (Shailene Woodley). Rhys Ifans, Nicolas Cage, Melissa Leo, Zachary Quinto, and Tom Wilkinson co-star.  
**R, 2 hr. 14 min.**  
*Drama*

# Sharon's Rich, Rich Cheesecake

Editor Sharon Stone delighted the staff with this delicious cheesecake at the recent Tri-County Times Christmas party

**GRAHAM CRACKER CRUST:**  
1 ½ cups crushed graham crackers.  
Use regular or chocolate flavored crackers. Crush in a food processor for best results.  
1 stick of melted butter  
¼ cup sugar  
Combine the above ingredients. Grease the bottom and sides of a 9-inch springform pan with softened butter. Spread the mixture and pat down tightly on the bottom and up about 1½ inches on the side of the pan. Chill in a freezer while the filling is being made.

**FILLING:**  
3 packages of cream cheese, softened  
1 ½ cups sugar  
1/8 teaspoon salt  
4 eggs  
1 teaspoon pure vanilla extract  
Mix filling ingredients until well blended. Pour into the chilled graham cracker crust.

*BIG TIP – Springform pans have a tendency to leak. To avoid melted butter from causing a big mess and a lot of smoke in your oven, place an old drip pan or disposable tin pan underneath the cheesecake pan to collect any drips.*

Bake in a preheated 350-degree oven for 50 minutes. Check for doneness. The top of the filling should begin to crack open. Add 3 to 5 more minutes of baking time and check again. When top is slightly golden and starting to crack open, remove from oven and let cool for 15 minutes.

Reset oven to 450 degrees.



Photo courtesy of www.allrecipes.com

**TOPPING:**  
2 cups sour cream  
¼ cup sugar  
2 teaspoons pure vanilla extract  
Mix well in a bowl and spread over the baked filling.

When oven reaches 450 degrees, place cheesecake back in the oven and bake for 10 minutes.

Remove from oven and let cool. Remove the springform ring and slice into small slices. Garnish with fresh raspberries, strawberries, chocolate shavings or whipped cream.

# SUNDAY SCRAMBLER

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Mystery

GAMINE

Fraud

FREAK

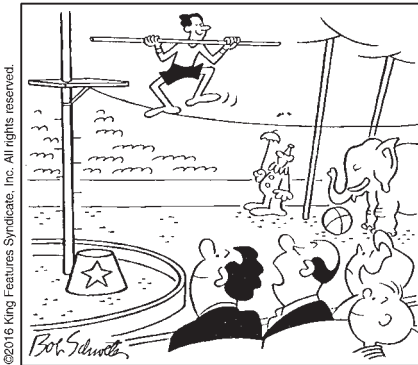
Anger

EQUIP

Sordid

LAZYES

TODAY'S WORD



"That's nothing — he should try coming home at four in the morning and avoid the \_\_\_\_\_ stairs."

Answer key located in this edition



Going on NOW!

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