HOUSING

New tax bill will directly impact real estate trends

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

According to forbes.com, there will be some changes in housing trends in 2018. Here is what they predict:

The pace of home sales will slow early in the year — but not for long.

Several provisions in the tax bill signed into law by President Donald Trump last month will directly impact housing. These include changes to the

See HOUSING on 8A

HEALTHCARE

Opioid epidemic will remain unaddressed

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

According to modernhealthcare.com, the following is what we can expect this year:

The opioid epidemic will remain unaddressed.

Drug overdose deaths soared to 63,632 in 2016, with two-thirds of those deaths opioid-related. Despite President Donald Trump declaring a national emergency, no money has been earmarked to fight the epidemic.

See HEALTHCARE on 9A

JOBS

Here’s the 30 best employment opportunities

If you’re looking for a job, or a new career, the following 30 jobs have been selected as the best choices for 2018:

25. Personal financial advisers
26. Physical therapists
27. Environmental engineering technicians
28. Occupational therapist assistants
29. Aerobics technicians
30. Fitness trainers and aerobics instructors

See JOBS on 8A

Positive momentum in U.S. economy continues in 2018 after strong 2017

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

No one has a crystal ball to foresee what life will be like in the U.S. in this New Year, but here are a few predictions on the national scene:

Stocks

It will be difficult to top the stock market’s performance in 2017, but returns in 2018 should at least be advancing forward, even if not as consistent and lofty as last year, predicts USA Today.

Tax reform will have a positive impact on corporate profitability, according to Sheraz Mian, a research director at Zacks Investment Research. Profits for S&P 500 companies are expected to rise about 11.7 percent in 2018.

Real estate

A continued dynamic of inventory shortages and persistent demand will keep the real estate market in good shape this year.

See 2018 on 8A

Subzero temperatures a burden for outdoor workers

United States Postal Service letter carrier Angie Pyszora makes her way up Second Street in Fenton on Wednesday, Jan. 3. She bundles up with multiple layers when temperatures dip below zero.

See story on Page 11A

Area man jailed for armed home invasion

Parolee charged with breaking into Jennings Road home, fleeing police

By Sharon Stone
sstone@tctimes.com; 810-433-6786

A 44-year-old Argentine Township man was arrested for allegedly breaking into a home in the 13000 block of Jennings Road in Fenton Township on Dec. 27, 2017.

Randal Scott Canavan, on parole since February 2016, was arraigned Dec. 30, 2017 on six counts related to the first-degree home invasion.

A cash surety bond of $100,000 was ordered related to the first-degree home invasion.

See HOME INVASION on 16A

It's kind of amusing that the warmer climate change we get, it seems to be getting colder to me.

It's so cold people are burning Al Gore's global warming books to keep warm.

Being old people, my wife and I would like to know where we could get half-size meals at two-thirds the price of a full meal. We no longer can eat whole meals and need to lose weight.

A New Year's resolution is something that goes in one year and out the other.

Now that the Supreme Court has dismissed John Laune’s case about our taxes funding Little Caesar’s Arena, what I would like to know is when do I start receiving my dividend checks for my investment?
The Legacy Advantage

Legacy Realty prides itself on being better and we strive to set ourselves apart from the pack in many ways.

• **$0 No Extra Fees** – Almost all of our competitors are charging fees in addition to their commission! They’re typically billed as “transaction fees” and can be as much as $500 or more for both the buyer and the seller! There are no hidden charges or fees when you work with Legacy.

• **A Written Guarantee** – We are the only brokerage in our market that has a written clause in all of our residential contracts that allow our clients to cancel their listing with us at any time for no charge. Why does Legacy do this? We are so confident that you will be happy with our service that we guarantee it in writing.

• **No Conflict of Interest** – You’ll find that many of our competitors will have to disclose the fact that they also own the title company or lending institution that they’ll refer you to so that they can make more money. Many others have agreements with local builders, loan officers, and other real estate professionals that allow them to make kickbacks at the expense of their clients. Legacy Realty is different. We promise to only refer you to lenders, title insurance providers, inspectors, etc. that we know provide great service for a great price.

• **Marketing that is Second to None** – Custom signs, attractive website, intensive online marketing, wildly popular open houses, and full page color ads in the Tri-County Times make our combination of marketing the best in the business.

• **A Name You Can Trust** – When Fenton Chamber of Commerce purchased a building for the first time, they turned to Legacy. When the City of Fenton needed assistance buying and selling for the federally funded Neighborhood Stabilization Program, they trusted Legacy. Ask around – Legacy is a company you can hire with confidence!
People like the taste of it and they don’t see it as an issue until they get diabetes. — Dr. Duane Allyn, The Children’s Office doctor

Sugar intake big contributor to obesity — for both children and adults

By Hannah Ball
hbhall@tctimes.com • 810-433-6792

Healthline.com calls it “the single worst ingredient in the modern diet.” Doctors call it an epidemic.

America has a sugar problem, and despite increased awareness, Dr. Duane Allyn, who’s been in practice at The Children’s Office in Fenton for 26 years, said people eat “way too much sugar.”

According to the American Heart Association, the maximum amount of sugar a woman should eat per day is 100 calories (25 grams or 6 teaspoons). The maximum amount of sugar a man should eat is 150 calories (37.5 grams or 9 teaspoons).

“The American public in general does a lot of fast foods,” Allyn said. “And whether it’s that or the processed foods or the amount of fat, we’re having major weight issues in our country.”

He treats many obese kids in his office. It’s hard to tell if their weight issues are from genetics or from their environment, Allyn said, and it’s different for every kid.

“For kids, we just tell them to get active and make good choices in foods and good volumes, appropriate volumes for their age. We don’t put them on diets,” he said.

Allyn said there is a sugar epidemic and it’s partly due to advertising.

“How many times a day do you see things for sweets on TV?” he said, adding that it also depends on the socioeconomic status of the family. “It may be cheaper to buy foods that aren’t as good quality or maybe in some places it’s not as available. If they don’t have a See SUGAR on 17A

The maximum amount of sugar a woman should eat per day is 100 calories (25 grams or 6 teaspoons). The maximum amount of sugar a man should eat is 150 calories (37.5 grams or 9 teaspoons).

By Sally Rummel
hrummel@tctimes.com • 810-629-8382

If you’re eating a typical American diet, which includes about 70 percent processed foods, then you’re eating a high-sodium diet, whether you realize it or not.

You eat a healthy cereal for breakfast, cottage cheese for lunch and a veggie burger for dinner. With added sides of fruits and vegetables, it sounds like a moderately healthy diet, right?

Well, not if you’re looking at the sodium content of these foods. A diet like this could actually kill you — an estimated 1.65 million deaths are linked to high sodium consumption each year, according to The New England Journal of Medicine.

How much sodium should you consume in a day?

The American Heart Association recommends no more than 2,300 mg a day (of sodium) and an ideal limit of no more than 1,500 mg per day for most adults, especially those with high blood pressure.

Starting with breakfast, many cereals that are branded “healthy” have high sodium counts, including Post Grape-Nuts, with 270 mg per See SALT on 18A

SODIUM IS SNEAKY, HIDING IN MANY OF YOUR FAVORITE FOODS — FROM SALAD DRESSING TO SAUCES

SUGAR CONTENT

- Gatorade: 40 Grams
- Powerade: 40 Grams
- Mott’s Apple Sauce: 22 Grams
- Jell-O Instant Vanilla pudding: 21 Grams
- Chocolate Fudge Pop Tart: 20 Grams
- Nutri-Grain Cereal Bar: 18 Grams
- Quaker Instant Oatmeal: 12 Grams
- 12-ounce can of Coke: 32 Grams

The American Heart Association recommends no more than 2,300 mg a day (of sodium) and an ideal limit of no more than 1,500 mg per day for most adults, especially those with high blood pressure.

The maximum amount of sugar a woman should eat per day is 100 calories (25 grams or 6 teaspoons). The maximum amount of sugar a man should eat is 150 calories (37.5 grams or 9 teaspoons).

The American Heart Association recommends no more than 2,300 mg a day (of sodium) and an ideal limit of no more than 1,500 mg per day for most adults, especially those with high blood pressure.

Annual Forecast Breakfast LOCAL UPDATES

Keynote Speaker: Rich Studley
President and CEO of the Michigan Chamber of Commerce
Business presentation from Keith Green of BRTI Retirement Solutions
Additional Guest Speakers Representing The City of Fenton, Fenton Township, City of Linden, Tyrone Township and the Village of Holly have been invited to present their community information forecasting 2018.
Come Heller high water...

There was a 40-vehicle pile-up on U.S. 31 near Muskegon last weekend. Police blamed the usual suspects — speed and stupidity. “You’ve got to take it slow,” a local police chief said. “When people get on the highway and the speed limit is 70 miles an hour people think they can drive 70.”

Which is a stunning quote considering the freeway was covered with snow and ice, from the photos I’ve seen. Were people really driving 70 in those conditions? If so, holy cow, people, what’s wrong with you?

Afterward, my friend Rick posted online an interesting question about people and winter driving: “Are advancements like all-wheel-drive, anti-lock brakes and winter tires making us too confident behind the wheel? Are our driving skills degrading? Or am I just wrong about all of this?”

No, he’s not wrong. Modern safety equipment and sheer vehicle size, I think, can be contributing factors to foul weather accidents, oddly enough, because they convince some drivers they’re more in control and invulnerable than they really are.

I call these drivers “Masters of the Universe.” They’re usually (but not always) male. And they almost always drive SUVs and pickup trucks the size of aircraft carriers. Because their vehicles weigh more and usually have all the attributes and gizmos Rick mentioned, Masters of the Universe tend to drive more aggressively than others, especially in cruddy conditions. Woe to you if you get in their way, for they love to tailgate, love to zoom past you on icy roads, and love to flip you off as they go by because, after all, they are, well, Masters of the Universe and you, frankly, are not.

The odd thing is, I’ve never met a Master of the Universe who thinks he’s a Master of the Universe. They think their behavior is normal and it’s everyone else who’s the problem. It doesn’t seem to occur to them that other people might be intentionally driving more slowly in crappy conditions because they’re not not piloting aircraft carriers with 4-wheel drive and snow tires. Or they might be driving, as my daughter does, a 20-year-old Honda Accord that isn’t all that great in the snow.

It also doesn’t seem to occur to them that other drivers might not be as wonderfully gifted as they are behind the wheel. They might be young, for instance, and be a little nervous driving in the snow. They might be older. Or have disabilities. Or maybe they’re not feeling well. Or maybe they’re on the way back from a funeral and not quite driving with a spring in their step, so to speak. Or bringing a baby home for the first time.

Masters don’t seem to care. To them, the rest of us are obstacles, not human beings. Getting to where they’re going a few seconds faster matters more to them than anything else, including you or me.

Masters of the Universe aren’t the only ones, of course. Most of us drive like them on occasion. We all have a little Master in us, me included. But the older I get, the more conscious I am of how fragile life is. So I’m trying to do a better job of remembering there are people — living, breathing human beings — in every one of those tin cans out on the road. And every one of those people mean the world to someone somehow.

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**Because their vehicles weigh more and usually have all the attributes and gizmos Rick mentioned, Masters of the Universe tend to drive more aggressively than others...”**

**I really try to regulate salt, but I tend to eat a bit too much sugar.”**

Bethany Hammond
Tyrone Township

**“I think so, it seems about right.”**

Ray Stokes
Linden

**“No, I like salt. I don’t like sugar, but I like salt.”**

Kim McCreedy
Fenton Township

**“Yes, because I watch my salt and sugar consumption and processed foods.”**

John Brancheau
Fenton Township

**“Probably not, I like sugar.”**

Megan Armstrong
Linden

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**Do you think that you eat a healthy amount of salt and sugar? | streettalk**
Police want more mental health support

Many police officers suffer from cumulative post-traumatic stress disorder

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

Creating mental health training for law enforcement is widely supported by Michigan’s men and women in blue.

Holly Police Chief Michael Stor- ry said, “of course” he believes officers should have more mental health sup- port.

“It has been a nagging issue in this profession. There are many pressures on officers that are not remotely positive and outlets should be available,” he said.

Many police officers suffer from cum- ulative post-traumatic stress disorder because they are exposed to numerous stressors consistently. These stressors include seeing crime scenes or the aftermath of a deadly car accident, talking to victims of criminal sexual conduct, dealing with emotionally heavy cases and much more, ac- cording to policeone.com. A recent survey shows that law enforcement supports getting more help for struggling officers.

Story was one of the police chiefs chosen to take a survey given by state agencies about law enforcement and mental health. According to a press release by Lt. Gov. Brian Calley’s office, the survey was conducted by the Michigan Mental Health Diversion Council and given to officials with the Michigan Association of Chiefs of Police, Michigan Sheriffs’ Association and the Michigan State Police.

Story described the survey as “in depth.” The results of the survey show that mental health training for law enforcement is lacking in the state.

One-third of agencies said they had not had mental health or crisis intervention training. Approximately 66 percent of participants said that mental health training is important, and nearly 100 percent said they would support training for their agency if it were provided by the state at no cost to the department. About 56 percent said they would prefer online training.

Story supports more mental health training and crisis intervention training for officers. “Any worthwhile training is an asset to officers,” he said.

In the survey, 98 percent said they would support mandated training in police academies and 82 percent would support mandated training for certified officers.

Cally, who chaired the survey, said, “Mental health and crisis training gives officers the ability to recognize mental illnesses and diffuse situations that could become extremely dangerous. We’ve had success in providing this training to law enforcement in recent years and I’m pleased there is sup- port to expand this potentially life-saving training across the state.”
Police & Fire report

FIRE SPRINKLER SYSTEM FREEZES, SPEWS STEAM IN APARTMENT BUILDING

The Fenton Fire Department responded to a 7:15 a.m. fire alarm in the 3500 building of Silver Lake Hills Apartments near Silver Lake Road and Liberty Highway on Wednesday, Jan. 3. Fenton Fire Chief Bob Carmichael said when units arrived, they initially thought it was smoke but it turned out to be steam, which filled the second and third floor areas. Firefighters found a broken fire sprinkler line on the third floor. Water ran through the building and down to the first floor. Firefighters shut the system down and salvaged operations trying to minimize any water damage. The break was due to the freezing temperatures on a third-floor balcony. The water affected four apartments and those residents have been relocated while cleanup and repairs are conducted by management.

GARbage DUMPSter LIgHT fIRE

On Monday, Dec. 18, 2017, deputies with the Genesee County Sheriff’s Office were dispatched to the 4000 block of North Fenton Road in Fenton Township for a malicious destruction of property complaint. An suspect was later arrested for the gaage dumpster fire on fire. The incident remains under investigation.

LARGE DOGS SCARE TEEN

On Dec. 18, 2017, Genesee County Sheriff’s Office deputies responded to the 1300 block of North Long Lake in Fenton Township for a “shots fired” call. Deputies arrived on scene and found a hole in the side of the house and a bullet inside the house. Deputies checked the area and spoke to a resident who stated he heard about three rounds fired off. It appears this is an isolated incident at this time.

DOMESTIC ASSAULT ON ROLSTON ROAD

On Sunday, Dec. 31, 2017, Genesee County Sheriff’s deputies were dispatched to the 3000 block of Rolston Road in Fenton Township for a domestic assault. A male suspect was arrested and lodged at the Genesee County Jail. A female victim was transported to Genesys Health Park for injuries and released. This incident is currently under investigation.

ITEMS STOLEN FROM CAR

On Dec. 20, 2017, Genesee County Sheriff’s deputies were dispatched to the 3000 block of Thompson Road in Fenton Township for a larceny from an auto complaint. The victim reported that several items were stolen from her vehicle, including a black purse, wallet, Mac Pro, college books and a BlackBerry phone. The theft remains under investigation.

HOT LINE continued

TO THE PERSON complaining about the Secret Service the president has with him at his properties. Do you really think they have been in their rooms? Grow up. By the way, Obama, before he left office, changed having Secret Service for a past president for 30 years to lifetime. What is that going to cost us? Answer that one.

WOW FENTON, 57 active liquor licensees? Seems to me like you’re trying to put the small liquor store out of business. I know one person that counts on his business to send his son to medical school. It’s sad.

I WAS PROUD to see my past text about Muhammad Ali on the front page of the Tri-County. After reading the front page headline of Jan. 3 paper about the goal of Democrats, I didn’t feel pride in my local newspaper.

SO, THE DEMOCRATS are again a $1.5 trillion as the majority of which lines the pockets of billionaires. They certainly weren’t against the trillion dollar stimulus package as it lines the pockets of unions and the Democrat donors. And while he is at it, where was the outrage when President Obama ran the debt up $10 trillion in eight years? Never heard any complaints then.

IF THEY SLOW down your iPhone when it gets older, what about your iPad?

I HEAR PAUL Ryan and a lot of the Republicans, and even the Democrats, calling Medicare an entitlement program. It’s not an entitlement program. We pay FICA taxes and it’s supposed to go into a separate fund not included in the general budget.

I HOPE THAT the tax cut for all are they’ve made out to be, though I don’t believe will be, because my Social Security is not going to be, up with my higher char- ter bills. It’s going up again next month.

AS A DIVERSION, Trump blames liberals while draining the treasury instead of the swamp.

HELLO, I AM reporting from the bottom-less pit of the potholes in front of the Lin- den post office. We have descended down to 1,450 feet right now. Three tricycles, four wagons, half a dozen dog collars. We may have to put the Linden Mill Building in there to fill this hole up.

GET A LITTLE snow, get a little cold, it brings out the ignorance of right-wingers who don’t know anything about science, or climate change, making comments that don’t make any sense.

MY NEW YEAR’s resolution for 2018 is I want to be safe, kind, happy, helpful and prosperous.

CAN YOU NAME without the internet, the second senior senator from Michigan, ineffective in any legislation?

IF YOU’RE WAITING for the Michigan State Police to solve the death of that poor lady on Fish Lake Road, you’re wasting your time. They’re not capable.

Holly Township ‘on verge of exploding’

Development increasing; road and historic projects underway

By Tim Jagielo

tjagielo@tctimes.com; 810-433-6795

Development and growth will likely continue in Holly Township in 2018. Supervisor George Kullis said building permits have significantly increased in the township, from 20 a few years ago to more than 150 in the last fiscal year.

They may need to hire a building and zoning administrator again, ‘think Holly’s on the verge of exploding as far as development is concerned,’ Kullis said. “As the economy comes back, and activity increases, we may have to look into bringing that position back.”

Kullis added that he wants to manage this growth and preserve the “rural flavor” of the township.

There are several specific projects on the township’s docket for the year. Here are a few that are in the works.

Holly Heritage Farmstead

The Holly Heritage Farmstead barn renovation is underway. The new foundation will be poured as soon as the deep freeze lets off. Kullis would like to see a master plan for the Holly Heritage Farmstead completed by May. The master plan will spell out the overall purpose for the site going forward. “It would also give details on the process for development,” said Kullis.

Efficiency and consolidation

Kullis said shared services with the village would be explored in this year. Possible shared groups include the Planning Commission and Parks and Recreation. The township is in the early stages of exploring relocating the township offices.

Invasive species management

The Township Board appropriated $3,000 to map the township in order to make a plan to mitigate the growth of phragmites, large perennial grasses that have replaced cattails in some areas and can be a severe fire hazard.

LINDEN COMMUNITY SCHOOLS 2017-2018 SCHOOLS OF CHOICE 105/105c STUDENTS IN GRADES K-12 - UNLIMITED

The Linden Community School District is accepting applications for enrollment for the second semester of the 2017-18 school year for K-12 students who do not reside within the district’s boundaries pursuant to Sections 105 and 105c of the State Aid Act. This applies to students who reside in our intermediate school district or one that is contiguous to, or borders, Genesee County.

Schools of Choice applications will be accepted January 15, 2018 through January 26, 2018.

- Transportation will be the responsibility of the parent/guardian.
- There is no tuition charge for students accepted for enrollment under these programs.
- To apply, complete the application and return to Jennifer Bentley, Schools of Choice Coordinator, Linden Community Schools, by January 26, 2018 no later than 12:00 p.m.
- Applications may be obtained in person, at www.lindenschools.org, by mail by calling:

Jennifer Bentley
Linden Community Schools
2525 Genesee Road
Linden, Michigan 48451
(810) 591-0986

- Notification of acceptance will be given no later than January 26, 2018.
- If accepted, student must be enrolled no later than February 2, 2018.

- School of Choice applications for Cedar Rill Community Schools will be accepted January 15, 2018 through January 26, 2018.
- Transportation will be the responsibility of the parent/guardian.
- There is no tuition charge for students accepted for enrollment under these programs.
- To apply, complete the application and return to Kelly Smith, School of Choice Coordinator, Cedar Rill Community Schools, by January 26, 2018 no later than 12:00 p.m.
- Applications may be obtained in person, at www.cedarrialschools.org, by mail by calling:

Kelly Smith
Cedar Rill Community Schools
2590 Genesee Road
Linden, Michigan 48451
(810) 591-2131

- Notification of acceptance will be given no later than January 26, 2018.
- If accepted, student must be enrolled no later than February 2, 2018.

- School of Choice applications for St. John Baptist Community Schools will be accepted January 15, 2018 through January 26, 2018.
- Transportation will be the responsibility of the parent/guardian.
- There is no tuition charge for students accepted for enrollment under these programs.
- To apply, complete the application and return to Mary Lentz, School of Choice Coordinator, St. John Baptist Community Schools, by January 26, 2018 no later than 12:00 p.m.
- Applications may be obtained in person, at www.stjohnbaptistcs.org, by mail by calling:

Mary Lentz
St. John Baptist Community Schools
2525 Genesee Road
Linden, Michigan 48451
(810) 591-2498

- Notification of acceptance will be given no later than January 26, 2018.
- If accepted, student must be enrolled no later than February 2, 2018.

- School of Choice applications for Otsego Community Schools will be accepted January 15, 2018 through January 26, 2018.
- Transportation will be the responsibility of the parent/guardian.
- There is no tuition charge for students accepted for enrollment under these programs.
- To apply, complete the application and return to Dr. Yvonne Nettles, School of Choice Coordinator, Otsego Community Schools, by January 26, 2018 no later than 12:00 p.m.
- Applications may be obtained in person, at www.otsegoschools.org, by mail by calling:

Dr. Yvonne Nettles
Otsego Community Schools
2730 Genesee Road
Linden, Michigan 48451
(810) 591-2900

- Notification of acceptance will be given no later than January 26, 2018.
- If accepted, student must be enrolled no later than February 2, 2018.
Price growth will slow — but not stop.

National home prices have climbed for 23 consecutive months. From January through October 2017, the Case-Shiller U.S. National Home Price Index increased 5.92 percent, on track for the biggest gains since 2013 when the market was finally recovering from the bust. Experts say prices will continue their march higher in 2018, but the rate of increases will slow.

The rent versus buy equation could tilt toward renting in costly markets.

Because of the new tax law, it just got more expensive to own a home in high tax and high price places. For some people, the changes, combined with rising prices, may mean renting makes more financial sense than buying. Nevertheless, high rents and student debt loads have also made it difficult for young households to save up a down payment. But that won’t affect the monthly mortgage. Moreover, with prices rising so fast even a small increase in mortgage rates can put people over the edge on affordability.

Mortgage rates will hover around 4 percent.

In December, the Federal Reserve bumped short-term interest rates 25 basis points to between 1.25 and 1.50 percent. Historically, movement from the Fed has had a corresponding effect on mortgage rates, but three hikes in 2017 and two in 2016 only moved the cost of a home loan slightly higher, casting doubt on just how much of a difference the three lake Congressional policy makers have projected for 2018 will have on housing.

Experts tend to agree mortgage rates will finish the year between 4 and 4.5 percent. That’s a touch higher than the rates for most of 2017 but still historically low.

Millennial demand for housing will keep climbing.

After a decade of decline, the home-ownership rate finally ticked up in 2017. By the third quarter, 63.9 percent of households were occupied by owners, up from a low of 62.9 percent in the second quarter of 2016. The year 2017 will be remembered as “the year the bleeding started.” As millennials age, this trend is expected to continue. The generation of adults born after 1980 were slow to enter the housing market, but as a growing share of them get married and have kids they are buying homes at rates equal to their parents. In fact, single millennials are more likely to own a home than prior generations of singles.

Source: forbes.com

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JOBS

Continued from Front Page

24. Computer software and systems engineers
23. Pharmacy technicians
22. Environmental engineers
21. Occupational therapist aides
20. Compliance officers
19. Self-enrichment education teachers
18. Veterinarians
17. Physical therapist assistants
16. Medical assistants
15. Computer applications software engineers
14. Dental assistants
13. Veterinary technologists and assistants
12. Dental hygienists
11. Physical therapy aides
10. Athletic trainers
9. Biochemists and biophysicists
8. Skin care specialists
7. Physician assistants
6. Medical scientists
5. Financial analysts
4. Personal and home care aides
3. Home health aides
2. Network systems and data communications analyst
1. Biomedical engineers

For details and more information about the careers listed above, visit www.boston.com

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2018

Continued from Front Page

although forecasters are predicting prices will rise more slowly in 2018. The National Association of Realtors forecasts a 4.9 percent appreciation of home values this year, compared to a 20-city average across the U.S. of 6.4 percent, according to MSN.com.

Borrowing costs remain extremely low, based on historic mortgage levels. Builders also remain optimistic about 2018, although lumber prices are up by about 22 percent, following major hurricanes in Texas and Florida in 2017.

Tax reform

The jury is still out on how the new tax reform bill is going to affect most Americans. It should make the annual ritual of filing federal income tax returns easier for a lot of people. This will start in earnest with 2018 returns filed early in 2019, though many people are already starting to plan ahead, as paycheck withholding rates will adjust early next year.

The new plan eliminates many personal tax deductions, including those for state and local income taxes, but keeps deductions for mortgage interest and charitable contributions. The plan also eliminates the alternative minimum tax, or AMT, and the estate tax.

Gas prices

The price of a gallon of self-serve regular gas will average $2.57 nationally in 2018, according to a Gasbuddy.com forecast provided to USA Today. This would mark an 18-percent jump from 2017’s average of $2.39 and a 45-cent jump from 2016’s decade low of $2.12. But it’s still far below 2012’s record of $3.60.

Grocery prices

Many grocery prices have been down lately, including beef, eggs and dairy products. But the Consumer Price Index estimates that grocery prices will rise between 1 and 2 percent. Some products, including poultry, could spike higher because of supply issues. Other grocery prices may actually come down, because of Amazon’s acquisition of Whole Foods, which may result in cuts in the competitive organic foods marketplace.

Travel

Airfare prices are expected to rise 3.5 percent and hotel prices 3.7 percent in 2018, raising the average vacation cost for a family of four by about $150. Watch for price hikes by the National Park Service and the tradition of annual price hikes at Disney, Universal Studios Hollywood and other theme parks.

Sources: USA Today, MSN.com, Dealnews.com, TIME magazine
Local leaders say roads are top priority in 2018

Funding solutions to be considered for critical repairs

By Vera Hogan
vhogan@tctimes.com; 810-433-6833

We’ve flipped the calendar and it is a new year. What hasn’t changed, however, is the need for road improvements throughout the tri-county area. The managers of Fenton, Holly and Linden all agree that tackling the problem of local roads in poor condition remains a priority this year.

Fenton City

Fenton City Manager Lynn Markland said, “One of the major issues that we need to resolve this year is a solution to pay for local road improvements. The gas tax reform by the legislature last year is inadequate to fund the needed improvements,” he said. “While appearing to resolve the road funding issue, the state legislature only provided a partial solution. The first few years of the new taxes (Act 51) will go to fund previous MDOT debt that was created many years ago.

“We will not receive any substantial amount of funds until 2019 and then only an estimated $21,954,115,” Markland said.

The road study presented to the Fenton City Council in April of 2017, identified a need for approximately $2 million per year.

“The state funding leaves quite a gap of funding,” Markland said. “Without a solution, our roads and infrastructure will continue to get worse.” (See sidebar)

Markland said additional major goals the city plans to accomplish in 2018 are the completion of the Caroline Street extension, a pedestrian connector between Shiawassee and Elizabeth Street and “hopefully” a parking lot for the library.

Holly Village

“Like Fenton, street repair and rebuild is our number one issue,” said Holly Village Manager Jerry Walker. During mid-summer 2017, Rowe Professional Services, which provides Holly’s engineering services, conducted a PACER rating of local streets to assess the condition and rank them accordingly. This rating also included an overall cost estimate for work to be done.

“In the report to council, they estimated repair costs to be $15 million if all the streets were done at one time,” Walker said. “While repair of all at one time is not feasible it also is not feasible to just throw a couple hundred thousand each year at the problem because not only would we not get the work done, our roads would actually continue to diminish which would lead to a larger cost to repair.

“So, during this next year, council will be considering different options to fund the needed street repairs,” Walker said.

A study session was held on Saturday, Jan. 6 to address the issue of roads in the village of Holly.

“Associated with street repair issues is that of water and sewer main infrastructure that lies beneath the streets,” Walker said. “We have infrastructure that is approaching 50 years old which should be replaced at 50 years earlier. While opioid abuse and obesity get most of the blame, income and status inequality are also major factors. The new tax law will weigh income and status inequality.

Medicare funding will get hit with new cuts

In the wake of the new tax law, the Balanced Budget Act will trigger “pay-go” rules, which will lead to a major political battle over the shape of seniors’ healthcare. Trump will not stick to his campaign promise to leave Medicare alone. He will side with the most conservative elements of the party and back new cuts.

The ranks of the uninsured will grow.

It won’t show up immediately, given the strong performance by the Affordable Care Act insurance exchange, preserving this year’s shortened sign-up period. But elimination of the individual mandate will lead to sharply higher individual rates for 2019, even if cost-sharing subsidies are renewed, and a rise in the nation’s uninsured rate.

Hospital layoffs and closings will dominate the news in many parts of the country.

Job growth in the sector slowed dramatically in 2017, especially during the second half of the year. The outlook for 2018 is bleak. Admissions and lengths of stay continue to fall as more care moves to outpatient settings. Pressure to keep price increases low remains strong. Margins are narrowing.

Drug price sticker shock will pummel payers, providers and patients.

Every new advance in personized medicine will have the unwanted side effect of six-figure and even seven-figure price tags. The drug industry will point to the rising cost of their products. “We will also continue with our plan for updating and repairing our mill building,” Zelenak said. “This has already begun with making safety repairs as outlined in our architectural report. After those items, we will work on the aesthetics, including the painting of the mill.”

The November midterm elections will result in Democrats regaining control of the House of Representatives.

While that will put an end to legislative assaults on the Affordable Care Act, reversing the damage already done will be impossible as long as Trump sits in the White House.

Continued from Front Page

HEALTHCARE

Looming budget deficits from the new tax law mean little or nothing will be done about it in 2018.

Life expectancy will fall for the third straight year.

“The average life span fell to 78.6 years in 2016, down from 78.9 two years earlier. While opioid abuse and obesity get most of the blame, income and status inequality are also major factors. The new tax law will weigh income and status inequality.

Medicare funding will get hit with new cuts

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Subzero temperatures a burden for outdoor workers

By Tim Jagielo
tjagielo@tctimes.com; 810-433-6795

Fenton — On Wednesday, Jan. 3, USPS letter carrier Angie Pyszora was walking her foot route in Fenton through the gently falling snow.

It was warmer on Wednesday — temperatures were sometimes above 10 degrees. “It’s brutal,” she said. “I’m kind of used to it.”

The 20-year postal service veteran is prepared by wearing multiple layers every day. The first week of January presented lows in the negative temperatures, with highs still below 10 degrees.

The postal service isn’t the only entity dealing with this dangerously cold weather. Several local businesses and municipal services have employees who have to wear several layers to keep warm in the cold.

Dan Czarnecki, Fenton Department of Public Works (DPW) director said, “The DPW workers are experienced to know how to tackle cold weather and have the proper equipment for working outside. Prior to winter, everyone reviews their personal protective equipment and they make sure they are prepared.”

Czarnecki said the DPW crews start out every day reviewing the workload and conditions. Weather conditions also are discussed. Their eight-hour days are divided between working outside, riding in a truck and working around the grounds.

The USPS has a similar approach to the DPW. Dressing for the cold weather, frostbite, winter walking, and winter driving are all discussed with employees, according to spokesperson Elizabeth Najduch.

While adult workers used to the outdoors are prepared as a matter of course, what about children at schools? At Holly Area Schools (HAS) principals determine whether outdoor recess is permitted based on the “real feel” weather report from TV news.

Holly Elementary School Principal Ryan DeSana said the “real feel” must be above 10 degrees for an outdoor recess.

While frostbite occurs at much colder temperatures, he said not all students are prepared with adequate protective clothing, so they stay inside to be safe.

On Thursday, Jan. 4, they played or danced in their rooms or had extra gym time depending on the class. HAS teachers developed these alternatives.

DeSana said indoor recess happens once per week on average during a cold winter. Last year he said they were out almost all winter because it was so mild. Some relief might be coming, as temperatures are forecasted to increase during the weekend and beyond.

Prior to winter, everyone reviews their personal protective equipment and they make sure they are prepared.

Dan Czarnecki
Fenton Department of Public Works director

Construction on the north wall of The Horizon Building in Fenton continues through the winter. On Wednesday, Jan. 3, these laborers, working three stories up, are bundled against the cold.

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Compiled by Vera Hogan

The following are stories you may have missed in the Wednesday, Jan. 3, Midweek Times. To subscribe and receive both the Midweek and Sunday Weekend editions, please call (810) 629-8282.

Team of liquor bandits hit area stores

Fenton police are investigating a rash of thefts at local liquor stores. Police say one person distracts the clerk while others load their pockets.

Slow down!
Drivers are going too fast for icy conditions, especially on U.S. 23, and not paying attention to what’s ahead of them.

Area man killed in snowmobile accident

John Clay Cook IV, 32, of Gaines Township died early Dec. 31, 2017 from injuries he sustained in a snowmobiling accident at 11:30 p.m. on Dec. 30, 2017.

Liquor license violations 2017
Six of 87 licensees in the Fenton, Holly and Linden area are cited by the state of Michigan for violations.
It’s National Dress Up Your Pet Day

Email or Facebook your photo to the Tri-County Times by Jan. 14.

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

Clothes are not just for humans. The ever-growing trend of putting clothes on pets dates back to the early 1900s, when nobility and the upper class often dressed their dogs in human costumes. In April 2011, there was a fashion show for dogs in New York called Last Bark at Bryant Park, where dogs strutted down the runway, according to The Huffington Post.


The Times cherishes animals of all shapes and sizes, and is celebrating the holiday by hosting a contest. We’re asking our readers to send in a photo of their pet dressed up. All animals are accepted. They can be adorned in Christmas sweaters, business suits, hats, dinosaur costumes or any kind of clothes.

Photos can be sent in by email at news@tctimes.com, Facebook message, or by posting it to the Times’ Facebook post on Sunday, Jan. 14. Please include the animal’s name and age. The Times staff will pick one winner to be featured in the Wednesday, Jan. 17, edition. Honorable mentions will also be included.

The Times cherishes animals of all shapes and sizes, and is celebrating the holiday by hosting a contest.

Is bariatric surgery right for you?

The Hurley Bariatric Center will host a seminar in Fenton on Jan. 10

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

Have you or a family member ever thought about having bariatric (weight loss) surgery?

If so, you can find out all you need to know at a Bariatric Surgery Seminar at the Fenton Community & Cultural Center on Wednesday, Jan. 10 at 6 p.m.

This free event is sponsored through the Hurley (Medical Center) Healthy Living Series.

The Hurley Bariatric Center in Flint is a nationally accredited comprehensive metabolic and bariatric program, having performed more than 5,000 procedures, including the RNY Gastric Bypass, Sleeve Gastrectomy and Adjustable Gastric Band.

“We will tell you all about these three procedures, the pros and cons,” said Linda Krueger, clinical coordinator for the Hurley Bariatric Center. “It’s quite comprehensive.”

The seminar strives to answer the question, “Is bariatric surgery for you?” featuring a panel that consists of the program coordinator, a surgeon, nurse, dietician and an insurance specialist.

“It’s a venue we create for people who want to know more about having this surgery,” Krueger said. “We will cover all the expectations about who is a candidate for the surgery, how you prepare, whether your insurance will cover the cost, etc.”

Attendance at a seminar (or online seminar) is an insurance requirement for people who decide to have the surgery, Krueger added.

To register for the seminar, call (810) 262-4855 up to the day of the event. Walk-ins are also welcome. “An educated patient tends to be more successful with their results,” Krueger said.

An educated patient tends to be more successful with the results,

Linda Krueger
The Hurley Bariatric Center clinical coordinator

FENTON AREA PUBLIC SCHOOLS PARTICIPATES IN THE STATE 105 AND 105C SCHOOL OF CHOICE PROGRAMS

Fenton Area Public Schools will be accepting applications for the second semester which begins January 29, 2018. Applications will be accepted January 11, 2018 through January 25, 2018 for enrollment no later than February 1, 2018.

Openings for non-resident students are available at all grade levels and buildings.

A release from the student’s resident district is not required. There are no tuition fees to enroll in Fenton Area Public Schools; however, transportation to and from school is the responsibility of the student’s family.

Applications available by contacting the Fenton Area Public Schools at 810-591-4708 or on the district’s website: www.fentonschools.org

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Learn more about life-changing bariatric surgery options and support services at Hurley Bariatric Center at a free informative event.

HURLEY HEALTHY LIVING SERIES
Wednesday, January 10 @ 6pm
Fenton Community & Cultural Center

Call 810.262.4855 to reserve your seat
For interpreting services for this event, please call 810.262.7275.
BOND DENIED
Continued from Front Page

led in by a Genesee County Sheriff’s deputy.

Judge William Crawford presided over the preliminary hearing in Genesee County 67th District Court.

Watson’s attorney, Donald Shaw, requested that the judge order a competency exam for his client. “I was informed my client has been under psychiatric treatment for several years, that he currently is prescribed psychiatric-based medication,” he said.

Shaw thought it made sense to request a competency exam along with an insanity examination.

In light of the evidence and the crime, Crawford agreed and ordered that Watson attend a psychological examination at the Center for Forensic Psychiatry in Saline.

The results are scheduled to be reviewed on March 18.

Shaw also requested that Watson be released on bail to live with family in Fenton.

Assistant prosecuting attorney Mark Zelley informed the judge that there are people in Linden who would be fearful of his release.

Crawford denied bond for Watson, who remains lodged in the Genesee County Jail.

Zelley said there is also outstanding discovery that may lead to additional charges.

Community need your volunteer help

Service can be on one of many municipal boards and commissions

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

If one of your resolutions for the new year is to become more actively involved in your community, you may wish to consider applying for a spot on one of your local municipality’s boards and commissions.

Every community in the tri-county area has several boards and commissions, with volunteer members working diligently toward achieving their board or commission’s goals and making sure any recommendations to the elected body are thoroughly discussed and researched.

In the city of Fenton, for example, there are 11 boards and commissions, including the Reutilization Commission, Board of Review, Cemetery Board, Compensation Commission, Downtown Development Authority (DDA), Library Board, Local Development Finance Authority (LDFA), Museum Board, Park Commission, Planning Commission and Zoning Board of Appeals.

An explanation of what each board is charged with is outlined on the city of Fenton’s website (cityoffenton.org). An application also is on the site, or one can be picked up at Fenton City Hall, 301 S. Lapey St., Fenton.

Because of the city’s continued growth, the busiest and most complicated boards to sit on include the DDA and Planning Commission.

The purpose of the DDA is to improve the downtown district through effective planning and implementation of public improvement projects, and to promote and coordinate activities aimed at improving the business climate within the district.

Recent examples of DDA work include the recently completed Streetscape project in downtown Fenton. Activities aimed at improving the business climate, and the enjoyment of visitors in general includes the rental of sculptures through the downtown area and the promotion of various outdoor activities and festivals.

The DDA consists of eight to 12 members appointed by the mayor, subject to approval by the council. A majority of the members must have an interest in property in the downtown district.

Fenton’s Planning Commission, like those in other communities, is charged with reviewing all site plans, and to study

and recommend on planning and zoning matters.

In Fenton, the mayor chooses appointments for the DDA only. The members of the other boards and commissions review applications that come to them and make a recommendation to the City Council for a vote.

“Service can be on one of many municipal boards and commissions. From there you set the stage for many municipalities to improve their business by developing business districts, marketing their downtowns, improving traffic, and to create a better place to live, work, and play.”

TRI-COUNTY TIMES FILE PHOTO

A few years ago, Craig Schmidt, chairman of Fenton’s Downtown Development Authority, talks about an exciting new use for the old fire hall. Applications are always being accepted for new DDA members, and for other boards.

“Every community in the tri-county area has several boards and commissions, with volunteer members working diligently toward achieving their board’s or commission’s goals and making sure any recommendations to the elected body are thoroughly discussed and researched.”

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Times

HOME INVASION
Continued from Front Page

Shortly after the break-in, the suspect, Canavan, was located, caught and taken into custody outside of a home on Torrey Road, just south of North Long Lake Road. Multiple police units converged on the area to apprehend the suspect.

Canavan was transported to the Genesee County Jail, pending his arraignment. D/Sgt. Curt T. Harrington said Canavan confessed to the home invasion during questioning.

According to district court records, Canavan was charged with first-degree home invasion, possessing weapons/firearms while committing a larceny, home weapons/felony firearms, assaulting/resisting police, and being a felon in possession of a firearm.

Canavan has spent time in state prison for home invasion, possession of cocaine and larceny in Washtenaw County, home invasion in Livingston County, and criminal sexual conduct with a victim under the age of 13 in Wayne County.
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Finalists will be flown to Austin for a dive into the design process, then to NYC to present their designs to a world class jury, with the winning idea being displayed at Cooper Hewitt, Smithsonian Design Museum. The winner will also receive a trip to Target Headquarters, have the opportunity to meet with additional design professionals, and more.

DETAILS & ENTRIES
www.cooperhewitt.org/designcompetition
Entries due February 12, 2018
Organized by Cooper Hewitt, Smithsonian Design Museum in collaboration with Target.

#AllAccessDesign
What’s considered obese?

This weight and height chart from the National Institute of Health calculates height and weight to determine if someone is obese. An individual is obese if they are at the tall and weigh more than this amount.

- 4 feet, 10 inches over 143 pounds
- 4 feet, 11 inches over 148 pounds
- 5 feet, 1 inch over 153 pounds
- 5 feet, 2 inches over 158 pounds
- 5 feet, 3 inches over 164 pounds
- 5 feet, 4 inches over 169 pounds
- 5 feet, 5 inches over 174 pounds
- 5 feet, 6 inches over 180 pounds
- 5 feet, 7 inches over 186 pounds
- 5 feet, 8 inches over 191 pounds
- 5 feet, 9 inches over 197 pounds
- 5 feet, 10 inches over 203 pounds
- 5 feet, 11 inches over 215 pounds
- 6 feet, 1 inch over 221 pounds
- 6 feet, 2 inches over 227 pounds
- 6 feet, 3 inches over 233 pounds
- 6 feet, 4 inches over 240 pounds
- 6 feet, 5 inches over 246 pounds

Your body mass index, or BMI, is used as a screening tool to determine if someone is overweight or obese. You can calculate your BMI at nbhi.gov or have a doctor do it.

According to the Centers for Disease Control and Prevention (CDC), “At an individual level, BMI can be used as a screening tool but is not diagnostic of the body fatness or the health of an individual. A trained healthcare provider should perform appropriate health assessments in order to evaluate an individual’s health status and risks.”

SALT

Continued from Page 3A

half cup. That’s just for the small serving size suggested on the box, but most people don’t use a big pile that amounts to. Not to mention pancakes from a mix, or bagels, both of which are very high in sodium.

HEALTHY BREAKFAST

CHOICES

cereal, oatmeal with fresh fruit

Your cottage cheese lunch is good for your calcium intake and waistline, but still packs at least 400 mg of salt per half cup. A healthier choice would be plain Greek yogurt, with high protein, lots of creaminess and only 70 mg of salt per half cup.

Other high sodium lunches include an innocent turkey sandwich that packs a sodium punch with two slices of bread (260 to 400 mg per slice), deli turkey (1,409 mg for 4 ounces), cheese (245 mg for a slice of provolone) and even a salty dill pickle. If you choose a canned soup, that’s one of your saltiest options with 705 mg in a cup of regular tomato soup.

HEALTHY LUNCH CHOICES

peanut butter and strawberry sandwich, grilled chicken and avocado sandwich, salads with low-sodium ingredients

Dinner can offer lower-sodium options, especially if you choose less processed meats and fresh vegetables over canned dishes with high-salt ingredients. But the veggie burger mentioned above is full of sodium, about 645 mg in a 4-ounce patty. If you enjoy spaghetti sauce, the jar variety weights in at about 1,000 mg per serving, but you can easily make your own sauce with fresh tomatoes, garlic and a lot less salt. Watch out for fresh chicken, too. Popular brands are injected with high-sodium flavored solutions. And, of course, the above meals don’t include any of your obvious high-sodium culprits, like pizza, hot dogs, movie popcorn, chips, crackers or the dips and cheese you often include with these snacks.

To lower your sodium intake, read labels carefully and watch for the words “soda” and sodium. Choose more fresh fruits and vegetables and use spices and herbs to add flavor, rather than using your salt shaker.

How salt affects your body

- You feel bloated because you retain excess fluid
- Your blood pressure spikes
- Your stroke risk increases
- You crave even more salty foods
- You put additional strain on your kidneys
- Your cognitive abilities decline
- Your risk of heart disease escalates

Source: Everydayhealth.com

CHECK OUT THE NUTRIENT LABELS

- McDonald’s Quarter Pounder Deluxe Hamburger has 960 mg of sodium
- McDonald’s Large French Fries have 290 mg of sodium
- Arby’s Chicken Cordon Bleu Crispy Sandwich has 2,000 mg of sodium
- Arby’s Onion Rings have 1,690 mg of sodium
- Culver’s The Original ButterBurger has 470 mg of sodium
- Wendy’s Cheeseburger on kids menu has 700 mg of sodium

Top 10 sources of sodium in our diets

Ten foods account for 44 percent of all the sodium we eat. Broken down, they are:

- Bread and rolls, 7.4 percent
- Cold cuts/cured meats, 5.1 percent
- Pizza, 4.9 percent
- Fresh and processed poultry, 4.5 percent
- Soups, 4.3 percent
- Sandwiches like cheeseburgers, 4 percent
- Cheese, 3.8 percent
- Pasta dishes like spaghetti with meat sauce, 3.3 percent
- Meat dishes like meatloaf with tomato sauce, 3.2 percent
- Snacks, including chips, pretzels, popcorn and puffs, 3.1 percent

Source: loseit.com

SUGAR

Continued from Page 3A

grocery store nearby, what are you going to do?

A simple Google search will yield hundreds of results for why eating too much sugar is bad for you. Eating excess amounts of sugar has been associated with obesity, type 2 diabetes, cardiovascular disease, cancers, tooth decay, and more according to studies conducted by the Children’s Hospital in Boston, the Stanford Prevention Research Center, the American Journal of Clinical Nutrition, and more.

Why do people continue to eat so much sugar? Sugar awareness has spread, but Allyn said many people don’t care about the health effects because sugar tastes good.

“They don’t care about their weight, or at least not enough to make a difference,” he said. “People like the taste of it and they don’t see it as an issue until they get diabetes. We’re seeing a lot of adult-onset diabetes in kids because they are overweight.”

Adult-onset diabetes, also called Type 2 diabetes, is a condition where the body does not make enough insulin. Rates of type 1 diabetes increased in U.S. children from 2001 to 2012 by 1.8 percent, and type 2 increased 4.8 percent annually, according to a study funded by the Centers for Disease Control and Prevention (CDC) and the National Health Institute.

A study published by the New England Journal of Medicine found that 57 percent of children and teens will be obese by age 35. Approximately 39.8 percent of adults are obese, and 18.5 percent of children are obese. If left unchecked, the increasing rates of obesity in children is going to cause premature death, Allyn said.

“We’re going to see more chronic human issues with diabetes and heart disease, also,” he said.

There are many safe ways to lose weight and restrict calorie intake. Allyn said simply writing down what you eat is a good method because then you see a list of everything you’ve eaten that day.

“That’s what Weight Watchers does. It works. I lost 40 pounds on it,” he said.
How one Holly resident lost 115 pounds in just nine months

Holly resident Zach Graves, 26, has lost 115 pounds since April 30, 2017, and continues to drop pounds by using a modified Paleo diet.

“Losing weight has always been something I was going to do but it never moved past being an idea. It wasn’t until it became something that I decided, ‘You’re just going to do it,’” he said.

On the Paleo diet, people only eat foods that people would eat in the Paleolithic era. This includes meat, fruits, vegetables, and anything else grown naturally. Graves also eats very low sugar and low sodium foods.

“The hardest part of dieting was the way I was living and the changes in my life that it became something that I decided to move past being an idea. It wasn’t until it became something that I decided, ‘You’re just going to do it,’” he said.

He still faces temptation every day, and stress can sometimes make him eat comfort foods.

“But I’ve never let it snowball out of control. My mantra has always been ‘moderation’ throughout this weight loss process,” he said.

Graves said at first, he called this a diet, but not anymore. “I can never go back to the way I was living before and I’ll never be ‘off the diet.’”

“Losing weight has always been something I was going to do but it never moved past being an idea. It wasn’t until it became something that I decided, ‘You’re just going to do it,’” he said.

On the Paleo diet, people only eat foods that people would eat in the Paleolithic era. This includes meat, fruits, vegetables, and anything else grown naturally. Graves also eats very low sugar and low sodium foods.

The hardest part of dieting was the first months. I went through what feels like legitimate withdrawals when I went into the diet cold-turkey and was nauseous from the lack of salt and sugar my body was getting,” he said.

For breakfast, he’ll eat egg whites, spinach and oats, and a protein shake with raspberries or strawberries. For lunch, he eats clean protein, a carb-bohydrate like sweet potatoes and a vegetable, like cauliflower, Brussels sprouts or broccoli. He doesn’t eat red meat if he can help it, avoids pork, and sticks with white fish, chicken, and lean turkey. For dinner, Graves will eat a protein and two cups of romaine lettuce with some red wine vinegar dressing.

“I have tried fad diets in the past. The most popular one I’ve ever tried was with my mom close to 10 years ago. It was the Atkins diet and I have nothing but nightmares about it. I took off a bunch of weight but it wasn’t sustainable and I put it all back on in the following months,” he said.

There are multiple diets anyone can try, from the Ketogenic diet to the South Beach diet, which both focus on a low-carb, high-protein approach. Eating foods like seafood, low-carb vegetables, cheese, avocados, meat, poultry, eggs, plain Greek yogurt, nuts and seeds, berries and more are encouraged.

Other programs, like Weight Watchers, don’t restrict any type of food, but instead focus on moderation. Weight Watchers helps people lose weight by promoting self-discipline. Every food you eat has a certain amount of points, and you have an allotted amount of points each day. The company recently rolled out a new program called FreeStyle. It keeps the SmartPoints system, but certain foods, like chicken, fish, eggs, corn and beans, have a value of zero. Weight Watchers has also come out with a series of low-calorie wines.
Dining GUIDE

HEALTHY
NEVER TASTED SO GOOD

DINE-IN | CARRY-OUT | CATERING | PARTIES

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FRESH FROM DOWN UNDER!
Community Threads of Fenton re-opens Saturday

New business opens again Jan. 6 after fire closed its doors on Nov. 29

By Sally Rummel
rimes@tctimes.com; 810-629-9828

It would take a less determined man than Allen Ryckman to keep his new business from re-opening this weekend. Community Threads of Fenton at 1370 N. LeRoy St., opened on Nov. 3, 2017 and closed three-and-a-half weeks later, after a fire ignited from inside one of its new rooftop heater units.

Fortunately, an observant truck driver making deliveries in the middle of the night noticed smoke and called 911. Damage on walls, baseboards and clothing pallets was mostly from water used to fight the fire. The cause of the fire is still under investigation.

Some of the missing ceiling tiles still have to be replaced and other mechanical work will be completed this spring, but for now, Ryckman is just looking forward to a new start in 2018.

“We’re just eager to get back open and see our customers,” he said.

Customers shopping at this new concept thrift store will notice a full inventory of new and gently used items. “We replaced over 30,000 pieces of clothing that were slightly smoke damaged,” Ryckman said. “Now we have freshly new donated and purchased clothing for sale.” The store also has household goods, toys, books and décor.

Community Threads of Fenton will re-open on Saturday, Jan. 6 at 10 a.m. Winter hours will be Monday through Saturday, from 10 a.m. to 5 p.m. and Sunday, from 11 a.m. to 5 p.m. For more information, call (810) 354-8023 or visit: www.Communitythreadsoffenton.com.

Looking Back

This week in NATIONAL HISTORY

Compiled by Vera Hogan

JAN. 7

1929: Walter Chrysler, the founder of Chrysler Corporation, one of America’s Big Three automakers, is featured on the cover of Time magazine as its Man of the Year. In 1928, under Walter Chrysler’s leadership, his company had acquired the Dodge Brothers Company, thereby becoming the world’s third-largest automaker.

JAN. 8

1941: One of Hollywood’s most famous clashes of the titans — an upstart “boy genius” filmmaker versus a furious, 76-year-old newspaper tycoon — heats up when William Randolph Hearst forbids any of his newspapers to run advertisements for Orson Welles’ “Citizen Kane.” Though Welles was only 24 years old when he began working in Hollywood, he had already made a name for himself on the New York theater scene. After scoring a lucrative contract with the struggling RKO studio, he made his first film based on the life of William Randolph Hearst.

After catching a preview screening of the unfinished “Citizen Kane,” the influential gossip columnist Hedda Hopper wasted no time in passing along the news to Hearst and his associates. Her rival and Hearst’s chief movie columnist, Louella Parsons, was incensed about the film and its portrait of Charles Foster Kane, the Hearst-like character embodied in typically grandiose style by Welles himself.

Only a few days after the screening, Hearst sent the word out to all his publications not to run advertisements for the film.

JAN. 9

1984: Angelo Buono, one of the Hillside Stranglers, is sentenced to life in prison for his role in the rape, torture, and murder of 10 young women in Los Angeles. Buono’s cousin and partner in crime, Kenneth Bianchi, testified against Buono to escape the death penalty.

JAN. 10

1901: A drilling derrick at Spindletop Hill near Beaumont, Texas, produces an enormous gusher of crude oil, coating the landscape for hundreds of feet and signaling the advent of the American oil industry. The geyser was discovered at a depth of over 1,000 feet, flowed at an initial rate of approximately 100,000 barrels a day and took nine days to cap.

Source: history.com

Tri-County Times | Tim Jagielski

Community Threads of Fenton opened for business on Nov. 3, 2017. It sustained a heating unit fire on Nov. 29, 2017 that forced the store to close temporarily. It re-opens this Saturday, Jan. 6. The drop ceiling behind him has not yet been repaired.

Calendar of events

CROMAINE LIBRARY
WINTER USED BOOK SALE
The book sale takes place on Thursday, Jan. 25, from 9 a.m. to 9 p.m., Friday, Jan. 26, from 10 a.m. to 5 p.m., and Saturday, Jan. 27, from 10 a.m. to 5 p.m. Saturday is the bag sale day, when guests may fill a brown bag for $5. Homemade baked goods sales is on Thursday, Jan. 25 and Friday, Jan. 26. Cromaine Library is at 3688 N. Hartland Rd., Hartland. Call (810) 632-5200 or go to Cromaine.org/News for more information.

COFFEE HOUR
Drew Shapiro, Genesee County commissioner for the sixth district, and candidate for state representative of the 51st district, invites residents to a coffee hour event, from 9 to 10 a.m. on Tuesday, Jan. 9 at Panera Bread, 3500 Owen Rd., Fenton. RSVP by emailing info@ShapiroForMI.com.

Weather forecast

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Fenton’s Idoni leads our area volleyball team

By David Troppens
dtroppens@tctimes.com; 810-433-6789

When it comes to volleyball, Chloe Idoni can do just about anything.

Her sophomore season, Idoni started the season as the team’s middle hitter, but when Fenton varsity volleyball coach Jerry Eisinger needed another outside hitter they moved Idoni to that spot right before the start of the postseason. It paid immediate dividends as Idoni played at an all-state level the rest of the season, earning a spot on the all-state team and the Michigan High School Volleyball Coaches Association’s Player of the Year. Idoni’s all-around outstanding play also made her a first-team All-Metro selection, an all-region selection and an Honorable Mention All-State performer during the fall. It also has earned her one more honor. She’s our 2017 Tri-County Volleyball Player of the Year.

"I think we exceeded expectations this season," Idoni said about the Tigers’ 43-6-3 overall record and perfect Metro League season. “At the beginning of the season we set some goals but we had to make them bigger as we went on. I’m just proud of our team and what we accomplished this year.”

Making the permanent move to outside made Idoni flourish in the stat category as well. She broke the school record for kills in a season, hitting 678, crushing Jessica Warford’s record of 616 in 2016. She had a hitting percentage of 42 percent and a kill efficiency rating of 29 percent, averaging 4.7 kills a set.

"Playing as an outside hitter is totally different from being a middle hitter," Idoni said. "You have to be quick to move, do all sorts of things, and be more decorated with your offensive game.”

Tiger leaders: Idoni was not the only one to help the Tigers advance to a Class A state semifinal match for the first time in school history. Her junior season, she was a regular at the outside hitting spot, dominating Fenton’s competition the entire year with her strong offensive play. She also quickly became one of the team’s best back row players and best blockers. Finally, there was even a time during the season when she was the team’s setter when she was playing in the back row. Basically, Idoni proved she could do it all while leading the Tigers to another Metro League championship, another Class A district title and a 46-win season.

Her senior season, Idoni started the season as the team’s setter when she was played in the back row. Basically, Idoni proved she could do it all while leading the Tigers to another Metro League championship, another Class A district title and a 46-win season.

SUNDAY, JANUARY 7, 2018 WWW.TCTIMES.COM/SPORTS PAGE 22A

Griffins’ youth slowly getting better

Appleberg posts hat trick in 8-5 loss to the Alliance

By David Troppens
dtroppens@tctimes.com; 810-433-6789

Hartland — It wasn’t the best way for a team made up of 14 new players would hope to start a game against a 7-3 team. But when the first period was over, the Fenton/Linden Griffins trailed 3-0 against Allianace (a co-op prep hockey squad with players from Almont, Goodrich, Flushing, Lakeville and North Branch on it). Alliance entered as the clear favorites and looked set for smooth sailing.

However, the Griffins’ squad that includes 11 sophomores and a freshman, bounced back, actually got the game to within a goal in the second period before eventually losing a pretty entertaining 8-5 contest at Hartland Sports Arena on Wednesday.

“Being down 3-0 in the first period it could’ve been a long night for a young team, but we regrouped in the second and made it close,” the Griffins’ first-year head coach Kyle Marchand said. “But they got one late in the (second) period on a short-handed goal and that cost us.”

Trailing 3-0 entering the second period, things got worse before they got better for the Griffins. The Griffins were forced to kill off several short-handed situations, and did so successfully. Finally, earning a power play chance of their own, the Griffins thwarted it initially by allowing a short-handed goal by Zak Haniford, making it a 4-0 deficit with 8:08 left in the second period. However, the Griffins responded with three goals over the next five minutes. Just 16 seconds later, the Griffins cut the gap to 4-2 with 4:34 left in the second period on Appleberg’s second goal off a Porter assist on a semi-breakaway. Finally, just 90 seconds later, a two-on-one set up another Griffins’ goal.

Continued at tctimes.com

The Griffins’ Josh Appleberg gets checked during a recent contest. Appleberg scored three goals in an 8-5 loss to the Alliance on Wednesday.

Continued at tctimes.com

Cold shooting costs Fenton Tigers, 47-32

By David Troppens
dtroppens@tctimes.com; 810-433-6789

The weather isn’t the only thing that was cold on Wednesday night when the Fenton varsity boys basketball team returned to action against the Hartland Eagles.

The Tigers’ shooting was equally cold.

The Tigers suffered its lowest scoring output of the season, losing to the Eagles at home 47-32. The loss ends Fenton’s three-game win streak, evening its record at 3-3 entering the Tigers’ Metro League contest at Holly on Friday. The See TIGERS on 23A

The Tigers’ shooting was equally cold.
Fugate’s 19 not enough for Bronchos vs. Hartland

By David Troppens
dtroppens@cttimes.com; 810-433-6789

The Holly varsity girls gave a talented Hartland varsity girls basketball team all it wanted to handle on Wednesday night.

However, the Bronchos fell a little short in their first game coming out of the winter break, losing to the Eagles at home, 44-34.

Holly (4-3 overall) was within four points late in the game, but a transition three-pointer by Hartland late, established a reasonable lead with limited time remaining. Hartland was able to ice the game at the free-throw line after the three-point hoop.

Hartland led 11-7 after one quarter, and 24-16 at halftime. The Bronchos cut into the lead slightly entering the fourth quarter, trailing 31-24.

Rebecca Fugate continued her strong start to the season, collected 19 points and six rebounds.

TIGERS

Continued from Page 22A

Tigers remain a healthy 3-1 in Metro action.

The Tigers couldn’t get their offense to heat up in the first half, falling behind 11-5 after one quarter. Fortunately for Fenton, Hartland wasn’t very hot either. Fenton scored just four points in the second quarter, but the Tigers’ defense held Hartland to four points as well, resulting in just a 15-9 halftime lead for the Eagles.

Both teams saw their offenses heat up in the second half a bit, but Hartland’s offense was stronger, scoring 16 points in each of the final two quarters, helping the Eagles gradually increase their lead as the contest continued to its conclusion.

Prior to the winter break the Tigers’ offense had been pretty strong, scoring at least 55 points in each of its previous three games.

CONTINUED AT TCTIMES.COM

IDONI

Continued from Page 22A

Idoni is more than an attacking threat. She also had 67 total blocks while recording 430 digs, an average of 2.3 digs a set. She had 89 aces and also provided 133 assists during the times she played setter. Idoni enjoyed her time at setter.

“I love setting,” Idoni said. “Being tall and setting is a huge advantage because if it is tight I can attack. But I really didn’t need to be a setter. (Fenton’s starting setter) Sydney (Acho) is an awesome setter. I’m proud of being our outside hitter.”

Idoni said she improved defensively.

CONTINUED AT TCTIMES.COM

Fenton’s Diller is a world record holder in kettlebell lifting

Julie Diller has a split personality. For long stretches of her day she works on creating unique industrial-styled jewelry.

However, there are other times of the day when she’s lifting 26-pound kettlebells over her head for exercise and recreation.

The Fenton resident also does it in competition, and recently displayed how strong she is by breaking a world record at the International Kettlebell and Fitness Federations USA Nationals on Nov. 18. She did 100 reps with the 26-pound kettle bell in a 10-minute period, winning the 53-kilogram weight class in the Double Long Cycle Division.

Kettlebells are large weights with a handle on the top of the weight. They can vary in weight from four kilograms to 92 kilograms. During the competition, a repetition involves swinging the kettlebell between the competitor’s legs, raising it to the waist, pushing it above the head, lowering it back to the waist and then swinging it back between the legs.

Diller entered her first competition six years ago and has been competing in the event ever since. She came close to breaking the world record last year, winning the competition with 91 repetitions, inspiring her to go for the record this season.

CONTINUED AT TCTIMES.COM

ALL TRI-COUNTY VOLLEYBALL TEAM

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PREP REPORT

WRESTLING

Lake Fenton vs. Lapeer, Mt. Morris: The Blue Devils split their matches, beating Lapeer 40-18, but losing to Mt. Morris 51-27.

Three-time defending state champion Jarrett Trombley (135) was Lake Fenton’s only wrestler to go 2-0 on matches not resulting in any forfeit wins. He defeated Lapeer’s returning state placer Hunter Hoffman 3-0 and also defeated Mt. Morris’ Ethan Dunman by pinfall.

Sean Trombley (152) went 2-0 but won one of his matches by forfeit. He also beat Mt. Morris’ Jake Allen 9-2. Zolen Maron (215) won two matches by forfeit.

Chris Tomczak (148), Adam Moon (112), Quentin Ortega (119), Gavin Lawrence (130), Elan Hagenstein (140) and Jackson Nevadomski (171) each won a match.

Dr. Cynthia L. Cupal, O.D., F.A.A.O., Diplomate, American Board of Optometry

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