How prescription drugs are creating a lethal drug epidemic

The first in a three-part series about the growing, and deadly, drug abuse crisis raging across America

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

It is no secret that there is an opioid epidemic in this country. Even the President of the United States acknowledges this fact.

According to a report in the Washington Post, how people came to use heroin has also greatly changed. In the 1960s, more than 80 percent said they started using heroin to help them stop using another drug.

The above photo compares a lethal dose of heroin, on the left, to a lethal dose of fentanyl, on the right. (Right) The use of opioids can lead to heroin abuse and, in many cases, a deadly fentanyl addiction.

See DRUGS on 19A

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Auto insurance — costs going up again

Blame backup cameras, sensors, airbags and other high-tech gadgets

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

If you have a backup camera, backup sensors, or other up-to-date technology added to your vehicle, your vehicle insurance rates will likely rise in the next few years.

Dave Walker, president of Hartland Insurance Agency, Inc., said, “Fifteen years ago, we used to replace if damaged. However, they are expensive to replace if damaged.”

See INSURANCE on 18A

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What schools are teaching our kids about sex

State law requires students to focus on abstinence and learn about consequences

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

In Holly, Michael Beattie, Rose Pioneer Elementary principal and reproductive health education teacher, said at the elementary level students learn about puberty changes in separate groups of girls and boys.

“Just because it’s a little awkward to learn those things at that age for them,” Beattie said. They’re taught by teachers they’re familiar with.

In seventh grade, Holly students take a short course on HIV/AIDS prevention.

See SEX EDUCATION on 20A

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Well hot diggity dog...it’s the Wienermobile

The iconic Oscar Mayer Wienermobile made a stop at the Fenton Walmart on Jan. 25. Here, a family gets their photo taken by spokesperson Sofia Cacho. From left are Ian, 12, Stella, 12, and father John Martin of Linden. This Wienermobile is one of six touring the country and is staffed with two spokespeople ready with hot dog puns and wiener whistles.

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TRI-COUNTY TIMES | TIM JAGIELO
The iconic Oscar Mayer Wienermobile made a stop at the Fenton Walmart on Jan. 25. Here, a family gets their photo taken by spokesperson Sofia Cacho. From left are Ian, 12, Stella, 12, and father John Martin of Linden. This Wienermobile is one of six touring the country and is staffed with two spokespeople ready with hot dog puns and wiener whistles.

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More photos and video at tctimes.com

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“Here is some advice to all Hot line readers: The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny. Amen.”
New On Market

Holly • $359,000
Waterfront! Fantastic Million Dollar Views Of The 60 Acre All Sports Lake. Over 2,000sqft On Water, 2.3 Acres, 2-Car Garage, Pole Barn, Private Setting. Total Remodel Of Kitchen and Main Bath w/Granite Countertops. Lots of Updates On This 2 Bed, 3 Bath, 1,980 SF Home.

New On Market

Clarkston • $695,000
Spectacular Home Has Been Professionally Renovated From Top to Bottom w/new carpet in finished lower level. All The Points In Between! This 5 Bedroom, 5 Bath Home Offers Large Rooms, The Finished LL W/O Could Work As In-Law Quarters Or That Perfect Entertaining Spot. 4-Car Garage.

New On Market

Grand Blanc • $269,900
Welcome Home To This Stunning 3 Bedroom, 3½ Bath Home, 3,635 SF Of Living Space w/Finished Lower Level.

New On Market

Byron • $272,000
10850 Beard Rd.
This 4 Bed, 3 Bath Home Is Nestled On 2 Acres. Spacious Living Room w/Gas FP, Kitchen w/Granite, 2nd Floor Laundry, On-Demand Hot Water. Located Minutes To Linden, Howell, Durand.

New On Market

Grand Blanc • $199,900
Spacious 4 Bedroom Home In Maplewood Meadows Offers Beautiful Floor Plan, 1st Floor Master, Finished LL w/Half Bath, Great Room, And Office. Many Updates!

New On Market

Swartz Creek - $229,900
Inviting 3 Bedroom Ranch Offers Open Floor Plan w/Cathedral Ceilings Throughout. Finished LL Features 2 Bedrooms, Great Room, Full Bath And Kitchen. Extra Large Deck Area Overlooking Spacious Backyard.

New On Market

Mio • $79,500
Retreat To Your Up North Paradise! Great Location Close To Trails, Canoeing, And National Forest. Well Maintained Property And Cabin W/3 Seasons Room. New 24’ x 24’ Pole Barn W/Electric.

New On Market

The Landings • Condos
The Landings At Cransea Cove - Fenton, MI. 1100 Harbor Landings Dr. $249,000.00 • 2nd Floor View, 2 Br, 2 Ba, 1,084 SF. 1101 Harbor Landings Dr. $279,000.00 • 2nd Floor View, 2 Br, 2 Ba, 1,238 SF. 1102 Harbor Landings Dr. $279,000.00 • 2nd Floor View, 2 Br, 2 Ba, 1,238 SF. *Basements are plumbed for additional Bath.

New On Market

Grand Blanc • $249,900
Perfect Location. Easy Access To X-Ways. 5 Bedroom, 3 Bath, 2,884 SF Home w/1st Floor Bedroom And Full Bath. Many Upgrades Include Furnace, Anderson Windows, Electrical, Paver Driveway.

New On Market

Fenton • $269,900
14110 Eastview Dr. WATERFRONT! Located On All Sports Lake Ponemah With Over 500' Of Frontage. This 4 Bedroom Home Sets On Over 5 Acres Lot. Over 2,300 Sq Ft Of Living Space w/Finished LL W/O. Full Access To All Sports Lakes.

Commercial

Linden • $224,900
Business Opportunity Near Downtown Linden. 5,200 Sq Ft Of Potential. Utilize The 3 Bedroom Apartment (1,934sq ft) For Your Living Space And Remainder Of Building For Your Business. Ample Storage And Parking.

New On Market

Davison • $199,000
Spacious 3 Bedroom, 2 Full Bath Condo On The 17th Fairway Of The Davison Country Club GC. Open Floor Plan, Windows Floor To Ceiling, 1st Floor Master, Finished LL. Includes Bar, FP, and More.

New On Market

Michele Papatheodore
810-516-3060

Lois VanLente
810-445-6079

Karen Esker
810-240-7483

Jeremy Hoover
810-691-8588

Steven Melchor
810-513-1561

Dennis Niec
810-691-5308

Carol Ray
810-265-0206

Trish Zito-Smith
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While you were sleeping

Sleep eating, talking and walking are fairly common occurrences in children and adults

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

Have you ever walked into the kitchen first thing in the morning and found the refrigerator door wide open, and on the floor in front of it, the remnants of the previous night’s meal and some of the packaging strewn about?

If so, you may have a sleep eater in your house.

According to the American Sleep Association, sleep eating is a parasomnia event in which the person awakens during sleeping hours, sometimes multiple times during one sleeping period, and eats or drinks, often excessively.

The person does this almost entirely unconsciously, and may not remember they did it. Once their eating episodes are completed, they will often return to bed.

Sleep eaters can be extremely difficult to wake up and trying to do so may result in them getting angry or irritable.

Sleep eating can be potentially dangerous, as subjects may injure themselves while trying to prepare a hot dish using appliances or may accidentally cut themselves while hurriedly chopping ingredients.

Another serious problem that can result from sleep eating is ingestion of bizarre or dangerous combinations of food. This can include eating or drinking nonfood items such as cigarettes, coffee beans or cleaning liquids.

See SLEEPING on 11A

PHOTO: WWW.DEKALBMEDICAL.ORG

Sleep eaters can be extremely difficult to wake up and trying to do so may result in them getting angry or irritable.

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Andrew Heller
andrewheller@tctimes.com

Come Heller high water...

• MSU’s Larry Nassar was sentenced to 40 to 175 years in prison for abusing all of those young gymnasts. And yet even 175 years doesn’t seem like enough.

• Nassar read an apology in court but it was one of those back-handed apologies, as he himself has said. Michigan State University still considers his actions a “wreck.” Our schools are underfunded and underfunded for is because of the nationwide economic recovery, and Michigan is due for a recovery. Good. This was handled badly. I have no idea if she or anybody else at the school knew and didn’t tell, but if so the school is going to be in a world of hurt from all the lawsuits.

• I’m a Tom Izzo fan, but he didn’t walk back nearly hard enough from his ridiculous and insulting comment that he hopes “the right person was convicted.” That’s about as tone deaf as you can get. Maybe Tom has some insight the court system doesn’t.

• Gov. Snyder’s take on the state of the state: “We’re accelerating this comeback into the future.” My take on the state of the state: Snyder doesn’t know what he’s talking about. The comeback he takes credit for is because of the nationwide economic recovery, and Michigan still lags far behind most states. Flint is still drinking bottled water three years later. Our roads are still a wreck. Our schools are underfunded, as he himself has said. Michigan used to be a leading progressive state. It gets a D- grade from me. This is not me being Democrat Andy, this is me being “I have eyes” Andy. We used to be a lot, lot better.

• I’m looking forward to the Winter Olympics, which is unprecedented. I’ve written at least one insulting column about them every year since time began. Figure skating is silly. Hockey is dull. Curling is absurd. And bobsledding is just gravity in action. And yet I want to watch this year. Maybe that says something about the general state of TV these days. Or maybe … good God, could it be me? Has my life gotten this dull? I’ll let you know after I watch.

• Maybe “The Bachelor” should be an Olympic sport. That’d liven things up.

• I saw “The Post.” It made me homesick for newspapers. Print, I figure, is due for a renaissance. Society needs papers more than ever. Paper papers, I mean. The problem with today is there are so many news dropouts — people who don’t consume news, consume only partisan news, or get their news from Russian-generated memes.

• I’m going to recommend to you a cartoon that my college daughter recommended to me. It’s called “The Awkward Yeti,” but it’s really about your internal organs having conversations. Look it up online. Even better. It’s by a guy named Nick Seluk, who went to Northville High and Central Michigan University, my alma mater. Funny stuff.

• All progress takes place outside the comfort zone.” — Michael John Bobak

What is your most memorable flying experience?

“‘In my husband’s airplane. He got rid of it, but he had a Cessna 150.’
Barbara Vivian
Byron

“The first time I flew I thought that I would really enjoy it, but I was terrified.”
Clarke Hagen
Fenton Township

“My first flight when I got to go into the cockpit and get my first set of flying wings.”
Kali Gwaltney
Fenton Township

“When I went on the Viking River Cruise in Italy and I got free drinks.”
Barbara Mitchell
Grand Haven

“I was a private pilot. I learned to fly over the whiskey warehouses in Kentucky.”
John Locke
Fenton Township

Byron Area Schools superintendent

Compiled by Gracie Warda, intern
THE NIGHTTIME SKY ★ THROUGH THE LENS OF A TELESCOPE

Rare lunar events you don’t want to miss

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

Did you or your kids get a telescope for Christmas or have you got one sitting in your office or basement that you don’t know what to do with?

With all the excitement about the supermoon-total lunar eclipse-blue moon event coming to the sky this Wednesday, Jan. 31, there’s more interest than ever in astronomical events, especially a rare one like this that brings the mysteries of space right into our own backyard.

This is one time you might really enjoy using a small telescope or binoculars, although this full moon event may not show the spectacular shadowy details of the moon as clearly as when it’s in a different phase than full.

“The moon is the best thing to look at through a telescope... But the worst time to look at the moon through a telescope is a full moon. The sun is shining straight down and you can’t see any shadows.” Richard Walker

Richard Walker of Goodrich is the former manager of the Sloan/Longway Planetarium. He said you don’t need an expensive telescope to look at planets, or events such as the supermoon.

This is just one of the things that you can learn from Walker during a telescope workshop, set for this Saturday, Jan. 27 at Longway Planetarium in Flint, to help people who may have gotten telescopes as Christmas gifts. “If there’s enough interest, I’ll do another in February or March,” he said.

Walker, 64, admits he’s an avid amateur astronomer as well as a collector and builder of telescopes. “I got my first telescope at age 7,” he said. “I’ve owned around 25 and have built several myself.” He admits that telescopes can be a little intimidating, especially for a beginner.

Walker tells workshop participants to bring all the pieces and parts along with their telescope, and then shares with them, “here’s what you can throw away. If you don’t set them up correctly, it’s nearly impossible to see TELESCOPE on 17A

Photo courtesy of Morgan Somers

These photos were taken between 5:30 and 8 p.m. on Sunday, Dec. 3, 2017, as part of coordinated plan to capture the moon near the Mackinac Bridge.

WATCH THE ‘LUNAR TRIFECTA’ ON WEDNESDAY, JAN. 31

The Jan. 31 full moon is special for three reasons: it’s the third in a series of “supermoons,” when the Moon is closer to Earth in its orbit — known as perigee — and about 14 percent brighter than usual. It’s also the second full moon of the month, commonly known as a “blue moon.” The super blue moon will pass through Earth’s shadow to give viewers in the right location a total lunar eclipse. While the Moon is in the Earth’s shadow, it will take on a reddish tint, known as a “blood moon.” This hasn’t happened for 150 years, so it’s literally “once in a blue moon.”

Your best place to view this lunar event is at a high point or unobstructed area that offers a free sight to the west-northwest sky, according to timeanddate.com.

These lunar events will be visible in the tri-county area with this schedule:

5:51 a.m. Partial eclipse begins, the moon is getting red
6:48 a.m. Total eclipse begins
7:46 a.m. Maximal eclipse is visible, when the moon is close under the horizon
7:49 a.m. Total eclipse ends
8:29 a.m. Partial eclipse ends
9:07 a.m. Total eclipse ends
10:11 a.m. Partial eclipse ends
11:08 a.m. Penumbral eclipse ends

Source: www.timeanddate.com/eclipse/lunar/2018-january-31

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Sat 10-6
Sun 12-5
A driver was injured in a rollover crash on Torrey Road at Julie Ann Court in Fenton Township on Thursday, Jan. 25. The Fenton Township Fire Department, Genesee County Sheriff’s Office and STAT EMS responded to the scene at approximately 12:42 p.m. A black Chevrolet Silverado struck a tree and rolled over, trapping the driver inside. The fire department used the ‘Jaws of Life’ to remove the roof of the truck, freeing the driver. She was transported to an area hospital with unknown injuries.

**Fundraiser aims to obtain building in Flint to aid victims of human trafficking**

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

Beauty for Ashes Isaiah 61 is a local, faith-based mission hoping to raise awareness and empower the survivors of human trafficking.

Their goal is to raise awareness, and educate and equip people with the skills to help bring an end to human trafficking.

Led by Dana Oliver, chairman and founder of the group, and Barbara Jersey, treasurer, the group held a fundraiser Thursday, Jan. 25 at the Central Church of the Nazarene in Flint. Although tickets for this Winter Wonderland event were sold out, people may still make a donation through their website at www.beautyforashes.mi.us.

It is the fundraising goal of Beauty for Ashes to secure a building in Flint to serve as a day drop-in center, where victims of human trafficking can come to be safe, begin the recovery process and start a new life.

It’s also possible that someone may wish to donate a building for this cause.

**SURVIVOR WILL SHARE HER STORY AT FUNDRAISER**

Human trafficking survivor Joyce Prior-Haskett was the keynote speaker for Thursday night’s fundraising event. She is currently a clinical social worker and therapist in Warren.

Prior-Haskett’s childhood was robbed from her before she was 8 years old. The now-mother of two was sold to countless men for sex on a daily basis.

“I was forced to allow other people to do things to me that would be unimaginable,” Prior-Haskett told NBC 25 in a 2015 interview.

Torn between survival or being beaten to death, only courage and one way to escape saved her. She shot and killed her trafficker.

“I had been found guilty of murder in the first degree and sentenced to spend the rest of my natural life in prison,” she said.

She served her time in Michigan, one of the top five states for human trafficking.

“After 17 years, I finally got back to court. I got back to court and I heard the judge say, ‘Joyce, have a good life.’” she said.

While in prison, Prior-Haskett became the first woman to graduate from the University of Michigan while behind bars.

For more information about Beauty for Ashes Isaiah 61 and their fundraising effort, call (517) 715-3567.

**ISAIAH 61**

_The Good News of Salvation_

_The Spirit of the Lord God is upon me, because the Lord has anointed me to proclaim liberty to the captives, and the opening of the prison to those who are bound…_
School staff seeing alarming behaviors in students as early as elementary level

Is social media the driving force behind drug use, sexting, pornography and more?

By Hannah Ball
hball@tctimes.com 810-433-6792
Lake Fenton — Students are changing.

That’s the lesson Larry Newman sought to convey on Martin Luther King Jr. Day Monday, Jan. 15, when he and other speakers from Newman/Stecher International spoke to 135 Lake Fenton teachers and school personnel. He focused on addressing personal issues before focusing on academics.

“The problems that used to exist primarily at the high school level are now K-12 … we’re seeing behaviors at the elementary level that we didn’t see 20 years ago,” he said. Two examples are more defiance and more drugs.

“We’re seeing middle school kids getting involved with harmful activities, drugs and alcohol,” he said. Newman mentioned the opioid epidemic, and that the younger someone starts using drugs the more likely they are to continue using that drug throughout their life as well as other substances.

Newman has been working in school intervention since 1983 and teaches research-based information that teachers can incorporate into their curriculum.

This professional development day for Lake Fenton personnel was organized by the Free and Accepted Masons, Linden Lodge 132 and funded through the Michigan Masonic Charitable Foundation.

The teachers learned about diversity, dealing with depression, mental health, suicide awareness, and more.

“We’re responsible for teaching kids, we’re responsible for teaching content and yet there are so many barriers … that some kids are facing,” he said.

Daniel Wilson, part of the Linden Lodge 132, said cyber-bullying brought Newman to this area in the first place.

“There was a suicide with a 15-year-old four years ago, who was being cyber-bullied,” Wilson said.

Newman said there’s been an increase in younger and younger kids committing suicide. “Younger kids are getting phones these days and they have access to social media,” he said. Sexting exists in many high schools, he added, and many kids don’t realize that if they are 18 and older and solicit pictures from someone underage, that’s considered child pornography. That 18-year-old could become a registered sex offender for life.

“Kids come in with many different barriers,” he said. “I’m sitting in a classroom and I’m worried about my mom and dad getting divorced … I’m worried about an illness, I’m worried about something else and I can’t pay attention.”

The school can’t fix those problems, but the personnel can help the students develop good decision making skills and good coping skills.

School personnel learned about mental health and how “cutting” is on the rise. Cutting is when someone cuts their skin with a knife or sharp object.

With diversity and cultural training, Curriculum Director Kate VanHouten said they teach elementary teachers how to show their students to respect students of all socioeconomic backgrounds. She said that not only did the teachers ask how they can use this in their classroom, but personnel asked how they can help impact the entire school environment, from the buses to the lunch room.

“The role of teaching has changed in many different ways. We’re still responsible for content, but we’re realizing, maybe re-realizing … that we need to teach life skills at the same time,” Newman said.

Lake Fenton — Students are changing.

School Interventionist Larry Newman speaks to Lake Fenton High School personnel on Martin Luther King Jr. Day, Jan. 15.
Fenton Regional Chamber of Commerce

2018 EXECUTIVE BOARD OF DIRECTORS

Chairman: Matt Sherrow
Fenton Winery & Brewery
(810) 430-6595

Vice Chairman: Doug Fairbanks
Hartland Insurance Agency
(810) 632-5161

Treasurer: Jacquie Ochs
Financial Plus Credit Union
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Past Chairman: Mike Brown
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Executive Committee: Dr. Adam Hartley, Lewis & Knopf CPA’s, Jason Matznick, Faith City Church

CRUST – a baking company
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2018 EXECUTIVE BOARD OF DIRECTORS

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Mike Scully
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Will Stiverson
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(810) 610-9581 [work]

FROM THE CHAIRMAN....
Mark Sherrow
Chairman: Matt Sherrow
Fenton Winery & Brewery
(810) 430-6595

Teamwork. It is at the heart of many great accomplishments and is the key to success. I proudly report of the incredible team that makes up the Fenton Regional Chamber of Commerce. Just this past year, the Chamber surpassed over 500 members! It is made up of local businesses that create jobs, support charities, and form the culture of our community. Membership also includes local schools that educate and develop our youth; local governments that provide services to the community and work to represent our region; and, finally, many civic groups that selflessly work to help others in the community.

I look forward to the coming year and all that the Chamber has planned. From educational seminars and networking opportunities for its members, to the wonderful events that have become ingrained in our community: Gus Macker, Community Expo, Taste in Fenton, JingleFest and more. It is through the hard work of the Chamber and the dedication to the community of all 500+ members, that Fenton and the surrounding region is vibrant, and a great place to live, work and play.

Let’s make 2018 another great year!

MARCH IS ‘EXPO TIME’ IN FENTON

The chamber expects to meet or beat last year’s 150 booth count. “There’s always room for growth,” Mitchell said. All Chamber members new and renewed can sign up, but it will be open in February to non-members at non-member rates.

Linda Hathaway, long-time Expo chairperson, has seen lots of growth over the years she has chaired the event, but one thing remains the same: the chamber’s commitment to building local businesses through the doors of the Expo. It’s a business-driven event, but also very enjoyable for all the area residents who attend.

Once again, the Expo is free to the community thanks to the generosity of main sponsors Sharp Funeral Homes and Brant and Associates of Fenton.

Watch for a new electronic prize board display that will announce prize winners throughout the weekend. “We’ve been using foam boards forever and we’re looking for a more efficient way to announce winners,” said Shelly Day, chamber executive director. “We’re hoping to make this a reality for this year, but if not this year, then next year.”

The Community Expo is the largest of all chamber events during the year. It has become a “season” for the thousands of people who come every year and get an opportunity to visit and learn more about area businesses at the same time.

It’s also very family friendly, with a petting zoo, kids’ zone, entertainment, food vendors and more.

When you walk through the doors of the high school, the first thing you’ll notice is the transformation from a school gym, cafeteria and hallways to an expo setting. It takes dozens of volunteers, from student organizations to the chamber’s Ambassadors to make it all happen in one weekend.

Orientation, sponsored by Financial Plus CFI, for all businesses participating in this year’s Expo will be Wednesday, Feb. 14 from 8 to 9 a.m. at the Fenton Community & Cultural Center. All exhibitors who want to get one business entry in a drawing to win a free 2019 Expo booth.

For more information or to register, visit fentonchamber.com or call (810) 629-5447.

HOP OVER TO LINDEN FOR EGG-CITING EASTER EVENT MARCH 24

Easter Breakfast, Egg Hunt, Bunny Hop Race and the Easter Bunny will all be part of the fun

More than 3,000 eggs will be hidden throughout classrooms.

Participating in the egg hunt will be divided into different age groups, so anyone can hunt for eggs with children near their own age.

A Bunny Hop race will take the place of the traditional Family Fun Run. “That was really fun last year,” Day said. “All ages really enjoyed it.” General Optical is sponsoring this event.

Families interested in attending can purchase $5 tickets at the door.

For more information call the Fenton Chamber office at (810) 629-5447.

Presented by Genisys Credit Union

Networking @ Noon

Linden Community Schools

AT&T of Fenton

March 23rd

Networked Expo Fenton High School
10am-5pm

March 24th

Eggciting Easter Event

Hyatt Elementary-Linden
8:30am-12:00pm

March 15th

Networking @ Noon

Fenton High School
11:00am-4:00pm

March 4th

Girls & Business

Loose Center in Linden
7:00pm-3:00pm

Food sponsored by

Lunch catered by

at&t
The State Bank announces promotions

Erin Riski and Jill White named assistant vice presidents

The State Bank is proud to announce the promotions of Erin Riski and Jill White to assistant vice presidents.

Riski joined the bank in March 2015 as a special assets senior loan review analyst, and during her tenure has consistently grown in not only her role, becoming a very important member of the loan review team.

In her new role, Riski will be responsible for creating multiple reports used by senior management and the Board of Directors, in addition to appraisal reviews, lender reviews and statement servicing.

Directors, in addition to appraisal reviews, management and the Board of Directors, will be responsible for creating a loan portfolio. Riski will also be responsible for managing commercial loan financial statement analysis and collateral value analysis; both necessary for conclusions to properly risk rating their commercial loan portfolio. Riski will also be responsible for creating multiple reports used by senior management and the Board of Directors, in addition to appraisal reviews, lender reviews and statement servicing.

“Riski has shown a great deal of initiative towards her work and has demonstrated a high level of skill and dedication. She is a valuable asset to the bank and we are thrilled to have her take on this new role,” said Lori Barton, loan servicing vice president.

In her new role, Riski will be responsible for managing commercial loan financial statement analysis and collateral value analysis; both necessary for conclusions to properly risk rating their commercial loan portfolio. Riski will also be responsible for creating multiple reports used by senior management and the Board of Directors, in addition to appraisal reviews, lender reviews and statement servicing.

“I am excited to accept this promotion with The State Bank,” White said. “Throughout my time here, I have been given the tools to grow in my role, and have been a part of some exciting advancements in our commercial lending division. I look forward to helping to promote more growth and provide our commercial customers with successful solutions to their lending needs.”

Andrew Gavulic, commercial lending vice president, said, “We are very fortunate to have an employee as engaged as Jill is in working with our customers and providing financial solutions. Her promotion is well deserved, and I am looking forward to her continued success.”

Police&Fire

Police report

DESTRUCTION OF PROPERTY IN HOLLY

At 5:05 p.m. on Saturday, Jan. 20, Holly police were dispatched to a business in the 15000 block of North Holly Road to investigate a malicious destruction of property complaint. The owner told police that he had noticed three individuals riding their bikes on the property and trying to use a ramp for vehicles to jump off with their bikes. He didn’t want to be responsible should one of them get hurt so he asked them to leave. While he was talking to the kids, a male, driving a Chevrolet Silverado pulled up and yelled, “What are you going to do, call the police?” The kids on bikes left without any problems, however, the male driving the truck drove across some grass, leaving a 6-foot wide path, from spinning his tires, causing damage. No charges are being sought.

BREAKING AND ENTERING IN HOLLY

On Jan. 20, Holly police were dispatched to a home in the 4000 block of Orange Hall Road to investigate a breaking and entering complaint. The officer spoke with the homeowner who said someone kicked in the door of her home between 5:30 and 7 p.m. She told the officer she had entered to let her dog out of its cage and found a man unconscious with no pulse. He initiated CPR and Babcock provided care. They were also presented with a CPR save pin. On Nov. 16, 2017, Conklin responded to a 911 call and found a man unconscious with no pulse. He initiated CPR and Babcock and Klemkow provided care. They used a devise to mechanically perform CPR, and got a weak pulse. He was transported to the hospital for further care, and is now back home.

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YOUR BACK PAIN:
Herniated Disc, Pinched Nerve, Bulging Disc, What is it?

There are many terms used to describe spinal disc pathology and associated pain, such as “herniated disc,” “pinched nerve,” and “bulging disc,” and all are used differently and, at times, interchangeably.

Unfortunately, healthcare professionals do not agree on a precise definition of any of these terms, and patients may be frustrated when they hear their diagnosis referred to in different terms. The unusually wide range of terms used to describe spinal disc problems (such as ruptured disc, torn disc, slipped disc, collapsed disc, disc protrusion, disc disease, and black disc) can add to the confusion. Regardless of what type of issue you are experiencing, there is one thing you need to know. You have options when it comes to being properly diagnosed and getting the appropriate care to heal from almost all back and neck dis-ease. Surgery should always be your last resort because it is the one option that can not be undone.

Let’s first go through some of the Myths and Facts when it comes to disc and nerve issues in the spinal column and then we can go through some treatment options you have to choose from.

Herniated Discs, Bulging Discs and Pinched Nerves all affect the nervous system. Unfortunately, its not just about pain and other symptoms. To effectively resolve Disc issues and avoid future damage that may lead to inability to control the bowels, bladder, sexual potency, you must educate yourself on the Facts and Myths that are looming around the subject. Do not be fooled. There is help and hope, even without surgery.

MYTH: Back pain and discomfort stemming from Disc & Nerve Problems will just “go away” with some rest.
FACT: When dealing with back pain, buttock pain or leg pain, seek help from a Spinal Bone and DISC specialist immediately. Left untreated, misaligned spinal bones and DISC problems can get worse.

MYTH: Pain is the Only problem associated with a Bulging DISC, Herniated DISC or Pinched Nerve.
FACT: In severe cases, this problem can lead to the inability to control the bowels, bladder and sexual potency along with a slew of other organ issues- leading to embarrassing situations and long term health concerns.

MYTH: Pain medications can help with problems associated with DISCs, Pinched Nerves and Bones that are shifting out of their proper position.
FACT: Drugs like muscle relaxants, pain killers, pain killing injections, narcotics, antidepressants, and anti-seizure medications can cover up and mask your symptoms but they will not cure bulging spinal DISCs, herniated spinal DISCs or pinched nerves.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...
FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Surgery is required to fix a Bulging DISC, Herniated DISC or remove pressure from a nerve due to a spinal bone shift.
FACT: NO! There’s been a huge breakthrough in the treatment of Bulging DISCs, Herniated DISCs, Pinched Nerves and Spinal Misalignments and Curvatures of the spine. It’s a new corrective procedure called Non-Surgical Re-Constructive Spinal Care. Success rates are up to 88%.

MYTH: “There’s nothing anyone can really do. I’m just stuck with this for the rest of my life.”
FACT: With the correct treatment from a health-care professional who specializes in corrective care of the spine, you can find relief from the core cause - and the symptoms.

MYTH: Getting a DISC problem, Pinched Nerve or Misaligned Bone properly diagnosed is expensive.
FACT: Not true. Dr. James Ide of Painless Chiropractic of Fenton MI specializes in motion study x-rays to properly diagnose using X-Ray analysis, the root cause of your symptoms and utilizes a custom treatment protocol, referred to as Non-Surgical Reconstructive Spinal Care to treat and correct the underlying issue. They accept insurance and have many options to help people with special financial needs.

Dr. Ide described his office as “Not your average Chiropractic office”, he said they focus on rapid corrective care and though they love having life time patients, “our goal is to set up a plan to correct the underlying issue so the same problem doesn’t keep coming up, then we teach the patient proper spinal hygiene that they can do at home with periodic visits to a chiropractic office for traditional chiropractic care”. “It’s like Spinal Care Boot Camp, you go all in and work hard and the efforts pay off, at that point they can do their traditional care at our office or someplace closer to their home”. When asked what options people have when it comes to seeking relief from their back pain associated with a Bulging DISC, Herniated DISC, Pinched Nerve or Shifting of the Spinal Bones, Dr. Ide said “Well there are really only two options, you can fix the problem or you can mask it. Pain pills mask the pain. Injections are really just a pain pill, in an injectable form but longer lasting. The problem with masking the pain is that you could injure yourself and you put off dealing with the problem, leading to further problems. Surgery doesn’t always work and it limits your future options because it cannot be undone so it should always be a last resort. Physical therapy alone usually gets things moving and many times helps people feel better but a few weeks or months after their program is finished, may people experience the same problem again”. He said at his office they work to correct the issue and the way that each patients program is set up, is based on their particular problem area but they see great success and have helped many local Genesee County residence avoid surgery and get their lives back.

Catherine B. of Fenton said “My daughter has had back problems ever since she was 10 or 11 and I have taken her to specialists. I learned more at Painless Chiropractic, with the x-rays that they take and the one on they do with you then I did in 4 years from the other specialists that I took her to. I too have signed up as well as my daughter and I’m getting great results. Thank you so much!”. If you are interested in having your back or neck issues properly diagnosed and corrected Dr. James Ide’s office is located in Fenton MI directly off of US-23 at 2803 W. Silver Lake Rd. at the light on Fenway in the Classic Corners Plaza, by Nutrition Works Vitamin Shop and the Mug and Brush Barber Shop. Their phone number is 810-771-3677.
HOT LINE CONTINUED

WHEN YOU BREAK the law, you've done something illegal. Now, these little children that were brought to this country illegally by their parents, don't the parents have any responsibility? Shouldn't they be prosecuted for breaking the law? The parents should be deported and the kids should be allowed to stay.

MY GOD LINDEN. They're putting more holes in the ground that run down gas station than there are holes in the screen door.

DUE TO A 15-percent tax cut in corporations in corporates and Disney, and others are paying bonuses with your tax dollar. What's in your wallet?

### SLEEPING

Continued From Page 3A

Sleep eating is more likely to develop slowly and is usually brought on by recent changes to diet, or issues related to stress or depression. Sleep eating may also develop in people who have recently quit smoking or drinking alcohol, or discontinued use of certain medications.

Sleep eating can be effectively treated with medications to suppress both sleep paralysis, and sleep eating incidents in particular.

### Sleepwalking

Stephanie Miller of Linden says she is a sleepwalker and sleep talker, and has been for as long as she can remember. “Stories from my parents of me trying to leave in the middle of the night now scare my husband when I’m seeing something or thinking about something,” Miller said.

“One time, when I was 15 or so I woke up with my head covered in those cool ’90s butterfly clips that I must have put in during the night.”

Because it was not a nightly occurrence, Miller never sought professional assistance for this problem, nor did her parents when she was younger. “My mom said she thought about it when I was little as a couple times I tried to leave the house or looking at him, talking,” Miller said.

“Zillow and Trulia are really fun to look at, but it’s important that you verify the accuracy of the information you find on these websites with a Realtor,” said Yvonne Perry, an administrative assistant at Fentonmichigan.com.

### Sleep talking

Sleep talking, formally known as somniloquy, is a sleep disorder defined as talking during sleep without being aware of it. Sleep talking can involve complicated dialogues or monologues, complete gibberish or mumbling. The good news is that for most people it is a rare and short-lived occurrence. Sleep-talkers are not typically aware of their behaviors or speech; therefore, their voices and the type of language they use may sound different from their wakeful speech. Sleep talking may be spontaneous or induced by conversation with the sleeper.

LITTLE is known about the content of the sleep talking. Some talking makes no sense at all and some of it may relate to past events, experiences, and relationships that no longer have current relevance or emotional impact. Although not physically harmful, sleep talking can cause embarrassment and can annoy a bed partner, roommate, or be disruptive in group-sleeping situations. Because of this, sleep talkers are sometimes afraid to sleep away from home and can cause insomnia in a person sleeping nearby.

According to the National Sleep Foundation, sleep talking may be brought on by stress, depression, sleep deprivation, daytime drowsiness, alcohol, and fever.

In general, no treatment is necessary and certain measures can be taken to reduce the likelihood of a sleep talking episode. Following a regular sleep schedule, getting adequate amounts of sleep, and practicing proper sleep hygiene can help reduce the frequency and severity of sleep talking. Also, refrain from alcohol, heavy meals, and excessive amounts of stress to reduce sleep talking.

For bed partners and roommates, earplugs or white noise (such as a fan) may help.

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**Are you serious about buying or selling your home?**

- **Then call an experienced Realtor like Yvonne Perry, with 34 years in the local market**

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

Browsing for homes on the internet through sites like Zillow and Trulia can get you in the mindset for buying and selling a home, but check with a local and trusted Realtor about the information you find. “Zillow and Trulia are really fun to look at, but it’s important that you verify the accuracy of the information you find on these websites with a Realtor,” said Yvonne Perry, an administrative assistant at Fentonmichigan.com.

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**YVONNE PERRY**

**RE/MAX Platinum**

**Associate Broker**

(*Yvonne Perry, associate broker for RE/MAX Platinum in Fenton, wants to use her 34 years as a successful Realtor to help you buy or sell your home.*)

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**YVONNE PERRY**

810.217.2014

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**WEEKEND TIMES**

Saturday, January 27, 2018

**11A**
$599 Best Selling Captiva Firm or Plush Mattress Set

$899 Key Largo Pillowtop Mattress Set
Featuring Memory Foam Pillowtop. Our best selling premium mattress.

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Eating laundry soap is newest internet trend

By Hannah Ball

A new trend has taken hold of the internet, and this one — the Tide Pod challenge — has poison control agencies and laundry detergent companies sending out warnings.

Internet challenges are nothing new and usually not dangerous. The cinnamon challenge, where someone puts a spoonful of cinnamon in their mouth, and the milk gallon challenge, where someone tries to drink an entire gallon of milk in an hour, came and went like any other internet trend.

This challenge is much more dangerous. The Tide Pod challenge, which began at the end of 2017, entails biting into a laundry detergent pod and recording what happens. A handful of YouTubers have made videos of them doing the challenge, but YouTube has taken all the videos down citing safety issues. Facebook is also taking down videos of the challenge.

Spokeswoman Petra Renck for Tide’s parent company, Proctor & Gamble, said, “Laundry pods are made to clean clothes. They should not be played with, whatever the circumstance, even if meant as a joke.”

If you or someone you know has ingested laundry detergent, call the American Association of Poison Control Centers hotline at 1-800-222-1222. You can also text “poison” to 797979.

Local GDL named a ‘Star Library’

Genesee District Library (GDL) has been named a “Star Library” by the Library Journal Index of Public Library Service. GDL was one of only four libraries in Michigan awarded this recognition. In 2017, 7,409 libraries qualified to be rated, and 259 of them were selected. This is the first time GDL has ever received this award, which was largely based on per capita use of digital resources such as eBoons, eMusic and eMagazines. Since 2009, Library Journal staff rates U.S. public libraries based on selected per capita output measures.

News briefs

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Proctor & Gamble spokesperson

Laundry pods are not medical exams or diagnoses nor are they intended to replace a physician’s care. If you suspect a medical problem, please seek treatment from your doctor.
As women, we’re busy. We put others first. But when heart disease is the #1 killer of women, it’s time for you to invest in yourself. Learn how you can prevent cardiovascular disease at a free informative event, and meet Hurley Cardiologist, Dr. Alkotob.

**HEART DISEASE IS THE #1 KILLER OF WOMEN**

**HEALTHY LIVING SERIES**

*Wednesday, February 7 @ 6pm*

Holiday Inn Gateway Centre
off of Hill Rd.

Call 810.262.4855 to reserve your seat

For interpreting services for this event, please call 810.262.7275.
WEEKEND TIMES Saturday, January 27, 2018

Women, take note:
Heart disease is the #1 killer of women, but Hurley Medical Center can help with education, awareness

By Sally Rummel

If you’re a woman, you are more likely to die of a heart attack than from all cancers, diabetes and chronic lower respiratory disease, combined.

In fact, almost half of all women’s deaths are heart-related, making heart disease the number one killer of women in the U.S.

Hurley Medical Center in Flint is working very hard to change these recent 2017 statistics from the American Heart Association.

A Women’s Heart Health event on Wednesday, Feb. 7 at 6 p.m. at the Holiday Inn Gateway Center in Flint Township will teach you how to prevent cardiovascular disease before it happens.

Hurley Cardiologist Luay Alkotob, M.D., will provide a dynamic, engaging and sometimes humorous look at ways women can improve their chances of a long, healthy life. He’ll delve into different scenarios and explain how simple lifestyle changes can make a dramatic difference in your heart health.

He’ll share how heart attacks in women differ from heart attacks in men, how to recognize the signs and how to prevent the increase of age-related hypertension (high blood pressure).

This event is part of the Hurley Health Series, designed to inform and educate the public on important health issues. February has been designated American Heart Month by the American Heart Association.

Seating is limited to the first 50 women who register. “Call (810) 262-4855 to reserve your seat,” said Ron Hubble, service line administrator for cardiovascular and internal medicine at Hurley Medical Center.

Did you know . . .

• Heart disease is the leading cause of death for women.
• Among women age 20 and older, 36.9 percent have some form of cardiovascular disease.
• In 2014, cardiovascular disease caused about one death every 1 minute and 19 seconds among females.
• 23 percent of females age 45 and older who have an initial recognized heart attack die within a year compared with 18 percent of males.

By Sally Rummel

If you’re a woman, you are more likely to die from a heart attack than from all cancers, diabetes and chronic lower respiratory disease, combined.

American Heart Association

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HOT LINE CONTINUED

ISN’T IT FUNNY how all of a sudden the Democrats stop having their favorite person, Bill Clinton, out there speaking. Odd. I guess “Me Too” didn’t count back then. Odd.

IF THEY ARE opening a real investigation into Uranium One, maybe we will see the Clintons wearing orange jumpsuits.

PRESIDENT TRUMP JUST brought in the four-hour-a-day work week for the President of the United States, and the three-day weekends in Mar-A-Lago.

A GREAT HOAX. An electoral college to guarantee fairness and gerrymandering to destroy it.

WELL, THE DEMOCRATS succeeded in shutting down the government. They’re more concerned about illegal immigrants who are criminals than they are the citizens of the United States.

WHEN I LISTEN to all the Republican lies flying out there, ‘The Art of the Deal’ just worked itself into a government shutdown and it’s the Republicans’ fault.

THE MEDIA SAYS that driving a car doesn’t seem to mean much to millennials anymore but I totally enjoy my freedom and I am totally against self-driving cars that will take it away and probably put me into a car full of strangers.

I WOULD LIKE to see the Democrats go to bat for Americans as well as they do for people who don’t even belong here.

I SEE IN Linden now that they’re boring the ground, the front and back of it, at the old Fairbanks gas station. Is the city springing the bill for that?

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Richard Walker’s “medium” sized telescope, which he built by hand, is 6-foot tall. His largest telescope is 10 feet tall. This one’s barrel is made of cardboard.

TELESCOPE
Continued from Page 5A
to use them.” He admits that directions given with telescopes usually are confusing and poorly written. “If you’re interested, read magazines like ‘Astronomy’ or ‘Sky and Telescope,’” he said.

In addition to looking at the moon, Walker advises novice astronomers to take their telescopes outdoors on a clear Michigan morning at 7 a.m. and look for the planet Jupiter high in the southeast sky.

“It will look like the brightest star you’ll see, you can’t miss it,” he said. “Jupiter has four large moons you should be able to see, and you can even see the cloud bands that look like stripes around the planet.”

If you don’t have a telescope but would like to buy one, Walker said you should expect to pay $125 or more for a quality instrument. “Don’t worry about what the package says about magnification,” said Walker. “Look at the diameter of the mirror and get no smaller than 100 millimeters or 4-inches.”

In the case of telescopes, bigger is always better, said Walker. “Get it so big until it’s too big to lift,” he said.

Source: NASA.gov

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By Sally Rummel

news@tctimes.com

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WELL, THE DEMOCRATS succeeded in shutting down the government. They’re more concerned about illegal immigrants who are criminals than they are the citizens of the United States.

WHEN I LISTEN to all the Republican lies flying out there, ‘The Art of the Deal’ just worked itself into a government shutdown and it’s the Republicans’ fault.

THE MEDIA SAYS that driving a car doesn’t seem to mean much to millennials anymore but I totally enjoy my freedom and I am totally against self-driving cars that will take it away and probably put me into a car full of strangers.

I WOULD LIKE to see the Democrats go to bat for Americans as well as they do for people who don’t even belong here.

I SEE IN Linden now that they’re boring the ground, the front and back of it, at the old Fairbanks gas station. Is the city springing the bill for that?

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WATER
Continued from Page 3A
people don’t have to be scared by it because it (arsenic issue) is treatable. We remove it by reverse osmosis or with a whole house softener with an arsenic removal system added.”

Residential water treatment options include filtration systems, using a water filter to remove impurities from the water; water softeners that reduce the hardness of the water; distillation systems that boil impure water and reverse osmosis, which uses a semipermeable membrane to remove ions, molecules and larger particles from drinking water. The most common water treatment system in most homes is a water softener. Water softeners soften the water by removing minerals such as calcium and magnesium and replacing them with a softer mineral — sodium or potassium. You’ll notice cleaner laundry, smooth skin. You can save money on soap, detergents and increased efficiency and longevity of water-using appliances like dishwashers, water heaters and washing machines.

“As softeners are the basis of what we do,” said Jason Tiefenback, co-owner of Douglas Water Conditioning in Fenton. “It’s the first step in your home’s water treatment plan. The second step in purifying your water would be reverse osmosis, if you want a specific system for drinking water. The two work hand-in-hand.”

Jim McIntyre, who founded McIntyre Soft Water in his hometown of Linden 58 years ago, specializes in solving water problems for people, whether it’s bacteria, iron removal, taste and odor removal, plus all different contaminants found in the water. His company trucks can be found locally, in the Thumb area and on the campus of Michigan State University, where technicians have been servicing and replacing huge dormitory water softeners for the last 18 years.

Most local companies that specialize in water treatment also offer salt and bottled water residential delivery and pick-up, free water testing and other services.

You can purchase a water softener at local retailers, including Sears Home- town Store in Fenton.

“Kenmore has three different models, from $399 to $599,” said Tim Stone, store co-owner. “When selecting a unit, we’ll ask you how many people are in the household, to determine water usage. Our top model is also ergonomically designed to make it easier for the homeowner to insert the salt.”

Sears Hometown Store will also test your water for hardness and iron content, if you bring it in, Stone said.

INSURANCE
Continued from Front Page
if you ran into the back of someone’s very nice Chevy or Subaru, it was a tailgate. There was wiring for lights but that was the extent of it. Now you buy the same Subaru and it has a backup camera … it has sensors that tell you not to run into everything and that dramatically changes the cost to repair. In many cases you can just repair them if it doesn’t take too much damage, or you have to pay to replace them.”

Technology like added airbags and backup cameras are two examples. Vehicles used to only have one airbag per person sitting in the front row, but many vehicles now have side airbags as well. Valuepenguin.com estimates that car insurance rates will increase in 2018 across the country. The average cost of insurance in 2017 was $1,060 and it is expected to rise to $1,150 by this year.

Michigan is one of 12 no-fault states, and the only state to require drivers to purchase lifetime medical benefits. Michigan has the third highest premium in the country with an average of $1,350.

Jim Lynch, chief actuary for the Insurance Information Institute, told CNBC that insurers are expected to raise rates between 5 and 10 percent. That means premiums could rise between $67 and $135.

Walker described it as an “odd trade-off.”

“We love the safety, and we think that’s the right thing to do,” he said. “The cost to replace all those (airbags) is much larger than years ago.”

The cost to replace one airbag that was deployed in a collision averages $3,000-$5,000 depending on the year, make and model of the vehicle, as well as the damage to the technology in the car that controls the airbags, according to cars.costhelper.com.

The cost to install a backup camera and associated technologies, including the wiring and screen, can cost more than $2,000, according to angieslist.com.

Walker said the increases in insurance rates won’t be instantaneous. These vehicles need to be involved in an accident for insurance agents to collect data and then estimate insurance costs. He estimates in the next few years insurance rates for drivers with technologically enhanced vehicles will rise.

Walker also described this situation as a balancing act. “It will go up but sometimes it flattens out, too,” he said.

There’s a correlation between using more technology to make driving safer and a decrease in accidents.

The more technology used to make driving safer, the fewer accidents occur. Walker said using backup cameras helps people avoid accidents, which also helps them avoid injuries that might have been sustained.

That, in turn, helps avoid litigation and lawyer fees.

“It takes time for these to bear themselves out,” he said.
Fentanyl

According to D.A.R.E. (Drug Abuse Resistance Education), since 2014, the U.S. Drug Enforcement Administration has encountered a dangerous trend — the prevalence of the growing synthetic drug threat with the epidemic of opioid abuse currently affecting the nation.

In this case, the consequences are deadly when clandestinely manufactured fentanyl and fentanyl derivatives are being added to heroin or replacing heroin altogether on the street.

Fentanyl has recently come to the forefront as the culprit taking the lives of two megamusicians. Prince died on April 21, 2016, in his home in Carver County, Minnesota, from an overdose of a powerful opioid painkiller. A one-page autopsy report recorded his death as an accident and said, “The decedent self-administered fentanyl.”


Fentanyl is a narcotic pain medication intended to treat chronic pain in controlled medical settings. It was introduced in 1968 by a Belgian pharmaceutical company as a synthetic narcotic to be used as an anesthetic in surgical procedures because of its minimal effects on the heart.

Fentanyl is particularly dangerous because it is 50 times more potent than heroin and can rapidly stop respiration. Fentanyl is not considered an addictive drug like cocaine, heroin, or alcohol because it does not produce the same compulsive drug-seeking behavior.

Fentanyl is also available in a patch.

A patch allows the medication to be absorbed through the skin.

DRUGS

Continued from Front Page

Heroin was the start of their opioid use. In the 2000s, that had reversed dramatically, with 75% percent reporting they used a prescription opioid before turning to heroin.

According to CNN, heroin users in the 1960s were usually young men, who started using around the average age of 16. They were mostly most from low-income neighborhoods, and when they turned to opiates, heroin was their first choice.

According to a study by JAMA (Journal of the American Medical Association), today’s typical heroin addict starts using at 23, is more likely to live in affluent suburbs and was likely unwittingly led to heroin through painkillers prescribed by a doctor, either their own or someone else’s.

While heroin is illicit and opioid pills are FDA-approved, each is derived from the poppy plant. Their chemical structures are highly similar and they bind to the same group of receptors in the brain.

A few opioids, like fentanyl, are totally synthetic but designed to bind with those same receptors.

In any case, the various drugs produce the same result: an increase in pain tolerance and a sense of euphoria, along with drowsiness, occasional nausea and, at higher doses, a slowing of the user’s breathing.

All these drugs trigger “tolerance” — the need to take higher doses for the same effect — and a craving for the drug in its absence.

It is because there are so many similarities that pain pills addicts frequently turn to heroin when pills are no longer available to them.

Heroin is usually cheaper than prescription drugs. Opiate pain medications cost the uninsured about $1 per milligram; so a 60-milligram pill will cost $60. You can obtain the equivalent amount of heroin for about 1/10th price.

WHAT YOU MISSED in the MIDWEEK TIMES

Compiled by Vena Hogan

The following are stories you may have missed in the Wednesday, Jan. 24, Midweek Times. To subscribe and receive both the Midweek and Sunday Weekend editions, please call (810) 629-8282.

School wants to raise $8,000 to buy dog house

A Goldendoodle would be present in different State Road Elementary School classes every day.

Fenton police catch wrong suspect

Individual unrelated to initial 911 call files area because of outstanding arrest warrants.

Great Blizzard of 1978 takes Michigan by storm

Local mom recalls 1968 Winter Olympics is shown for the first time in color; also first year any else recall seeing it?

Local mom recalls 1968

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Find out what local and county law enforcement have to say about this drug crisis in the Saturday, Feb. 3 Weekend edition.

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SEX EDUCATION
Continued from Front Page

Holly High School students are required to take three sexual health classes: health, parenting, and personal living. Each class is a trimester long. In these classes, students learn about sexually transmitted diseases (STDs) and other topics (see sidebar).

Miranda Barth, Holly health teacher, said they have a course about using contraception as well as about pregnancy.

“We also offer an elective course called parenting and child development for students in 10-12th grade in which pregnancy is expanded upon. More in-depth conversations about prenatal development, as well as risks associated with teen pregnancy,” she said.

Barth said the most common questions are about sexually transmitted infections and contraceptives. Questions are written down and then answered by the teacher for anonymity.

“During the unit on reproductive health, students tend to listen more intensely and are more interested in the topic. Since most students don’t always feel comfortable talking with parents about such topics — the classroom setting is the best place for them to get the facts about sexual health,” she said.

In Linden, students learn about HIV and communicable diseases in fifth grade and learn about reproductive organs in middle school. The girls and boys are separated.

Julie Brown, director of curriculum and federal and state programming, said “There’s nothing sexual about it… I know when some people talk about sex education, they talk about ‘do the schools promote this?’ We talk about abstinence. We don’t promote anything. There’s nothing else we talk about other than abstinence.”

She has sat in on a few middle school classes and hears the students ask interesting questions. The girls ask more serious questions, while the boys tend to ask silly ones.

“If parents have questions… talk to the school, the teacher. We really try to be very transparent,” she said.

In Fenton, Heidi Ciesielski, executive director of teaching and learning, said they take guidance from the Genesee Intermediate School District (GISD) and use the Michigan Model for Health Curriculum, which begins in fourth grade.

Starting in ninth grade, students learn information on communicable diseases, reproductive health and healthy relationships depending on what health/physical education science courses they choose.

State law requires that parents have the option to opt their child out of these courses. Beattie said parents can opt their kids out of all sexual health or only specific courses.

“Parents can come on site and look at the course material. Parents have a lot of input,” Beattie said, adding that he views it as a “partnership” because the kids will ask questions at home about things they learn in class.

At Lake Fenton schools, elementary students learn about “good touch,” “bad touch,” and friendships, said Lisa Campbell, Lake Fenton schools health teacher.

In fourth grade, they focus on puberty. In fifth grade, they learn about HIV/AIDS, and in eighth grade, they learn about healthy relationships and STDs.

In high school, the program focuses on how to be a good person. “At the ages of a relationship, the differences between a healthy relationship and an unhealthy relationship, domestic violence, and other topics. They also discuss contraceptives while focusing on abstinence.

“We do not go in-depth on the pregnancy process, but we do talk about the consequences of having a baby at a young age. Students at the high school level play a board game that helps them realize how expensive and life altering having a baby at a young age could be,” Campbell said.

Sexual education is an uncomfortable topic, she said, and sometimes students laugh, but they do take it seriously.

“Health education is so important and intriguing to the students because it is real life. We make certain that every student knows that what they do now will impact the rest of their life,” she said.

SEXUAL HEALTH TOPICS

The Michigan Merit Curriculum Law of MCL 380 that covers physical and health education does not require that schools teach about sex — it requires that schools teach about HIV/AIDS and other communicable diseases. If schools teach sex education, they must follow the rules in the Michigan Compiled Laws, which heavily stress abstinence.

When teaching about communicable diseases, teachers are required to “… stress that abstinence from sex is a responsible and effective method for restriction and prevention of these diseases and is a positive lifestyle for unmarried young people” according to the law. Schools must teach that abstinence is a positive lifestyle for unmarried young people.

The law requires that schools teach students about the possible emotional, economic, and legal consequences of sex, as well as information on how sex can lead to unplanned pregnancies and STDs. Schools must teach students how to say "no" to sexual advances and that it’s wrong to take advantage of someone. Healthy dating relationships are also to be discussed, as well as personal responsibility and self-control.

Schools must teach that having sexual contact with someone under the age of 16 is a crime and the perpetrator could end up on the sex offender registry for up to 25 years.

Clinical abortion is not to be taught as a means of family planning or a method of reproductive health.

The law does not require schools teach about contraceptives, like birth control or condoms, but districts are not prohibited from broaching the subjects.
Another heartbreaking loss for the Eagles

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

Linden — It’s been a season of close losses for the Linden varsity boys basketball team in Metro League play.

The season started with a tight 74-68 overtime loss to Howell, and a heart-breaking 62-56 loss at Swartz Creek followed about a week later.

Now jump to the 2018 portion of the season, and the Eagles have suffered a couple more tough losses. Just over a week ago, they lost a 36-35 heartbreaker to Swartz Creek. The win mean Fenton is just one of two teams in the Metro that still holds a perfect league record at 6-0 (Holly is the other). Of course, both of those two teams will meet up at Holly High School on Wednesday in a three-team dual meet that also includes upset-minded Linden (4-2).

Fenton lost its first three matches against Kearsley, but quickly reversed their fortunes by winning the next four matches. Beau Turnblom (152), Tommy Adams (160), Will Galvin (189), Thomas Conlon (215), Devin Fuller (285) and Landon Lapa (112) won matches by pinfall against the Hornets. Other winners were Brady Triola (140), Mason Church (145) and Luke Thornton (103). Against Owosso, the Tigers lost three of the first four matches, but turned it around after that, earning six straight wins to take control of the match.

Jayden Rittenbury (135), Luke Zywicki (160), Galvin (171), Conlon (215) and Lapa (112) won by pinfall, while Triola (140), Church (145), Fuller (285) and Thornton (103) also won matches.
Fenton keeps on talking, wins another game

A little over a week ago, the Fenton varsity boys basketball team had lost its second of three Metro League contests when they lost to the defending Class A state champions Flushing 51-40.

Linden wrestlers get bit by the flu at meet

Sometimes life can get in the way when a team is battling for a league title.

That may have happened to the Linden varsity wrestling team.

It’s been a run of three tough opponents for the Lake Fenton varsity girls basketball team in the last week. The results were three tough losses.

Lake Fenton girls lose three recent contests

The squad said that it needed to work on its communication to take its play to the next level during the second round of the Metro League season. Apparently it’s working.

McIntosh leads Tigers past Brandon

By Dale M. Smith
dtoppers@tctimes.com; 810-433-6789

Fenton — Too bad the icy roads and high winds made for a smaller than usual crowd Tuesday night as the Fenton Tigers hosted the Brandon Blackhawks. Had more fans been able to brave the conditions, they would have witnessed a great show from Tigers’ sophomore, Addison McIntosh. The smooth-shooting lefthander was dominant on both ends of the floor as the home team dropped Brandon, 69-57.

Fenton started a bit slow but got a big lift from senior Brandon Bossenberger off the bench in the first quarter. McIntosh and Bossenberger show, the Tigers led 22-9 at the end of the first quarter and looked to be on their way to a rout. McIntosh alone had seven points in the first eight minutes.

But, Brandon continued to battle.

CONTINUED AT TCTIMES.COM

LF wrestlers swept in dual

Limited numbers have hurt the Lake Fenton varsity wrestling team all season.

That issue hurt the Blue Devils on Wednesday. Lake Fenton lost to Goodrich 43-18 and to Lakeville 37-36.

CONTINUED AT TCTIMES.COM

PREP REPORT

GYMNASTICS
► LFLF 138.325, Walled Lake
124.775: Blake Hutchings posted a 9.2 on the floor, a 9.15 on the vault and also had a top-four team effort on the vault and bars, leading the LFLF squad to victory. Lauren Hayden led the team on the bars (8.33) while also earning a team score on the beam. Sabra Robinson scored for the team on the vault, the beam (8.7), and floor (8.4) while Alexis Pisoni had a team score on the vault, and the floor (8.7). Jessica Richert placed for the team on the bars, beam and floor while Apryl Smith did on the bars.

BOYS BASKETBALL
► Hamady 78, Lake Fenton 43: Luke Tormczyk led the Devils with nine points while Matt Turgeon netted seven points.
► Linden JV 54, Swartz Creek JV 33: Swartz Creek missed a game-winning shot at the buzzer, helping earn the Eagles the victory. Isiah Votmeis led Linden with 11 points, while Eli Bell, Mike Cermazar and Ryan Gillespie had nine points each. Chad Williams netted seven while Ben Coburn had six.

LPLF 138.325, Walled Lake 124.775: Blake Hutchings posted a 9.2 on the floor, a 9.15 on the vault and also had a top-four team effort on the vault and bars, leading the LFLF squad to victory. Lauren Hayden led the team on the bars (8.33) while also earning a team score on the beam. Sabra Robinson scored for the team on the vault, the beam (8.7), and floor (8.4) while Alexis Pisoni had a team score on the vault, and the floor (8.7). Jessica Richert placed for the team on the bars, beam and floor while Apryl Smith did on the bars.

► Swartz Creek 40, Linden 25: The Eagles led 6-3 after one quarter, but Swartz Creek outscored Linden 25-2 in the second quarter, leading the Dragons to the win.

Taylor Acox led the Eagles with five points and five rebounds.
► Lake Fenton JV 32, Hamady JV 29: Christina Lamb scored 10 points while Aubrey Fry had five assists and four steals. Ivy Lynch led the team in rebounding.

HOCKEY
► Fenton/Linden 6, Swartz Creek/Clio/Flushing 5: Josh Appleberg scored two goals, leading the Fenton/Linden Griffins to the victory. Brendan Miles, Lincoln Wright, Austin Porter and Paxton Cowan had a goal each. Dylan Conte had three assists. Jayden Lanneese had 32 saves in goal.
► Freeland 8, United 5: Colby Polubinovchuk had two goals while Alec Copeland, Lochlan Heilbroun and A.J. Incamminca had a goal each. Copeland also had three goals while DuSweers had two assists.

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Linden’s varsity competitive cheer team performs during the second Metro League jamboree held at Linden High School on Wednesday.

**Tigers place fourth at Metro’s second competitive cheer meet**

Linden places sixth while Holly finishes seventh

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

The Metro League has its share of parity in many sports. Apparently, varsity competitive cheer can be added to that list of balanced competitions.

None of the Metro League competitive cheer squads finished in the same position at the second meet as they did in the first one.

That resulted in some good and bad news for the Fenton varsity competitive cheer squad. After taking second at the first event, the Tigers took fourth in Wednesday’s competition at Linden High School. That’s the bad news. However, since last meet’s winner, Swartz Creek, dropped to third itself, it kept the Tigers right in the mix for the league championship. And that’s the good news.

Wednesday’s winner, Kearsley, and Swartz Creek have 16 team points, tying them for first in the standings. Fenton is in third with 14 points with the final competition — worth 50 percent — remaining. Linden took sixth place and are in fifth overall in the standings. Meanwhile, Holly took seventh at the meet and are in eighth entering the final event.

The Tigers opened round one with a 208.40, placing them in fourth place. They recorded a 182.56 in the second round and a 278.40 in the third round, for a grand total of 669.36 points, about four points behind third-place Swartz Creek.

“‘I love the heart and the effort this team has,” Fenton varsity competitive cheer coach Kristi Webster said. “This group of six seniors will be the first year I have had majority of them since they were freshman. It’s been so fun watching them develop into the athletes and strong young women they are today.”

**Baylis celebrates his birthday with a Holly victory, 50-44**

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

Lance Baylis couldn’t have asked for a better birthday present.

After a slow 1-3 start, the Holly varsity boys basketball team has slowly been improving.

The Bronchos proved how much they’ve improved in recent weeks by earning their top victory of the season on Tuesday, a 50-44 win against Owosso, a squad that was in first place in the Metro until the loss.

“This was a great opportunity to get a marquee win and jumpstart the second half of our season,” Baylis said. “Anything can happen. In this league anybody can beat anybody. There’s more parity than there ever has been in the league. This was a very nice win. And it was made even better because it was my birthday. The guys sang Happy Birthday after the game.”

**ATHLETES OF THE WEEK**

January 28, 2018

**HARTLAND**

WILL MCCOY
Boys Basketball

ZACH MILLER
Boys Bowling

BRADEN LAPA
Boys Ski

**FENTON**

JOSH KIPPE
Boys Swim and Dive

JULIE CELINI
Competitive Cheer

WHITNEY SOLLOM
Girls Basketball

**HOLLY**

**LILAH DAGENAIS**
Girls Ski

**HARTLAND**

KAITLYN MEIR
Girls Bowling

LILAH DAGENAIS
Girls Ski

**FENTON**

JAYDEN LANESSE
Hockey

**LINDEN**

KOLETON STRAUSS
Wrestling

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2018 CRUZE
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