

LifeStyle

Sunday, January 6, 2019

If you don't have a church affiliation WE can help you plan a meaningful funeral or memorial service





(Above) The Laundry Barista Eden Conly holds decaffeinated espresso beans. (Left)The Laundry also has regular espresso and house blend coffee for table service, usually served via French press. Photos: Tim Jagielo

Can be prepared in several ways, including auto-drip, French press and pour-over

By Tim Jagielo

It's only going to get colder as the harsh Michigan winter sets in, so it seemed like a good time to bring up coffee, the warming, energy-giving drink.

The origin of the coffee drink is uncertain, but an Ethiopian legend gives credit to goats, which after eating the ripe coffee cherries, couldn't sleep through the night.

By the 1500s, coffee was being grown and traded in Egypt, Syria and

According to the National Coffee Association USA (NCA), tea was the drink of choice in the English colonies until the Boston tea party.

What is coffee?

Coffee is made from the roasted, ground seed of a coffee cherry. The grounds are infused with boiling water, and eventually separated for drinking.

The cherries take a full year to mature, according to the NCA.

Coffee cherries grow along branches in a continuous cycle. There can be flowers, green immature fruits as well as ripe, red fruits on the same tree. There are between 25 and 100 species of coffee plants.

See COFFEE on 5B





Get 10% off on your next dine-in or to-go order!

Go to www.BealeStSmokehouse.com for more information, menu and directions. Not to be combined with other offers. One coupon per visit. Expires: January 31, 2019 TCT

Just sayin'...

Stress relievers make life good again

For this weekend's Street Talk question, we asked people what they do to relieve stress. It's a very good question since many people are stressed out this time of year. Not only are many in the position of paying off their Christmas debt, some are focused on losing the 10 or 20 or so extra pounds they picked up over the holiday, and others worry about the taxes that are looming ahead.

It's not really a good idea to down a bottle of wine every time you're feeling anxious, and there are many other ways to relieve stress.

My top "go to" stress reliever is tak-

ing a nice long nap with our sweet dog. There is nothing like climbing onto the couch with my little buddy wrapped in my arms and taking a good afternoon snooze. My husband and I agree that he is better than a sleeping pill. No sooner does your head hit the pillow

and it's lights out.

Another stress reliever for me is reading a good murder mystery. There is sometimes nothing better than jumping into another world of fiction. It distracts me from my own troubles. That's the same reason I find watching Investigation Discovery (ID TV) so captivating, and relaxing. Sounds kind of gruesome to

enjoy watching the details of a true crime unfold and seeing how law enforcement comes up with evidence and eventually solve the crime. But this program always shows me how my life can't possibly be worse than the poor families telling their devastating true stories on ID TV.

vhogan@tctimes.com

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.

When I'm working, the music I like to listen to can be a distraction and I

can't think straight to write. But I do find that putting in my ear buds and listening to the sounds of the ocean, or the deep forest at night, or even the jungle, is very relaxing and doesn't distract me from my work. Plus, it drowns out all the other noises around me. Check it out. There are dozens of different sounds on YouTube that run for hours at a time.

Just think of a sound that makes you happy and Google it. You'll find it, I promise.

You will likely think this is pretty corny, but when I get stressed out by this fast-paced world and need to slow down, I enjoy watching reruns of TV shows like "Little House on the Prairie" and "The Waltons." Even though life was hard during the mid-1800s (Little House) and the Depression years (Waltons), the featured families worked hard, and even though they struggled financially, they were happy with what little they had and their simple way of life. I like that.

Last, but not least, is ice cream. Forget those 10 to 20 pounds — this is an emergency. There is nothing more calming that a big bowl of Moose Tracks or Mackinac Island Fudge ice cream, covered with sliced bananas and doused with chocolate syrup, to make me sit back and say, "Aaaah, life is good!"



VERA HOGAN

HOT LINE CONTINUED

PEOPLE WHO SAY the new tax laws don't benefit the poor have to realize that 50 percent of the American people pay no federal income tax. How can a bill help those who are non-participants?

ITHINK THAT the origin of the war on proper parenting began in 1946 when Dr. Benjamin Spock published his book on parenting. As you can imagine, Spock was a leftist activist who recommended permissiveness and instant gratification. Herein lies the beginning of destroying our civilization.

THE REASON PEOPLE are now complaining about car insurance rates is because the head of Whitmer's campaign was one of the largest ambulance chasing lawyers in Michigan.

WHAT DO ROUNDABOUTS, baby boomer bashers and millennial bashers have in common? They can get stuck going around in circles. Why was the WWII generation the greatest? They were unified Americans. How about quitting the criticism and appreciate each other and what we have or will contribute to our country.

HEY TEENAGE HOT-LINER who thinks you're smarter than any 60-year-old. If socialism is so great, why are all the people in socialist countries trying to come to America?

SO, I AM a Rube whining about socialism? As teenagers, we were taught in school what socialism is and does. The teenagers of today are not. All you have to do is look at South America for some real good examples of what socialism is all about.

JUST BECAUSE THE majority of people voted to legalize marijuana in Fenton doesn't mean the City Council is not going

to do what they think is best for the city. If you don't like it, vote them out.

BOOMERS DID NOT destroy Flint. I was born, raised and remained a Flint resident for 45 years. I am a boomer and contributed generously to Flint charities and civic organizations. Democratic leadership and liberal policies destroyed Flint. Similar to Detroit, Chicago, San Francisco, etc. liberals, including Andrew Heller, will destroy Fenton as well and move on to the next area.

'DO WE SETTLE for the world as it is or do we work for the world as it should be?'

BIG NEWYEAR'S CLEARANCE SALE





The free Fitbit app is number one in the health category for free downloads. It collects information on the user's heart rate, number of steps taken, how much sleep someone gets and amount of exercise. MobileTrack lets users utilize the Fitbit app without the device that goes on your wrist. The app uses the phone's sensors to track basic activity data, such as steps, distance and calories burned. The app cannot track sleep or active minutes by itself.



Fitness Pal

Under Armor bought this app in 2015 for \$475 million. With more than 225 million users, this app allows users to count their calories for free. It has more than five million foods in its database, which is considered the world's largest. Users find these foods to register them. The app also has a dieting journal and healthy recipes.

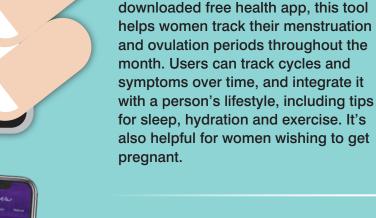


every new year. Here are five of the most downloaded free health apps to get you started.



Calm

Apple named this meditation and mindfulness app "App of the Year." app, and was created by British tech entrepreneurs Michael Actondownloaded up to 30,000 times a day. This app includes a Sleep Stories feature, among other tips and tools to help people relax and meditate. More and more companies are paying attention to the mindfulness field, including Salesforce, Arianna Huffington's Thrive Global, and Silicon Valley.



Flo Period

and Ovulation

Tracker

Coming in at the fourth most



Headspace



OVULATION

The fifth most downloaded free health app offers guided meditation sessions and mindfulness training. Many big companies, such as Google, Airbnb, Spotify, LinkedIn, Aetna, Unilever, United Airlines and more, all utilize Headspace for their employees.

> Source: cnbc.com, fitbit.com, itunes.applestore.com



Mt. Holly hosts

NASTAR RACING

Every Saturday & Sunday at 1PM

Register at the Mt. Holly Ski School desk or call for details.

Participants compete within their age and gender groups to win platinum, gold, silver and bronze medals. In addition, participants are ranked in their medal group and the top ranked racers qualify to compete in the NASTAR National Championships.





TRI-COUNTY TIMES DIRECTORY

ASSEMBLY OF GOD

THE FREEDOM CENTER

2473 W. Shiawassee • Fenton 810-629-5261

Pastor Jim Wiegand

Sunday Worship9:00 & 11:30 am Sunday Youth Group6:30 pm Encounter Young Adults (seniors in high school thru 32 years old) Mondays7:00 pm

Small groups meet throughout the week. For more information call 629-5261

CATHOLIC

ST. AUGUSTINE CHURCH

6481 Faussett Rd. • Howell 517-546-9807

Father Gregg Pleiness, Pastor

Saturday Mass.....5:00 pm Sunday Mass 8:30 am & 10:30 am Weekday Mass Wed-Fri.....8:30 am Confessions Saturday 4 pm and upon request

ST. JOHN THE EVANGELIST **CATHOLIC CHURCH**

600 N. Adelaide • Fenton 810-629-2251

Father Robert Copeland, Pastor Father Ryan Riley, Associate Pastor

Saturday:.....5:00 pm Sunday 8:30 am, 10:00 am, 11:30 am & 5:00 pm Daily Mass: Monday-Friday: 8:20 am First Saturday of the month.....8:20 am Holy DaysSee Parish Bulletin or website Confession...... Saturdays: 3:00 pm - 4:00 pm Monday & Friday following morning Mass and Wednesday 5:30 pm - 6:30 pm Adoration:each Friday 9:00 am - 8:00 pm In the church cry-room

ST. RITA CATHOLIC CHURCH

309 E. Maple St. . Holly 248-634-4841

Fr. David Blazek, Pastor

Saturday Mass.....4:00 pm Sunday Mass......8 am, 10 am, 12 noon & 6 pm Weekday MassTues 7:00 pm Wed. & Thurs9:00 am Reconciliation after Sat. 4 pm Mass or by appt.

CHRISTIAN SCIENCE

FIRST CHURCH OF CHRIST, SCIENTIST

204 E. Rockwell • Fenton 810-629-3211

Church Service	11:00 am
Sunday School	11:00 am
Wednesday Evening	7:00 pm

FPISCOPAL

ST. JUDE'S **EPISCOPAL CHURCH**

106 E. Elizabeth St. • Fenton 810-629-5681

Holy Communion	.8:00 am,	10:30	am
Children Program-Godly Play		10:25	am
Youth Group		11:45	am

LUTHERAN

HOPE LUTHERAN CHURCH, LC-MS

7355 W. Silver Lake Road (Behind Linden High School) Linden, MI 48451 810-735-4807

www.hopelinden.org

Ministry Leader: Dea	acon Paul Kollek
Sunday Worship	. 8:15 am & 10:45 am
Adult Bible Study	9:30 am
Sunday School	9:30 am

TRANSFIGURATION LUTHERAN CHURCH, ELCA

14176 Fenton Rd. • Fenton 810-629-7332

www.fentontlc.org

Dr. Mark Fisher, Pastor ALL ARE WELCOME ALWAYS!

Sunday Worship......10:30 am Open Communion Celebrated every Sunday Adult Sunday School.....9:30 am Women's Adult Bible Study Thursdays......10 am Children of all ages are welcome and supported at our worship services.

TRINITY LUTHERAN CHURCH, LC-MS

1025 Main Street • Fenton 810-629-7861 Fax 810-629-9877

www.trinitylcmsfenton.com Reverend Dean G. Dumbrille

Worship Services Wednesday in the Word6:30 pm Saturday Traditional Worship6:30 pm Sunday Traditional Worship.....8:30 am Sunday Education Hour.....9:45 am Sunday Contemporary Worship 11:00 am Saturday5:30 pm, Bible Study

SHEPHERD OF THE LAKES WELS LUTHERAN CHURCH

8420 Runyan Lake Rd. • Fenton Pastor Nathan Loersch 810-224-1250

Sunday Worship Service.....9:30 am Bible Study & Sunday School 10:30 am

Worship streamed live @ facebook.com/myshepherdchurch

METHODIST

FENTON UNITED METHODIST CHURCH

119 S. Leroy St. • Fenton 810-629-2132

www.fentonumc.com

Jeff Jaggers - Lead Pastor

Michelle Forsyth - Associate Pastor Kate Glasson - Director of Children's Ministry

Ashley Bach - Director of Youth Ministry Sunday morning traditional-style worship in our sanctuary9:30 and 11 am

Sunday morning casual-style worship in our Family Life Center...... 11:05 am Nursery and children's ministries at.....9:30

HOLLY CALVARY UNITED METHODIST CHURCH

15010 N. Holly Rd. • Holly 248-634-9711

www.hollycalvary.org Rev. Cliff Schroeder

Sunday Worship9:30 am Wednesday Worship......6:30 pm Nursery Provided at all services.

LAKE FENTON UNITED METHODIST CHURCH

2581 N. Long Lake Rd. • Fenton 810-629-5161

Pastor Char Shay

Sunday Worship

LINDEN UNITED

METHODIST CHURCH 201 Bridge St. • Linden 810-735-5858

New Pastor

Reverend Michelle Forsyth Assistant Pastor Reverend Bob Easlick New email: milindenumc@gmail.com

Worship Hour.....9:30 am Coffee Hour 10:30 am Nursery Available.

NAZARENE

ARGENTINE CHURCH OF THE NAZARENE

16248 S. Seymour Rd. • Linden 810-735-7118 Pastor Robert Lindsay

Sunday School......9:45 am Sunday Morning Worship......11:00 am (Junior Church and Nursery Provided) Sunday Evening Worship6:00 pm Wed. Children & Teens......7:00 pm Wed. Prayer Meeting7:00 pm

FENTON CHURCH OF THE NAZARENE

11075 Runyan Lake Rd. • Fenton 810-750-6544 Pastor Ron Sharpe

Sunday Worship Services 11:00 am Sunday School for all ages 10:00 am Nursery provided for Sunday services.

NON-DENOMINATIONAL

THE CARPENTER'S HOUSE CHURCH

2740 Grange Hall Rd. • Fenton Corner of Fish Lake Rd. 248-328-9844

Pastor Bradley Teague 248-634-2195 Sunday Morning Service......11:00 am Bread Pantry......Wed. 1 pm - 3 pm

THE ROAD COMMUNITY CHURCH

810-922-2088

Lead Pastor Chris Vitarelli www.theroadcommunitychurch.com Howell Campus - 4101 Clyde Rd.....9 am Fenton Campus - 301 E. South Holly Rd...11:30 am Coat Closet and Food Pantry available on

Sundays or by appointment (810) 348-4286 **THE ROCK**

11400 S. Linden Rd. • Fenton 810-629-2444 • www.hisrock.net

Pastor Wes Morris Welcome You Saturday Evening Service6 pm Sunday AM Service..... 8:30 am Sunday AM Service at Lake Fenton HS...10 am & 11:30 amWednesday Mid Week Service Kidz Rock (2 yr-5th grade)...... 7 pm Adult Bible Study...... 7 pm Jr. & Sr. High Bible Study 7 pm Addiction & Recovery...... Tuedsday nights 7 pm BUS MINISTRY IS NOW AVAILABLE -

PLEASE CALL FOR A RIDE!

FIRST PRESBYTERIAN CHURCH OF FENTON

503 S. LeRoy St. • Fenton 810-629-7801 • www.ffpc.org Pastor Lindsey Carnes

Pastor Robbie Carnes

Sunday Worship9:00 am & 11 am

LINDEN **PRESBYTERIAN CHURCH**

119 W. Broad St. • Linden 810-735-5755

Pastor Dawn Russell

Traditional Service9:00 am Contemporary Service 10:30 am Children's Church......10:30 am

(Nursery provided at each service)

TYRONE COMMUNITY PRESBYTERIAN CHURCH 9141 Hartland Rd. • Fenton

810-750-0350

Pastor Linda Living-Hawley Sunday Worship Schedule

Celebratory Worship...... 10:00 am Children's Sunday School......10:30 am

TYRONE COVENANT PRESBYTERIAN CHURCH

(PCA)

Pastor Lawrence Bowlin 10235 White Lake Rd. • Fenton 810-629-1261 • Tyronepca.org

Sunday Worship10:15 am Sunday School9:00 am Sunday Evening Worship6:00 pm

Would you like to advertise in this church directory? Call Kathleen at 810-433-6787

COFFEE

Continued from Page 1B

Coffee is grown in several countries, but Brazil and Columbia produce the most. The only U.S. coffee crop is in Hawaii, according to the U.S. Department of Agriculture. The island state was projected to produce 24.3 million pounds in the 2017-2018 season.

There are two important coffee species in the commercial industry — Arabica and Robusta.

Arabica is descended from the original coffee trees from Ethiopia. These are lower in caffeine than Robusta and make up about 70 percent of sales. They grow in mild, higher altitude climates.

Robusta coffee, like the name implies, is more robust than Arabica. It can handle a harsher climate, and is used for mixes and instant coffee, yielding 50 to 60 percent more caffeine.

Ripe coffee cherries are often picked by hand. They are then sorted, processed and the beans are dried. The beans are milled and prepared for export and are green in appearance.

How can coffee be made?

"Coffee is a very interesting product; it has a lot of science and experimentation behind it," said Jacob Stevens, coffee lead at The Laundry. "There's so many different ways of roasting it and brewing it creating so many different combinations."

The three main methods of brewing a cup of coffee are auto-drip, French press and pour-over.

The most common household method is the auto-drip. This is the office or home coffee machine that takes filters and works at the push of a button.

Stevens said that this method is convenient and fast, but loses flavor and caffeine because the water doesn't steep as long in the water. "Then the paper filter actually captures some of the oils and caffeine as it goes through," he said.

The French press lets the user have more control over the process and gain more flavor and caffeine from the grounds.

The disadvantage is the prep of boiling water and measuring grounds and cleaning the press.

Pour-over is less common, but does provide more flavor, oil and caffeine. The user essentially pours hot water over a filter through the grounds, slowly filling a coffee pot. It works a little like an hourglass.

The disadvantage again, is time and preparation.

interesting product; it has a lot of science and experimentation behind it. There's so many different ways of roasting it and brewing it creating so many different combinations. 77

Jacob Stevens
The Laundry coffee lead



Ground or whole beans?

Once coffee beans are roasted, they must be ground in a coffee grinder to be brewed for a coffee drink.

Retailers sell them both ways — ground and whole. Stevens said that the best flavor comes from grinding your own beans. They'll also last longer in beanform, compared with ground.

Light or dark roast?

"Light roast can be more caffeinated but the flavor sometimes isn't very good as it will be more grainy taste and it also can be more acidic," Stevens said. "Dark roast generally will have a more bitter taste and more oily."

Tips for preparing coffee

The "golden rule" for preparing coffee is to use one to two tablespoons of ground coffee for each six ounces of water. Ideally, the water would be clean and filtered, and the device, whether a press or coffee pot, should be cleaned with hot water regularly.

French press coffee should brew two to four minutes. Auto-drip should brew about five minutes, according to the NCA.



Top selling coffee brands

When it comes to American coffee drinkers, price and convenience dominate coffee purchase decisions, according to 360connect.com. On the whole, Americans value affordability and convenience. Ground coffee brands tend to be more reasonably priced, and are pre-ground which takes a step out of coffee preparation.

While Starbucks is considered high-end coffee, it speaks to the convenience factor Americans love by offering a multitude of locations so that you can pop in anytime for a quick cup.

Here are the top selling brands of coffee:

Keurig — rules single serve coffee. It's the North American leader in single-cup brewing. Most people are familiar with the K-Cup portion packs.

Folgers — the iconic American brand. They have more than 150 years of making great tasting coffee.

Starbucks — roasts high-quality whole bean coffees. They sell more than just coffee; they sell the coffeehouse experience.

Maxwell House — a household name in coffee since the 1920s. Everyone knows it's "good to the last drop."

Dunkin Donuts — the world's leading baked goods and coffee chain. They serve more than 3 million customers per day.

Eight O'Clock — created by the Great Atlantic & Pacific Tea Company in 1859. They only use 100-percent Arabica coffee.



REALIZE THE DREAM.



Showplace Cabinetry is made in America by employee-owners who take great pride in every cabinet they craft for you. Your creative choices are nearly unlimited, and it's all backed by the assurance of a lifetime warranty.

Call us to learn more about how we can help you realize your dream.





Linden KITCHEN & BATH

www.lindenkitchenandbath.com 1002 N. Bridge St., Linden, MI

810-735-7846

OFFERING AMERICAN MADE PRODUCTS | Family owned for over 72 years.

Be wary of public Wi-Fi spots

Open networks are vulnerable to hackers wanting your personal information

By Hannah Ball

Websites and apps that require a username and password generally make people believe that service is more secure.

However, if the device is connected to public or free Wi-Fi, that security is not guaranteed. These "hotspots," found at coffee shops, airports, malls, restaurants, hotels and more, allow users to access the internet for free.

A common threat to these networks are man-in-the-middle attacks, according to Norton, the computer security company. This is a form of eavesdropping. When you use a computer and make a connection to the internet, information is sent from the computer to the service or website. Attacks can happen between those transmissions and "read" them.

This means there's less privacy while using public Wi-Fi.

Unencrypted networks are also a problem. With an encrypted network, the information sent between your computer and the wireless router is a "secret code," according to Norton. Most routers come with encryption turned off and it must be turned on when the network is set. There's no guarantee that a store's public Wi-Fi has an encrypted network.

Hackers will use special software kits to help them eavesdrop on Wi-Fi signals and access what someone is doing online. This gives them access to your login information for websites and apps you visit

while on public Wi-Fi.

Some hackers will find ways to put malware on your device using a security hole in your device. There are also people who set up "rogue access points," which look like legitimate public Wi-Fi spots but are actually malicious hotspots. To ensure this doesn't happen, ask which network is the correct one.

How to avoid hacks from public Wi-Fi

The best way to stay safe is to use a virtual private network (VPN), which is a service that gives you access to the internet and hiding your online actions. They change your computer's IP address so you can browse anonymously. VPNs keep all of your information safe. Two free VPNs are Hotspot Shield and Betternet VPN.

Don't:

- Allow your Wi-Fi to auto-connect to networks
- Log into any account via an app that contains sensitive information. Go to the website instead and verify it uses HTTPS before logging in
- Leave your Wi-Fi or Bluetooth on if you are not using them
- Access websites that hold your sensitive information, such as financial or health-care accounts
- Log onto a network that isn't password protected

Do

- Disable file sharing
- Only visit sites using HTTPS
- Log out of accounts when done using them

Source: us.Norton.com





The most recent guidelines recommend that parents avoid digital media use, except for video chatting, for children younger than 18 to 24 months.

Photo: unsplash.com

Technology alters brains of children

If you give

a child an app

where they play

with virtual Legos,

virtual blocks

and stack them.

and then put real

blocks in front of

them, they start

all over. 77

Dr. Dimitri Christakis

Seattle Children's Hospital

■Infants and babies most vulnerable to screens

By Hannah Ball

Children who spend seven or more hours a day staring at a digital screen have a different brain structure than those who don't.

In a study funded by the National Institute of Health, researchers at the

University of California, San Diego are in the early stages of a \$300-million long-term project to learn the effects of screen time on approximately 11,000 kids.

In the first round of brain scans from 4,500 children age 9 and 10, they found that those who spend seven hours a day or more looking at a smartphone, tablet, computer or video game have thinner cerebral cortexes

than kids who spend less time on a screen. This study will follow the kids for a decade.

Dr. Gaya Dowling went on CBS's 60 Minutes to explain the findings. Host Anderson Cooper called the research, "The most ambitious study of adolescent brain development ever attempted."

One of the most significant changes was the premature thinning of cerebral cortexes, which usually happens later in life.

"What we would expect to see later is happening a little earlier," Dowling said. When asked if parents should be concerned, Dowling said they don't know if it's being caused by the screen time.

"We don't know yet if it's a bad thing," she said. "It won't be until we follow them over time that we see if there are outcomes associated with the differences that we're seeing in the single snapshot."

The first round of data also shows that kids who spend more than two hours a day on screens scored lower in thinking and language tests.

Dowling said while they will be able to answer some questions throughout the study, it will take years to understand the impact of technology on young minds.

"Some of the really interesting questions about these long-term outcomes, we're going to have to wait awhile because they need to happen," Dowling said.

Dr. Dimitri Christakis, who works at Seattle Children's Hospital was lead author of the American Academy of Pediatrics most recent guidelines for screen time, said that we're in the midst of an "uncontrolled experiment

on the next generation of children."

The most recent guidelines recommend that parents avoid digital media use, except for video chatting, for children younger than 18 to 24 months.

Christakis said young children and babies cannot translate what they learn on a screen into real life. "If you give a child an app where they play with virtual Legos, virtual blocks and stack them, and then put real blocks in front of them, they start all over," he said. "They don't transfer the knowledge from two dimensional to three."

He said compared to teenagers, infants are much more vulnerable to technology "because the experience is so much more gratifying to them."

In a small study involving researchers giving certain toys to children under 2, Christakis found that children are less likely to give back an iPad compared to a non-digital toy.



Classifieds

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



13575 Fenton Rd. • Fenton www.adoptapetfenton.com 810-629-0723



I love my people like crazy and I just want to be loved.

612 W. Broad St. • Linden • 810-735-9481 1437 N. Leroy St. • Fenton • 810-750-0551

CLASSIFIED DEPARTMENT: 810-433-6787

SUNDAY, JANUARY 6, 2019

Personal Notices

SIGN UP FOR TEXT BLASTS TO RECEIVE LOCAL COUPONS. **TEXT LOCALCOUPONS** TO 810-475-2030.

Employment Wanted

EXPERIENCED RN AVAILABLE

to care for your loved one in your home. No heavy lifting. Call 810-735-5175 or 810-513-5139.

Cars for Sale



1984 **CADILLAC SEVILLE ELEGANTE**

Great condition. must see to appreciate. Undercoated, one owner, 86.000 miles. Priced to sell \$4,800. Call 810-265-6814.

Trucks/SUVs for Sale



2006 FORD EXPLORER 4XLT

4x4, White, 4L V-6, Automatic, A/C, moonroof, trailer package, tan leather interior, one owner, 95,000 miles, \$5,800. Call 810-516-1842.

Real Estate

Times

Vacant Land for Sale

Vacant Land for Sale



VACANT LAND FOR SALE

Beautiful piece of property. 14.01 acres of vacant land located in Livingston County and Fenton School District. Prime for development of multiple parcels or a single owner. Close to town and expressways, yet retains rustic, rural setting. Price \$490,000. Call 810-240-8312 any day between 8:00 a.m. and 6:00 p.m.

To advertise your REAL ESTATE **PROPERTY**

call 810-629-8282

WEEKEND PAPER REAL ESTATE DEADLINES

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

MIDWEEK PAPER REAL ESTATE DEADLINES

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

Vacant Land for Sale

VACANT LAND WITH LAKE ACCESS

.34 acres with access to all-sports Ryan Lake! This beautiful land is on a partially wooded lot. A 1920s field stone cabin measuring approx. 16x20 sits on the property. great for garden or firewood storage. Build a dreamy home on this peaceful lot with lake access boat launch just across the street! This lot is located in Deerfield Township/ Livingston County. Ryan Lake is an 80 acre all-sports lake with a fantastic community. \$25,000. Call 810-610-8598.

Real Estate for Rent

GREAT 2 BEDROOM IN FENTON

Glen Devon. Bright and large 2 bedroom, 2 bath. 2nd floor unit, vaulted ceilings, updated appliances, freshly painted, 2 porches, one is completely screened in. Private, backs up to nature, 1 car detached garage. No pets are allowed. Available now! 1 year lease to begin with, \$1,250 includes water-sewer. Call 248-320-1205.

WEST FLINT

2 bedroom, 1 bath, finished yard. Water affidavit and credit check, \$750 monthly. Call 810-814-0482

SIGN UP

for Text blasts to receive local real estate listings. Text **REALESTATE** to 810-475-2030.

myfenton.com

INTERESTING, ENTERTAINING, INFORMATIVE.



The new Tri-County Times daily news source.

Job Openings

Times

Help Wanted

FULL OR PART-TIME picking, packing, shipping for Holly based internet company. Daytime, weekday hours, competitive local pay rate. Requires some mechanical aptitude for small assembly work and computer skills. Reply to jim@renovoparts.com.

JET'S PIZZA

235 N. LeRoy Fenton looking for managers, am crew, and drivers. Will train, apply within. Managers call 586-873-4892

myfenton.com

To advertise your

JOB OPENING

call 810-629-8282

WEEKEND PAPER

HELP WANTED DEADLINES Display Ads: Wednesday 3 p.m.

Line Ads: Noon Thursday

MIDWEEK PAPER

HELP WANTED DEADLINES

Display Ads: Monday 3 p.m.

Line Ads: Noon Tuesday

Help Wanted

EXPERIENCED FLOOR TECH

wanted for Flint, Mi area, \$11.00 per hour. Monday-Friday, 5pm-1am occasional weekends. Apply at www. sciotoservices.com.

TRAILER SALES PERSON

We are seeking an individual to represent and show trailers. Will train. must be dependable and courteous. Have some computer skills. We do not sell R.V.'s or Campers. Fenton Trading Post. Call 810-750-9971.

Help Wanted

COMMERCIAL CLEANING COMPANY SEEKING INDIVIDUALS FOR

Part-time evening shifts to clean office buildings/banks in Fenton, Grand Blanc and surrounding areas. Shifts range from 3-5 days per week for 1-3 hours per night. Apply at <u>www.aarocompanies.com</u> or call 586-759-3700.

CLERICAL POSITION

Must be dependable with computer experience. **Contact Fenton Trading** Post Trailer Sales 810-750-9971.

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



SIGN UP

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

Service Directory

Times

BUILDING & REMODELING

MGNEIL GONSTRUGTO 810-931-8644 **WINTER SPECIAL BUILT TO LAST!**



- · Residential Remodel
- New Construction
- Roofing & Siding · Decks & Additions

FREE

Dan McNeill Licensed & Insured #2101141607

FENCING

HANDYMAN

LAWN CARE



most vinyl products

Ask about our low-cost LABOR-ONLY CHARGE! FENTON

Specializing in wood and chain link also

735-7967

HANDYMANMIKE All Types of HOME IMPROVEMENTS **GIVE US A CALL,** WE DO IT ALL! Mike Shuert 810-964-9559

Matt Shuert

810-964-9511



Mowing Weed Whipping Spring & Fall Clean Up Tree Trimming • Edging Pulling Weeds • Mulch **Snow Removal**

PAINTING

MA Peterson Paintina

Professional Craftsman

RESIDENTIAL/COMMERCIAL

INSURANCE REPAIRS

FREE ESTIMATES

(810) 750-1640

Cell: (313) 690-9085

Interior & Exterior Painting

Brush & Roll • Spraying

Wallpaper Removal

Powerwashing

Caulking

Decks

Staining

Drywall & Plaster Repairs

PLUMBING SERVICES

BYRON PLUMBING

& WATER TREATMENT

★ LICENSED ★ INSURED ★ RESIDENTIAL ★ COMMERCIAL ★

- Drain Cleaning Plumbing Repairs
 - New Construction Sewage & Sump Pumps
 - Tankless Water Heaters • Bathroom Remodeling
 - Water Treatments

810.343.3591



HOME IMPROVEMENTS

FULL SERVICE ROOFING

END OF SUMMER

ROOFING SAVINGS!

Windows • Doors • Siding

Gutters & Downspouts

Porches & Decks

Free Estimates • Senior Discounts Res./Com. • Lic./Ins.

810.423.5813

MIROOFINGEXPERTS.COM

LOCALLY OWNED & OPERA FOR OVER 60 YEARS!

PHOTOGRAPHY



ROOFING



58 years

STUMP GRINDING

Specializing in removal of unsightly stumps & roots from your lawn ■ Small yard accessible ■ Free estimates Big or small, we grind them all! (810) 730-7262 (810) 629-9215

TREE SERVICE



- Wood Chippina • 24 Hour Emergency
- Stump Grinding Tree Storm Damage
 - Call today for free quote 810-252-5369

WATER TREATMENT

Free Water Testing for all problem water.

- Arsenic Removal
- Salt Rent or Purchase Free Installation
- Service for all makes & models



1014 N. Bridge Street • Linden 810-735-5778

Stay up to date with all our mobile alerts.

Text: "BREAKINGNEWS" to 810-475-2030

Local breaking news, school closings, fires, accidents and more area updates

Text: "JOBS" to 810-475-2030

Receive a link to the Times help wanted listings in the classified section

Text: "REALESTATE" to 810-475-2030

Get an early look at new real estate listings prior to them being published in the Times

Text:

"GARAGESALE" to 810-475-2030

View the up-to-date list of area garage sales sent to your phone in advance

Weekend 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! MATERNITY **PECOS** TREED LACKET Sorrow MOGOL 'There must be a mistake! I just Answers in this edition of the Tri-County Times

Puzzle Answers The Tri-County Times A R O U S E O I L I E R M O N S T E R T R U C K A N T E A N T E A N T E A N T E A N T C A C E A **Daily Edition FEATURING**: A M T I T E N O S A B S O R T **Breaking News Stories** S I E B B A MONONENTALIAS K M A S S I V E R E T A L I A T I O N F S E T T A L I A T I O N F S E T T A L I A T I O N F S E T T A L I A L Classifieds Obituaries • Feature Stories Social News 2 2 2 8 1 1 1 1 A 4 T 2 A H A M A M M O T H U N D E R T A K I N G myfenton.com A F A R G I A N T S E Q U O I TOHS AA9 HOOW B P O B P C F E 4 L C A P P **ANSWERS MEEKEND CHOSSMORD** 7 L 9 L 8 8 2 8 8 8 7 2 8 9 9 1 9 1 8 **MEEKEND MOBD SEARCH** 1 9 2 8 7 2 6 |Z|9|1|8|7 Answer: COMPACT 8 8 3 5 1 6 4 8 IACKLE, GLOOM 2 8 9 8 9 7 7 Scramblers: SCOPE, DETER, 1 2 2 8 4 7 3 8 **ANSWERS** *AUSWERS* **MEEKEND SCHAMBLER MEEKEND 2NDOKN**



Weekend Sudoku

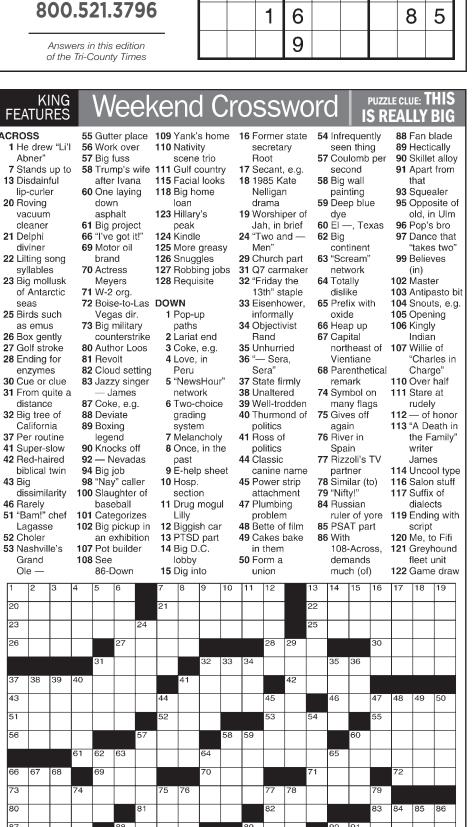
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

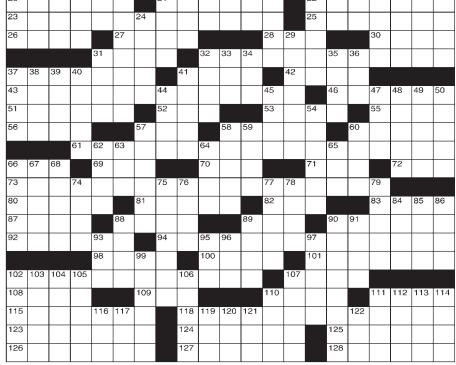
> SUDOKU PU77I F SPONSORED BY



DORTONLINE.ORG 800.521.3796

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





CROSSWORD PUZZLE SPONSORED BY



JENNIFER LASCO



©2018-19 King Features Syndicate, Inc. All rights reserved. Answers in this edition of the Tri-County Times

Obituaries

Times



Guenter Beholz 1933-2018

Guenter Beholz - age 85, of Fenton, passed away unexpectedly on December 27, 2018 in Florida. A celebration of life will be held from 4-7 PM Saturday, January 19, 2019 at The Fenton Community and Cultural Center. In lieu of flowers, those desiring may make contributions to Michigan State Parks and Trails. Guenter was born October 20, 1933 in Magdeburg, Germany. At the age of 19 he escaped the communist rule of East Germany to West Germany, leaving his family behind. There he continued his trade of watch and clock repair. He came to the US at the age of 25 where he met his wife, Joan. They were married on December 29, 1960 in Flint; she preceded him in death on July 26, 2014. Guenter owned and operated Beholz Jewelers. Until his passing, Guenter enjoyed working five days a week with his good friend and partner Reeny Sovel. He loved his friends, customers and community. His work was his passion. He also enjoyed camping, spending time outdoors and loved classical music. Surviving are: three children, Lars and wife, Elizabeth Beholz of North Ridgeville, OH, Leeza and husband, Greg Jett of Panama City, FL, Timothy and wife, Michelle Puckett of Clio; four grandchildren, Pierce, Isabelle, and Sabrina Beholz and Arin Puckett; several nieces and nephews. Tributes may be shared at www. sharpfuneralhomes.com.





James Deton Stacy

1936-2018 James Deton Stacy age 82, of Swartz Creek, formerly of Fenton died Monday, December 31, 2018 at his residence. Funeral services will be held 11 AM Saturday, January 5, 2019 at Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton with Pastor Curt Lilly officiating. Interment will be held at Fairview Cemetery. Visitation was held 4-9 PM Friday, January 4, 2018 at the funeral home. In lieu of flowers, memorial contributions may be made to Heartland Hospice or American Cancer Society. James was born February 16, 1936 in Hurley, VA, the son of Willie Ferrell and Melster Marie (Estep) Stacy. He had resided in Fenton since 1954 and married Virgie Sargent on July 23, 1955. James retired from General Motors Truck plant after 31 years of service. He was an active member of Friendship Freewill Baptist Church, enjoyed softball, was an avid bowler and coached Little League in Fenton for many years. Surviving are: wife of 63 years, Virgie; five children, Teresa (Bobby) Lamrock of Millington Jean (Eric) Publow of Swartz Creek, Jamie Stacy of Swartz Creek, Penny (Robert) Harper of Midland and Terenia (Bill) Thommen of Holly; 14 grandchildren; and many great-grandchildren. He was preceded in death by: his parents; grandson, Nathan; granddaughter, Rachel; and brother, Willie. The family extends a special thank you to Heartland Hospice Team. Tributes may be share at www.sharpfuneralhomes.

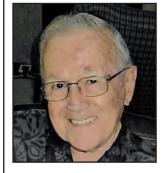


Thomas Leroy Shepherd 1936-2018

Thomas Leroy Shepherd age 82, of Fenton, died Monday, December 24, 2018. Services will be held 2 PM Saturday, January 12, 2019 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd. Fenton. Pastor Mark Cox officiating. Visitation will be held at the funeral home from 12 PM Saturday until the time of the service. Those desiring may make contributions to Adopt-A-Pet or Genesee County Humane Society. Thomas was born July 7, 1936 in Flint, the son of Judson and Mary (Krawczyk) Shepherd. He served in the U.S. Army Reserves. He married Carol Ann Klug January 29, 1966 in Flint and she preceded him in death January 12, 2005. Thomas retired in 1998 from the GM Proving Grounds in Milford as a test driver. He was a member of the Fenton Eagles Club. He enjoyed hunting and fishing. He loved spending time with his grandchildren and family. Surviving are: daughters, Tammy and husband, John Matthee of Fenton and Teresa Palmatier and fiancé, Ryan Vondrasek of Flint; grandchildren, Jacob, Taylor, Courtney, Niki, and John; niece, Amy Foster of Byron; and nephew, Doug and wife, Cheryl Collins of Mancelona. He was also preceded in death by his parents; and sister, Janet Collins. Tributes may be shared at www. sharpfuneralhomes.com.



View obituaries online at myfenton.com



Louis James Prodanas

1917-2019 Louis James Prodanas age 101, died peacefully at his home at Abbey Park in Grand Blanc, on January 1, 2019. Cremation has taken place and a private family memorial service will be held at a later date. Those desiring may make contributions to The Rock Church of Fenton or The Medical Team Hospice. Louis was born to Stephania Anthony and Demetrios Prodanas on October 23, 1917 in Chelsea, MA. He married Alice Ann Nardone on October 12, 1940; she preceded him in death on December 19, 2010. Louis served in the United States Navy 1945-1946 and retired from Bigelow Carpet Company. He was an active volunteer and enjoyed bridge with friends at Loose Senior Center in Linden. Surviving are: two daughters, Patricia (Rich) Farra of Oregon and Ilene (Phil) Lasco of Fenton. He leaves seven grandchildren, Marc (Michelle) Farra, Beth Cameron and Brad (Whitney) Farra all of Oregon; Todd (Molly) Lasco of The Woodlands, TX, Kelly Glynn, Matt (Jamie) Lasco and Jay (Jennifer) Lasco all of Fenton. His 13 great-grandchildren were the light of his life - Cole, Laurel and Jade Cameron, Aubree Farra all of Oregon, Jack, Luke and Finnegan Lasco of Texas, Emma, Grace and Morgan Glynn of Fenton, Maxx Lasco, Olivia and Alice Lasco all of Fenton. The Lasco family would like to express their heartfelt thanks to all of the Medical Team caregivers at Abbey Park for their genuine concern and loving ways in caring for their father, grandfather and great-grandfather. Tributes may be shared at www. sharpfuneralhomes.com.





Mary Mansueti 1929-2019

Mary Mansueti - age 89, of Fenton, died Tuesday, January 1, 2019 at Ascension Genesys Hospital. Funeral Mass will be celebrated 10:30 AM Saturday, January 5, 2019 at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton with Fr. David Harvey celebrant. Interment will follow at St. John Cemetery. Visitation was held 2-4 and 6-8 PM Friday, January 4, 2018 at Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton where a rosary was prayed at 7 PM. Visitation will also be held from 9:30-10:30 AM Saturday at the church Those desiring may make memorial contributions to St. Vincent de Paul at St. John the Evangelist Catholic Church. Mary was born August 29, 1929 in Patrica, Frosinone, Italy, the daughter of Luigi and Antoinette (Belli) Biancucci. She married Lenio Mansueti on September 23, 1950 in Ambridge, PA and he preceded her in death on December 5, 1994. She was a member of St. John the Evangelist Catholic Church. Surviving are: daughter, Antoinette "Toni" (Paul) Bowsher of Linden; daughter-inlaw, Janie Mansueti; five grandchildren, Danielle (Nate Hallmark) Allen, Jeremy Bowsher, Angela (Vince) Haiss, Robb (Catherine) Mansueti, Jr., and Sami (Corey) Garbutt; ten great-grandchildren, Chandler and Dalton Allen, Joe, Wyatt and Mary Haiss, Eli and Patrick Garbutt, Bobbie Mansueti, Jamie and Kellie Stralev: sister. Vilma Barletta; many nieces and nephews. She was preceded in death by her parents; husband, Lenio Mansueti; son, Robert "Bob" Mansueti; and brother-in-law, Delio Barletta, Sr. Tributes may be shared at www. sharpfuneralhomes.com.



Melvin Dale Boyce 1922-2018

Melvin Dale Boyce - age 96 of Linden, died December 31, 2018. Services will be held 11:30 AM Monday, January 7, 2018 at Argentine Church of the Nazarene, 16248 S. Seymour Rd., Linden, MI. Reverend Robert Lindsay, Reverend Kiesha Plaskett and Reverend Brandon Hird officiating. Visitation will be from 2-8 PM Sunday. January 6, 2019 at Sharp Funeral Homes, Linden Chapel, 209 E. Broad Street, Linden as well as 10:30-11:30 AM Monday at the church. Interment at Great Lakes National Cemetery, Holly, Michigan. Those desiring may make contributions to Argentine Church of the Nazarene. Melvin was born on May 12, 1922 in Kinsella, Alberta, Canada to John and Verna A. (McCauley) Boyce. Melvin came to the Flint area at six months old. He was a graduate from Flint Central High School and is a veteran of the US Army serving in World War II from 1942-1947. He married Kathaleen Hartman on May 28, 1949 in Argentine. He worked for General Motors as a carpenter/ pattern maker for 42 years. He was a clarinet player playing in the US Army Band and also the first chair clarinet player for the Flint Symphony Orchestra. He loved photography and wood working. Surviving are wife, Kathaleen of Linden; children, Deborah (Richard) Carlile of Titusville, FL, Steven (Beth) Boyce of Geneva, IL, Dave (Jean) Boyce of Lockport, IL, Dalynn (Steven) Murphy of Linden, Mark (Lorrie) Boyce of Linden; sixteen grandchildren; twenty-seven great-grandchildren and two great-great-grandchildren; two sisters-in-law, Lanola Boyce of NC and Ruby Boyce of Swartz Creek, MI. He was preceded in death by three brothers, Wayne Bovce. Ronald Eugene Boyce, and John Stanley Boyce; great-grandson, James Zells. Online tributes may be shared at www.





Obituaries

i mes

Alex Peterman

Alex Peterman - age 74, died December 27, 2018. Services entrusted by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Raymond Lemon

Raymond Lemon - age 80 died December 26, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Robert Flore

Robert Flore - age 93 died December 28, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Robert Yettaw

Robert Yettaw - age 76, died December 29, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Jane "Ruth" Vincent

Jane "Ruth" Vincent - age 99, died December 28, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Harriet Harris

Harriet Harris - age 82, died December 29, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Kurt Wright

Kurt Wright - age 61, died December 30, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Wilda Dodder

Wilda Dodder - age 78. died December 29, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Marjorie Hogan

Marjorie Hogan - age 79, died December 30, 2018. Services entrusted to Sharp Funeral Homes. www. sharpfuneralhomes.com.



Louis Fults III

Louis Fults III - age 67, died December 30, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Joseph Edgerton

Joseph Edgerton - age 76, died December 31, 2018. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



J. Richard Lengel

J. Richard Lengel - age 83, died December 31, 2018. Services entrusted to Sharp Funeral Homes. www. sharpfuneralhomes.com.



Beth G. Michels Beth G. Michels - age 90, died December 30, 2018. www.temrowskifamily funeralhome.com. Temrowski W OBITUARIES O myfenton.com

Alberta Martin

Alberta Martin - age 95, died January 1, 2019. Services entrusted to Sharp Funeral Homes. www. sharpfuneralhomes.com.



Dale Cudworth

Dale Cudworth - age 78, died January 1, 2019. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Brian Wright

Brian Wright - age 58, died January 1, 2019. Services provided by Sharp Funeral Homes. www. sharpfuneralhomes.com.



Annette Yamamoto

Annette Yamamoto - age 77, died January 1, 2019. www.temrowskifamily funeralhome.com.



Paul F. Farquhar

Paul F. Farquhar - age 69, died December 31, 2018. www.temrowskifamily funeralhome.com.



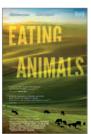
Betsy A. Cornellier

Betsy A. Cornellier - age 60, died December 31, 2018. www.temrowskifamily funeralhome.com.





DVD RELEASES



EATING ANIMALS

How much do you know about the food that's on your plate? Based on the bestselling book by Jonathan Safran Foer and narrated by co-producer Natalie Portman, Eating Animals is an urgent, eye-opening look at

the environmental, economic, and public health consequences of factory farming. Tracing the history of food production in the United States, the film charts how farming has gone from local and sustainable to a corporate Frankenstein monster that offers cheap eggs, meat, and dairy at a steep cost: the exploitation of animals; the risky use of antibiotics and hormones; and the pollution of our air, soil, and water. Spotlighting farmers who have pushed back against industrial agriculture with more humane practices. Eating Animals offers attainable, common sense solutions to a growing crisis while making the case that ethical farming is not only an animal rights issue but one that affects every aspect of our lives.

NR, 1 hr. 35 min.

Documentary





THE OLD MAN & THE GUN

Old Man and the Gun is based on the true story of Forrest Tucker (Robert Redford), from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that

11B

confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt (Casey Affleck), who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek), who loves him in spite of his chosen profession.

PG-13, 1 hr. 433 min. *Drama*

PLACE YOUR CLASSIFIED AD



myfenton.com

Word Search

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

IKUE R D Z

WINTER'S CHILL

ANORAK, ARCTIC, BITTER, BLANKET, BLUSTERY, BOOTS, BRISK, CHILL, COAI, COLD, DECEMBER, DREARY, EVERGREEN, FIREPLACE, FLANNEL, FLEECE, FRIGID, FROSTBITE, GALE, GLOVES, GUSTS, HEATER, ICEBERG, ICICLE, JACKET, MITTENS, OVERCAST, POLAR, SHOVEL, SKI, SLED, SLEET, SNOW, SWEATER, WINTER, ZERO

WORD SEARCH PUZZLE SPONSORED BY



Answers in this edition of the Tri-County Times

You're invited to a Free Dinner

Exclusively for Neuropathy and Nerve Pain Sufferers

Preceding your free dinner, Dr. Katrina Nicholson will be speaking on the latest FDA Cleared Neuropathy treatment program found to relieve pain where others have failed.



FREE ADMISSION & FREE MEAL

* NEW PATIENTS ONLY *

You'll discover how Dr. Nicholson's unique treatment program is designed to decrease pain, improve function and relieve the following symptoms:

- Numbness
- Leg cramping
- Sharp electrical-like pain
- Difficulty sleeping from leg & foot discomfort
- Prickling or tingling of the feet or hands
- Burning pain
- Pain when you walk
- Back or Neck Pain

"If you suffer from pain due to Peripheral Neuropathy — tingling, numbness, or loss of feeling in your feet — I invite you to call our office and reserve a spot for our FREE dinner seminar to learn more about the latest treatment available. More than 20 million Americans suffer from Peripheral Neuropathy, a condition caused by damage to the nerves. This pain affects everything you do, from work, play, and ultimately your quality of life. I am here to tell you that there is hope. You can reduce or get rid of your pain and get your life back. At our offices, we offer advanced customized treatment programs and our goal is to help you have a better quality of life."

— Dr. Katrina Nicholson

Seminar Dinner will be held at:

Aubree's Pizzeria & Grill
11501 S. Saginaw St. • Grand Blanc

Wednesday, January 16th 7:00pm



Feel free to bring a guest. Seating is limited to ONLY 30 spots.

Adults only. Dr. Katrina Nicholson, BS, DC, Presenter.