Acupuncture, aromatherapy, reflexology and other holistic practices are becoming more popular.

Do you ever visit a chiropractor, acupuncturist, massage therapist or use essential oils in your daily life? If so, you are among a growing number of people who are embracing complementary or alternative therapies as part of a healthy lifestyle.

About 30 percent of Americans use complementary and alternative medicine (CAM), according to MayoClinic.com. Many doctors often combine these therapies with mainstream medical practices under today’s new term, “integrative medicine.”

What is considered “alternative” changes constantly as treatments undergo testing and move into the mainstream. For example, chiropractic has been widely accepted in the medical community, so it has become more a complementary therapy than an alternative practice.

One reason that there is so little research and conclusions about some of the alternative treatments is because large, carefully controlled medical studies are costly, according to MayoClinic.com. Trials for conventional therapies are often funded by large pharmaceutical companies. Fewer resources are available to support trials of CAM therapies.

The best way to maximize your use of alternative therapies is to talk with your doctor about them. He or she can help you understand possible risks and benefits before you try a treatment. Make sure your doctor is updated on any alternative therapies you’re using, including herbal and dietary supplements.

See ALTERNATIVE on 2B

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

It’s amazing, the relief you can get from acupuncture. My neck could practically spin around, I felt so good.

Anne Birchmeier
client of Kristi Wilson, acupuncturist

---

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ALTERNATIVE
Continued from Page 1B
Here are a few examples of alternative therapies that are gaining popularity:

**Acupuncture**

For millions of people who live with pain, acupuncture has become a widely accepted technique, even among the medical community. A recent survey found that about 3.5 million Americans had acupuncture in the last year.

The main goal of acupuncture is activating the body’s own self-healing through the application of needles, heat and pressure under the skin. It has been recognized as an effective treatment for chronic pain conditions, including back and neck pain, osteoarthritis, chronic headaches and shoulder pain. Acupuncture has also been used to reduce nausea for cancer patients in treatment, as well as menstrual cramps and fertility treatment.

“Not a whole lot of people know we offer it,” said Jamie Sweet, owner of Back to Basics Wellness in Fenton. She’s also a birth doula, Reiki master and licensed massage therapist. “Dr. Kristi Wilson is our acupuncturist.”

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**Acupressure**

“Acupressure is like acupuncture without the needles,” said Yaping Wu, certified massage therapist who owns Vitality Acupressure Massage Therapy in Fenton. She trained and practiced in China and is licensed in the U.S. for many traditional Chinese healing therapies, including acupressure and cupping.

Acupressure involves applying pressure specific to points along the body’s meridians, which are channels they say carry life energy throughout the body. Illness is thought to occur when one of these meridians is blocked or out of balance. Acupressure is used to relieve blockages so energy can flow freely again, restoring wellness.

**Aromatherapy**

Aromatherapy uses essential oils to promote healing. These oils are the concentrated extracts from the roots, leaves, seeds or blossoms of plants. They can be inhaled, massaged into the skin or diffused throughout a room. Each is for a specific purpose — some are used to treat inflammation or infections; others are used to promote relaxation.

Many people use essential oils, in fact, it’s more than a $1 billion industry, according to Consumer Reports. But the jury is still out on their effectiveness as a cure-all. However, their use in “softer” applications as a mood lifter, for anxiety relief or to reduce nausea is more promising.

**Cupping**

Jessica Skop, owner of Serendipity Wellness Spa in Linden, suffered from migraines for years until she tried cupping therapy.

Cupping uses special heated cups, either glass bulbs or silicone, on your skin for a few minutes to create suction. It pulls the skin away from the body, with the theory that it pulls toxins with it.

“Cupping therapy is like a reverse massage,” said Jessica Skop, owner of Serendipity Wellness Spa in Linden.

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**TRAIL-COUNTY TIMES VIDEO STILL**

Yaping Wu uses acupressure, cupping and foot reflexology massage to relieve pain and promote wellness at Vitality Acupressure Massage Therapy in Fenton.

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**TRUMP FANS, PLEASE look closer at the way money is being spent, EPA is being gutted and no attention being paid to Russia threat. Why?**

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**CITY OF FENTON, I know that mosquito control is popular but is there a way we can be notified in advance this year so we can close our windows (coughs) before the truck comes by blowing that toxic fog in the air?**

---

**DEVELOPMENT IN FENTON is a bubble. To glimpse the bubble’s future take a drive through Flint.**

---

**WHEN IT COMES to abuse, drugs, sex, etc., the government wants to educate, but when it comes to guns the government doesn’t want anyone to know anything. Just take them away. Why not educate people so they can be as knowledgeable as the criminals.**

---

**WOULD WE VOTE for Trump if he was a Democrat? No way, because that means he would have ideology of the DNC. Trump is for lowering taxes, creating jobs, citizens are a priority, eliminating ISIS, arrest and deport illegal gangs/criminals, building a wall to keep them out. DNC wants the complete opposite.**

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**EVERY DAY I spend my time drinking wine feelin’ fine.**

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**HOT LINE CONTINUED**

TRUMP FANS, PLEASE look closer at the way money is being spent, EPA is being gutted and no attention being paid to Russia threat. Why?

CITY OF FENTON, I know that mosquito control is popular but is there a way we can be notified in advance this year so we can close our windows (coughs) before the truck comes by blowing that toxic fog in the air?

FOR ALL THE Evangelical Bible thumpers approving Trump’s evil administration by proclaiming God will provide. He did provide, when he gave you a brain.

LIBERALS USE the government to tell us how to live. Conservatives use their religion to tell us how to live. Many use drugs to escape them both.

FOR ALL YOU people that trash our president, you should be made to serve our country then you’d learn respect.

BEING A YOUNG person when I was at college it was strongly recommended that you do not have a job while in my program. It was considered a distraction.

DEVELOPMENT IN FENTON is a bubble. To glimpse the bubble’s future take a drive through Flint.

IF THEY USE robots to cook then I will no longer eat at their restaurant.

WHEN IT COMES to abuse, drugs, sex, etc., the government wants to educate, but when it comes to guns the government doesn’t want anyone to know anything. Just take them away. Why not educate people so they can be as knowledgeable as the criminals.

WOULD WE VOTE for Trump if he was a Democrat? No way, because that means he would have ideology of the DNC. Trump is for lowering taxes, creating jobs, citizens are a priority, eliminating ISIS, arrest and deport illegal gangs/criminals, building a wall to keep them out. DNC wants the complete opposite.

EVERY DAY I spend my time drinking wine feelin’ fine.
By Hannah Ball
hball@tctimes.com; 810-433-6792

From rubbing Vicks VapoRub on your feet, to putting onions in your socks overnight, to pouring coffee in the toilet, home remedies for sicknesses and other things have been passed down from generations to generation. As modern medicine improves, many of these have been debunked.

Here are eight of the wackiest home remedies.

Sources: thescientifcparent.org, mirror.co.uk, huffingtonpost.ca

1. **Drinking gizzard tea** to stop diarrhea is a gross cure that isn’t passed down to the generations as much nowadays, most likely because there are more appetizing ways to stop the problem.

2. **Soaking bread in milk and putting it on your boils** makes them disappear, right? Wrong. This old wives tale is false.

3. **Rubbing Vicks VapoRub** on your baby’s feet when they have a cold is said to make the sickness go away. However, the manufacturer of the rub, Procter and Gamble, does not recommend using Vicks on children under 2 years of age. This does not actually work. The baby’s symptoms might lesson because it’s relaxing to get a foot massage and more sleep.

4. **Tilting your head** back and pinching your nose to stop a nosebleed supposedly helps stop the bleeding. But this can actually be dangerous because the blood could go down the back of your throat and irritate the stomach. Instead, lean forward and pinch the soft part of the nose, beneath the bony bridge.

5. **“Feed a cold but starve a fever”**

   “Feed a cold but starve a fever” was a phrase that may date back to 1574, when writer John Withals suggested that fasting would cure a fever. The old adage is now misunderstood. Its meaning is: “(If you) feed a cold, (you will have to) starve a fever. You need food, especially when you are sick.

6. **Using basil as a laxative** is recommended by holistic websites. Some outlandish old wives tales will tell you to apply it directly to your bottom, but chewing and ingesting it should work just fine.

7. **Putting onions in your socks while you sleep** is said to make your cold or flu go away because it draws toxins out of your body. This has been debunked.

8. **Soaking bread in milk and putting it on your boils** makes them disappear, right? Wrong. This old wives tale is false.

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**Your defense lawyer shouldn’t be your second mistake.**

**CALL FRANK FIRST**

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PUBLIC NOTICE
TO THE TAXPAYERS AND PROPERTY OWNERS OF
THE CHARTER TOWNSHIP OF FENTON

2018 BOARD OF REVIEW

The Board of Review of the Charter Township of Fenton will meet at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan at the dates and times listed below.

Monday March 12, 2018
9:00 a.m. to 9:00 p.m.*

Wednesday March 14, 2018
10:00 a.m. to 6:00 p.m.

Thursday March 15, 2018
5:00 p.m. to 9:00 p.m.

* The Monday Board of Review session will be recessed for a 1-hour meal break at 12:00 p.m. and at 5:00 p.m.

At these sessions the Board of Review will hear any appeals or objections and review potential corrections to the assessment roll.

Property owners may file their appeals in writing, provided such appeals are received by the Board of Review no later than 9:00 p.m. on March 15, 2018.

Property owners wishing to appeal in person may do so on a first-come-first-served basis on the dates and times indicated above. APPOINTMENTS WILL NOT BE SCHEDULED.

TENTATIVE EQUALIZATION MULTIPLIERS

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ROBERT E. KRUG, CLERK
CHARTER TOWNSHIP OF FENTON

JUST SAYIN’...

‘This did not really happen’

Normally, I have the ability to clear my head before I go to bed at night and fall asleep almost immediately after my head hits the pillow. Normally.

Sometimes, however, if I am stressed or worried about something in particular, it takes a little longer, and once I do fall asleep I have some pretty vivid dreams. I had one of those dreams (or nightmares rather) during the wee hours last Monday morning.

I dreamed that I accidentally backed my car into the sculpture at the Fenton Community and Cultural Center, the one affectionately known as “The game,” which depicts the poker game played by Fenton’s founding fathers back in the day. Anyway, I backed into it pretty hard apparently because it broke into three big pieces. It didn’t feel to me like I hit it that hard, but I guess I did because the damage was extensive.

Horrified, I left my car right there and ran home to get my husband. Once I explained, my husband and I hopped into his truck and went back to the scene of the accident. He just happened to have all the welding equipment he needed in the back of his truck, even though he no longer welds for a living. Within a short time, and after much cursing and dirty looks in my direction, he welded the entire sculpture back together good as new. Right? Wrong!

Have you ever broken a ceramic dinner plate, or sugar bowl, vase or cookie jar and tried to glue it back together? No matter how good the glue job, it just never looks right again. That’s what happened when he welded the sculpture back together, even though being a highly skilled welder is among my husband’s talents.

Amazingly, no one saw us. I suggested we call the police and tell them what happened — not that I broke the sculpture and that he had to weld it back together — just that I backed into it and there was no damage. Maybe the police wouldn’t notice the weld beads that were not made of bronze to match the sculpture.

My husband said, “No, just leave it, no one will ever know.” We went back and forth on this for a long time when suddenly I shot straight up in bed. I was soaked in sweat and after clearing my head for a second, repeated, “This did not really happen, this did not really happen.”

That would have been horrible. I prefer not dreaming at all when I sleep, or not remembering them if I do. Often, on Sunday afternoons, I will take a nice nap on the sofa in our family room.

The door to the garage is a few feet from the sofa on the same side and my head is on a stack of pillows closest to the garage door. When I woke up from my nap this past Sunday, my husband said, “That must have been one deep sleep. I walked past your head three times taking out recycling and bringing in groceries, and you didn’t move a muscle.”

Now that’s the kind of good sleeping I’m talking about — the kind without damages.

Letters offered in Just Sayin’ are the author’s alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email Vera at vhogan@tctimes.com.

PUBLIC NOTICE
TO THE TAXPAYERS AND PROPERTY OWNERS OF
GROVELAND TOWNSHIP

2018

BOARD OF REVIEW MEETINGS

The Board of Review of the Township of Groveland will meet at the GROVELAND TOWNSHIP HALL, 4695 Grange Hall Road, Holly, Michigan, Upper Level, For the purpose of reviewing the assessment roll and hearing any objections thereof at the following dates and times:

Tuesday, March 6, 2018 6:00 PM to 9:00 PM
Monday, March 12, 2018 1:00 PM to 4:30 PM  6:00 PM to 9:00 PM
Wednesday, March 14, 2018 1:00 PM to 4:30 PM  6:00 PM to 9:00 PM

Additional days will be scheduled, if necessary, to give everyone an opportunity to appeal their assessment.

Property owners may file their protest by letter provided the same is received at the Township Hall NO LATER THAN 9:00 PM, March 14, 2018.

For those wishing to protest in person, please schedule an appointment by calling:

OAKLAND COUNTY EQUALIZATION DIVISION
248-858-1861

If you have any questions regarding the above notice, please feel free to call Shelly Kidd, Deputy Treasurer at GROVELAND TOWNSHIP office during regular business hours at 248-634-4152.
Jesus, Mary and Joseph, should appear at the bottom. The favor. Only your initials granted without mentioning immediately after the favor is granted. This prayer must be published even if it appears difficult.

Days the favor will be granted, me and mine. This person you for your mercy towards you in eternal glory. Thank you for all things I want, in this short prayer, to forgive and forget all evil against me. In all instances Who gives me the divine gift.
ADVERTISEMENTS TO BID
LAKE FENTON COMMUNITY SCHOOLS
Lake Fenton Community Schools will be receiving sealed bids for "Asbestos Abatement – 2018 Renovations at Lake Fenton Middle School." These projects will be completed in June and July 2018, prior to building renovation activities. New buildings will include the removal and disposal of asbestos thermal system insulation materials, asbestos floor tile, non-asbestos carpet and asbestos fire doors. Bids will be received until 1:00 PM. Local time Thursday, March 22, 2018. Sealed bids should be mailed or delivered to:

Sealed Bid – Asbestos; Asbestos Abatement 2018 Renovations at Lake Fenton Middle School;
Attn: Julie Williams, Superintendent
11425 Torrey Road, Fenton, Michigan 48430

The openings of the bids will take place at that time. Bid documents will be available from Arch Environmental Group, 37720 Interchange Drive, Farmington Hills, Michigan 48335, (248) 426-0165, www.archenvgroup.com, starting Monday, March 12, 2018, at 8:30 AM. All bids shall be accompanied by a sworn statement, in accordance with MCL 380.1267, disclosing any familial relationship that exists between the owner(s) or any employee of the bidder and any member of the Board of Education of the School District or the Superintendent of the School District. All bids shall be accompanied by a sworn statement, in accordance with MCL 129.313, certifying that the bidder is not an liens business.

The Board of Education shall not accept a bid that does not include sworn and notarized copies of the familial relationship disclosure statement and affidavit of compliance with the Iran Sanction Act. Lake Fenton Community Schools reserves the right to reject any and all bids either in whole or in part or to waive any irregularities or irregularities that may be in the best interest of the School District.

INVITATION TO BID - CITY OF LINDE INSTANCES
The City of Linden will receive sealed bids at the City Clerk’s Office, 132 E. Broad St., PO Box 507, Linden, MI 48451, for Handicap Ramp and Door Installation in Downtown Linden.

Bids will be publicly opened and read at 10 a.m. April 2, 2018 in the main office of the Linden City Hall, 132 E. Broad St., Linden, Michigan. Bids shall be submitted in sealed envelopes and plainly marked "CDBG HANDICAP RAMP – CITY OF LINDE INSTANCES.

Bids are being solicited only from responsible and established bidders known to be experienced and regularly engaged in the work of ramp and door installation. Satisfactory evidence that the bidder has the necessary capital, equipment and personnel to do the work may be required.

Proposal forms and specifications are on file for the inspection of bidders at the Linden City Offices, 132 E. Broad St., Linden, Michigan and copies may be obtained by qualified bidders. Sealed proposals must be submitted on the bid forms furnished by the City.

The City Council reserves the right to reject any and all bids and to accept any bid which, in their opinion, is most advantageous to the City.

The above referenced project is a federally funded activity authorized under the Housing and Community Development Act of 1974. All successful bidders must comply with the federal labor standards, including the Davis-Bacon Act and the Copeland Anti-Kickback legislation; federal equal opportunity requirements; and Section 3 of the Housing and Urban Development Act of 1968.

FREE TRAINING!! Hiring New and Experienced Agents Fenton, Flint, Grand Blanc, Hartland, Holly, Linden, & Swartz Creek Call Today for your One-on-One Information Session!! New Package Incentives!! Fenton Office Contact Chuck Stoner 248-361-6690 www.renovoparts.com

DELIVERY DRIVER Warehouse worker needed. Apply at 1480 N. Leroy, 810-714-5860. Background and driving record checked.

HOLLY INTERNET COMPANY Seeking someone with good verbal and computer skills part-time. Flexible hours. Email resume to purchasing@renovoparts.com.

COOK POSITION AVAILABLE 30-40 hours per week, competitive wages. Apply within at Old Hickory Bar & Grill, 7071 Bennett Lake Rd., Fenton, 810-735-7630.

DIRECT CARE Openings for full and part-time in several locations. Will train; up to $10.00 once trained. Benefits! Call 248-887-9863.

TAYLOR HARDWARE Customer service, sales, floor; cashier, 35 to 40 hours weekly, starting rate $10 per hour. Computer skills and heavy lifting required, electrical, and plumbing a plus. Pick up application at 1224 N. Leroy, Fenton.

www.tctimes.com

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TRI-COUNTY TIMES
is looking for a dependable newspaper carrier for a downtown Linden route. Papers must be delivered by 2 p.m. every Saturday. Ages 12 and older are welcome to apply. Contact Jill at 810-433-6797 or email circulation@tctimes.com.


Fenton Trading Post Trailer Sales. Call 810-629-9376.

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call 810-629-8282

LOCAL LIVING
www.tctimes.com

The Fenton Township Board held a regular meeting on Monday February 19, 2018 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

1. Trustee Goupil offered the opening prayer.
2. Clerk Krug led the pledge of allegiance to the flag.
3. Appointed Clerk Krug as temporary chairperson.
4. Approved meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.
5. After conducting a public hearing on same, adopted resolution No. 2018-05, creating Lake Ponemah Improvement Special Assessment District No. 2.
6. Approved the lake herbicide treatment contract for Lake Ponemah to Aquatic Nuisance Plant Control.
7. Adopted Resolution No. 2018-06, scheduling a public hearing on the special assessment roll for Lake Ponemah Improvement Special Assessment District No. 2.
8. Approved funding for the PEG Grant applications of Lake Fenton Community Schools, Fenton Area Public Schools, Linden Community Schools and the Fenton Area Cable Television Consortium up to a total amount of $100,005.01.
10. Approved an agreement with the Genesee County Road Commission for crack sealing certain streets within Fenton Township.
11. Adjourned at 8:10 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Thursday and 8:00 a.m. to 3:00 p.m. Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON

YOU ARE HEREBY NOTIFIED OF A REGULAR PUBLIC HEARING TO BE HELD TUESDAY MARCH 27, 2018 AT 7:00 PM BY THE CHARTER TOWNSHIP OF FENTON ZONING BOARD OF APPEALS AT 12060 MANTAWAUKA. THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

NEW BUSINESS:
ZBA18-005 Les Hadden, 12375 Margaret, Fenton:
Requesting 2% lot coverage, 5 ft. front yard and .5 ft. side yard setback variances to demolish the existing detached garage and build a new attached garage with utility room, parcel 06-11-501-010.

ZBA18-006 Ryan Payment – Outdoor Living LLC, 8282 Foster Rd., Clarkson, Flint:
Requesting a 50 ft. sight line variance to replace the existing walls and decks with new hardscape and build a pergola at 12230 Mantawauka, parcel 06-11-502-005.

This notice is published in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (2) (3) and the Americans With Disabilities Act (ADA). Fenton Township will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting or public hearing upon 14 days notice to Fenton Township.

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

Ordinances, meeting schedules and other Township information are also available at www.fentontownship.org.

ROBERT KRUG,
FENTON TOWNSHIP CLERK
TYRONE TOWNSHIP
PUBLIC NOTICE

REVISIONS TO ZONING ORDINANCE #36

Notice is hereby given the Tyrone Township Board, during a regular meeting held on March 6, 2018, adopted amendments to the Zoning Ordinance #36. All ordinances are available to the public for review during regular business hours at the Tyrone Township Hall, 10406 Center Road, Fenton, Michigan 48430 and can also be accessed from the township’s website at www.tyronetownship.us.

A summary of the revisions is as follows:

1. FR Farming Residential Zoning District
   a. Increased the required minimum lot size from 2 to 3 acres
   b. Removed the requirement for creating open space during land divisions.

2. RE Rural Estates Residential Zoning District
   a. Increased the required minimum lot size from approx. 1.5 acres to 1.75 acres
   b. Removed the requirement for creating open space during land divisions.

3. R-1 Residential Zoning District
   a. Increased the required minimum lot size from 30,000 square feet to 1 acre
   b. Removed the requirement for creating open space during land divisions.

4. Article 8 – OSP Open Space Preservation Option
   a. Amended to comply with the State of Michigan CDO Cluster Development Option requirements
   b. Amended to include the revised minimum lot sizes in FR, RE, and R-1.
   c. Amended to require sanitary sewer or community septic systems for cluster developments.

5. Article 20 – Schedule of Regulations
   a. Amended “Minimum Site and Lot Area” values in the regulation table, Section 20.01
   b. Section 20.02 Footnotes to Schedule of Regulations – Remove footnote AA, which required the designation of open space for lots created in FR, RE, R-1, and R-2.

6. Article 26 – Nonconformities
   a. Added Section 26.10 – Open Space Dependent Properties.
   b. Recognizes properties with open space as conforming when they were created.

The above amendments to the Tyrone Township Zoning Ordinance #36 shall take effect 7 days after publication of this notice.
Amy D. Jenkins
1971-2018
Amy D. Jenkins - age 46, of Fenton, died Tuesday, March 6, 2018. A memorial gathering will be held at a later date. Memorial contributions may be made to Adopt-A-Pet Fenton. Amy was born March 18, 1971 in Flint, the daughter of Sidney and Evelyn (Richards) Jenkins. She graduated from Fenton High School in 1989 and was also a graduate of Mott Community College. Amy loved animals, boating on Lake Fenton, and going up north to Port Hope with her family. Joely. Surviving are: mother, Evelyn; sister, Andrea (Mike) Birckelbaw; niece, Emma Mills; nephew, Leim Birckelbaw. She was preceded in death by her father, Sidney A. Jenkins. Online tributes may be made on the obituary page at www.sharfuneralhomes.com.

Elizabeth Krumlauf
1960-2018
Elizabeth Krumlauf - age 57, of Fenton, died Tuesday, February 28, 2018 in St. Augustine, FL. Services will be held 11 AM Saturday, March 17, 2018 at St. Jude Episcopal Church, 106 E. Elizabeth St., Fenton. The Reverend Tracey Little officiating. Visitation will be held at the church 10-11 AM. Those desiring may make contributions to the American Heart Association. Mitchell was born October 30, 1960 in Flint, the son of Richard T. and Joanne (Baker) Stratton. He was a 1987 graduate of Fenton High School and a 1987 graduate of Michigan State University. He was a new car salesman and also had been a nurse in cardiac care. Mitchell had resided in Florida for many years coming from Fenton. Surviving are: his father, Richard; sister, Lynn and husband, John Toff of Fenton; nephews, John and wife, Jessica Toff of California and David Toff of Chicago, nieces, Melissa and husband, Bryan Burt of Howell and Jennifer and husband, Tim Pokovich of Utica; great-nephews, Henry and Grayson; great-niece, Scarlett; and several very special friends in Florida. He was preceded in death by his mother, Joanne Stratton. Online tributes may be posted on the obituary page at www.sharfuneralhomes.com.

Maxine Frost
1925-2018

Melissa Sova
1963-2018

Shelby Bailey

Gay King

Theresa Holtzmann

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How dog owners can curb barking

Though it might try the patience of dog owners and their neighbors, barking is a perfectly normal behavior for dogs. But dog owners dealing with excessive barking can learn about why dogs bark and how to treat barking problems.

Why do dogs bark?
Barking is a natural way for dogs to communicate. Some dogs may bark to alert others that someone is approaching the house or if they hear unexpected noises outside. The American Kennel Club notes that some dogs may bark as a way of expressing their desire to exercise or receive some social stimulation. Some dogs bark when they are bored or lonely, and some bark when they are alarmed or scared.

Why do dogs’ barks differ?
According to the online pet resource PetEducation.com, barks can differ depending on what dogs want. Dog owners who learn to distinguish between the types of barks may have an easier time curtailing barking sessions and comforting their pets.

• Attention-seeking barks: PetEducation.com notes that attention-seeking barks are inconsistent and can be difficult to ignore. These types of barks are often used by puppies.

• Alert barks: It typically doesn’t take long for dog owners to recognize alert barks, as they become more rapid as strangers draw closer to a home.

• Play barks: Barks are short and sharp, and are often a byproduct of dogs growing overexcited during play time.

• Lonely barks: These barks reach a higher pitch as dogs grow more anxious, which could be a byproduct of separation anxiety.

Excessive barking can try the patience of even the most devoted dog owners. But with time and effort, dog owners can curb their dogs’ excessive barking.

How to treat excessive barking
Behavioral training of dogs requires time and may require considerable patience on the part of dog owners whose dogs are barking excessively. So dog owners must recognize that curing excessive barking won’t happen overnight.

• Do not shout at the dog. Shouting at a barking dog will only encourage more barking, so frustrated dog owners must resist the temptation to shout as they attempt to correct barking. Maintain a calm, firm voice when working with a dog to curb its barking.

• Be consistent. PetEducation.com recommends that dog owners pick a one-word command and use it whenever they are attempting to correct excessive barking. Maintain the same calm tone of voice each time the command word is spoken.

• Rely on positive reinforcement. The AKC advises dog owners keep some high-value treats at the ready as they attempt to curb their dogs’ barking. When dogs begin to bark, owners can wait patiently for them to stop. Once dogs stop, dog owners can wait a moment before praising the dog and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese (optional). I hope you enjoy!”

INGREDIENTS
1 onion, chopped
1 (16 ounce) can chili beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer
2 (10 ounce) cans diced tomatoes with green chilis, undrained
1 (25 ounce) package taco seasoning
3 whole skinless, boneless chicken breasts
1 (8 ounce) package shredded Cheddar cheese (optional)
sour cream (optional)
crushed tortilla chips (optional)

DIRECTIONS
Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.
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