

Local Living

Times

Sunday, January 8, 2017

THE POWER OF PURGING

Peace of mind and healthier habits go hand in hand with organization at home

By Sally Rummel

news@tctimes.com; 810-629-8282

We are surrounded by so much 'stuff' in our lives and that clutter may be standing in the way of goals we've set for ourselves this year.

If peace of mind and smaller-sized jeans are your hopes for the future, January is your month to begin not only a diet, but also a 'purge' of many of the unnecessary items that surround you.

"Losing weight and getting organized go hand in hand," said Betty Huotari, a professional organizer and owner of Logi-cal Placement, LLC in Fenton.

"I've had to decide what I actually use and why I have an attachment to this 'stuff.'"

ANNA HANDLEY
Fenton resident

SUMMARY

January is a fresh start for many people who want to get their homes and lives more organized.

Whether you need to lose weight or not, both disciplines require many of the same skill sets: motivation, determination, will power and a willingness to make changes.

Tracy Boettcher of Fenton Township didn't wait until the new year to begin her plan to downsize. She took down holiday décor on Christmas Day and immediately began purging

closets, pantries and drawers.

"I'm actually thinking of downsizing into a smaller home in downtown Fenton," she said. "I won't need half the stuff I have. I got rid of a lot of coats, shoes and clothes. Instead of keeping old cans of paint, I'm just keeping paint swatches."

See **ORGANIZATION** on 7B



TRI-COUNTY TIMES | TIM JAGIELO

Tracy Boettcher of Tyrone Township stands in her 70-square-foot basement closet, which holds her downstairs kitchen, bar and bathroom supplies. She said the project took her a week to assemble.



TRI-COUNTY
TIMES
PHOTOS BY
TIM JAGIELO



TRI-COUNTY TIMES | TIM JAGIELO

Boettcher also has two organized upstairs closets — one is a walk-in pantry, the other is a hall closet for clothing.



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Just sayin'...

vhogan@tctimes.com

Would I remember?

By Vera Hogan

vhogan@tctimes.com; 810-433-6823

Alexandra "Ally" Brueger was shot and killed on July 30, 2016 while she was jogging along Fish Lake Road.

I have been wondering if, six months later, I could remember the details of my day that day — details that could help the police find a killer if it had taken place in my neighborhood.

Not off the top of my head, I'm afraid. I would have to do a little research to help me remember at least some of the day.

First, I do recall it was a Saturday. What was the weather like? According to the National Weather Service (weather.gov), it rained that day and the high was 73 degrees.

I remember now, it was raining in the morning, but it cleared up in the early afternoon and the sun came out. Ally was running in the afternoon and was killed sometime between 2 and 3 p.m.

If it were raining in the morning, I probably spent that time catching up on laundry and cleaning. If there had been gunshots in my neighborhood, would I have heard them with the washer/dryer and dishwasher going, not to mention the TV?

I think I may have because when hunting season begins, I hear shots in the distance, but don't really pay much attention.

Once the rain stopped, I would likely have gone out and done some shopping.

Would I remember who or what I saw on the road to the stores? I think I would if there was the slightest thing 'off,' like a vehicle speeding or weaving in front or around me, a strange looking car, or a driver with the window open playing some annoyingly

loud music.

My dog barks at random times for no apparent reason. I often look at him and say, 'What is wrong with you, what the heck are you barking about?' Really, like he's gonna answer.

Too bad dogs can't talk though. Their hearing is so sensitive, they could probably tell us things that would curl our hair.

Could anyone in the area where Ally was running remember their own dog barking for no apparent reason? Or a neighbor's dog? If it were my dog, I would have instinctively gone to the windows in the front of the house and the back, to see what may be going on.

If I needed to remember what happened on July 30, 2016, I also would have to consult my emails and Facebook page. That would likely jog my memory of the events of that day.

From my Facebook page, I was reminded that just days prior to July 30, 2016 I learned that my younger sister had been diagnosed with throat cancer. She is cancer-free today, but this was on my mind at the time, I was pre-occupied.

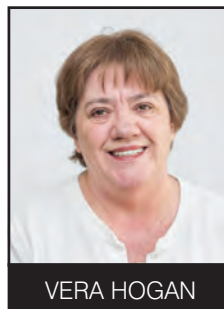
In checking my emails, I was reminded of a few things going on in my life on and around July 30, 2016, details I had forgotten until I went back and checked.

It's not easy to remember what you did, heard or saw on a Saturday six months ago, but I think it can be done. I remembered much more than I thought I would.

If you live in the area near where Ally was murdered, or knew her well enough to have knowledge of her movements in the days before her death, maybe you can challenge yourself, mentally take yourself back to that time and try remember something — anything.

The Michigan State Police say every little detail helps, even if it seems minor and insignificant to you.

This poor young lady, a nurse who worked at saving lives, deserves justice — and her parents deserve closure.



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INFORMD

medical insights

..... Keep your family healthy and happy this winter

With colder weather comes an increase in weather-related illness and health issues. From activity levels to mood, diet and more, seasonal weather affects all areas of your life. But, don't let the winter blues get you down — follow these tips to help keep your family healthy and happy during the cold-weather months.

“Winterize” your diet

Some fresh fruits and veggies can be hard to find in winter. The Cleveland Clinic suggests turning to root vegetables like beets, carrots and turnips since they can withstand cold temperatures, making them easier to find. Also on their list of suggested foods are oatmeal, soup (without a lot of salt), sushi, broccoli and cauliflower — all of which provide essential nutrients to support immunity and boost vitamin levels.

Also, be sure to work vitamin D into your system. It aids bone health and muscle strength, but during shorter, cloudy days of winter, you might not get the necessary amount you need. Experts recommend daily 15-minute

walks outside to get some sun, and eating vitamin D-rich foods such as dairy products, breakfast cereals and fish like salmon and tuna. You may also consider a supplement.

Keep moving

Studies show that daily exercise and activity offer immune-boosting benefits. People who exercise 30 to 45 minutes a day experience a 40 to 50 percent reduction in the number of days they get sick.

Encourage the family to get active with step or fitness trackers. Daily or weekly step goals and challenges with siblings or spouses are fun ways to keep

everyone moving. FitBit, Garmin and Jawbone all make trackers with corresponding mobile apps to help monitor goals.

And, when cabin fever sets in, grab the kids and head outside. Cold weather activities nearby or on a trip away, such as sledding, skiing and snowboarding, can offer additional exercise outside the normal indoor routine.

Always be prepared

When the weather gets cold, the risk of certain illnesses like cold and flu rise. What's in your feel-better-fast kit when your family gets sick? Items that doctors recommend to have when a cold or the flu

hits include:

- Pain and fever relief (ibuprofen, acetaminophen)
- Tissues
- Fluids (especially cool water)
- Soup and tea
- Throat lozenges
- Digital temperature monitor

Instead of waking young children to get accurate temperature readings with a digital thermometer, consider picking up TempTraq the next time you're at Target or your local pharmacy.

TempTraq is a wearable, Bluetooth monitor that safely and continuously senses, records and transmits body temperature for 24 hours through its free TempTraq app. You can even receive fever alerts so you can eliminate poking or prodding kids in the middle of the night, providing peace of mind for you and much needed rest for them during sick days.

For a happy and healthy winter, use these tips to inspire your family to eat right, get active and be prepared for colder weather.

Source: Statepoint.net

Coping with COLD SORES

■ Mild affliction is very common

It's winter, which means it's also the season for colds, the flu and stress, all of which can trigger fever blisters and cold sore outbreaks, which may make many people feel embarrassed.

The reality is that this mild affliction is very prevalent. Fifty percent of people will experience cold sores by the time they are 20 years old. Moreover, eight out of 10 people carry the (HSV-1) virus that causes the sores, so people that have fever blisters aren't alone.

The Herpes Simplex Virus lives deep within nerve tissue. While “dormant,”

the virus does not replicate, but when the virus becomes active it starts producing symptoms like a tingling or burning sensation around the affected area that lets one know a cold sore is on the way.

Unfortunately, fever blisters can be painful, itchy and unattractive. While there is no cure for them there are ways to manage symptoms.

• **During the duration of a cold sore outbreak,** avoid foods and beverages that contain acid, such as citrus fruits, red wine, coffee and tomatoes. The acid in these foods could irritate the skin, slowing the healing process and increasing pain.

• **Keep the cold sore moist.** Apply

a cool, clean, wet towel directly to the cold sore for about five to 10 minutes a few times each day to help reduce redness and irritation.

Women also may want to apply a cold sore treatment under their lipstick or concealer to prevent the cold sore from becoming dry and cracked.

• **Use a topical treatment,** such as Carmex Cold Sore Treatment at the first sign of an outbreak. It works on contact to block pain and itch with 10 percent Benzocaine, while also minimizing the appearance of a sore.

• **Be patient.** Even if properly treated, you will need to have patience and let the cold sore run its course. A cold sore outbreak can often last from seven to 10 days, so during this time, avoid squeezing, touching or picking at a sore, as this



will only delay healing.

• **If symptoms do not improve,** or you develop a fever, rash or swelling, it's time to consult your physician.

While cold sores are not preventable, living a healthy lifestyle, reducing stress and using a cold sore treatment in combination with a lip balm containing SPF can help to reduce your risk of outbreaks.

Source: StatePoint.net



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Mortgage rates inch up in 2017

■ Look for rates to be in the mid 4 percent range by the end of the year

By Sally Rummel

news@tctimes.com; 810-629-8282

Mortgage rates may increase this year, but that shouldn't stop prospective homebuyers in the tri-county area from making a move.

Rates have already pulled back after the first of the year, after nine consecutive weekly increases, following the Trump win of the presidential election.

"With Trump going in, the thought was that there's going to be economic growth, followed by inflation," said John Ottney of Star Mortgage of America. "Some inflation is good, wages go up. But it does put pressure on the upside of interest rates."

Ottney adds that the increases have not been dramatic. "Rates have been 'in the 3s' for so long, now we're in the low 4s. This past week, rates have stayed pretty steady after bigger increases a month ago."

Ottney noted that an average qualified homebuyer might pay 4.25 percent on a 30-year, fixed-rate mortgage, compared to an average of 3.65 percent

in 2016.

Rates right now are at the highest level since April 2014, but well below the 6-7-8 percent rates back in the '90s. "Rates have been historically low for a really long period of time," he said.

He said home purchases aren't really driven by the mortgage rate as much as they are by a buyer's need for a home. "It's one of the factors in deciding how to finance the

purchase, but it's not going to keep someone from buying a home who needs to make a move."

This slight uptick in rates has also created a larger market for refinancing. "Some people are coming 'off the fence' to refinance," said Ottney. "People thought the rates were going to keep going down."

The Mortgage Bankers Association predicts that the 30-year fixed-rate mortgage will rise gradually over the year, averaging 4.7 percent in the fourth quarter of 2017. The National Association of Realtors expects the 30-year fixed mortgage to be about 4.6 percent by the end of the year.

Either way, one economist at bankrate.com put the increases in perspective by saying, "You don't get married because there's a sale at the bridal shop. You get married when you're ready. It's the same with buying a home."



SUMMARY

■ Mortgage rates are on a slight increase in 2017, but shouldn't dramatically change a person's home buying strategy.

Guest viewpoint

Ed Koledo,
Linden Community
Schools
superintendent



School Board Recognition Month

January is School Board Recognition Month — a time to salute the work of our volunteer school board members and to celebrate public education.

School board members in Linden Community Schools develop policies and make tough decisions that help shape the future of our education system. They bear responsibility for the annual budget and the welfare of our students, employees, and school buildings. They are citizens whose decisions affect our children and build our communities.

Showing appreciation for the important work of school boards should be a year-

round process, but too often we neglect to recognize the dedication and hard work of these men and women.

This January, the staff and students of our district are asking all members of the community to take a moment and thank a school board member. Each school will be presenting the board with tokens of appreciation during our scheduled board meetings to be held on January 18, 2017, at Linden High School starting at 7 p.m.

We salute the public servants of all districts whose dedication and civic responsibility make local control of public schools in our community possible.

The men and women serving Linden Community Schools are Scott Maker, Steve Murphy, Mike Murphy, Steve Losey, Peter Ponzetti, Jason Rowden, and Michelle Shayna.

School Board Recognition Month is celebrated by more than 540 school districts in Michigan in January, honoring more than 4,000 elected school board members for untiring dedication to school governance.

TYRONE TOWNSHIP PUBLIC HEARING NOTICE

In compliance with Public Act No. 198 of 1974, as amended, you are hereby notified that the Tyrone Township Board has scheduled a public hearing on an application by TRW Automotive, 9475 Center Road, Fenton, Michigan, 48430, for an 8 year Industrial Facilities Exemption Certificate on Tuesday, January 17, 2017 at 7:00 p.m. at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan, 48430. The purpose of this hearing is to allow taxing units to be heard regarding said application for the abatement of transferred equipment from the Village of Fowlerville to Tyrone Township totaling \$670,512.00 for the facility located at 9475 Center Road, Fenton, Michigan.

Marcella Husted
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NEW BUSINESS:

ZBA16-049 Danyell DeMonaco, 3524 Loon Lake Ct. Fenton:

Requesting a 38 ft. sight line variance to build an accessory building, parcel 06-15-556-002

ZBA17-001 John Wentworth III, 2210 Island Shore, Fenton:

Requesting a 25 ft. front yard variance and a variance to the requirement for frontage upon and direct access to a public road (Section 4.31) to divide parcel 06-23-200-023.

ZBA17-002 Randall & Janice Rockman, 2460 Neal Ct. Linden:

Requesting to modify an existing non-conforming private drive (Regis Drive) and a variance from the requirement for frontage upon and direct access to a public road (Section 4.31) to build a new home, parcel 06-02-551-010.

ZBA17-003 Weir Building Co. 104 S Adelaide, Fenton:

Requesting a 12 ft. sight line variance to build a new home at 12082 Mantawauka, parcel 06-11-530-024.

ZBA17-004 Backyard Creations by Mike Assemany, 10636 Bouldercrest, South Lyon:

Requesting 102 ft. sight line variance to erect a 40 in. fence at 12491 Margaret, parcel 06-11-551-010.

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

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

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

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our town

Meet SHELLY DAY

- Executive director of Fenton Regional Chamber of Commerce
- 10-mile Crim walker
- Traveler

By Sally Rummel

news@tctimes.com; 810-629-8282

Shelly Day, 52, has been working with the Fenton Regional Chamber of Commerce for 25 years in a variety of roles, from receptionist to event planner, finances, membership, etc., and the last 10 years as executive director. She grew up on Swanee Beach Road in Fenton, graduating from Lake Fenton High School in 1983 and Baker College in 1986.

You were recognized at the Chamber awards dinner in November for your 25 years with the chamber. Were you surprised?

I was very surprised until just before we began the program. I got suspicious when several people congratulated me on 25 years with the chamber. Dawn Placek, past board member and chairman of this annual event, did a great job planning it and keeping it a secret. I think another reason it stayed a secret is she didn't tell my husband until the day before.

Speaking of your husband, how did you and Rod meet?

Rod and I met at The Light. People who grew up here in the '80s will remember it. I was 18. He asked me to dance, and that's all she wrote. We've been married 29 years. How have we kept going this long? I would have to say communication and respect, and remember to take time to have fun and enjoy each other's company.



Our two kids are adults now. Matt is 26 and has a bachelor's degree from Central Michigan University in Outdoor Recreation and Events. He's the director of the before- and after-school programs for the YMCA in Owosso. Sara is 25 and is employed at Dr. Wax Orthodontics. She met Dr. Wax because she needed a dog walker and after a month, Dr. Wax brought her into to work at her office. Who would have thought a dog-walking job would turn into an opportunity like this.

What's your best memory of your Lake Fenton High School days?

It would have to be hanging out with my friends — we were like sisters. Lake Fenton is a smaller, close-knit school so everyone knew each other, even if they were a couple years younger or older. We will see each other weekly and I keep track of others on Facebook. My kids are good friends with my best friends' kids.

What are some of your hobbies?

Rod and I enjoy bowling on a league

in the winter and golfing in the spring and summer. I like to walk for exercise and usually set a goal for the 10-mile Crim every year. We also like boating and traveling with family and friends.

I have three very special girlfriends I have camped with every summer for the past 10 years. It's just a long weekend and we don't go far: Camp Dearborn in Milford. We don't have any agenda, other than we're each responsible for a meal. We read, ride bikes, go swimming and play cards in the evening by the campfire. There may or may not be some special beverage involved. We look forward to this weekend every year.

Where do you like to travel?

The farthest I've ever traveled is Spain and Italy, on chamber trips. I really liked Spain, but loved Italy. Rod and I said we will go back again. I enjoy cruises, too. We're going to plan a family/friend trip possibly over New Year's Eve next year. The place I haven't been to and would really like to see is Hawaii.

If you could have one do-over in your life, what would it be?

It would probably be to finish my college education. Once I got my Associate's Degree, I was so ready to be done with school. It's hard to go back; I just wish I would've finished. I'm not sure it would've changed my career choice, but there definitely would have been other options to consider.

If you could be a business owner of any particular kind of business, what would it be?

For sure, clothing and or shoes. I am a shopping fool. My daughter, Sara, has a real eye for fashion so if it ever did happen, we would probably do it together.

What is something about Shelly Day that most people don't know about you?

I am pretty much an open book. Most people don't know my real name is Ann Michele, Shelly is my "nickname."

“The farthest I've ever traveled is Spain and Italy. I really liked Spain but loved Italy. Rod and I said we will go back again.”

Shelly Day
Executive director of the
Fenton Regional Chamber
of Commerce



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SUN - WED 10:20 12:35 5:05 7:20 11:50
THUR 10:20 12:35 5:05 7:20 11:50

@*3D UNDERWORLD: BLOOD WARS REALD 3D (R)

FRI - THUR 2:50 9:35

***A MONSTER CALLS (PG13)**

FRI - SAT 11:10 1:45 4:15 6:55 9:30 11:55

SUN - WED 11:10 1:45 4:15 6:55 9:30
THUR 11:10 1:45 4:15 6:55 9:30 11:55

***HIDDEN FIGURES (PG)**

FRI-SAT 10:00 12:50 3:40

6:30 9:20 11:55
SUN - WED 10:00 12:50 3:40 6:30 9:20
THUR 10:00 12:50 3:40 6:30 9:20 11:55

STARTING SAT JAN 7

2D SING (SENSORY FRIENDLY) (PG)
SATURDAY 10:00

STARTING THUR JAN 12

***LIVE BY NIGHT (R)**

THUR NIGHT/FRI MORNING 9:55 12:05

***PATRIOTS DAY (R)**

THUR 7:00 9:55 12:05

***THE BYE BYE MAN (PG13)**

THUR 8:00 10:15 12:05

CONTINUING

***LA LA LAND (PG13)**

***FENCES (PG13)**

WHY HIM (R)

2D SING (PG)

#2D PASSENGERS (PG13)

2D ASSASSINS CREED (PG13)

@*ROGUE ONE: A STAR WARS STORY: AN IMAX 3D EXPERIENCE (PG13)

MANCHESTER BY THE SEA (R)

COLLATERAL BEAUTY (PG13)

@*3D ROGUE ONE: A STAR WARS STORY: REALD 3D (PG13)

2D ROGUE ONE: A STAR WARS STORY (PG13)

OFFICE CHRISTMAS PARTY (R)

2D MOANA (PG)

-2D FANTASTIC BEASTS AND WHERE TO FIND THEM (PG13)

ARRIVAL (PG13)

HACKSAW RIDGE (R)

*Due to movie company policies no passes are accepted.
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HOW TO GET RID OF YOUR UNWANTED ITEMS

Paint

You can donate mostly full cans of paint to groups like Habitat for Humanity or local theater/school groups for painting sets, etc. To dispose of paint properly:

Water-based paint — dry paint out with kitty litter and dispose with trash.

Oil-based paint — Dispose of during municipal hazardous waste disposal dates, usually in May, August and October. Visit gcmppc.com and click on "environmental."

Electronics and old cell phones

Check out eBay and Craigslist for values. Look for upgrade programs at the Apple Store.

The best time to sell your old iPhone or iPad is when Apple introduces new models. Check out Apple, Gazelle, BuyBack World, Next Worth, Amazon or other buyback services.

Drop off old cell phones at Verizon stores. "They will delete information and give to domestic violence victims," said Betty Huotari, of Logical Placement, LLC, in Fenton.

TVs

Use Facebook or re-sale groups to recycle. Think about any college kids going to school in the fall. Donate your old TV to upcoming church rummage sales.

Building construction items like paint, light fixtures, mirrors

Donate to Habitat for Humanity.

Clothing/household goods

Donate to local church organizations who give away household items to the needy. The River in Holly accepts donations of clothing, dishes, hats and coats at 8393 E. Holly Rd., (by I-75 interchange, exit 98).

Catholic Charities, The Salvation Army, Carriage House Ministries, Purple Heart are just a few organizations that take donations, and many offer pick-ups.

Local consignment stores will also accept furniture, accessories, dishes, clothing, in "like new" condition, and you can make a dollar or two on the transaction.

Collectibles

Sell on eBay or Craigslist, or print out a recently sold item from their site and bring into a consignment store to help them price and sell your item.

Old VHS tapes

You can donate them to thrift shops, rummage sales, offer them on freecycle or recycle them at greendisk.com. Other people have mentioned using the tape itself as a fluttering deterrent to birds on your porch, or "knitting" with them.



TRI-COUNTY TIMES | TIM JAGIELO

Tracy Boettcher had to reassemble her pantry cabinet inside the room itself, because it wouldn't fit through the door. The project took three days.

ORGANIZATION

Continued from Page 1B

She's giving all her donations to Catholic Charities of Shiawassee and Genesee counties, where people can come in and take clothes they need. "Fenton Rotary takes a vanload the first Tuesday of every month," she said. "That's my new thing."

ANna Handley of Fenton is also decluttering at home, motivated by trying to rid herself of all the stuff she feels weighs her down.

She has started by getting rid of furniture she no longer has use for, and going through boxes, closets, the basement and garage. She's going through each room, each closet, piece by piece. "I've had to decide what I actually use and why I have an attachment to this 'stuff,'" she said.



TRI-COUNTY TIMES | TIM JAGIELO

Boettcher's hall closet contains coats, shoes, slippers and dog clothing.

have to find the right someone. I've been dragging my stamp collection around since I was 11 years old."

Herman Ferguson is also clearing clutter from his Tyrone Township home, including old paperwork and closets. "My kids are worried that I would end up leaving the job to them," he said.

He's listening to this advice from his daughter, Crystal Hiler; If you hold something for one minute and you don't get any feeling from it, then get rid of it.

Huotari believes that making a whole houseful of decisions at once can be overwhelming, so she advises people to break organizational goals into manageable steps.

"Have a project a month," she said. "Say to yourself, 'I'm going to work on the garage the first Saturday of the month,' then schedule it on your calendar and keep it like you would an appointment. Have water and snacks on hand, and set a timer to keep you on task."

Huotari will be teaching her organizational skills at a special seminar, "How to attack your kitchen pantry and cupboards" at the Grand Blanc-McFarlen Library on Thursday, Jan. 12 at 6:30 p.m. "We'll also work on junk drawers and all that Tupperware," she said.

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SUNDAY, JANUARY 8, 2017

PAGE 8B

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Obituaries

Times

Ronald Gerecke

Ronald Gerecke - age 79, died January 3, 2017. www.temrowskifamilyfuneralhome.com.



Donald Dewolf

Donald Dewolf - age 79, died January 5, 2017. www.temrowskifamilyfuneralhome.com.



Kenneth Benning

Kenneth Benning - age 83, died January 5, 2017. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



View all stories online at tctimes.com

Irene Ziegler

Irene Ziegler - age 101, died January 6, 2017. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Aaron Alles

Aaron Alles - age 44, died December 28, 2016. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Constance Confer

Constance Confer - age 81, died December 29, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Darrell Kaufeld

Darrell Kaufeld - age 87, died December 28, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



David Laslea

David Laslea - age 60, died December 31, 2016. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Deborah Willingham

Deborah Willingham - age 62, died December 29, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



George Drury

George Drury - age 84, died December 30, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Helen Dunham

Helen Dunham - age 91, died January 1, 2017. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Jacob Gayari

Jacob Gayari - age 92, died December 31, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Jesse Gwinn Jr.

Jesse Gwinn Jr. - age 43, died December 31, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Judith Kalush

Judith Kalush - age 61, died December 28, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Leighton Hewitt

Leighton Hewitt - age 64, died December 30, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Pamela Cupit

Pamela Cupit - age 61, died January 1, 2017. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Paul Sharich

Paul Sharich - age 73, died December 30, 2016. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Raymond Anderson

Raymond Anderson - age 78, died January 3, 2017. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Zoanne Saab

Zoanne Saab - age 73, died December 27, 2016. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Jacqueline Burdo

Jacqueline Burdo - age 68, died January 3, 2017. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Marie Howe

Marie Howe - age 90, died January 4, 2017. Services entrusted to Sharp Funeral Homes. www.sharp-funeralhomes.com.



Sidney Jenkins

Sidney Jenkins - age 67, died January 5, 2017. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Inez Briggs

Inez Briggs - age 90, died January 3, 2017. Services provided by Sharp Funeral Homes. www.sharp-funeralhomes.com.



Suzanne M. Gauthier

1952-2017
Suzanne M. Gauthier - age 64, of Plainwell, MI passed away Thursday, January 5, 2017. Suzanne



was born December 10, 1952 in Flint, to Vincent and Loretta (Colwell) Gauthier. She was united in marriage to Wesley "Wes" VonSeggern on November 5, 1982. Suzanne is survived by her husband, Wes VonSeggern; son, Aaron VonSeggern; mother, Loretta Gauthier; siblings, John (Shelly) Gauthier and Ed (Kelly) Gauthier; and several nieces and nephews. Suzanne was preceded in death by her father, Vincent; and brother, James Gauthier. The family will greet friends on Sunday, January 8, 2017 from 2-5 PM at Langeland Family Funeral Homes, Westside Chapel, 3926 S. 9th St. Funeral Mass will be held on Monday, January 9, 2017, 11 AM at St. Margaret Catholic Church, 766 Farmer St., Otsego, MI 49080. Fr. Benjamin Huynh officiating. A private burial will take place at a later date. Memorials in Suzanne's name may be directed to Multiple System Atrophy Coalition, multiple-systematrophy.org or to Wings of Hope Hospice, Allegan. For obituary and condolences, please see Suzanne's personalized page at www.langelands.com.

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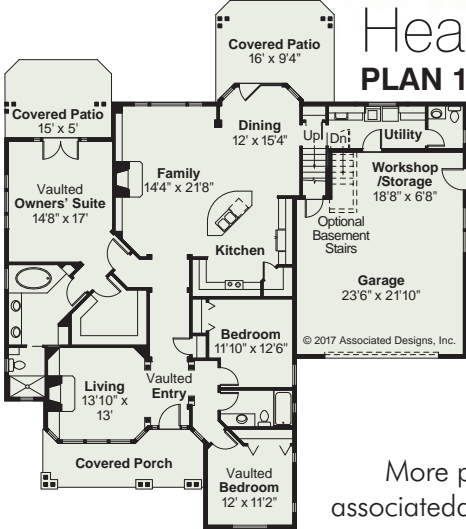
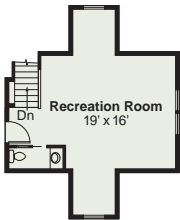
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Despite thoughtlessness kindness is the best way

DEAR AMY:

My husband and I have two adult children, and between them they have four young children. They live in other states and are happy and doing well career-wise. Sometimes when they are visiting us in our home state we host a large family gathering for everyone. My husband and I are hurt that no one from our families, our siblings or his parents, ever ask about them at other times of the year. We always care enough to ask them about their children and grandchildren: How are they doing? What's new with them? We hear many stories about their grandchildren, the newest cute thing little Sally has said or done, etc. When we do interject with news of our children or our grandchildren, there is total disinterest. I don't feel we are actually bragging. It seems that since they live far away from us that they simply don't matter as much as those who live nearby. It just seems rude and thoughtless. Are they just poor conversationalists? Any suggestions on how we could handle this? — Loving Parents and Grandparents

DEAR LOVING:

Yes, this disinterest is rude and thoughtless. These family members are poor conversationalists. You could make this observation: "Do you realize that you never ask about our kids and grandkids?" But don't let this rudeness change you. Your kindness is the right way to behave.

DEAR AMY:

I am a freshman in high school and "Richard" is in eighth grade. He gave me a note saying that he loves me. I do not reciprocate these feelings, so I let him down gently. I got another note saying he acknowledges that I don't feel the same way toward him, but that he would like to "mend the friendship." The thing is, I was just being nice to him. He has no friends for a good reason. He is annoying. I am at a special education school, so I understand that people are here for different reasons because I am one of them. He also mentioned in the letter that he didn't want me to "sugarcoat it" if I didn't want to be friends anymore, and that I don't need to talk to him ever again if I don't want to. He said he doesn't want to lose me. Honestly, I want to lose him. How do I leave with the least damage possible? — Want to Unfriend


DEAR UNFRIEND:

You should take this to your school counselor, who will know the particulars of both yours and "Richard's" challenges. The counselor will be able to advise both of you, separately and (possibly) together. You also might cope by folding Richard into your larger group of friends. If 10 people are nice to him, it will take the pressure off of you. I realize that this might not be possible in your specific situation, but if you tried this and it worked, it would be awesome for everyone.

ASK

Amy

BY AMY DICKINSON



AMY DICKINSON

Is medication risk worth the benefit?

DEAR DR. ROACH:

I am a 76-year-old woman with diabetes. My body, as I have been told, is bad with arthritis, for which I have been prescribed Celebrex. I have been taking it for a few months now, and am definitely moving around with a lot less pain. I recently watched a program that devoted the entire hour to Celebrex. It scared me out of my wits upon hearing the side effects of the medicine. I am asking your advice about whether to stop taking the Celebrex. — S.A.

ANSWER:

All medicines have risks, and in order to decide whether you should keep taking the medicine, you need to really understand what the risks are and balance them against the benefits you feel in your ability to move around more easily. In the case of Celebrex, we have a pretty good idea of what the risks are. Like all related drugs (including ibuprofen and naproxen), celecoxib (Celebrex) can damage the kidneys, so it isn't recommended for people with kidney disease. There also can be allergic reactions, which may be related to allergies

to sulfa drugs. A few people have had vision changes. However, the most concerning risk is heart disease — both heart attacks and heart failure. These risks definitely are increased among users of Celebrex. However, the absolute risk is small: There were about two extra cases of all heart events, including heart attack and heart failure, per thousand people taking 400 mg once daily, and six extra events in people taking 400 mg twice daily. Those risks probably are higher if you are at increased risk for heart disease (which you probably are, because of your diabetes), but it still means less than 1 percent of people per year. If the medicine isn't helping, the risk certainly isn't worth it. However, only you can decide if the risk is worth the benefit. Drug companies get into big trouble when they try to hide the risks of their medications, and honesty demands that we admit that all drugs and supplements have risks. Only you can make that decision, but I think it's up to us as doctors to have a frank discussion, especially about medications intended to be taken long term.

To your

GOOD HEALTH

BY KEITH ROACH, M.D.



KEITH ROACH, M.D.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. ©2017 King Features Synd., Inc. All Rights Reserved.

DVD RELEASES

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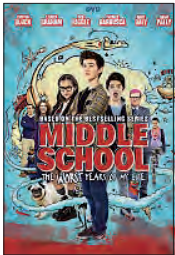
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Budding young artist Rafe (Griffin Gluck) transfers to a new middle school, where the rules-obsessed principal (Andrew Daly) quickly punishes him for his failure to conform by destroying a book of his drawings. Rafe then decides to fight back by playing pranks and breaking every rule in school. Lauren Graham, Rob Riggle, Adam Pally, and Retta co-star. Directed by Steve Carr.

PG, 1 hr. 32 min. Comedy



DENIAL

Based on the acclaimed book History on Trial: My Day in Court with a Holocaust Denier, Denial recounts Deborah E. Lipstadt's (Academy Award (R) winner Rachel Weisz) legal battle for historical truth against David Irving (Cannes Award winner Timothy Spall), who accused her of libel when she declared him a Holocaust denier. In the English legal system, the burden of proof is on the accused, therefore it was up to Lipstadt and her legal team to prove the essential truth that the Holocaust occurred.

PG13, 1 hr. 40 min. Drama

Healthy Slow-Cooker Pot Roast Stew



INGREDIENTS

2 lbs. raw boneless beef chuck roast, trimmed of excess fat, cut into large pieces
1 tbsp. chopped garlic
1 tsp. salt
1/2 tsp. black pepper
3 cups chopped carrots
1 1/2 cups sliced mushrooms
1 1/2 cups chopped sweet onions
8 oz. (about 1 medium-small) russet potato, peeled and cubed
1 cup chopped celery
2 fresh thyme sprigs
2 bay leaves
2 cups beef broth

DIRECTIONS:

Place beef in the slow cooker. Sprinkle with garlic, salt, and pepper. Add all remaining ingredients except broth. Top with broth. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until beef is cooked through. Remove and discard thyme sprigs and bay leaves. Transfer beef to a bowl, and shred with two forks. Return shredded beef to the slow cooker and mix well.

Makes 6 Servings: Prep: 25 minutes Cook: 3-4 hours on high or 7-8 hours on low.
1/6th of recipe (about 1 1/2 cups): 299 calories, 9.5g total fat (4g sat fat), 820mg sodium, 19g carbs, 3.5g fiber, 5.5g sugars, 35.5g protein
SmartPoints® value 5*

Courtesy of www.hungry-girl.com

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!

Doze

PESEL

Mess

GALENT

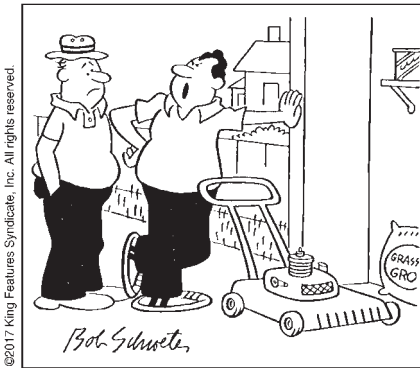
Bundle

GREHAT

Grimace

WOLCS

TODAY'S WORD



"Talk about bad luck — when the mower repair people picked up my mower, they left me a _____."

Answer key located in this edition



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