Most people dream. If you don’t dream, it might be a sign of poor sleep health, which can impact your overall health.

Dreams have puzzled humans for all of history. There is no clear answer to their purpose or whether they mean anything. According to Psychology Today, ancient Egyptians thought dreams were messages from the gods.

So technically, what is a dream? “It’s really vivid mental imaging,” said Dr. George Zureikat, medical director of the Mid-Michigan Sleep Center in Grand Blanc. “Some activities I think are related to their life … You’re mentally dreaming and not acting out your dreams.”

He said 80 percent of dreams occur during REM (rapid eye movement) sleep, which is the deepest sleep stage of the cycles our brains go through each night. He said the human adult brain cycles every 90 minutes, and the deepest state happens at the end of each cycle.

During REM sleep, a dream can last a few seconds or up to a minute. It’s possible, he said, that REM sleep is used for memory consolidation. If you’ve achieved REM sleep, you probably won’t remember things well from the previous day.”

If you get lousy REM sleep, you probably won’t remember things well from the previous day.”

Dr. George Zureikat
Mid-Michigan Sleep Center
medical director

If you get lousy REM sleep, you probably won’t remember things well from the previous day.”

Melissa French sits with her daughter Sophie before a sleep technician switches the light off for the night for her 2015 sleep study. Sophie had sleep apnea, and was tested to decide which machine, CPAP or BiPAP, would work best for her. Times file photo

Measia Sealey, 4, of Flint, participated in a sleep study in 2015 because she snored and had restless leg syndrome, which can interrupt healthy REM sleep.

Times file photo

If you get lousy REM sleep, you probably won’t remember things well from the previous day.”

Melissa French sits with her daughter Sophie before a sleep technician switches the light off for the night for her 2015 sleep study. Sophie had sleep apnea, and was tested to decide which machine, CPAP or BiPAP, would work best for her. Times file photo

Measia Sealey, 4, of Flint, participated in a sleep study in 2015 because she snored and had restless leg syndrome, which can interrupt healthy REM sleep.

Times file photo
No thanks to the creepy crawlies

My son and his new bride as of Sept. 6 are returning home from their honeymoon today. They spent a glorious week in paradise — also known as Costa Rica.

Last week was so cold that I decided to live vicariously through the kids and checked out Costa Rica online, just to see what they were enjoying while we were freezing at home. They stayed at a beautiful luxury resort and I am sure took advantage of many adventures.

This online look-see led me to another site though and now, as beautiful as Costa Rica appears to be, there are a few little things that have resulted in my crossing that destination off my bucket list.

The site, at destinationtips.com, cautions visitors about 20 things not to do in Costa Rica. Here are a few of them:

Don’t let your snake guard down.

“We certainly don’t want to scare you away from Costa Rica, but you should be aware that there are 22 venomous species of snake slithering around the country. This includes the fer-de-lance, eyelash viper and coral snake. In fact, it is estimated that there are two deadly snakes per hectare (100 acres) there. Rest assured, they’re usually shy and try to avoid people, but bites do happen (about 300 per year). The medical system is very good here, so most afflicted members of the public get treated. The agony lasts for about 24 hours, and is likened to a gunshot wound — hence the name. These industrious creatures are quite fascinating to watch as they slither over trees, leaves and the ground, but don’t get too close.”

Don’t go near the ants.

“Another type of critter to beware of when you’re wandering the rainforest is the thumbnail sized cute and colorful frogs with elaborate designs — aptly named poison dart frogs. They’re super cute and look like rubber toys you’d find in a gumball machine, but some of them have a deadly poison that packs a punch. Resist the urge to reach out and poke these cartoonish creatures if you have a cut on your finger. The deadliest little guys have enough venom to kill 10 grown men if it gets in your bloodstream.”

Alrighty then! I know every vacation destination has some issues, and my son is just going to say ‘Oh Mom!,’ but when it comes to deadly creepy crawlies — I’m sorry, I’m out!

Don’t touch the tiny frogs.

“Another type of creature to be wary of is the leaf-cutter ants and bullet ants, the latter having one of the most painful stings out there. The agony lasts for about 24 hours, and can suppress melatonin if consumed an hour before sleep, according to thesleepdoctor.com. They also make you want to die. The jungles are home to creepy crawlies like fire ants, leaf-cutter ants and bullet ants, the latter having one of the most painful stings out there. The agony lasts for about 24 hours, and is likened to a gunshot wound — hence the name. These industrious creatures are quite fascinating to watch as they slither over trees, leaves and the ground, but don’t get too close.”

Don’t eat the food.

“Among the most dangerous creatures in Costa Rica appears to be, there are a few little things that have resulted in my crossing that destination off my bucket list.

The site, at destinationtips.com, cautions visitors about 20 things not to do in Costa Rica. Here are a few of them:
BELOVED HITS THE ARTISTS REGRETTED
Beatles, Zeppelin, Beastie Boys, Nirvana and others hate some of their biggest hits

By Tim Jagielo

It might come as a surprise that some of the most popular songs of the last 50 years were not so equally loved by the artists who created them. Some of the biggest stars regretted or disliked the very songs that made them famous.

WARRANT

"Cherry Pie" was the last gasp of hair bands before grunge music killed them off in 1992. This over the top, completely hollow and sexist anthem had a music video to match, and eventually, deceased singer Jandi Lane came to despise the song. "My legacy is 'Cherry Pie.' Everything about me is 'Cherry Pie,'" he said in a VH1 interview. He backed off the comments later, but I think his first answer was right. And speaking of grunge —

NIRVANA

The song that propelled the iconic grunge band into stardom was eventually hated by the band. Nirvana began playing "Smells like Teen Spirit" poorly on purpose, because they didn’t like that it attracted a new audience, according to LoudSound.com. They also felt like the main guitar riff was too clichéd, and even sounded like "More than a feeling" by Boston.

BECK

If you listen to "Loser," you’ll hear the artist’s actual opinion of his own performance. When he said, "I’m a loser," he was describing his own skills rapping on the song. Beck and even a producer on the track ended up not liking the song or the negative message it promoted. He also performed it differently to the album in the early years playing it, out of spite. Still, it made him famous. According to Rolling Stone, he hated the “slacker” label.

THE BEASTIE BOYS

If you think about it “(You Gotta) Fight for Your Right (To Party)” is kind of a dumb song, and the band that wrote and performed it agrees. A song that was supposed to be ironic ended up being a big hit, and didn’t actually reflect the band’s own values, at least when it was written, according to Mental Floss.

THE BEATLES

The number-one selling group of all time is bound to have released a song or two they didn’t actually like. John Lennon was very critical of some of his Beatles-era songs in various magazine interviews after his time with the band.

LED ZEPPELIN

One of the most lauded rock songs of all time was hated by its creator. Singer Robert Plant hated "Stairway to Heaven." After several years of playing it, he famously said, "I’d break out in hives if I had to sing that song in every show," according to The Los Angeles Times. He even donated money to a public radio station if they promised not to play it.

In a 2017 interview, Plant also admitted that looking back, he is not a fan of his vocals in "Babe I’m Going to Leave You."

JOHN "COUGAR" MELLENCAMP

Mellencamp was reportedly “weary” of his fictional high school sweethearts “Jack & Dianne.” He did admit in an interview with "The Sun," that while he’s tired of them, he can’t hate them too much, as they launched his career.
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**Public Notice**

**FENTON TOWNSHIP BOARD VACANCY**

The Charter Township of Fenton is seeking qualified individuals to fill a vacancy on the Charter Township Board. Candidates interested in appointment to the board as a Township Trustee should submit a letter of application and résumé to:

Charter Township of Fenton
Attn: Thomas Broecker, Operations Manager
12060 Mantawauka Drive
Fenton, MI 48430

broecker@fentontownship.org

Deadline for submission is Thursday, December 13, 2018 at 5:00 p.m. Questions should be directed to Operations Manager Thomas Broecker at 810-629-1537.

**Times Classifieds**

**REAL ESTATE | GARAGE SALES | JOB OPENINGS**

**Service Directory | Puzzles | Obituaries**

**Classified Department: 810-413-6787**

**Sunday, November 25, 2018**

**Page 4B**

**PERSONAL NOTICES**

**Cars for Sale**

**TRI-COUNTY TIMES PHOTOS**

Any staff photo published in the Tri-River Times can be purchased by calling 810-433-6787.

**Pre-Payment is required for all private party ads**

**VISA & Mastercard accepted**

**FOR CLASSIFIEDS CALL 810-433-6787**

**Job Openings**

**Help Wanted**

**COMMERCIAL CLEANING COMPANY SEEKING INDIVIDUALS FOR PART-TIME**

Seeking individuals to assist with activities of daily living, light housekeeping, errands and companionship for clients in the immediate area. Several flexible shifts and hours available.

For immediate consideration, call 810-232-2433 or apply online at www.myfenton.com.

**Volunteering with a Paycheck?**

Are you interested in working with Veterans or Seniors to help them remain living independently in their homes? We are seeking qualified individuals to assist with activities of daily living, light housekeeping, errands and companionship for clients in the immediate area. Several flexible shifts and hours available.

For immediate consideration, call 810-750-9971 or apply online at www.rightthathome.net.

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**Place a Classified Ad Online at myfenton.com/classifieds**

**Sunday Deadlines**

Display Ads: 3 p.m. Wednesday
Line Ads: Noon Thursday

**Midweek Paper Help Wanted Deadlines**

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

**CITY OF FENTON REQUEST FOR BID**

The City of Fenton, Michigan is requesting bids for the carpet replacement in the east room of the Fenton Museum, 310 S. Leroy Street, Fenton. Bid packets are available at the City Clerk’s office, 301 S. Leroy Street, Fenton, Michigan 48430 between the hours of 9:00a.m. and 5:00p.m., during normal work days. The City of Fenton will accept bids until 9:30a.m. on January 8, 2019. At that time bids will be opened and reviewed. Any questions should be directed to Michael Reilly, Building/Zoning Administrator, at 810-629-2291.

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Adopt A Pet! Visit fentonadopts.org or call 810-629-0723.

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TODAY’S WORD

Answers in this edition of the Tri-County Times

CHARTER TOWNSHIP OF FENTON
PUBLIC NOTICE OF ADOPTED ZONING ORDINANCE AMENDMENT

At their meeting of November 19, 2018, the Fenton Township Board adopted Ordinance No. 804, an amendment to Zoning Ordinance No. 594 to revise provisions relating to accessory buildings.

A complete copy of the adopted ordinance may be obtained at the office of the Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430. The ordinance is also available on Fenton Township’s website at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
Entertaining in a pet-friendly home

Pet lovers often find their companion animals to be the center of their worlds. Data from the ASPCA says approximately 44 percent of all American households have a dog and 35 percent have a cat. Similarly, the Canadian Veterinary Medical Association, in partnership with Hill’s Pet Nutrition, Inc., found that roughly 35 percent of Canadian households have a dog, while 38 percent have a cat.

Cats and dogs are cherished family members, earning gifts and presents. For guests who are allergic to pets, upholstery and drapes may help tame the dander and fur that can trigger reactions among people who are allergic to pets.

**PET BEHAVIOR**

If yours is a boisterous puppy who loves jumping up on people, or a cat that can’t resist napping on guests’ laps while seated on the couch, he or she may need to sit the party out. Pets that behave well and know how to stay quiet may be better suited to hang out during the festivities.

**CLEAN UP WELL**

For guests who suffer from pet allergies, having animals around can be uncomfortable. Guests may request that pets not be allowed in certain areas of the house, such as the living room and bedrooms.

**FOOD AND ESCAPE ROUTES**

Pets may try to eat party food that can be toxic to them. Guests will need to throw away scraps instead of leaving them out where items can be consumed by curious pets. Also, advising guests to exercise caution when entering and exiting the house can prevent nervous pets from escaping into the neighborhood.

**THANKFUL**

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Answers in this edition of the Tri-County Times.
LEFOVER TURKEY CORN CHOWDER

This leftover turkey corn chowder comes together in about 30 minutes and is the most delicious way to use up that leftover Thanksgiving turkey.

Prep Time: 5 mins  
Cook Time: 30 mins  
Total Time: 35 mins  
Serves: 3-4 servings

INGREDIENTS

- 2 cups shredded leftover fully cooked turkey (may sub shredded leftover fully cooked chicken)
- 2 15-ounce cans cream style corn
- 1 15-ounce can sweet yellow whole kernel corn
- 3 cups low sodium chicken broth or vegetable broth
- 1 celery rib, chopped
- 1 red bell pepper, diced
- 2 cups cubed golden or red potatoes
- 1/2 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- salt and pepper to taste

RECIPE COURTESY OF: CREME DE LA CRUMB  
RECIPE ONLINE AT www.lecremedelacrumb.com

INSTRUCTIONS

1. In a large stock pot combine cream style corn, whole kernel corn, broth, celery, bell peppers, potatoes, Italian seasoning, and garlic powder.
2. Cover and simmer over medium heat for 20-25 minutes until potatoes are tender and easily pierced with a fork.
3. Stir in turkey and season with salt and pepper. When turkey is heated through, serve and garnish with fresh parsley or thyme as desired.

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Puzzle Answers

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

Weekend 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.

SUDOKU PUZZLE SPONSORED BY DORTFONLINE.ORG  
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Answers in this edition of the Tri-County Times

Weekend Crossword

PUZZLE CLUE: MANY MEANINGS

KING FEATURES

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Weekend Word Search

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