Whether downsizing or decluttering, 
Estate Sale may be the ticket  
PG 2  

How to use Supplements to bridge the nutrition gap 
PG 4  

Fifty Shades of Gray  
PG 6  

Top 5 Golf Trends for 2017  
PG 10
Dispose of unwanted items while making some cash at the same time

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

Have you lived in your house for so long and accumulated so many things that you’ve often said to yourself, “I have no idea what we’re going to do with all of this stuff if and when we ever move.” While some folks are accustomed to moving every few years, others have spent their entire married life in one house, raising children and pets and amassing a lifetime of furniture, household items and much more.

Then it happens, the kids are all grown, they have spent their entire married life in one house, raising children and pets, and instead, would rather downsize and spend their senior years taking care of a big house and instead, would rather downsize and take the time to have some fun and do some of the things you’ve always wanted, which could include traveling or just relaxing more.

When you decide to downsize, or if you simply want to declutter your house, you need to decide whether you want to attempt doing it yourself, or if hiring a professional is in order. If you’ve been in your home 25 or more years, the task of doing it yourself may be very overwhelming. You’ll need to decide what you’re going to keep and what needs to go. A garage sale or self-managed estate sale might be in order, but it takes a lot of time and energy to pull this off alone. So you may be wise to hire a professional and save yourself lots of headaches by letting them do all the work. Whichever way you decide to go, there is one thing you need to do first. If you are still storing stuff for your adult children in your garage, garage rafters, attic or basement, it’s time to get tough. Tell them nicely about your plans and that they need to remove their items and store them at their own homes, rent a storage unit, or it will be sold in your estate sale. It may sound harsh, but you’ll be amazed how quickly they will come and at least take a look at what’s theirs. Nine times out of 10 they forget what they left behind. Then it’s time to get some help and contact a reputable estate sale professional, like Caring Transitions, for example.

“When you invite any type of business into your home you need to make sure you are protected from theft, damage, personal injury, etc...” said Debra Bourdeau of Caring Transitions. “Most people unfortunately don’t think about this when deciding who they want to hire; usually the only thing on someone’s mind is the cost. Although cost is important, there are even more important questions you need to be asking,” she said.

“The estate sale business is unregulated in Michigan. This means anyone, even people who do not have your best interest in mind, are able to come into your home and liquidate your assets,” Bourdeau added. “Many companies offer a pricing structure which sounds very appealing (typically quoted at 30 to 35 percent of net proceeds from the sale/liquidation), but when you read the small print and ask the right questions you may find things aren’t as good as they appear.”

Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear. Bourdeau said it is important to make sure you are dealing with a company that is transparent. If it is not provided up front, ask the right questions you may find things aren’t as good as they appear.
**Southern Lakes Parks & Recreation has a full slate of fitness, art and social activities for people who are 50-plus in the Fenton, Lake Fenton and Linden school districts.**

**LOTs OF ACTIVITIES TO KEEP YOU BUSY THIS SPRING AND SUMMER**

Southern Lakes Parks & Rec has full calendar for active generation age 50-plus

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

Fifty is the new 30, and today’s active generation of age 50-plus men and women can find a whole new world of activities this spring and summer, from classes to concerts, offered through Southern Lakes Parks & Recreation (SLPR).

SLPR serves residents in Fenton, Lake Fenton and Linden school districts with a number of fitness, art and enrichment programs.

**Some of the SLPR programs include:**
- Senior Fridays, from 9:30 a.m. to 3:30 p.m. at the Fenton Community & Cultural Center. Seniors of all ages can enjoy bingo, bunco, euchre, a social gathering and lunch. “It’s a really fun group,” said Kristen Archambeau, SLPR activity/marketing coordinator. “You can just drop in, or if you’re a first-time visitor, you can call ahead for more details.” Senior Fridays are sponsored by Genesee County Senior Millage Fund, The State Bank and FCCC.
- Open Art Studio is free on Wednesdays, from 10:30 a.m. to 4:30 p.m. at the community center. “You can paint or draw while chatting with other artists,” said Armchambeau.
- Senior Splash water aerobics continue at the Fenton High School pool for a summer series of Tuesday/Thursday classes, June 20-29, July 11-20 and Aug. 15-24. To register, go to slpr.net or call (810) 714-2011. A discounted price is offered to residents.
- Cane Self-Defense Training. Any adult who uses a cane can take this class on Wednesdays, from May 3 through June 7 at FCCC, offered at a discounted rate for residents. Participants will learn both the philosophy of self-defense and moves to utilize the cane for defense.
- Morning Chair Yoga is offered Tuesdays and Thursdays, from June 6 through July 18 for an introductory level of fitness. “It helps increase flexibility, alleviate joint pain and is another social opportunity,” said Archambeau. Tuesday classes are from 11:15 a.m. to 12 p.m. and Thursdays from 11 to 11:45 a.m. See ACTIVITIES on 15

**Call Jeremy For a Free Medicare Supplement Consultation Today.**

248-871-7818

Disclaimer: Conversation above is based on an actual testimonial. Jeremy D. Harrison is a Licensed Producer and Principal of Eight Eighteen, Inc., a Licensed Michigan Insurance Agency. Medicare Supplement prices may vary by age, sex, zip code and medical condition of the applicant. All coverage decisions are made solely by the Insurance Carrier and not Jeremy D. Harrison or Eight Eighteen, Inc. For detailed Medicare information visit www.medicare.gov.

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Mature adults have more specific requirements to help with the issues of aging

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

When you get into your 50s and beyond, sometimes the bad habits from your younger years start to get in the way of your very best health. Some of these habits may include poor nutrition, too much alcohol, and not enough exercise, to name a few.

Marjie Andrejciw, a nutrition counselor and owner of Marjie’s Gluten-free Pantry in downtown Fenton, said that three simple supplements can be life changing, especially if your digestion system isn’t working as well as it did when you were younger.

“Maybe you notice more indigestion, heartburn, bloating or constipation and diarrhea,” she said. “Digestive support can go a long way.”

Andrejciw suggests three supplements should be in everyone’s medicine cabinet:

• A digestive supplement that includes these three enzymes your body needs to help digest food: protease, amylase and lipase
• Cod liver oil, which contains omega 3 fatty acids that reduce inflammation and support cognitive function, eye health and your energy level
• High quality probiotics to aid in healing your digestive tract, creating nutrients from the foods you eat and protecting you from absorbing heavy metals and other harmful substances

Supplements like the ones mentioned above, plus vitamins, help your body work the way it was designed to, according to Webmd.com. Among other things, they boost your immune system, keep your nerves healthy and help turn the food you eat into energy.

Older adults have different needs when it comes to vitamins and minerals. Getting the right amount of calcium, for example, can help stave off osteoporosis in women. Vitamin D, which helps your body absorb calcium, also helps prevent bone loss and fractures in older people.

Getting enough vitamin B12 from fortified foods or taking it alone or as part of a multivitamin can help raise the B12 in your blood. B12 is important to maintain the health of your metabolism, blood cells and nerves.

Aging affects how well you absorb B12 from foods, so if you’re over 50, it’s probably best to get your B12 from supplements and B12-fortified foods like cereals, meat, fish and pork.
How to find the joy, whatever your age

The quote, ‘Getting old is not for sissies’ rings true for many people in their golden years.

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

“Getting old is not for sissies” is one of the quotes Actress Bette Davis is most well known for, and she would know — she lived to be 81 years old until her death in 1989 of breast cancer.

Anyone who is getting older or who is caring for aging parents understands that there are periods of both joy and stress in life. It’s important to build your resilience and find healthy ways to cope with the inevitable changes of life that come with aging, according to helpguides.org.

Some of the changes may include retirement after a lifetime of working; coping with the death of a spouse or child; moving from home into an assisted living facility or nursing home; grieving the loss of friends who have died and adjusting to physical and mental limitations that come with aging.

How to cope with these changes:

• Focus on the things you’re grateful for. The longer you live, the more you lose. But as you lose people and things, life can become even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

• Acknowledge and express your feelings. Don’t deny what you’re going through by burying your feelings. That can lead to anger, resentment and depression. Find healthy ways to process your emotions — talk with friends, write in a journal, etc.

• Accept the things you can’t change. Focus instead on things you can control, like the way you choose to react to problems and situations. Face your limitations with dignity and a healthy dose of humor.

• Look at the bright side. When facing major challenges, look at them as an opportunity for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

• Take daily action to deal with life’s challenges. Don’t ignore a problem and sweep it under the rug. If you feel overwhelmed, take small, daily actions to work through the problem.

But as you lose people and things, life can become even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

“People who go (to grief support) become friends. They can get together and share experiences.”

Mike Scully
Sharp Funeral Homes
TRI-COUNTY TIMES | SUBMITTED PHOTO

Donna Phillips, stylist at Allure Hair Co., sees many “short and sassy” styles on women over 50. Here, Joanne Sarella shows off her purple low lights. “She changes her style and color often to keep it fun,” said salon owner Bridget Curtis.

THE THING ABOUT A HAIRSTYLE ON A WOMAN OVER 50, IS NOT NECESSARILY THE HAIRSTYLE ITSELF, IT’S THE WOMAN WEARING IT AND HOW IT SUITS HER PERSONALITY AND STYLE. AGE IS A NUMBER AND CONFIDENCE KNOWS NO AGE!

Bridget Curtis
Allure Hair Co. owner/stylist

The thing about a hairstyle on a woman over 50, is not necessarily the hairstyle itself, it’s the woman wearing it and how it suits her personality and style. Age is a number and confidence knows no age!

Bridget Curtis
Allure Hair Co. owner/stylist

You can rock this shade if you’ve got the right hair texture and attitude

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

You can probably remember the first time you plucked a stray gray hair out of your scalp, dreading this initial sign of aging, even if you were only in your 30s or 40s.

Now gray has become the new blonde, and celebrities like Helen Mirren, Jamie Lee Curtis and Glenn Close have embraced their natural gray instead of covering it up, and younger stars like Jennifer Lawrence and Lady Gaga have chosen gray as a new color.

If you’re on the gray side of life, for example, 50-plus, your hair isn’t “turning gray,” as the expression goes. It’s actually just losing its original color, not acquiring a new one.

As you age, your hair’s melanocytes — cells that produce pigment — lose steam and make less melanin.

It doesn’t matter if you end up with a head of gray, silver, white or salt and pepper; it’s just a shade variation like blonde, chestnut or brown.

The only people who don’t carry off gray as well are those with yellow- or olive-toned skin, because the cool color of gray tends to clash with those warmer tones, according to Goodhousekeeping.com.

For everyone else, you might want to consider “going gray.” Here are a few tips from Prevention.com:

• Transition to all gray. If you currently dye your hair, the transition to gray can be awkward and will require the assistance of a pro. You may want to consider coloring your gray roots as they grow in with a semi-permanent dye.

• Polish your silver. Gray strands are usually drier than pigmented hairs and have a tendency to frizz and look dull. Try these tricks for a smooth, chic look:
  — Use blue-hued shampoos and conditioners only once or twice a month to prevent your hair from taking on a violet cast.
  — Get a modern cut with clean edges, and don’t use a razor because it may cause the ends to fray. Get a trim every six to eight weeks.
  — Use a hydrating shampoo and conditioner with antioxidants to protect against UV and environmental damage. Use a silver-specific shampoo once or twice a month.
  — Flatter your gray with the right makeup and fashion. Black, white, shades of gray and jewel tones are your best bets in clothing, as earth tones and olives tend to wash you out. Gray hair tends to make your complexion appear dull, so avoid beigey and tawny colors; instead, go for apricots, peaches and rose.

The most important tip:
Groom your brows. Trim wayward hairs (grays tend to be wiry) and define your arches with a taupe pencil so they don’t disappear.

continued on next page

Fifty shades of gray

You can rock this shade if you’ve got the right hair texture and attitude

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continued on next page
NOT READY TO GO GRAY YET?
Here are some youthful, sassy styles for women, age 50-plus:

**Continued from Previous Page**

- **Side-swept bangs** that hit just above eyebrows give an appearance of youthful fullness.
- A textured pixie cut is perfect for thinning hair and allows for many styling options.
- A blunt lob is perfect for thinning hair and flexible. It's straight, curly, wavy or pinned back.
- Ombre waves bring color highlights to the eyes and cheek areas, giving a glossy glow.
- bombshell blowout is a multi-dimensional golden look with painted highlights to give a luminous quality. Blow it out in big waves for lots of texture.

**Relief for Golfers with Back Pain and Sciatica**

**IF YOU suffer from low back pain and sciatica, you are one of over 20 million adults in the US with this often crippling spinal condition.** Shoot, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerve often called “sciatica.”

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% of back surgeons recommending their patients try this treatment first before having back surgery.

In Fenton MI, you can try Non-Surgical Re-constructive Spinal Care at Painless Chiropractic – the office of low back pain and sciatica relief expert Dr. James Ide.

Dr. Ide and his team of fully trained spine care specialists have helped over 3,000 patients find relief from their age-nising back pain and sciatica.

According to Dr. Ide, “We use a combination of ultra-advanced technology – not found elsewhere in Fenton MI, for precisely diagnosing the cause of your low back pain and sciatica; and a unique programme for reconstructing the damaged area causing the pain; this means superior long-term results for most people.”

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Bill D. from Grand Blanc says, “My back had been getting bad for years but the worst thing was the pain was shooting down my leg and I wasn’t able to golf at all.”

Eventually I couldn’t work around the house and my MD just kept prescribing drugs that hardly did anything. My next step was surgery and I have heard far too many stories about that not working out.

My wife insisted I call after seeing one of these ads, I didn’t really think it would help, but I’m so glad she kept on at me. Thank god I called, I’m 95% better in my life!”

Dr. Ide and his team now by calling 810-618-6380, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms. That’s why hundreds of grateful patients tell them “You gave me back my life!”

Over the years, they’ve treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who’ve suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just $27, the normal cost of such an exam is $195 so you will save $168!

**Call them on 810-618-6380 and book a consultation and examination to pinpoint the cause of your problem for just $27, the normal cost of such an exam is $195 to just $27. But hurry, due to obvious reasons – this is a limited time offer – with only 100 reader consulations available at this exclusively discounted rate.**

My advice, don’t suffer a moment longer.

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For obvious reasons they can’t help everyone at this reduced price, so please call soon to secure your special opportunity.

Call 810-618-6380 NOW and leave a message if it’s the weekend or the line is busy – they promise they will get back to you as soon as possible.

- Paid Advertisement -

**SCIENTIFIC RELIEF EXPERT James Ide, says: In 6 years of practice, I’ve never seen a treatment as effective as Non-Surgical Re-constructive Spinal Care for patients with sciatica or lower back pain.**

Mention this article (CODE: LIVELIFE) and Dr. Ide will happily reduce his usual consultation and exam fee of $195 to just $27. But hurry, due to obvious reasons – this is a limited time offer – with only 100 reader consulations available at this exclusively discounted rate.

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Dr. Ide, says: “NoT ready To go gray yeT?”

**Continued from Previous Page**

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Looking back at the Chatty Talking Doll

TALKING DOLL

Talking dolls were a fashion

Remember when... the Chatty talking doll fascinated children under the Christmas tree in the early 1960s. Created in 1959 by Mattel, they were the popular culture, fashion and toys that made your childhood so memorable.

Remember... the Chatty Talking Doll

Chatty Cathy was a favorite toy under the Christmas tree in the early 1960s. Manufactured by Mattel from 1959 to 1965, she was a pull-string talking doll that fascinated children (and likely annoyed the parents).

Remember... SADDLE SHOES

Saddle shoes were a fashion staple in the 1950s and 1960s, having come on the fashion scene in the early '50s. Girls, boys and young twos wore them as part of their daily uniform. Many schools actually made saddle shoes part of the dress code well into the 1960s, according to Vintagedancer.com.

Remember... TIGER BEAT MAGAZINE

Tiger Beat began publishing in 1955, near the height of Beatlemania, and became the most popular read for an entire generation of teenyboppers. One of its best appeals was pull-out posters and full-page photos that could be ripped out and stuck on walls and lockers. It’s being revived by investors now to be reintroduced to a new generation.

Remember... NO-DRAFT CAR WINDOWS

Cruising with the windows down was a staple in the 1950s and 1960s, offering fresh air and noise. These wings provided quiet, yet efficient air circulation while driving during warmer weather. Smokers would also put their cigarette out these windows, and kids were known to stick their feet out, too.

Remember... SISH GREEN STAMPS

S & H Green Stamps held for Thomas Spanny and Shelby Hutchinson, who founded the S & H Green Stamps Co. in 1936. They made their money by selling the stamps and redemption books to retailers, then accepting the stamps in exchange for products from the S & H “redbook” catalog at redemption centers, which numbered 600 nationwide by the mid-1960s. During thattime, about 80 percent of American households collected “Green Stamps,” redeeming them for items ranging from dish towels and ashtrays to fishing poles, bicycles, appliances and, complete sets of The Encyclopedia Britannica.

Remember... ROWAN & MARTIN’S LAUGH-IN

This NBC television show turned out to be one of the most successful mid-season replacements, ranking with “All in the Family,” and just as controversial for making fun of socially and politically correct themes of the late ‘60s. On the air from 1967 to 1973, this variety show gave the memorable sayings, “Ver-ry interesting,” “Ring my chimes,” “Sock it to me,” “You bet your Sweetie Pie,” and “Here comes the judge.” Regulars like Goldie Hawn, Jack Carter, Yvonne Fair, Ruth Buzzi, Chelsea Brown, Henry Gibson and Jo Anne Worley, to name a few, made lasting impressions.

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Organized by Fruits — from toys to fashion and pop culture.

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Saddle shoes were a fashion staple in the 1950s and 1960s, having come on the fashion scene in the early '50s. Girls, boys and young twos wore them as part of their daily uniform. Many schools actually made saddle shoes part of the dress code well into the 1960s, according to Vintagedancer.com.

Remember... TIGER BEAT MAGAZINE

Tiger Beat began publishing in 1955, near the height of Beatlemania, and became the most popular read for an entire generation of teenyboppers. One of its best appeals was pull-out posters and full-page photos that could be ripped out and stuck on walls and lockers. It’s being revived by investors now to be reintroduced to a new generation.

Remember... NO-DRAFT CAR WINDOWS

Cruising with the windows down was a staple in the 1950s and 1960s, offering fresh air and noise. These wings provided quiet, yet efficient air circulation while driving during warmer weather. Smokers would also put their cigarette out these windows, and kids were known to stick their feet out, too.

Remember... SISH GREEN STAMPS

S & H Green Stamps held for Thomas Spanny and Shelby Hutchinson, who founded the S & H Green Stamps Co. in 1936. They made their money by selling the stamps and redemption books to retailers, then accepting the stamps in exchange for products from the S & H “redbook” catalog at redemption centers, which numbered 600 nationwide by the mid-1960s. During that time, about 80 percent of American households collected “Green Stamps,” redeeming them for items ranging from dish towels and ashtrays to fishing poles, bicycles, appliances and, complete sets of the Encyclopedia Britannica.

Remember... ROWAN & MARTIN’S LAUGH-IN

This NBC television show turned out to be one of the most successful mid-season replacements, ranking with “All in the Family,” and just as controversial for making fun of socially and politically correct themes of the late ‘60s. On the air from 1967 to 1973, this variety show gave the memorable sayings, “Ver-ry interesting,” “Ring my chimes,” “Sock it to me,” “You bet your Sweetie Pie,” and “Here comes the judge.” Regulars like Goldie Hawn, Jack Carter, Yvonne Fair, Ruth Buzzi, Chelsea Brown, Henry Gibson and Jo Anne Worley, to name a few, made lasting impressions.

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Look for technology, apparel and equipment upgrades

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

The golfing industry continues to upgrade its sport, making news this year with upcoming products and innovations. Here are five trends noted by Golfshake.com:

1. COLORED GOLF BALLS
While colored balls have been around for several years, they are becoming more mainstream. Pro player Bubba Watson has signed a deal with Korean golf ball manufacturer Volvik, which makes high-performance colored golf balls. He’s set to become the first player in PGA Tour history to use a pink golf ball in competition. Volvik has put five different colors into golf play. Yellow is the most popular secondary golf ball color and most ball makers offer their own version of a yellow ball.

2. BOA TECHNOLOGY
Metal faces from Boa Technology are becoming a popular trend on golf shoes. This is a lacing system that uses a micro-adjusting dial to quickly tighten and loosen the steel wires for a secure, custom fit. Many shoe companies have created partnerships with Boa to add this technology to their shoe designs, including Adidas, Ecco, Nike and Under Armour. Styles are for men and women.

3. TECHNICAL CLOTHING
The fabric of choice is moving away from cotton toward performance materials that deliver style and function. This clothing offers freedom of movement, lightweight and breathable fabrics that are soft on the inside and waterproof on the outside.

4. INTEGRATION OF SMARTPHONE TECHNOLOGY
A new generation of golf technology includes wrist-mounted devices that are equipped with GPS rangefinder information and Bluetooth capabilities that can provide course updates and notifications for thousands of pre-loaded courses.

5. CARBON CROWNS
Although it’s the clubface that makes contact with the ball, the crown is one of the most important areas of your driver’s anatomy. Graphite is now being chosen over titanium because of its high strength and stiffness with a low density. Not only do these crowns save weight, they also improve a club’s aerodynamics.

Golf Digest
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HERE’S HOW TO ‘GET IN THE GAME’

Learning how to play golf will keep you on your toes physically and mentally

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

All of your friends play golf and you’ve decided you finally want to get in the game.

If you’ve never played golf before or it has been ages since you’ve picked up a club, you’ll want to learn more about the game and pick up a few pointers before you start.

Golf Digest has a few suggestions to get you started on the right foot.

LESSON #1: WHAT ABOUT THE CLUBS?

Don’t go out and buy the most expensive set of golf clubs before you even learn how to play. This is the time to focus on learning, rather than buying. Focus on finding equipment that will allow you to develop your imperfect skills with minimal expense.

First, you only need a few clubs. Start with a driver, a putter, a sand wedge, then supplement those with a 6-iron, 8-iron, a pitching wedge and a fairway wood or hybrid with 18-21 degrees of loft.

The more loft a club has, the higher the trajectory of the ball and the higher the number assigned to the club. Go for drivers with at least 10 degrees of loft and fairwoods that start at 17 degrees, not 15.

Take advantage of clubs made for beginners. Some types are easier to hit than others.

Don’t guess — try before you buy. A club-fitting will enable you to get the most out of your equipment.

LESSON #2: CHOOSE THE RIGHT BALL

Buy balls on a sliding scale based on how many you lose in a round. If you’ve never played before or lose two sleeves or more per round, buy balls that cost about $20 a dozen.

When you cut the number of lost balls to three to five in a round, buy balls that cost less than $30 per dozen. Only if you’re losing less than a sleeve per round should you consider the $40 a dozen balls.

LESSON #3: LEARNING TO PLAY

The hardest part about learning to play golf is just getting started. First, ask yourself why you want to learn to play. If it’s mostly for socializing or business, you may get by with basic instruction and patient friends. If you’re looking to excel at the game quickly, there’s plenty of top-level instruction available at local courses with PGA pros teaching the sport. Do some soul-searching first, and then develop a course of follow-through.

LESSON #4: TAKE LESSONS RIGHT AWAY

Nothing beats starting out with positive direction. Don’t wait until you’re struggling with the game. Seek out a PGA pro, because they’re the ones who are trained to teach the game to someone like yourself. To find a great instructor nearby, check out “Golf Digest’s Best Teachers in Your State.”

LESSON #5: GO FOR A ROUTINE ON THE RANGE

Most local golf courses have a driving range. When you first step up to hit a golf ball, warm up your golf muscles with half-swinging using your wedges or short irons, rather than immediately trying to rip drivers out of the gate.

Increase the length and speed of your swings and move on to your middle irons. Work your way up to the driver and after you hit some balls with it, go back to a short iron or wedge. This will help keep your tempo and tension levels in check.

Golf can really get you thinking too much, so when you find yourself in that mode, go back to basics. Check your ball position and posture, then make a relaxed swing all the way to a full finish.

LESSON #6: LEARN THE SHORT SHOTS

Roughly half of your strokes come within 50 yards of the green, so you should probably spend half your practice time with your wedges and putter. You can practice in your own back yard, even in your den. As for putting, your carpet may not play as fast as the greens, but you can still practice aiming and rolling balls through doorways and furniture legs.

LESSON #7: LEARN GOLF ETIQUETTE

There are many rules and regulations to this sport, and how well you follow the traditional etiquette of golf will go a long way in making you feel comfortable at play. Go to PGA.com for a complete list of golf etiquette.

LESSON #8: START SMALL

Start on a par three or “executive” course before trying an 18-hole championship course. Give yourself some time to get acclimated.

Build yourself up to playing 18 holes by starting out with three holes late in the afternoon, when the course is less crowded and rates are cheaper.

SUMMARY

- Spring is a perfect time to learn the game of golf before crowds and tee times heat up for summer.

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Vitamins and supplements can help bridge the nutritional gap as we age, although a good, balanced diet is still our best ally for optimum health.

Other important vitamins and minerals include folate, B6, vitamin C, magnesium, coenzyme Q10 and melatonin.

A good, balanced diet, filled with fruits and vegetables, dairy products, healthy oils, good proteins and whole grains are still your best bet for a healthy diet, according to Webmd.com.

However, the older we get, sometimes the aging process gets in the way of good nutrition. Some seniors have less of an appetite than they did in their more robust years, and difficulty chewing and swallowing can sometimes be an issue. Living on a fixed budget and having less accessibility to healthy foods can also be a culprit.

If you do have some nutritional gaps in your diet, you and your doctor can design a plan of supplementation that does exactly that — supplement your eating plan. It’s important that you follow the proper dosage because too much of even a good thing can be harmful to your health.

If your doctor suggests that you need a multivitamin, get a complete supplement that provides 100 percent of the recommended doses of vitamins and minerals. Be extra careful in combining supplements, or mixing them with over-the-counter or prescription drugs.

Remember that real food contains healthy things that a pill can’t always provide. It’s best to work with your doctor to find the best mix of nutrition and supplements for your own individual health.
Estate Sale
Continued from Page 2
front, you want to ask to see their business license, liability insurance certificate, Workers Comp certificate and proof they legally pay their employees.

“It is also important, since you are inviting someone you don’t know into your home, that you work with a company who provides background checks on their employees,” Bourdeau said. “A professional business will be happy to show you all of this and should have it with them on your first visit.”

Bourdeau said to make sure the company you are considering allows you to view the actual money being collected from the sale. This means making sure they are using a cash register for all cash transactions, and that you have access to view the receipts and confirm the amount they have collected.

“You also want to make sure the employees are being legally paid, and not paid at the end of sale from the proceeds in the cash drawer, or in some cases, by being given items that did not sell,” she said.

Bourdeau said Caring Transitions employees are held to the highest standards, and maintain ongoing security and education requirements. All are bonded, insured, and thoroughly screened, and each of their offices participates in the comprehensive Certified Relocation Transitions Specialist (CRTS) program. The CRTS credential is a professional mark of ethics and excellence.

“Caring Transitions is not only North America’s largest provider of relocation, downsizing, and liquidation services all under one roof, but we are the only company able to offer objective, computer generated quotes based on the specific needs of the client,” said Bourdeau. “We stay away from a ‘one-size-fits-all’ quote because not everyone’s needs or financial situation are the same. We offer free in-home quotes to discuss all the options we can provide.”

Caring Transitions, whose ads can frequently be seen in the Tri-County Times, offers a vast menu of services that includes professional estate sale solutions, online auctions and buyer’s sales, donation and liquidation sales and exclusive “invitation only” sales.

In addition to downsizing and decluttering services, they offer relocation support to include packing and unpacking, move management, space planning and new home set-up.

Contact Caring Transitions by calling (248) 270-6822 or email dbourdea@caringtransitions.com. Their websites are www.caringtransitionsofNOC.com and www.ctonlineauctions.com/OaklandCountyNorth.

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Joy
Continued from Page 5
under the rug. Take at least a small step toward resolution. That will keep both the problem and the anxiety from building to a breaking point. Even a small step will build your confidence and make you feel less powerless in a situation.
• **Continue to find meaning and joy in your life by pursuing activities you enjoy, whether it’s going out in nature, traveling on a weekend trip, visiting your grandchildren, etc.**
• **Remember to laugh.**

Laughter is strong medicine for both the body and the mind. A sense of humor will get you through the tough times. Look outside of yourself and laugh at the absurdities of life.
• **Stay connected with others.**

As you age, your support network changes from your co-workers to close friends and family members. The older you get, the more friends you lose, and it’s important to continue to reach out and connect to others. Make an effort to make new friends to widen your social circle. Along with regular exercise, staying social can have the most impact on your health as you age.
• **Find support groups during times of stressful change. There are support groups for many of life’s changes, including the death of people close to you.**
Sharp Funeral Homes offers a Grief Support Group on the first Wednesday of every month from 1:30 to 3 p.m. at the Fenton location at 1000 Silver Lake Rd. “People who go become friends,” said Mike Scully of Sharp Funeral Homes. “They can get together and share experiences. It’s for all age groups.”
Becca Temrowski of Temrowski Funeral Home & Cremation Services in Fenton said that they use the grief support services of local hospice organizations. “There are also lots of camps for kids who have lost parents or siblings,” said Temrowski.
Dryer Funeral Home in Holly also offers grief support through internet resources and a 365DaysofGrief Support with a daily email of encouragement.

**SUMMARY**

• As we age, it's more important than ever to overcome life's stresses and challenges with a dose of humor, good health habits, social connectivity and support when it's needed.
• Find support groups during times of stressful change. There are support groups for many of life’s changes, including the death of people close to you.

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SLPR serves residents in Fenton, Lake Fenton and Linden school districts with a number of fitness, art and enrichment programs.

ACTIVITIES
Continued from Page 3

“You can sign up for either Tuesday or Thursday, or both,” she added. SLPR also offers a number of fitness classes for all ages, from Zumba to Pilates, Pound (light drumming), Yoga, etc. For a complete list of fitness classes, visit slpr.net. Other upcoming events include:

• A Memorial Day Concert at the Linden Mill Pond on Monday, May 29 at 11 a.m., features the Jump Street Swing Band.
• Fenton Concerts in the Park begin June 1 through Aug. 31 at 7 p.m. at the Gazebo.

• Farmers Markets begin in Fenton on Thursday, June 22 and run through Sept. 21, from 5 to 8 p.m. The Linden market runs July 12 through Aug. 30, from 5 to 8 p.m.
• A Patriotic Show is set for July 29, from 12:30 to 1:30 p.m. at FCCC, sponsored by Genesee County Senior Millage.
• Back-to-the-Bricks Tune-up Events will draw huge crowds to Linden on Wednesday, Aug. 9 and to Fenton on Thursday, Aug. 10. The SLPR office is at 150 S. LeRoy St. in Fenton, open Monday through Friday, from 9 a.m. to 5 p.m., telephone (810) 714-2011.

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