

LocalLiving

Times

Sunday, March 11, 2018

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

ALTERNATIVE THERAPIES

Do they really work?

■ 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

“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."



TRI-COUNTY TIMES
VIDEO STILL

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

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 to specific points along the body's meridians, which are channels they say carry life energy throughout the body. Ill-

ness 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 mas-

sage," Skop said. "It's a way of getting an intense result and the same benefits as a deep pressure, trigger-point massage, but in a shorter time."

In addition to relieving migraines, Skop says cupping can alleviate sore muscles and reduce cellulite. It does leave circular marks on the skin for several days after the therapy, but they do disappear. "We let people know what to expect," Skop said.

SUMMARY

Alternative medicine is more popular than ever today, as people look for ways to reduce pain and heal their bodies from within. Many of these therapies are thousands of years old, and some are backed by today's medical community.

Athletes, including Olympian swimmer Michael Phelps, often use cupping to reduce muscle pain or soreness. Other applications include to relieve stiff neck

and shoulders, low back and hip pain and to improve sleep.

Lisa Malinowski, 24, of Holly, uses cupping therapy as a complement to therapeutic massage. "I run a lot, and it really helps the muscles to totally relax," she said. "It's like detoxifying the body."

Reflexology

Reflexology is the application of pressure to areas on the feet, hands and ears. The theory behind reflexology is that these areas correspond to organs and systems of the body and that pressure applied to these areas affects the organs and benefits the person's health.

According to Mayoclinic.com, reflexology is generally relaxing and may be an effective way to alleviate stress. Studies funded by the National Cancer Institute and the National Institutes of Health indicate that reflexology may reduce pain and psychological symptoms such as anxiety and depression and enhance relaxation and sleep. It may also benefit

pain relief for cancer patients. Other claims about reflexology's ability to treat asthma, diabetes and cancer have less scientific evidence for support.

“CUPPING
THERAPY IS
LIKE A REVERSE
MASSAGE.”

Jessica Skop
Serendipity Wellness
Spa in Linden

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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.

8 of the WACKIEST home REMEDIES

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.

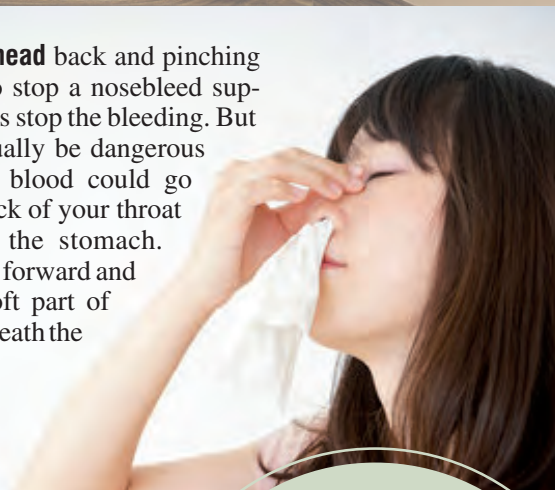
Sources: thescientificparent.org, mirror.co.uk, huffingtonpost.ca

If you want to induce labor, one way the old tales say is effective is to make a coffee potty. Brew a fresh pot of coffee and pour it in the toilet. Then sit on the toilet like you have business to take care of. The tales say it should make your bundle of joy arrive faster.



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.

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.



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.



"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.



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



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 lessen because it's relaxing to get a foot massage and more sleep.



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.



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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		
Property Class	Ratio	Factor
Commercial	47.02	1.0633
Industrial	48.93	1.0218
Residential	48.38	1.0335

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Times

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'This did not really happen'

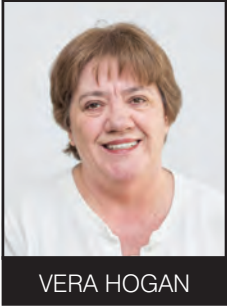
Normally, I have the ability to clear my head before I go to bed at night and fall asleep almost immediately after my head hits the pillow. Normally.

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 cussing 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



VERA HOGAN

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.

Opinions 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 are 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.

Classifieds

REAL ESTATE | GARAGE SALES
JOB OPENINGS | SERVICE DIRECTORY
PUZZLES | OBITUARIES


Times

CLASSIFIED DEPARTMENT: 810-629-8194

SUNDAY, MARCH 11, 2018

PAGE 5B

Personal Notices

 **HOLY SPIRIT,** who solves all problems and lights all roads so I may attain my goals. Who gives me the divine gift to forgive and forget all evil against me. In all instances of my life you are with me. I want, in this short prayer, to thank you for all things and confirm once again that I never want to be separated from you. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. This person must say this prayer for 3 consecutive days. After 3 days the favor will be granted, even if it appears difficult. This prayer must be published immediately after the favor is granted without mentioning the favor. Only your initials should appear at the bottom. Jesus, Mary and Joseph, thank you. **SP**

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Miscellaneous Wanted

ALL SCRAP METALS picked up, including appliances. We buy scrap cars, trucks, farm equipment, motorhomes, auto and farm batteries. 810-730-7514, 810-449-0045.

Lost and Found



LOST DOG
22 lb. black and white Terrier in the Lahring and Thompson Rd. area. Recently adopted and got away. Please call 810-629-8130.

ALL ADVERTISEMENTS PUBLISHED in the Tri-County Times are subject to approval before publication. We reserve the right to edit, refuse, reject or cancel any ad at any time.

Art & Craft Shows

Times



Spring Craft Show
Sunday, March 18, 2018
10am-4pm
Linden High School
7201 W. Silver Lake Rd • Linden, MI 48451
Come and shop over 65+ Crafters with many hand-made items! Furniture, plant holders, hats & hairclips, jewelry, soaps, candles, skincare, quilts, scarves, clothing, photography, books, Easter items, and so much more!
All proceeds go to Linden High School Student Council & Linden Community Education 810-591-0415

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The Hadley Cemetery Annual Meeting is on Wednesday, March 28th at 6:30 pm.
The location is the Groveland Township Offices.

TYRONE TOWNSHIP
Livingston County, Michigan

The Tyrone Township Treasurer elected office was vacated on August 27, 2017 and the Township Board appointed Jennifer Eden to fill the vacancy until the next general election to be conducted on November 6, 2018. Per MCL's 168.370 and 168.370a, the appointee must run in this general election if she wishes to continue in office.

ZONING BOARD OF APPEALS
CITY OF FENTON
GENESEE COUNTY, MICHIGAN

NOTICE OF PUBLIC HEARING ON
DIMENSIONAL VARIANCE REQUESTS

TUESDAY, MARCH 27, 2018

Notice is hereby given that the City of Fenton Zoning Board of Appeals will hold a public hearing at 7:00 p.m., or as soon thereafter as the matter may be heard, on Tuesday, March 27, 2018 for the purpose of considering the variance request below for Owen Road Partners, 640 N. Old Woodward Ave. for the property at 3401/3409 Owen Road, Tax ID #53-34-300-050. The property is located on the south side of Owen Road, and is zoned GBD, General Business District, where commercial uses including business service and retail establishments are permitted uses.

1. A variance from Section 36-24.04(a), Sign Setback, of the zoning ordinance to allow a zero front yard setback from the north property line when a ten (10) feet setback is required.

The public hearing will be held in the City Hall Conference Room, 301 South Leroy Street. The purpose of the public hearing is to describe the proposed variance requests and receive public comment on the proposal. All interested parties are welcome to attend and present their comments.

Copies of the variance requests are available for public inspection at the City of Fenton office, 301 South Leroy Street, during regular business hours. Written comments concerning the project may be submitted at the above address prior to the hearing and will be made part of the official record. All minutes of meetings are available at the City Clerk's office or on the City of Fenton website.

Comments and questions may be directed to the City of Fenton Zoning and Building Administrator, Michael Reilly, at 810-629-2261.

PLEASE CONTACT THE FENTON CITY CLERK'S OFFICE IF ANY ACCOMMODATIONS ARE NEEDED DUE TO A DISABILITY.

NOTICE
CITY OF LINDEN
BOARD OF REVIEW 2018

The City of Linden Board of Review will meet at Linden City Hall 132 E. Broad St. P O Box 507, Linden, Michigan 48451, at the following times for the purpose of hearing protests to assessed values and the review of poverty exemption applications, and Disabled Veteran Exemptions.

Monday, March 19, 2018 (organizational)
9:45am-10:00am

Monday, March 19, 2018
10:00am-12:00pm
and
2pm-3pm

Tuesday, March 20, 2018
6:00pm-9:00pm

Meetings with the Board of Review will be by appointment only. To make an appointment, please contact the Assessor's Office at (810)735-7980, or visiting Linden City Hall at 132 E Broad St, Linden, Michigan 48451. Property Owners who reside out of the area may appeal in writing to the Board of Review. Written appeals must be received no later than 5:00pm on Tuesday, March 20, 2018.

CLASSIFICATION	RATIO	MULTIPLIER
Commercial	49.09%	1.0185
Industrial	49.28%	1.0146
Residential	48.20%	1.0373

Job Openings

Times

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Help Wanted

Help Wanted

Help Wanted

Help Wanted

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LOCAL RV BUSINESS

Looking for responsible and friendly individual to fill a full-time mechanic position. Experience preferred but not necessary. Applications and resumes being accepted. Call 810-750-2020 to inquire.

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

HELP WANTED!

Retired man for part-time light mechanic work. Call 810-629-9376.

LOCAL CONSTRUCTION COMPANY

Seeks laborers, excavator operator, carpenter trainees. Experience in landscaping, deck construction a plus. Hiring immediate full-time, plus overtime. Starting pay \$12-\$20, depending on experience. Call 810-714-0194 or email resume to jzellerz@charter.net.

FENTON CUSTOMER SERVICE REPRESENTATIVE

Full-time and part-time positions available. Monday, Tuesday and Friday for part-time. Requirements: Customer service experience a must. Ability to multitask in a fast pace environment answering phone calls and using computer to assist customers with orders and account questions. Excellent attention to detail, ability to work independently as well as with others. Strong work ethic only need apply. Please email resume to: Kathy@peacockparkdesign.com ATTN: CSR position.

SERVICE PERSON

to do routine maintenance and repair on trailers. Must be dependable and courteous. Fenton Trading Post Trailer Sales. Call 810-750-9971.

TIM HORTONS IS HIRING

All shifts, Flexible scheduling, Great work atmosphere. Apply online at www.pleaseapplyonline.com/fentontimhortons, or fill out an application at either Fenton location or Hill Rd. location.

VAN DRIVER WANTED

Immediate Van Driver position available. Chauffeur license required. Accepting applications Monday - Friday 9 am to 5 pm at Michigan Web Press, 10441 Enterprise Dr., Davisburg, MI 48350 (248-620-2990).

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.

SIGN UP

for Text blasts to receive local help wanted listings. Text JOBS to **810-475-2030**.

Are you fun and outgoing?
A hard worker that enjoys working with people?
- We are looking for you! -

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ADVERTISEMENT 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 and 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 P.M. 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 **OPENING** 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 6:30 P.M. 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 Iran linked 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 or all bids either in whole or in part or to waive any informalities or irregularities that may be in the best interest of the School District.

INVITATION TO BID - CITY OF LINDEN CDBG HANDICAP RAMP & DOOR INSTALLATION

The City of Linden will receive sealed bids at the City Clerk's Office, 132 E. Broad St., P.O. 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 LINDEN."**

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.

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Times

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Credit references required

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MIDWEEK PAPER REAL ESTATE DEADLINES

Display Ads: Monday 3 p.m.
Line Ads: Noon Tuesday

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PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON BOARD MEETING SYNOPSIS MARCH 5, 2018

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 invoices and expenditures for payment in the total amount of \$498,667.40.
5. After conducting a public hearing on same, adopted resolution No. 2018-05, creating Lake Ponemah Improvement Special Assessment District No. 2.
6. Awarded 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.
9. Approved a Uniform Video Service Local Franchise Agreement for AT&T Michigan.
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

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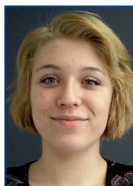
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PUBLIC NOTICE CHARTER TOWNSHIP OF FENTON

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 set-back 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., Clarkston, 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 06-11-530-005.

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

Puzzle Answers

Wednesday Sudoku, Crossword Puzzle and Jumbles are located in last Wednesday's issue.
All other puzzles are located throughout this edition of the Tri-County Times.

WEDNESDAY SUDOKU ANSWERS

1	5	3	6	7	9	2	8	4
9	4	6	2	1	8	3	5	7
8	2	7	4	5	3	1	9	6
6	7	4	8	9	1	5	2	3
5	3	1	7	2	6	8	4	9
2	8	9	3	4	5	7	6	1
4	9	2	1	8	7	6	3	5
3	1	5	9	6	2	4	7	8
7	6	8	5	3	4	9	1	2

SUNDAY SUDOKU ANSWERS

2	4	9	7	3	1	8	5	6
7	3	6	9	8	5	4	2	1
5	8	1	4	2	6	7	9	3
4	1	2	3	6	9	5	8	7
8	5	3	2	4	7	6	1	9
9	6	7	5	1	8	2	3	4
3	9	5	8	7	4	1	6	2
1	7	8	6	9	2	3	4	5
6	2	4	1	5	3	9	7	8

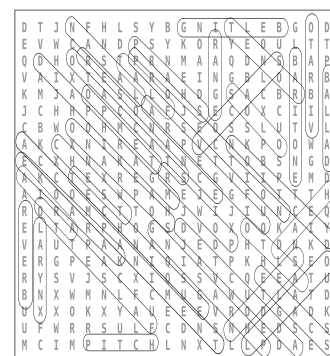
WEDNESDAY JUMBLE ANSWERS

Jumbles: SENSE, RHYME,
ZODIAC, ANNUAL
Answer: Her bowl of romaine,
dressing, parmesan and croutons
looked so yummy, he wanted to —
“SEIZE HER” SALAD

SUNDAY SCRAMBLER ANSWERS

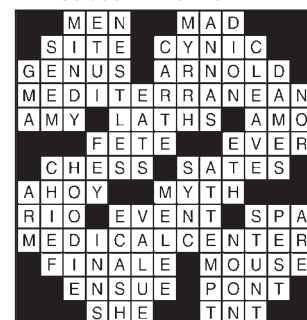
Scramblers:
PLEASE, TIRADE,
RADIANT, FRINGE
Answer: **ASPIRIN**

SUNDAY WORD SEARCH ANSWERS



WEDNESDAY CROSSWORD ANSWERS

Solution Time: 25 min.



SUNDAY CROSSWORD ANSWERS



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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, 10408 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. 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.

Sunday Scrambler

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Delight

ASLEEP

Rant

IRATED

Bright

TADRIN

Edge

GRIFEN

TODAY'S WORD

“Notice how they always follow political speeches with commercials?”

Answers in this edition of the Tri-County Times

Sunday Sudoku

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Answers in this edition of the Tri-County Times

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	4	9				8		
7		6			5			
	8				6	7		
	1	2					8	
	5			4	7			
							3	
			8			1		2
	7	8						
6				5	3			

Level: Intermediate

KING
FEATURES

Sunday Crossword

PUZZLE CLUE:
OH GEE!

ACROSS

1 Pres. Lincoln

4 Bar mitzvah officiant

9 Placed a burden on

14 Broke, as a horse

19 Fake signatures

21 Billy Joel's “— Extremes”

22 Rock's Cooper

23 “The Golden Girls” co-star being a rascal?

25 Bit of gossip

26 Conical-bore woodwinds

27 Winslet and Middleton

28 Source of great wealth

30 Make juice of

33 Mean beasts wearing

35 Burg

38 Life story, for short

40 Suffix with cloth or cash

41 With 45-Down, place for paternity testing

42 “Sad to say ...”

43 Record of the years

47 Serpentine fish

49 Unearthly

53 Stared creepily at a group of wolves?

56 Long deli sandwiches

58 Pretend to be

59 Mythical man-horse

60 Red chapter heading, e.g.

62 Ancient French region

64 In re

67 Minerva, to the Greeks

69 Comes out on top

70 “Make no edits to those script lines!”?

76 Sleek, informally

77 How some freelancers work

78 Bellyache

79 Ilditarod Trail animal

81 Very spirited

84 Swiftly

89 Brand of fruit drinks

90 Notion, to Luc

92 Heavy work shoe filled with currants?

95 Comedian Smirnoff

97 Apr. clock setting

99 Countdown expression

100 Manila money

101 Lively spirit

103 Smidge

105 Phys ed class

106 Epochs

107 Airport area that's only an illusion?

114 Stair unit

116 Mexican revolutionary Zapata

117 Oasis beast

119 Capital of the Beaver State

123 Poe's bird

124 Evil poet

128 Belgian port

129 Wise up

130 Aggressively defiant

131 — Domingo

132 Unable to relax

133 Composer Erik

134 “Prob'ly not”

4 Actress Witherspoon

5 Equip for war

6 Razor brand

7 Radio host Glenn

8 Koran's faith

9 Tablecloth material

10 Tennis great Andre

11 Shout on “The Simpsons”

12 Curio display stands

13 Giving type

14 Late state

15 Female grads

16 Copy closely

17 Low-cost, in product names

18 Freedom from govt. control

20 Brown-and-white cow

24 Get from — B

29 '60s drug

31 Blind as —

32 Ho Chi —

34 Golf peg

35 New Mexico ski spot

36 Bond girl Kurylenko

37 Drawer Disney

39 Burdensome

44 Storekeeper on “The Simpsons”

45 See 41-Across

46 Try to harm with claws

48 Angola's capital

50 Cosine, e.g.

51 Cake topper

52 JFK guesses

54 “Blast!”

55 Kin's partner

57 Linda of “The Exorcist”

61 “— ching!”

63 Hole tool

65 Stomached

66 Used a tool to grab, as an ice block

68 Engraved work of art

70 Screenwriter Ephron

71 Big name in vacuums

72 “Yes” signal

73 EMS skill

74 Tune in to

75 On — with (similar to)

76 Pasty

80 Enters headfirst, as a pool

82 Cup edge

83 “So far — know ...”

85 Any of six pontiffs

86 Wine ripener, e.g.

87 House, south of the border

88 Son of Seth

91 Female hormone

93 Van —, Calif.

94 Cellar, in apt. ads

96 Luxurious

98 Piper's cap

102 School gp.

104 Kitchen choppers

107 Arctic floaters

108 Large city in Nebraska

109 Established fact

110 — Gay (warplane)

111 Tot watcher

112 Latin “I love”

113 Some jabs

115 Suffix similar to -like

118 Pre-euro Italian money

120 Security claim

121 Italian peak

122 Tall tale

125 “Gimme —!” (rude demand)

126 Granola bit

127 Here, in Lyon

DOWN

1 “Hair” style

2 — tube (TV)

3 Therefore

1	2	3		4	5	6	7	8		9	10	11	12	13		14	15	16	17	18		
19			20							21							22					
23									24								25					
26							27						28			29						
				30		31	32		33				34									
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107	108	109						110				111	112	113		114		115				
116										117					118			119		120	121	122
123								124		125						126	127					
128								129						130								
131								132							133						134	

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Obituaries

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Wanda Weaver

Wanda Weaver - age 90, died March 3, 2018. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Shelby Bailey

Shelby Bailey - age 81, died March 3, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Elliott Nelson

Elliott Nelson - age 73, died March 4, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Gay King

Gay King - age 86, died March 3, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


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 friend, Joey. 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 of www.sharpfuneralhomes.com.


Melissa Sova

Melissa Sova - age 49, died March 7, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Elizabeth Krumlauf

Elizabeth Krumlauf - age 65, died March 4, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Maxine Frost

Maxine Frost - age 90, died March 7, 2018. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Theresa Holtzmann

Theresa Holtzmann - age 93, died March 7, 2018. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Mitchell Thomas Stratton
1960-2018

Mitchell Thomas Stratton - age 57, of St. Augustine, FL formerly of Fenton, died Wednesday, 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 Tracie Little officiating. Visitation will be held at the church 10-11 AM. Those desiring may make contributions to American Heart Association. Mitchell was born October 30, 1960 in Flint, the son of Richard T. and Joanne (Baker) Stratton. He was a 1978 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 Toth of Fenton; nephews, John and wife, Jessica Toth of California and David Toth of Chicago; nieces, Melissa and husband, Bryan Burt of Howell and Jennifer and husband, Tim Pavkovich 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 obituaries page at www.sharpfuneralhomes.com.


Leldon H. Lowman

Leldon H. Lowman - age 88, died March 5, 2018. www.temrowskifamilyfuneralhome.com.


Kathleen M. O'Kelley

Kathleen M. O'Kelley - age 71, died March 4, 2018. www.temrowskifamilyfuneralhome.com.


Gary Dean Buerger
1950-2018

Gary Dean Buerger - age 67, of Fenton, died Tuesday, March 6, 2018, after a short battle with cancer. Services will be held 1 PM Sunday, March 11, 2018 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton. Mr. Gary Rice presiding. Visitation will be held Sunday from 11 AM until the time of the service. Those desiring may make contributions to the Wounded Warriors Project. Gary was born August 5, 1950 in Flint, the son of Gordon and Barbara (Barnett) Buerger. He was a veteran of the Vietnam War, serving in the U.S. Navy. He married Pamela Brown June 1, 1989 in Hawaii. He retired as an electrician from GM Truck and Bus after 33 years service. He was a member of the U.A.W. Local 598. He also was a member of the Flint Elks Lodge #222, Davison Eagles, Swartz Creek American Legion Post #294, A.L. Hunt Club; and he was a life member of the Fenton V.F.W. Curtis Wolverton Post #3243. Gary enjoyed hunting, golfing, woodworking, and traveling to the Caribbean. Surviving are: his wife, Pamela; children, Kelly and husband, Anthony Suchanek of Clarkston and Matthew Buerger of Flint; grandsons, Kyle, Andrew, Nolan, and Joseph; sisters, Karin and husband, Craig Bright of Swartz Creek, Jill and husband, Tim Bunn of Montrose, and Debbie and husband, Larry Sain of Flushing and several nieces and nephews. Gary was preceded in death by his parents; mother, Irene Buerger; and brother, David Buerger. Online tributes may be posted on the obituaries page at www.sharpfuneralhomes.com.


BIDELMAN, Harry T.

BIDELMAN, Harry T. - age 88, of Fenton, died March 6, 2018. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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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 their owners 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 mental 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 insistent 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:** These 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.



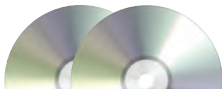
Some dogs bark to express that they are bored.

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 stop. Once dogs stop, dog owners can wait a moment before praising the dog and then supplying a treat. As the process progresses, dog owners can increase the intervals between dogs ceasing to bark and the presentation of the treat.

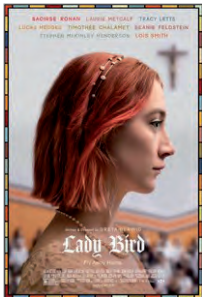
Excessive barking can try the patience of even the most devoted dog owners. But with time and effort, dog owners can curb their dogs' excessive barking.



DVD RELEASES

80% liked it
(Audience score on rottentomatoes.com)

87% liked it
(Audience score on rottentomatoes.com)



LADY BIRD

In Lady Bird, Greta Gerwig reveals herself to be a bold new cinematic voice with her directorial debut, excavating both the humor and pathos in the turbulent bond between a mother and her teenage daughter. Christine "Lady Bird" McPherson (Saoirse Ronan) fights against but is exactly like her wildly loving, deeply opinionated and strong-willed mom (Laurie Metcalf), a nurse working tirelessly to keep her family afloat after Lady Bird's father (Tracy Letts) loses his job. Set in Sacramento, California in 2002, amidst a rapidly shifting American economic landscape, Lady Bird is an affecting look at the relationships that shape us, the beliefs that define us, and the unmatched beauty of a place called home. **R, 1 hr. 33 min.** Comedy, Drama



THE BREADWINNER

Parvana is an 11-year-old girl growing up under the Taliban in Afghanistan in 2001. When her father is wrongfully arrested, Parvana cuts off her hair and dresses like a boy in order to support her family. Working alongside her friend Shauzia, Parvana discovers a new world of freedom-and danger. With undaunted courage, Parvana draws strength from the fantastical stories she invents, as she embarks on a quest to find her father and reunite her family. Equal parts thrilling and enchanting, The Breadwinner is an inspiring and luminously animated tale about the power of stories to sustain hope and carry us through dark times. **PG-13, 1 hr. 33 min.** Animation, Drama, Kids & Family

Word Search

Find the words hidden vertically, horizontally and diagonally throughout the puzzle.

D T J N F H L S Y B G N I T L E B G O D
E V W C A N D P S Y K O R Y E O U L T T
Q D H O R S T P R N M A A Q D N S B A P
V A I X T E A A R A E I N G B L O A R B
K M J A O A S L L O H D G S A C B R B A
J C H H P P C O A F J S E C O X C I I L
C B W O O H M C N R S E O S S L U T V L
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VOCAL ABILITY

ACCOMPANIMENT, ADDUCTED, ALTO, ARIA, ARPEGGIO, BALLAD, BARITONE, BELTING, CHEST, DIAPHRAGM, DICTION, FALSETTO, FLAT, HEAD, KARAOKE, LARYNX, LEGATO, NASAL, NOTES, PHRASING, PITCH, POWER, PROJECTION, RANGE, RESONANCE, REVERB, SCALE, SHARP, SOLO, SOPRANO, STACCATO, TECHNIQUE, TEMPO, TENOR, VIBRATO, VOCALS

Answers in this edition of the Tri-County Times

delish

SLOW COOKER CHICKEN TACO SOUP

"You can call this soup or chili, but either way it is wonderful! This recipe is also very adaptable to your personal taste. I recommend using Bill Echols' Taco Seasoning from (allrecipes.com) website. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if you like. 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 chilies, undrained
- 1 (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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