

Nearly 50 million died and 500 million infected in 1918 flu pandemic

■ This year marks the 100th anniversary of the world's most devastating infectious disease event

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

It seems like everyone you talk to right now is either sick with the flu or has a family member who is sick with the flu. January is the month when the flu season takes its firm hold on Michigan, with flu symptoms hitting earlier this year than in the past three years, said

Danielle Steplowski, epidemiologist for the Genesee County Health Department.

"It's a little too early to know for sure if we're peaking (with the flu) yet, but for the week that ended Dec. 30, 2017, the flu was reported to be 'widespread' in over half of the states in the U.S.," she said. "That's what we'd typically expect in January or February."

Each year nationwide, 5 to 20 percent of the population gets the flu, and about 36,000 people will die from it, but it's

See FLU on 13A



The flu pandemic killed nearly 50 million people by the end of World War I. The pandemic swept across the globe between 1918 and 1919.

"For the week that ended Dec. 30, 2017, the flu was reported to be 'widespread' in over half of the states in the U.S."



PAGE 1B
CONSTRUCTION IS BOOMING IN AREA

Weekend Times

\$1.00

VOL. 25 NO. II **SATURDAY, JANUARY 13, 2018** **2016 NEWSPAPER OF THE YEAR**

A look back at 1968

■ New series in Midweek Times will explore major events that took place 50 years ago

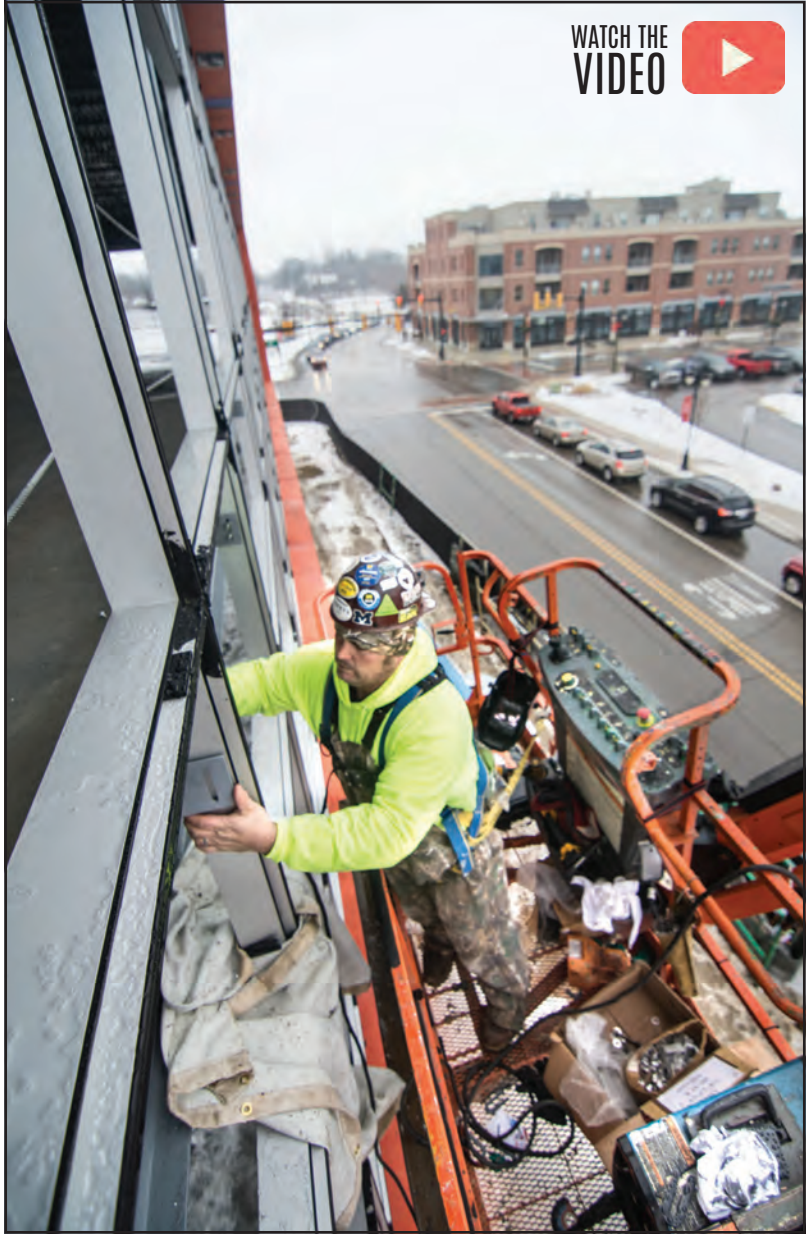
By Vera Hogan
vhogan@tctimes.com; 810-433-6823

For those of us old enough to remember the events of 1968 — it seems like only yesterday that we heard the tragic news of the assassinations of Dr. Martin Luther King, Jr., and Senator Robert F. "Bobby" Kennedy.

See 1968 on 17A

More on The Horizon...

WATCH THE VIDEO 



TRI-COUNTY TIMES | TIM JAGIELO

Glaser Don Calvin installs window frames on the south façade of The Horizon Building in Fenton on Wednesday, Jan. 10. The multi-use building is expected to open for occupancy this summer. Rhoads & Johnson is handling the \$6-million project.

Under new legislation, police can physically restrain students

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

Most don't know that until recently, school personnel and law enforcement officers were not allowed to physically touch any student unless in an emergency situation.

However, a new Michigan law now allows police to physically restrain students when they deem it necessary.

See RESTRAIN STUDENTS on 15A

“Restraining students is never a first option...”
Area superintendents

New law limits opioid prescriptions

■ Patients will only be able to get a seven-day supply for acute pain

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

Patients needing a prescription for pain medication from an injury or surgery will only be able to get a seven-day prescription for an opioid, thanks to a new law.

See OPIOIDS on 17A

“There’s a place for opioids in pain management but it’s not the first line of pain management, it’s not the second or third.”
William Beecroft
Blue Care Network of Michigan
medical director of behavioral health



SUMMARY ■ A new package of bills aimed at curbing the opioid epidemic was signed into law on Dec. 27, 2017. Meanwhile, a medical director at Blue Care Network of Michigan has developed a way to help opioid addicts overcome addiction.


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“The primary global-warming alarmists are the government, the liberals and weather forecasters. Gosh, who could possibly not have confidence in the expertise of these trusted occupations.”



“Of the 435 members of Congress, over 300 of them are occupation millionaires. This is irrefutable proof that crime does pay.”




“To the Hot-liners maligning the recent tax cut. Any legislation that contains the words 'tax' and 'cut' in the same sentence is a great effort by our elected reps. Whether Democrats or Republicans introduced the legislation is irrelevant. Quit dissecting the bottom line, it's a tax cut for tax paying citizens. Period.”



COMMENT OF THE WEEK

“If I have to look at one more New Year's resolution on Facebook that says 'loose weight' I will scream. Twelve years at local schools and four years of college and you still don't know the difference between 'lose' and 'loose?' But keep honing those texting skills, that will get you a good job.”





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Announcing Our Newest Team Member

Michele Papatheodore



810.516.3060

We are pleased to welcome Michele Papatheodore to BHHS MI Real Estate.

Michele has been a lifelong resident of the community and a local realtor since 2005. She has been blessed to have helped hundreds of families with the process of buying or selling their home. As passionate as she is about her clients and the real estate market, she is also just as passionate about giving back and is involved with area charities including the Zonta Club of Fenton, Shelter of Flint, YWCA Safehouse, Children's Miracle Network, and Habitat for Humanity. We are proud to have Michele, and all her expertise, join our office. Call her today for all of your real estate needs!

Open
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4240 Northshore, Fenton

This Estate Offers ½ Acre On Marl Lake w/100ft Of Water Frontage With Seawall, Sandy Beach And Dock For The Boats. 1st Floor Master With Great Views. Over 1100sf Of Additional Living Space In The Finished LL W/O. Enjoy Wonderful Sunsets From The Multi-Level Deck.

New On Market



Grand Blanc • \$219,900

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Acreage



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3107 Harbor Pointe Cir. - \$279,000.00 - 2/2 - 1867SF
3108 Harbor Pointe Cir. - \$299,000.00 - 3/2 - 1880SF
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* Basements are plumbed for additional Bath



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New On Market



Columbiaville • \$163,900

This Plantation Style Home Sits On Beautiful, All Sports Lake Holloway Reservoir. Tall Ceilings, Large Rooms, Wrap Around Porch, Garage w/Workshop. Lots Of Updates.

Waterfront



Fenton • \$269,900

Located On All Sports Lake Ponemah, w/Full Access To 3 All Sports Lakes. Over 80ft Of Water Frontage. This 4 Bedroom Home Sets On Over ½ Acre. Finished LL W/O Offers Firelit Family Room, Bedroom And Den.

New On Market



Davison • \$499,900

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New On Market



Ortonville • \$364,900

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*Basements are plumbed for additional Bath



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“Fast Lane is for anyone who is short on time.”

Brian Holt
SpartanNash vice president of marketing

TRI-COUNTY TIMES | TIM JAGIELO

Nancy Koslowski, VG's personal shopper lead, puts an order away in the cold order storage area of the Silver Parkway VG's on Wednesday, Jan. 10. She shops for customers using the "Fast Lane" system, which involves online ordering and curbside pick-up.

'Fast Lane' speeds up grocery shopping at VG's

■ A personal shopper will deliver your order directly to your vehicle in the parking lot

By Sally Rummel

news@tctimes.com; 810-629-8282

Imagine someone else doing the grocery shopping for you, perusing the aisles, choosing your favorite items at the best quality and pricing from your own online grocery list, then loading it all up for you to pick up curbside.

This "grocery shopping of the future" is now available at both VG's Grocery stores at 18005 Silver Pkwy. and 1390 N. LeRoy St. in Fenton through their new Fast Lane program.

Alpine Marketplace in Linden will be rolling out its own curbside program, Alpine Shop 4U, in the next four weeks, said owner Marvin Yono.

At the VG's stores, customers who have a Yes loyalty account (or sign up for one) can join the Fast Lane. Fast Lane annual subscriptions are \$99, which means that customers can have their own personal shopper for less than \$2 each week.

Once you've registered, your prefer-

ences and past purchases are automatically reloaded into your Fast Lane account, making it even easier to clip digital coupons and select commonly purchased items when placing an order.

"We also offer monthly subscriptions, and new customers can enter 'FAST-LANE' at checkout to have their first three orders picked for free, even without a subscription," said Brian Holt, vice president of marketing for SpartanNash, VG's parent company.

Shoppers can place their online order at shopthefastlane.com. First, you select your store location and the time slot for curbside pickup. From there, you start adding items to your shopping cart.

Orders placed by 3 p.m. will be available for same-day pickup. There's no minimum order. Customers can choose half-hour pick-up time slots anytime between 8 a.m. and 8 p.m., seven days a week.

Online orders are shopped by Fast Lane personal shoppers, who focus on selecting quality items from each aisle of the store. "As many as five new jobs are created each time Fast Lane is expanded to a new store," said Holt.

Customers can include notes for the

shoppers to follow, allowing them to request specific items, like green bananas or thick-sliced ham from the deli.

Speaking of bananas, you cannot only request the number of bananas you'd like, but also how ripe you want the bananas to be.

Depending on how customers prefer to browse, they can shop by section (bakery, meat, produce, etc.), products on sale or dietary restrictions such as organic or gluten-free. Customers can also shop based on previously purchased items for quick reorder and clip digital coupons to maximize savings.

All items on shopthefastlane.com are available for the same price as in-store, including sale items, 10 for 10 items, price freezes, etc. Shopthefastlane.com is completely integrated with Yes rewards, which allows customers to tap into additional savings, clip coupons and earn club rewards the same way they would in the store.

To pick up your order, VG's has designated Fast Lane parking spots with signs, near the store entrance. Once you're into a parking spot, just call the number on the sign and a Fast Lane personal shopper will bring your order in minutes.

WATCH THE VIDEO



AT TCTIMES.COM WITH THIS STORY



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The Tri-County Times is published semi-weekly by Rockman Communications, 256 N. Fenway Drive, Fenton, Michigan 48430. We serve the communities of: Fenton, Linden, Lake Fenton, Holly, Hartland, Byron, Gaines, Davisburg, Swartz Creek and Grand Blanc and the townships of: Fenton, Holly, Rose, Tyrone and Argentine. We reserve the right to accept or refuse any content and/or advertising submissions.



HOURS:
Monday-Thursday:
8 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday & Sunday
Closed
tctimes.com

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Andrew Heller

andrewheller@tctimes.com

Come *Heller* high water...

• **What is it** with some people and the British royal family? Some kid of one of them started preschool or something this week and they couldn't get enough: "Look! How cute!" Cute, sure, but the kid's just going to nursery school to finger paint and pull hair. So why does anybody care?

• **Also, what is it** about "The Bachelor" that some women find so irresistible? I just don't get it. I've seen it. The TV's on, Marcia watches it, so I



Andrew Heller
FEATURED COLUMNIST

end up watching it sometimes. Why would so many women compete for this one guy they've never met before? Isn't that the most anti-feminist thing ever? And what's the big deal — he's a

guy. He's usually OK looking but he also usually lives eight states away. They don't have men there? I also wonder about the woman who, ahem, wins and gets a proposal. You just know the first thing she's going to ask the first time there's no camera around is, "So, what happened on that fantasy suite date with those other women?" How'd you like to be him then? No, sir. Not on a bet. If they stay married, she'll still be asking him that 40 years from now.

• **Another thing I** don't get is why the Golden Globes audience cheered for Tonya Harding. Wasn't Nancy Kerrigan the one who got attacked?

• **I got my first** "baseball's coming" tingle of excitement the other day. The Detroit Tigers reporting to training camp, which happens a little over a month from now, is always the unofficial sign of spring for me. But it faded quickly when I remembered the Tigers are going to be beyond awful this year. And next year. And the year after. And the year after that.

That's not pessimism, just the reality of small market baseball. Plus, I have zero faith in Al Avila.

Here's the most recent example of why. This blurb is from blessyouboys.com: "Detroit has signed left-handed pitcher James Russell to a minor league contract. The 32-year-old Russell last appeared in the major leagues in 2016 (making) seven appearances with the Phils that season, allowing nine runs on nine hits in 4-1/3 innings. He hasn't performed all that well at the major league level, but is left-handed and almost throws 90 miles per hour." Whoo! Exciting!

• **The NFL needs** to drop its rules about what's a catch and what's not. Why? I'll try not to be too technical here but ... they're stupid. A catch is a catch. Not a catch is not a catch. You can tell which is which from the replay. Easy-peasy. The NFL overthought this one.

• **Sure, Oprah could** be president. Why not? She's smart, tough and compassionate, which in my mind are three of the top traits needed in that job. Besides, she was on TV, and that's the top quality most voters look for these days, right?

• **And sure, I** make New Year's resolutions. This year I resolved not to make any resolutions until such time as I develop grit and/or willpower.

• **"Summer is a** promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January." — Hal Borland

Opinions offered in Come Heller High Water are the author's alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email the Andrew at andrewheller@tctimes.com.

“How'd you like to be him then? No, sir. Not on a bet. If they stay married, she'll still be asking him that 40 years from now.”

Hotlines

Submit at: tctimes.com, call 810-629-9221 or text to 810-771-8398

All submissions, if approved for publication, must be 50 words or less and do not necessarily reflect the views of the Tri-County Times. We reserve the right to edit for clarity, length and liability.

REMEMBER WHEN IT was discovered that Elizabeth Warren said she was part Indian when applying for admission at Harvard to get an advantage over all-white candidates. She now is saying she is an American Eskimo. Looks like she is starting her 2020 Presidential run.

■ ■ ■ **ENOUGH WITH THE** name-calling when someone doesn't agree with you. There is no man-made global warming. Some of the hottest, coldest and craziest weather patterns occurred long before the industrial revolution. Climate change is cyclical. We go from cooling patterns to heating patterns since the beginning of time.

■ ■ ■ **DONALD TRUMP SAYS** he's a 'stable genius.' Now there's an alternative fact.

■ ■ ■ **THE OTHER NIGHT**, Oprah gave a very nice speech. But it reminded me of the speech Obama gave about 12 years ago when we were so impressed. Then we realized that his liberalism and incompetence nearly destroyed our country.

■ ■ ■ **AFTER WATCHING THE** mainstream media (CNN, CBS, NBC, ABC) for years I have come to a conclusion. They no longer report the news but seem to invent it on a daily basis. It is an affront to my intelligence to watch these outlets choose guests and information which only support their liberal agenda. Go figure.

Readers write

Letters, 150 words or less, must be signed and include a phone number. We reserve the right to edit for clarity and liability. Letters must be written exclusively for the Times.

Ally Brueger murder investigation

Dear Editor,
The Sunday, Dec. 31, 2017 "Year in Review" edition of the Times carried a front-page article called "Jogger's death continues to haunt community." Comments from Weston (Wes) Sutherland were included in that article. I want to set the record straight. Ally ended her relationship with Wes Sutherland in March of 2016, and had moved back home. He was an "ex-boyfriend" at the time of her murder on July 30, 2016. He has no credibility with me or my family, Ally's friends or coworkers.

Nikki Brueger,
mother of murder victim Ally Brueger
Rose Township

■ ■ ■ **THE NUMBERS ARE** in and NFL viewership is down 10 percent for this season added to another 7 percent from the previous season for a total loss of \$500 million in revenue. Football used to unite us. Now, it separates us.

■ ■ ■ **THERE CERTAINLY ARE** a lot of nice, new vehicles in this city. It's just too bad that most people don't know what a turn signal is for.

See **HOT LINE** throughout Times

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Compiled by Gracie Warda, intern

How did you propose to your spouse? (Or how did they propose to you?)

streettalk



"It was around Christmas time, he knelt on the bottom step leading off our kitchen while I was on the top one."

Lisa Evans
Argentine Township



"We were together in the car, outside a shopping center, when I was still in the force. It was June of 1967."

Dave Wright
Fenton Township



"We weren't sure because he still had two years in the force. We decided to just go for it, and this year was our 50th wedding anniversary."

Carol Wright
Fenton Township



"He proposed, but it was a mutual decision. It was 1963. We were married after five months of knowing each other. We were married for 41 years before he passed."

Karen Craner, Linden



"It was about 50 years ago. We had two kids before we got a divorce."

Ronald Long
Fenton Township

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NEW LISTING

CROOKED LAKE WATERFRONT



1189 Crooked Lake • Fenton
\$370,000

5 Beds, 3 Baths(3/3), 1892 Sq Ft
Ranch style walkout home on picturesque Crooked Lake.



NEW LISTING

LOBDELL LAKE WATERFRONT



16265 Seymour Rd • Linden
\$350,000

3 Beds, 6 Baths(3/3), 2240 Sq Ft
Beautiful updated ranch with walk-out, granite, detached garage.



MUNDY TOWNSHIP - 70 ACRE ESTATE



1525 W. Reid Rd. • Flint
\$600,000

3 Beds, 3 Baths(2/1), 3000 Sq Ft
Beautiful sprawling ranch completely remodeled in 2012!



LAKE FENTON WATERFRONT



12277 Margaret Dr. • Fenton
\$425,000

3 Bed, 1.5 Bath, 1659 sq. ft
Ranch home on beautiful Lake Fenton. New roof & well.



LOBDELL LAKE WATERFRONT



7251 Shaws Landing • Fenton
\$290,000

3 Beds, 2 Baths, 2,274 Sq Ft. Fantastic bungalow with 82 ft of water frontage on all sports Lobdell Lake.



LAKE FENTON DEEDED ACCESS



2359 Grove Park • Fenton
\$325,000

4 Beds, 2 Baths, 2140 Sq. Ft
Deeded access to Lake Fenton (across the street) & dock privileges.



FENTON



11615 Clairmont Dr • Fenton
\$300,000

3 Bed, 3 Bath, 1969 sq. ft
Beautifully maintained ranch with finished basement on park-like land.



FENTON



1535 Log Cabin Point • Fenton
\$285,000

4 Beds, 2.5 Baths, 2000 Sq. Ft.
Amazing backyard on a 2+ acre lot with a pool and beautiful deck.



HOLLY



997 River Rock • Holly
\$210,000

3 Beds, 3 Baths(2/1), 2066 Sq Ft
Beautiful home close to downtown Holly with easy access to I-75.



SQUAW LAKE WATERFRONT



Proposed New Build

4059 E Rolston Rd • Linden
\$749,900

This beautiful 2,372 sq ft. custom home is perfect to have built on this gorgeous Squaw Lake property!



FENTON



Proposed New Build

11326 Main Rd. • Fenton
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SWARTZ CREEK CONDO



6026 Oak Creek Ct • Swartz Creek
\$160,000

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JOHNTREMAINE.COM



Police&Fire report

PHONE SCAMMERS CLAIM TO BE CONSUMERS ENERGY

Two local women are warning others of another phone scam. Neither of them revealed any personal information to become victims. Both received voicemails from what appeared to be Consumers Energy with instructions to call back a phone number. When they did, a man who answered claimed to be with Consumers. He told them that they were paying too much on their bill and to call another number to make adjustments. One woman said when she began asking several questions, the man became "testy" with her. The other woman called Consumers directly and was told that the unknown caller was likely a third-party utility company. Terry DeDoes, senior public information director for Consumers Energy said, "We do contact customers by phone and even at their door at times. When we call customers, we do not ask for them to provide personal information over the phone. Our employees have company identification, which they present if they come to customers' doors." He added that they never use threats, make demands, ask for prepaid credit cards or ask for personal information over the phone. For more information, go to www.consumersenergy.com/residential/avoiding-scams.

Proposed new condos face drainage issue

■ Neighbors express concern over new development next to Lake Fenton High School

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

Fenton Twp. — At the first reading for the proposed condos on Lahring Road, residents were concerned about water runoff and drainage issues.

The 74-acre parcel at 4486 Lahring Rd. is zoned Planned Unit Development (PUD), and is approved for 90 detached single-family homes. Developer Kal Nemer of Swartz Creek wishes to rezone the property to allow detached and attached units.

John Tucker, Fenton Township treasurer and planning commissioner, said during the Planning Commission public hearing for the condos that some residents were concerned about trespassing and other issues that come along with development.

One of the biggest issues is water management.

"It's a very challenging site from a storm water drainage standpoint," he said. "The reality is that the water from the subdivisions to the south of this site all congregate onto that nice little lot we got on back taxes. There's a retention/detention pond on that

lot that we own on the south side of Lahring Road ... we've got a number of concerns about it that it's not working well, and that's a true story."

Neighboring residents are worried added development will make the issue worse. Tucker said they could fix this drainage issue during development, and the owners and developers are aware of the issue.

"There is some potential benefit for this moving forward but there's obviously also a challenge," he said.

Fenton Township resident Debbie Schmidt spoke about other drainage issues with water from Lake Fenton High School draining into Indian Creek.

"You were told when we did the new Master Plan, we wanted a quiet bedroom community. We have seen nothing but development since. How many condos are needed in our area?" she said. She asked if the surrounding condos were at capacity, and if the town-

ship knew if there were vacancies.

Tucker said there's no requirement to prove necessity.

"Everybody is entitled to develop their property consistent with the zoning ordinance," he said, adding that a lot of the topics Schmidt brought up would be addressed during the final site plan review.

Ghassan Saab, owner of the property said, "We definitely hear all the concerns of the neighbors. We wouldn't want to make a bad situation worse. Our goal would be to improve everything around us. No point in doing something if you're just going to hurt everyone around you."

He said they will fix anything that needs to be fixed.

"We have been developing those types of units for a long time, since 1985," Nemer said.

The Planning Commission recommended approval. During the Nov. 9, 2017 Planning Commission meeting, Nemer said they would like to build four basic floor plans that range from 1,200 square feet to 1,600 square feet. The 1,200 square feet and the 1,400 square feet units would have two bedrooms and the 1,600 square feet plans would have three bedrooms.

Nemer said most of their residents are age 60 and older.

The second reading for the amendment to the PUD zoning will take place at the next Fenton Township Board of Trustees meeting, Jan. 22, when the board will vote.

“You were told when we did the new Master Plan, we wanted a quiet bedroom community. We have seen nothing but development since.”

Debbie Schmidt
Fenton Township resident



How animals survive winter

■ Instinct tells them to migrate, hibernate or adapt

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

With ice in the lakes and snow on the roads, humans are more inclined to stay indoors during the winter.

What about creatures that don't have four walls and a roof for a home? Read how animals survive the winter.

Adapt

For the animals that do not migrate or hibernate, adapting is their only other option. Snow acts as an insulator against the cold air for many animals that are awake during winter. The ecosystem between the snow and ground can be used by small mammals, reptiles, amphibians and even some birds. They live off the vegetation.

Before winter begins, deer start storing more and more fat around internal organs and under their skin for insulation and as an energy source. Their dense fur helps them stay warm, and certain oils in the skin act as a water repellent so water can't freeze to their fur or skin. Deer also move significantly less during winter, which lowers their metabolic rate and decreases the amount of food they need.

Rabbits are active during winter. They, along with many other animals, grow thicker fur in the winter to keep warm. Mice and deer spend the cold months looking for food and shelter in holes in trees, under rocks and leaves or underground.

Emperor Penguins in Antarctica huddle together to conserve energy and share heat. They keep their eggs balanced on their feet.

Squirrels stick around for the warmer and colder climates and adapt with the changing seasons. Their thick fur coat keeps them warm in the winter, and they hoard nuts during the warmer seasons to preserve for when food is more scarce.

See **ANIMALS** on 16A

Deer start storing more and more fat around internal organs and under their skin for insulation and as an energy source.

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Nuss retiring from Holly Area Schools

■ Superintendent has been with district since 1985

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

“There comes a time for everyone to move on,” said David Nuss, superintendent of Holly Area Schools (HAS) of his upcoming retirement.

After 32 years with the district, with the last five as superintendent, Nuss will work until June 30.

Prior to his current position, Nuss was a teacher at the high school for 11 years, assistant principal for two years, principal for 14 years, and assistant superintendent for one year.

Nuss said he has enjoyed many high-lights throughout his career at HAS.

“Overall, my best experience is wrapped up in all the fantastic students, families and educators I’ve met along the way,” he said. “The Holly community is genuine, caring and giving beyond belief. The people I’ve met on my journey inspired me to learn and grow as a person and educator each year.

“The teachers, administrators and school boards I’ve had the pleasure of working with have been wonderful and couldn’t have been more supportive,” Nuss said. “I’ve been blessed; I truly owe everything to the Holly community and I’ll be forever grateful for their trust and support.”

Participating in the transition to a new high school, which is now 18 years old, and working with staff to bring trimesters to the high school almost 10 years ago also is among the highlights of Nuss’s career.

“Both have made a profound positive impact on our students and community,” he said.

Nuss said he hopes for continued success and growth for the district and for being a leader in educational opportunities for our students. He hopes they continue to provide a safe, nurturing and challenging environment for children to investigate, learn and grow.

“In addition, my prayer is for continued community support for our schools, which will be desperately needed in this time of challenging funding,” he said.

Former Superintendent Kent Barnes, who Nuss took over for five years ago when Barnes retired, said, “After a suc-



TRI-COUNTY TIMES | FILE PHOTO
Holly Area Schools Superintendent David Nuss announced his retirement from the school district. His last day will be June 30.

cessful career as a high school principal and six years in the central office, Mr. Dave Nuss will begin a new chapter in his life on July 1, 2018.

“Announcing his retirement effective June 30, 2018 this past Monday night, he gives the Board of Education ample time to find his successor,” he said. “I wish only the best for Mr. Nuss. While he will continue to do his personal best until his retirement, I know he then will find satisfaction and happiness with his family. Kudos to Mr. Nuss!”

What’s next? Nuss said, “I’m looking forward to traveling and spending more time with my wife, Debbie, a retired teacher from Waterford Schools. I’m blessed to have such a supportive wife, whose support allowed me to be a principal and superintendent.

“As school administrators know all too well, support at home is imperative if you’re going to survive the long days at work and constant calls at home during the night,” he said.

“During the summer, you’ll most likely find me fishing on Lake Michigan with my daughter, Sarah, and two sons, David and Paul. I also look forward to being involved in the Holly community with Blessings in a Backpack, Kiwanis, and volunteering in the schools.”

As far as a replacement superintendent, the school board is reviewing options for a transition plan to the next superintendent.

WHAT YOU MISSED in the MIDWEEK TIMES

Compiled by Vera Hogan

The following are stories you may have missed in the Wednesday, Jan. 10, Midweek Times. To subscribe and receive both the Midweek and Sunday Weekend editions, please call (810) 629-8282.

Proposed orchard with farm animals denied

Fenton Township property owner, Ridgeway White, must make provisions to keep proposed farm animals contained.



Fenton commits to preserve Shiawassee River Trail

From Holly to Chesaning, 18 communities including Fenton join forces to protect waterway.

City handles rash of water main breaks

Extreme cold leads to four pipes bursting in three days in the city of Fenton.

No agreement reached on chickens

Judge could decide if entire Fenton Township ordinance is unconstitutional.



TRI-COUNTY TIMES | SUBMITTED PHOTO

The Fenton Township Board of Trustees unanimously voted in favor of accepting a donation of three large shipping containers for the fire department.

Fire department gets unique training opportunity

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

Fenton Twp. — Fenton Township firefighters will soon have an unusual training facility — large shipping containers.

Fire Chief Ryan Volz told the Board of Trustees at the Monday, Jan. 8 meeting that TIDI Products, LLC in Fenton Township donated three, 40-foot-long shipping containers to the fire department. The board unanimously voted to accept the donation.

The containers are fire rated, meaning fire resistant, and it would be cheap to make them a training facility. Volz wants to push one of the containers up on its end and make it a tower with three floors.

Woody’s Towing offered to move them for free, but the fire department will need to buy some equipment, including concrete and metal steps. The money will come out of the fire budget. Volz estimates it will cost approximately \$30,000 to get everything set up.

CONTINUED AT TCTIMES.COM

HOT LINE CONTINUED

THE DIFFERENCE BETWEEN the Democrats and Republicans nowadays is that the Democrats spend most of their time defending and worrying about illegal immigrants. The Republicans are spending their time defending and worrying about U.S. citizens.

THE RESTORED RED barn on Silver Lake Road looks beautiful with the Christmas lights on it, as well as on the fence and house. Beautiful.

SHAME ON THE Genesee County Road Commission for the horrendous job on the roads this entire season. Don’t tell me it’s too cold.

THREE CHEERS FOR Debbie Stabenow for voting in favor of lowering our taxes. My wife and I are so glad that she wanted to help us Michiganders. Oh wait, she voted against it. Dang.

THIRTY-TWO MILLION adult Americans can’t read. How in the heck do they access their welfare checks?

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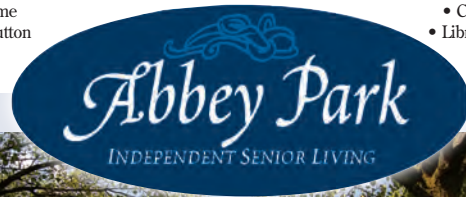
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We would also like to thank all the individuals and families that provided so generously to help meet the needs of our community with your time and donations. Without your help... we would not have been able to provide a wonderful Christmas to so many families!

JESUS, I trust in YOU!

Records set for coldest temperatures in last 30 days

By Hannah Ball

hball@tctimes.com; 810-433-6792

If the weather seemed unusually cold over the last week of December 2017 and the first week of January, that's because a few records were broken for coldest days.

J.R. Kirttek, chief meteorologist for ABC-TV12, said, "We have broken many records since Christmas. We have set record low temperatures on six different days, including Dec. 28 when the temp dipped to minus 18. That was not only a record for the 28th, but also set a record low for the month of December."

January is the coldest month of the year on average. So far this year, the weather in Fenton and surrounding areas was the coldest from Dec. 25, 2017 to Jan. 6.

"We also set the record for the lowest average daily temperature six times," Kirttek said. "Flint had a high temperature of below 20-degrees for 12 days in a row. That tied the longest stretch set back in 1979."

SUMMARY

■ The weather from the end of December 2017 to the beginning of January set records for coldest temperatures.

This stretch, which Fenton also experienced, occurred this year from Dec. 26, 2017 to Jan. 6.

Kirttek said this is the second year La Niña is affecting the winter. La Niña is the periodic cooling of the equatorial eastern and central

Pacific Ocean, according to weather.com. La Niña is projected to have a weak effect this year, which entails sea surface temperatures that are cooler than usual near the equator.

In Michigan, La Niña will likely cause near or slightly below average temperatures during the month of January.

"More big swings in temperatures will likely continue for the rest of the winter. We also may see winter linger a little bit longer this year," he said.

Some scientists claim that climate change is a factor in the record-breaking cold temperatures. Kirttek said climate change is too much a political football, and involves so much money that very little good science is coming from the research.

"Having said that, there are proponents of the Anthropogenic Global Warming movement who have positioned themselves in such a way so that they can blame any 'unusual' weather event (too hot, too cold, too wet, too dry, too many storms, not many storms) on human activity. Personally, I have not seen any recent storm that is any worse than any other storm from the past when 'climate change' wasn't an issue," he said.

“More big swings in temperatures will likely continue for the rest of the winter. We also may see winter linger a little bit longer this year.”

J.R. Kirttek

ABC-TV12 chief meteorologist

HOT LINE CONTINUED

■ **MY NEW YEAR'S** resolution this year is to start farming. I thought I'd start farming potholes. If people would like to purchase some potholes from me when they get bigger and ready, give me a call.

■ **I'M SO HAPPY** I'm getting a tax break this year. And if it only lasts for five years, well that's five years I wouldn't have gotten a tax break under Obama.

■ **I'LL TELL YOU** one thing Obama never did. He never cheated on two wives, divorcing two. He never went bankrupt three times and he didn't start out with a bucket load of money like Donald Trump did.

■ **THANK YOU TCT** editor for the editor's note on the Hot line about Secret Service protection and the fact that Jimmy Carter is still alive. Nothing better than when a 'man-splainer' gets a reality check.

■ **I HAVE TO** say I am disappointed. Driving past Lake Fenton High School's digital message board it reads, 'no school January 15.' The next message reads 'Thank you school board.' Really? What about why there isn't any school? MLK?

■ **THIS SUMMER LINDEN** is supposed to repave Bridge Street from the bridge south to the county line. I hope they widen it with a left turn lane. This will enable us to handle future traffic, unlike Fenton is now.

■ **TO THE GENIUS** that called in the Hot line to set the record straight about former presidents and their Secret Service detail. Nancy Reagan's dead; she's not getting Secret Service anymore and Jimmy Carter is alive.

■ **THE TAX CUTS** for individuals could've been made permanent if only nine Democrat senators had crossed over and voted for the tax bill, then reconciliation would've had to been used.

■ **SOME RODENTS ARE** pretty robust creatures. They live through famine and drought and all kinds of hardships. I think maybe the Washington swamp creatures are the same way.

■ **MORNING JOE SHOW** which airs on MSNBC should be renamed The Mourning Joe show. It is obvious he and Mika are still mourning the presidential election results of 2016. Take a bromo Joe and find a different topic. Election is over, you get to vote again in 2020. Until then, quit whining.

News briefs

FIRST PRESBYTERIAN CHURCH OF FENTON HOSTS HUMAN TRAFFICKING FORUM

The community is invited to an educational forum on Sunday, Jan. 21, from 5 to 7 p.m., at First Presbyterian Church of Fenton to learn more about human trafficking. Topics will include what to look for and how to prevent and fight it. Speakers will be Amy Rouleau, executive director of Restoration Place, Steve Kramer, Michigan State Police trooper and Polly Sheppard, chairperson of the Genesee County Human Trafficking Task Force. First Presbyterian Church is at 503 S. LeRoy St., Fenton. Registration is not required.

Calm sixth-grader helps injured mom

■ Son guides his mother out of the woods after she breaks an ankle

By Sally Rummel

news@tctimes.com; 810-629-8282

Daniel Martens, 11, really didn't want to go bow hunting with his mom at Seven Lakes State Park in Holly, but it was her birthday on Dec. 22 so reluctantly, he went.

It was an unsuccessful hunt for Cheryl Cowdrey, 42, who had taken up hunting just four years ago and was hoping to get her last tag for the season. As she exited her tree stand and gathered her gear, she stepped over a log like she had done hundreds of times before. But this time, her right foot got wedged between the log and a rock and stayed put while her body kept moving.

Cowdrey is a labor and delivery nurse at Hurley Medical Center in Flint, and immediately recognized the sound of the snap of a broken bone. "I felt my ankle pop," she said. "I told Daniel to call Papa (her father) for help."

Daniel was super calm on the outside, but inside, he admits he was scared to death. "I had to carry everything, and help Mom crawl out of the woods," he said.

He even started the car with the keys his mom gave him, and kept telling her, "Keep going, Mom, you're doing good." Soon, his grandfather and aunt were on the scene to help and they immediately took Cowdrey to the Hurley Emergency Room. She spent the night at the hospital and had surgery the next day.



TRI-COUNTY TIMES | TIM JAGIELO

Cheryl Cowdrey of Fenton broke her ankle while hunting in the woods. Her son, Daniel Martens, 11, was there to call for help, get the car started and move hunting gear back to the vehicle.

"It's the first bone I've ever broken in my life," said Cowdrey, who now sports a cast and will likely be off work for about three months. But she was very proud of her son, who remained calm in the face of a scary, unexpected situation. "I told him, I could see him being a nurse, like me. Not everyone can stay calm like he did," she said.

Now that she's off her foot for a long stretch, Daniel and his sister, Carolyn, 13, have been taking care of their single mom at home.

Looking back on that day, Daniel recalls it was his last day before winter break, it was his mom's birthday and it was also the day Daniel and classmates earned a limousine ride from school to The Fenton House for their fundraising efforts. Likely Dec. 22, 2017 will be a day Daniel will never forget.

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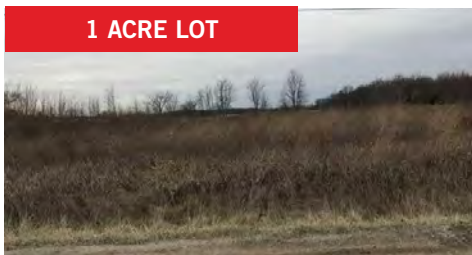
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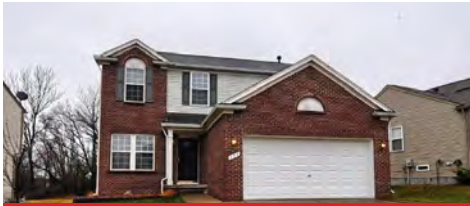
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FLU

Continued from Front Page

nothing like the 1918 influenza pandemic. This year marks the 100th anniversary of the most devastating infectious disease event in recorded history.

WHAT HAPPENED DURING THE 1918 FLU PANDEMIC?

The 1918 flu pandemic infected an estimated 500 million people worldwide, about one-third of the planet's population at the time, and killed an estimated 20 to 50 million victims, more than all the wars in the century combined, according to History.com.

Other death estimates run as high as 100 million — exact numbers are impossible to know due to a lack of global medical records.

Lillian Kateman, 86, of Fenton lost her aunt — her father's sister — in Austria, during this flu pandemic.

More than 25 percent of the U.S. population became ill, and some 675,000 Americans died during the pandemic from 1918 to 1919.

"My great-grandmother died in Tennessee as a result of that epidemic," said Pamela Newhart of Swartz Creek, who worked in Linden for 10 years.

Marilyn McGee of Holly said, "My grandmother and family, from Canada, were visiting the Los Angeles area and one of their nine children died. She was 11 years old and her name was Ellen Barnes."

Another area resident, Kim Weber, said her grandfather lost several of his sisters. "They almost lost him," she said. "He was the only son, with 10 girls."

The first wave of the pandemic happened in the spring of 1918 and was relatively mild. The sick experienced typical flu symptoms like chills, fever and fatigue and usually recovered after several days.

However, a second, highly contagious wave of influenza appeared with a vengeance in the fall. Victims died within hours or days of flu symptoms emerging. Their skin turned blue and their lungs filled with fluid that caused them to suffocate, according to History.com. In just that one year, 1918, the average life expectancy in America plummeted by 12 years.

"It was the first time in history you could wake up healthy in the morning



NEWENGLANDHISTORICALSOCIETY.COM

As this 1918 photograph depicts, you could be perfectly healthy in the morning, and be facing death in the evening from the worst flu pandemic in history.

and not know if your name would be on the death list that evening," one man was quoted saying in a Public Broadcasting Service (PBS) special about the pandemic. Surprisingly, many flu victims were young, otherwise healthy adults.

WHY WAS THE FLU SO DEADLY?

Researchers later discovered in 2008 what made the 1918 pandemic so deadly: a group of three genes enabled the virus to weaken a victim's bronchial tubes and lungs and cleared the way for bacterial pneumonia.

The 1918 flu was first observed in Europe, the U.S. and parts of Asia before swiftly spreading around the world. A flu pandemic like this one occurs when an especially virulent new influenza strain for which there's little or no immunity appears and spreads quickly from person to person around the globe.

At the time, there were no effective drugs or vaccines to treat this killer flu strain or prevent its spread.

In the U.S., people were ordered to wear masks, and schools, theaters and other public places were closed.

Complicating matters was that World War I had left parts of the U.S. with a physician/health worker shortage, and many of the available medical personnel came down with the flu themselves. Hospitals in some areas were so overloaded with flu patients that schools, private homes and other buildings were converted into makeshift hospitals, some staffed by medical students.

THE FLU TOOK A HEAVY TOLL ON FAMILIES AND BUSINESSES

The flu took a heavy human toll, wiping out entire families and leaving countless widows and orphans in its wake. Funeral parlors were overwhelmed and bodies piled up. Some people had to dig graves for their own family members.

The pandemic also was harmful to the economy. In the U.S., many businesses had to close down because so many employees were sick. Basic services like mail delivery and garbage collection were hindered.

The flu pandemic came to an end by the summer of 1919. Those who were infected at that time either died or developed immunity.

“My great-grandmother died in Tennessee as a result of that epidemic.”

Pamela Newhart
Swartz Creek resident

SUMMARY

■ Michigan appears to be in peak flu season right now, but it's nothing like the 1918 flu pandemic that killed an estimated 20 to 50 million, maybe more, across the globe.



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HAVE THERE BEEN ANY PANDEMICS SINCE THEN?

Yes, although none as deadly. A flu pandemic from 1957 to 1958 killed two million people worldwide, including 70,000 Americans. A pandemic from 1968 to 1969 killed about one million people, including some 34,000 in the U.S. More than 12,000 Americans perished during the H1N1 "swine flu" pandemic in 2009-2010.

FLU FACTS

• Influenza, or flu, is a virus that attacks the respiratory system.

• The flu virus is highly contagious; When an infected person coughs, sneezes or talks, respiratory droplets are generated and transmitted into the air and can then be inhaled by anyone nearby. Additionally, a person who touches something with the virus on it and then touches his or her mouth, eyes or nose can become infected.

WHAT'S THE BEST WAY TO PREVENT THE FLU?

The number one way to avoid catching it is to get a flu shot. You may also want to see a doctor about flu drugs or antiviral meds if there are people in your house at high risk of flu complications. This includes children younger than 24 months, adults over age 65, or people with chronic diseases or severe asthma. These medications really work to prevent flu complications, but you have to take them soon after exposure to the virus.

Source: WebMD.com



YOUR SMILE MATTERS!

By: Dr. Steven Sulfaro

FOUR ALWAYS FOODS & FOUR TO AVOID

Dr. Michael Greger, a leading promoter of nutritional health states, "Most deaths in the United States are preventable, and they are related to what we eat. Our diet is the #1 cause of premature death and the #1 cause of disability." Dr. Joel Fuhrman states that "death in America is a food born disease". The Standard American Diet is meat based with an over abundance of sugar and salt and is highly processed. Most Americans are lacking in the recommended daily allowance of nutrients and fiber because most of their dietary habits are lacking in fruits, vegetables and whole grains. As a result, the numbers for heart disease, stroke, cancer and diabetes are increasing every year in this country. For the most part early death and disability in our country is self inflicted. The healthier you eat, the healthier you are going to be.

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FOUR FOODS TO AVOID

• SUGAR SWEETENED BEVERAGES: One can of pop can contain 10 teaspoons of sugar. • SALTY SNACKS: Almost all chips and crackers deliver high doses of salt, preservatives, and highly processed grains. • PROCESSED MEATS: Sausages, salami, bacon, lunch meat consumption leads to higher rates of cancers and heart disease. • PACKAGED SWEETS: Cookies, candy bars, muffins, granola bars, and even energy bars are loaded with sugar.

Our health is one of God's greatest gifts; something to be cherished and nurtured. Proper eating and nutrition is key. Like most other things in life, if we ignore and abuse our health, we will lose it. Once lost, our health is very difficult, if not impossible to regain.

I welcome your questions and comments.
Feel free to e-mail me drsulfaro@comcast.net



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LOOKING BACK

at this week in

NATIONAL HISTORY

COMPILED BY VERA HOGAN

JAN. 14

1970: They were the most successful American pop group of the 1960s — a group whose 12 number one hits in the first full decade of the rock and roll era places them behind only Elvis and the Beatles in terms of chart dominance. They helped define the very sound of the '60s, but like fellow icons the Beatles and Simon and Garfunkel, they came apart in the first year of the '70s. The curtain closed for good on Diana Ross and the Supremes on Jan. 14, 1970, at the Frontier Hotel in Las Vegas, Nevada.

JAN. 15

1967: At the Los Angeles Coliseum,

the Green Bay Packers beat the Kansas City Chiefs in the first-ever world championship game of American football. In the mid-1960s, the intense competition for players and fans between the National Football League (NFL) and the upstart American Football League (AFL) led to talks of a possible merger. It was decided that the winners of each league's championship would meet each year in a single game to determine the "world champion of football."

JAN. 16

1997: Comedian and TV star Bill Cosby's 27-year-old son Ennis Cosby is murdered after he stops to fix a flat tire along California's Interstate 405 in Los Angeles. At approximately 1 a.m. on Jan. 16, 1997, Ennis Cosby, a graduate student in special education at Columbia University Teachers College, who was on vacation in Los Angeles, was driving a Mercedes-Benz convertible on Interstate 405 when he pulled off to Skirball Center Drive to change a flat tire. A Ukrainian-born teenager, Mikhail Markhasev, and two friends were at a nearby park-and-ride lot using the phone. Markhasev, reportedly

high on drugs, approached Cosby to rob him, but when Cosby took too long to hand over money he was shot and killed.

JAN. 17

1950: Eleven men steal more than \$2 million from the Brinks Armored Car depot in Boston, Massachusetts. It was the perfect crime — almost — as the culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

JAN. 18

1975: Barry Manilow scores his first number one single with "Mandy." He would go on to sell more than 75 million records over the course of his career. At the height of Barry Manilow's popularity, none other than Frank Sinatra himself said of Manilow, "He's next." Yet even in his heyday, the more youthful arbiters of "cool" were not kind to him. They called Manilow's music bombastic and schmaltzy, even as Americans devoured his every release. But critics may have missed the point. Barry Manilow never fancied himself hip or cool — far from it. "I just do what feels good."

JAN. 19

1993: The band Fleetwood Mac reunites to perform at the recently elected U.S. President Bill Clinton's first inaugural gala. Fleetwood Mac had faced much intra-band squabbling since their 1970s heyday, when they released one of the biggest albums of all time — Rumours — and a string of decade-defining hits like "Landslide," "Rhiannon," "Say You Love Me" and "Go Your Own Way." And then, of course, there was "Don't Stop" (as in "thinking about tomorrow"), which was candidate Bill Clinton's unofficial theme song during the 1992 presidential campaign.

JAN. 20

1969: A spate of heavy rain begins in Southern California that results in a tragic series of landslides and floods that kills nearly 100 people. This was the worst weather-related disaster in California in the 20th century. Although January typically features relatively high precipitation in Southern California, the first month of 1969 saw an extraordinary amount of rain throughout the region.

Source: History.com

RESTRAIN STUDENTS

Continued from Front Page

House Bill 5126 amended the 1976 Public Act 451, called the revised school code. While it is still illegal for school personnel to restrain a student, it is lawful for police officers to intervene and restrain a student.

Gov. Rick Snyder signed the bill into law on Dec. 28, 2017.

When asked about the bill, superintendents Adam Hartley of Fenton Area Public Schools, David Nuss of Holly Area Schools, Julie Williams of Lake Fenton Community Schools, and Russ Ciesielski of Linden Community Schools released a joint statement.

SUMMARY

■ Michigan law enforcement are now allowed to physically restrain students in more than just an emergency situation.

"Physical restraint of a student is a last resort, emergency safety intervention. Both police officers and school personnel are trained to know the proper restraint techniques in order to keep students as safe as possible. It's also important to note physical restraint of a student is a rare event and occurs only when all other methods to de-escalate a situation fail," according to the statement.

The law change only affects Michigan-certified law enforcement. Linden and Holly schools have a liaison officer, or school resource officer, that visits the different schools to assist when necessary. Hartley said Fenton schools work closely with the Fenton Police Department and have a great relationship.

According to the statement, both the officer and school personnel evaluate the situation and determine if physical restraint is necessary. All districts have unique situations and have students with different needs.

"Restraining students is never a first option unless the student is in a potential situation to harm themselves or others. School personnel are quite effective at calming or de-escalating situations by 'talking a student down' depending on the situation."

Law enforcement and school personnel have been trained to use proper protocol without causing harm, according to the statement, and having a no-restraint policy runs the risk of causing injury to the individual or innocent bystanders.



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Parents — Don't trust YouTube

By Hannah Ball

hball@tctimes.com; 810-433-6792

Parents, don't trust YouTube. It's not a kid-friendly site anymore.

YouTube recently made national headlines when a famous YouTuber, Logan Paul, posted a video of himself and his friends exploring a forest in Japan that's a popular place for people to commit suicide.

The video begins with Paul bragging to viewers that this video is making YouTube history. Then the 22-year-old and his friends are walking in the forest, and they find a dead body.

I wish I could say it was blurred, or they showed everything but the body, which was literally hanging from a tree. But I can't. The man probably was only hanging there for less than a day.

They didn't stop filming. Instead, they showed close-ups of the man and made jokes, as if that person were a prop and not someone somebody else loved and is devastated to lose.

I hope I don't have to explain why this is abhorrent. This isn't an ac-



Hannah Ball

tion movie or the 6 o'clock news. With those mediums, viewers understand they're going to see death and harsh realities. But Paul is known for making kid-friendly videos, and the majority of his fan base are kids. They're attracted to his pranks, but this time they literally saw a dead

body of someone who committed suicide. His channel has 15 million subscribers. Before Paul took it down, that video had over six million views.

While he's the main culprit in this situation, YouTube handled it terribly. The video was on the site's trending page, so viewers were encouraged to watch it. YouTube never took it down, and the statement they released came days later comprising of five tweets. YouTube said they were upset by the video, suicide should not be a driving force for views, the video violated their guidelines, they acted accordingly and they are looking at further consequences.

YouTube admits it violated their guidelines, but instead of taking it down, they promoted it because it made them money.

Parents should be shocked. If your kids are on YouTube or Twitter, they've probably seen the video. Paul took the original one down, after a lot of backlash, but others have uploaded it on other channels. You can find it if you Google it, but I warn you that it's deeply disturbing. I only watched a few minutes and stopped when they started laughing at the body.

Most of the conversation surrounding the topic on the video was surprisingly progressive. Paul and his friends repeatedly stated that suicide was not the answer and encouraged viewers to get help if they were struggling. In his apology video, Paul told his viewers not to defend him because what he did was absolutely wrong.

I am appalled that YouTube didn't take the video down the second it was put up. Parents, YouTube encouraged your kids to watch a video with an actual dead body from a suicide hanging from a tree. I hope you share my concern.

Opinions offered in this column are the author's alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email Hannah at hball@tctimes.com.

View stories at
tctimes.com



ANIMALS

Continued from Page 6A

Specific spiders and insects may live through the winter and find frost-free areas on trees to live and find food.

Migrate

Approximately 1,800 of the world's 10,000 bird species migrate south when the temperatures drop. Some mammals, like a few bat species, caribou, elk and whales travel in search of food each winter. Many fish, like salmon, migrate by going as far south as they can. Certain species of insects also fly farther south to evade the cold.

Many species of mammals, reptiles, and amphibians migrate south. These animals instinctively know to migrate because of the temperature, the availability of food, or for mating reasons.

Other migrating animals include the wildebeest, gazelles, zebra, dolphins, porpoises, and crustaceans.

Hibernate

Bears are known to stock up on food and sleep through the winter, which is called hibernating. Their heartbeat and breathing slow down, and they use excess fat for energy. They aren't the only animal who does this. Freshwater turtles also hibernate. They live in

SUMMARY

■ The winter can be treacherous for animals that can't survive in the colder temperatures. Those animals migrate south during the winter.

the water and stay below the ice for weeks, not taking a breath. When the ice cracks and light shines through, turtles know it's time to come up for air.

Alligators can live in water as cold as 40 degrees. In extreme cold, they drop to the bottom of the body of water and enter into a state similar to hibernation, called brumation. Metabolisms slow down and they become more lethargic. These alligators will break a hole in the ice at the top of the body of water and poke their nose out for air once a day.

Fish swim down to the bottom of streams and lakes where it's warmer during the winter. Their bodies slow down and they go into a "resting" state.

Other animals that hibernate include skunks, chipmunks and some bats.

Source: sciencenews.com, sciencemadesimple.com, wtop.com, oceanservice.noaa.gov

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OPIOIDS

Continued from Front Page

Lt. Gov. Brian Calley signed into law a package of bills on Dec. 27, 2017 aimed at reducing the opioid addiction epidemic. The seven-day law does not apply to chronic pain. Other new laws pertain to doctors providing information on opioids before prescribing them and increasing education about opioid addiction in schools (see sidebar).

Dr. William Beecroft, medical director of Behavioral Health at Blue Care Network of Michigan, said physicians prescribe opioids "fairly liberally."

Beecroft said there was movement approximately 10 to 15 years ago when physicians were told that it was wrong to not treat pain until it was gone.

"If you didn't treat pain to completion then you were viewed as not a good doctor. Physicians were told to complete pain to zero, but you can't get the pain level down to zero without being over sedated. That's where opioids came in," he said.

Now, Beecroft said there are too many opioids in the environment. Someone with a sprained ankle can go to the emergency room and get 90 pills of an opioid, but only take five to seven. Then those pills are still in the house and other people can take them.

"There's a place for opioids in pain management but it's not the first line of pain management, it's not the second or third. We've got so many other interventions. But it does have a place, there are people who need them," he said.

Beecroft said one new law is that physicians must consult the Michigan Automated Prescription System (MAPS), a database of information collected from Michigan pharmacies and neighboring states, before prescribing an opioid to a patient. The database will tell physicians an individual's prescription history and if they "shop around" for opioids.

Another new requirement is that physicians have to have a bona-fide relationship with a patient before prescribing an opioid.

"Physicians should be working with you to try to reduce them (opioids). Once you get the narcotic, you don't stop doing the water aerobics, the physical therapy, you still keep trying to treat that underlying problem," he said. "It may promote better coordination of care and better outcomes for the individual."

Beecroft has developed a treatment plan for drug addiction — by using more drugs. Certain drugs can help someone deal with withdrawal symptoms and by reducing the amount of pleasure that comes with using opioids.

Methadone is one of these drugs, Beecroft said. It's a long-acting narcotic that blocks the mu receptor, the primary receptor that opioids use.

"If you reuse heroin or other narcotic, the receptor is already occupied so that opioid won't give you any more effect," he said. "It keeps that euphoria effect of any other abusable narcotic minimal."

Methadone gives users a short increase in euphoria, but not anything near the effect of heroin.

Suboxone is a similar drug that decreases that amount of euphoria someone would get from heroin, or fentanyl, or other opioids. Vivitrol is a long-acting narcotic antagonist similar to Narcan. It's an injectable medication taken once a month.

With Vivitrol, "You really can't use narcotics because you'll go into withdrawal if you do," he said. Withdrawal symptoms include nausea, digestive discomfort, diarrhea, vomiting, nasal congestion, the chills, and more.

"You're taking advantage of different mechanisms of medications to be able to assist the person not only dealing with withdrawal from an opioid, but also not having the cravings and the pleasurable use of an opioid if they were to use," he said. "It's not so much to trick the body, but to help the body re-establish a homeostasis, a balance."

NEW PACKAGE OF OPIOID LAWS

House Bill 4408 requires prescribers to provide information about the dangers of opioids prior to prescribing.

Senate Bill 270 requires that prescribers have a bona-fide physician-patient relationship before prescribing controlled substances, and specifies penalties for not meeting requirements.

Senate Bill 273 requires that health professionals provide information on substance use treatment services to patients who have experienced an overdose.

Senate Bills 166 and 167 require physicians to check a patient's prescription history in the Michigan Automated Prescription System before prescribing opioids, and creates disciplinary action for those who don't.

Senate Bill 47 clarifies requirements for when the Michigan Automated Prescription System, must be consulted prior to prescribing an opioid.

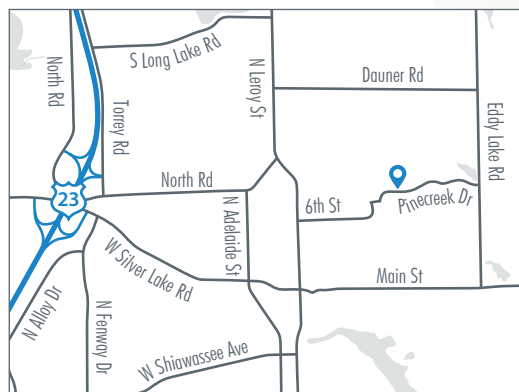


House Bill 4403 codifies treatment options for Medicaid beneficiaries suffering from opioid addiction, including medically necessary treatment services, inpatient care and clinical stabilization services.

House Bill 4406 requires the Prescription Drug and Opioid Abuse Commission to develop recommendations for the Michigan Department of Education on how to instruct students on the dangers of prescription drug abuse and addiction.

House Bill 4407 requires schools to include education on opioids and the potential for addiction in health education curriculum.

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1968

Continued from Front Page

And it seems like only yesterday that "60 Minutes" aired for the first time on Sunday nights on CBS. And it doesn't seem possible that ATMs (automatic teller machines) were installed 50 years ago.

These are just a few of the many stories that will be featured in a new series called "A look back at 1968."

The series will be published throughout this year in the Wednesday Midweek edition exclusively. To subscribe to the Midweek edition, please call (810) 629-8282.

Pinfalls lead Eagles to two Metro League dual wins

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Swartz Creek — If Wednesday night was any indication, the Linden varsity wrestling team is going to be a major player in the conference race this winter.

The Linden Eagles pinned their way to two Metro League victories at Swartz Creek High School. The Eagles recorded pinfall victories in five matches en route to a 42-34 victory against Owosso and also recorded nine pinfall victories against Swartz Creek in a 66-18 victory.

The pinfall data is even more impressive when you look a little deeper into the action. Against Owosso, every match that a Linden wrestler won that wasn't by forfeit was by pinfall — a perfect five-for-five. Against the Dragons, the statistics were even more impressive — all nine wins the Eagles had on the mat were by pinfall with all but two coming in the first period. That means when a Linden wrestler faced an opponent on the mat and won his match on Wednesday night, all 14 of them facing that scenario won by

pinfall.

"Oh yeah, it went great," said Linden senior Justin Cygnar, who had two pinfall wins himself. "We went out there and showed up. It was a good time."

"I felt we left a message today, especially against Swartz Creek," fellow senior Avery Jacobs said.

CONTINUED AT TCTIMES.COM

Linden's Colton Powell works on pinning an opponent during the Eagles' sweep against Swartz Creek and Owosso on Wednesday.

SATURDAY, JANUARY 13, 2018

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TRI-COUNTY TIMES | MARK BOLEN

Katelyn Siebert battles to keep the ball in the Blue Devils' 57-36 win against Saginaw Arts and Sciences Academy on Wednesday.

Blue Devils' defense leads to easy victory

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Lake Fenton — Lake Fenton varsity girls basketball coach Brian VanBuren knows some pressure can go a long way.

On Tuesday it did.

The Blue Devils used its pressure defense to spark a 57-36 non-league victory against Saginaw Arts and Sciences Academy at Lake Fenton High School.

STORY CONTINUED AT TCTIMES.COM

Hot start allows Eagles to soar vs. Bronchos

By Dale M. Smith

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Holly — The Linden Eagles boys' basketball has had some fast starts this 2017-2018 season. They came out on fire just before the holiday break with a huge first quarter at home while putting away Brandon 70-21. Thursday night at the Horseshoe, the Eagles started strong again and rolled to a relatively easy win over the Bronchos, 62-47.

With a smaller than expected crowd, probably due to moving this game up one day because of anticipated bad weather on Friday, the Eagles used spirited efforts from seniors Nicklas Koan and Noah Giacomantonio and super frosh Blake Lund to put Holly in a big hole early. Koan had two 3-pointers in the first 2:53 of the game as Linden blew out to an early 8-3 margin. Aided by a bevy Holly turnovers the Eagles led 12-6 to end the first quarter then

really upped the ante early in the second as they outscored the home team 25-8 to give Linden a 37-14 lead at the break.

A key early in the second quarter was a steal and bucket by Lund that was quickly followed by another Koan three at the 5:41 mark. Linden led then 22-6 and increased its lead to 28-8 halfway through the quarter.

Though down 23 points entering the third quarter, Holly did not quit. A quick basket from senior Andrew Spak was followed by a Noah Baylis three to help the Bronchos get on a bit of a roll. But, Linden senior Garrett Strang dropped a nifty four points to help stem any Holly momentum.

CONTINUED AT TCTIMES.COM

TRI-COUNTY TIMES | MARK BOLEN
Linden's Corbin Sines attacks the basket against Holly's Noah Baylis in the Eagles' 62-47 victory against Holly.



Holly Bronchos open Metro season with clean sweep

By David Troppens

dtroppens@tctimes.com; 810-433-6789

It's a great day when a wrestler wins his 100th match of his career. The Holly

Bronchos had three of them do that Wednesday at the team's first Metro League dual of the season.

Holly (2-0 in the Metro, 13-3 overall) defeated Kearsley 54-13 and Flushing 40-25, beginning its quest of a Metro League championship

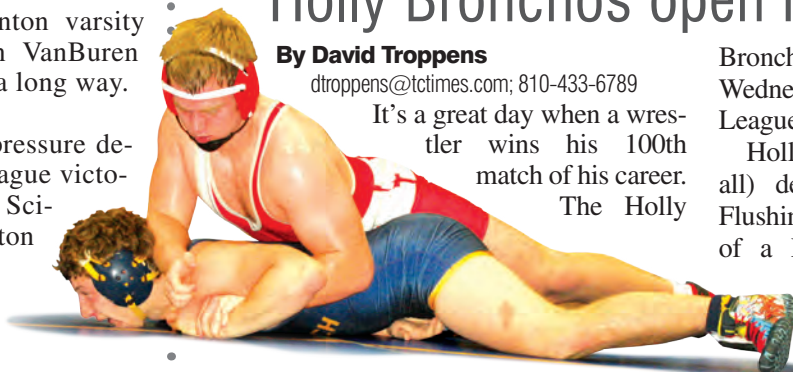
with a strong start.

Carsen Cuthbert (152), Collin Dallwitz (215) and Cade Dallwitz (189) each earned their 100th varsity victories of their prep careers during the event.

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TRI-COUNTY TIMES | MARK BOLEN

Holly's Collin Dallwitz (top) won his 100th match of his career in the Bronchos' double sweep of Kearsley and Flushing.



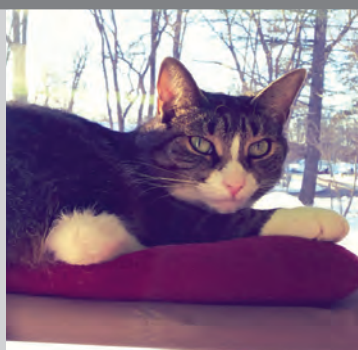
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Demi

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Fenton wrestling starts Metro perfect

By David Troppens

dtroppens@tctimes.com; 810-433-6789

It's been over a decade the last time the Fenton varsity wrestling team was considered a true contender for the Metro League title.

This season the Tigers are one of those teams looked upon as a contender, and they showed why on Wednesday night.

The Tigers opened the Metro dual season with two victories, beating Brandon 49-30 and beating Clio 58-19.

The Tigers (2-0 in the Metro and 8-3 overall) trailed 30-12 against Brandon entering the final seven bouts of the Brandon match, but the Tigers cruised from that point, winning each of the final seven matches. Brady Triola (135) started the run with a pinfall win, while Jayden Rittenbury (140), Mario Ramirez (145), Tommy Adams (152), Luke Zywicki (160), Will Galvin (171) and Tristan Foster (189) followed with victories.

Luke Thornton (112), Triola, Rittenbury, Adams, Galvin, Foster and Devin Fuller (285) all went 2-0 at the dual. Landon Lapa (119), Ella Trunblom (103), Garrett Langford (130), Ramirez and Lukas Zywicki (160) each won a match.

CONTINUED AT TCTIMES.COM



TRI-COUNTY TIMES | DAVID TROPPENS

Tristan Foster (right) won two matches on Wednesday in the Tigers' dual wins against Brandon and Clio.

Fenton competitive cheer takes second at jamboree

By David Troppens

dtroppens@tctimes.com; 810-433-6789

Fifth place — that's what the Fenton varsity competitive cheer team finished at the last Metro League Meet a year ago.

If the first Metro jamboree is any indication, the Tigers can expect a little better showing in the Metro this winter. Contending for a Metro League

championship looks like a very distinct possibility.

The Tigers hosted the first Metro jamboree and finished in second place at the event. Swartz Creek edged out the Tigers for first 707.70-705.36. Defending league champions Kearsley (702.18) took third, while Linden (675.46) and Holly (638.34) took fifth and eighth places, respectively.

CONTINUED AT TCTIMES.COM

Lady Bronchos defeat Eagles, 45-27

By David Troppens

dtroppens@tctimes.com; 810-433-6789

The new year has been good to the Holly varsity girls basketball team.

The Bronchos won their third straight Metro League game since the turn of the year, defeating the Linden Eagles 45-27 on Thursday at Holly High School.

The Bronchos gradually increased their lead as the first half went on. A 14-8 first-quarter lead grew to 24-12 at halftime. Linden played even with Holly (5-2 in the Metro) in the second half, but that wasn't enough to cut into the deficit.

Holly's Rebecca Fugate had another strong game, collecting 20 points 12 rebounds, two steals and two blocked shots. Taylor Vines chipped in nine points.

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TRI-COUNTY TIMES | MARK BOLEN

Holly's Sami Hild (left) defends Linden's Samantha Whaling during Holly's 45-27 victory.

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Bronchos' defense leads squad by Holly

The Holly varsity girls basketball team usually isn't going to blow away its opponents with a high-octane offense.

In fact, the Bronchos have scored more than 44 points just once in their last five games. But that's fine with Holly.

LF wrestlers split vs. Corunna, Durand

The Lake Fenton varsity wrestling team had a split decision in its Genesee Area Conference double dual on Wednesday against

Corunna and Durand.

The Blue Devils easily defeated Corunna 54-24, but were edged against Durand 42-38.

Fenton boys fall to Owosso Trojans, 54-47

The new year has been unkind to the Fenton varsity boys basketball team.

in as many tries since 2018 began, losing to the Owosso Trojans 54-47 at Fenton High School on Tuesday.

Fenton girls' defense sparks 52-38 victory

For a quarter it looked like Owosso was poised to give the Fenton varsity girls basketball team a tough battle on Tuesday.

The Trojans trailed the Fenton Tigers just 14-13 after one quarter. No problem, the Tigers just relied on their defense.

Holly win third straight, defeat Mustangs

Holly's varsity boys basketball coach Lance Baylis thought his team was ripe to start a little run.

It looks like he may have been right. The Bronchos (3-3, 4-3) collected their third straight victory, earning a 47-42 Metro League win at Clio on Tuesday.

Linden boys defeat Kearsley Hornets

It wasn't the greatest of starts for the Linden varsity boys basketball team at home against Kearsley on Tuesday night.

After scoring only 48 points in its most recent contest — a 54-48 loss to Flushing — the Eagles' offense started cold against the Hornets, scoring just nine first-quarter points.



ATHLETES OF THE WEEK

January 14, 2018



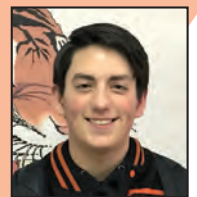
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Boys Basketball

FENTON



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PREP REPORT

GIRLS SKI

► **Holly/Oxford 35, Fenton/Linden 43:** The Holly/Oxford squad defeated Fenton/Linden in the slalom 15-26 and were able to hold on in the giant slalom to earn the overall win. Jenna Stepek won the slalom for the Holly/Oxford team while Mackenzie Nichols won the giant slalom event.

Lilah Dagenais led the Fenton/Linden team in the giant slalom, earning second place in 48.51 seconds. Emma Hiscock took fourth (48.80) while Rachel Smith took fifth (49.97). Annie Koester took sixth (50.22). In the slalom Dagenais took second (1:09.08) while Madeline Hiscock took fifth (1:15.57). Rachel Smith placed sixth (1:16.42).

BOYS SKI

► **Holly/Oxford 21, Fenton/Linden 53:** The Holly/Oxford boys were paced by Max Ford who won the slalom and the giant slalom. Braden Lapa took fifth (45.33) in the giant slalom for Fenton/Linden while Parker Bundy took sixth (45.56).

In the giant slalom Lapa took fourth for Fenton/Linden (59.40) while Parker Bundy was sixth (1:02.23).

BOYS SWIMMING

► **Holly 93, Avondale 67:** The Bronchos captured the victory at home. Logan Molzahn won the 200 and 100 backstroke while Bryce Nichols took first in the 100 butterfly. Tanner Graverette placed second in the 50 freestyle.

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