

LifeStyles

Times

Sunday, December 8, 2019



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Happy (gluten-free, vegan, paleo) holidays!

■ Here's how to easily accommodate guests' dietary restrictions

By Sally Rummel

You are hosting this year's Christmas Eve get-together and you're compiling your menu.

Okay, let's see. Aunt Susie is a vegan, your cousin John is a vegetarian and your sister-in-law Mary eats only gluten-free.

So what's a host to do?

For Joe and Renae Jeffers of Fenton Township, that answer is easy. Most of their family has celiac disease, gluten-intolerance and many food allergies, so they are very willing to accommodate their unique dietary restrictions during the holidays and for other family gatherings.

"We have to, we're talking about our family's health," Renae, 62, said.

Their holiday table will usually include one side

of "regular" dishes, and the other side with gluten-free options.

"We prepare all of our food very simply, because that's the only way everyone can eat it," Renae said. That means no fancy sauces or processed foods like canned soups to make food preparation easier. "There's flour in just about everything," she said.

When cooking for specialized diets, it's important to read food labels

and understand that your holiday meal is going to be much more expensive to prepare than for most people. "A tiny loaf of gluten-free bread costs \$5 and my stuffing recipe requires two loaves," Renae said. "My all-natural turkey with no preservatives cost \$52."

For other families hosting guests with unique



GLUTEN-FREE,
VEGAN, PALEO
GINGERBREAD
COOKIES
RECIPE
on Page 2B

Photo and recipe: chopra.com

“We prepare all of our food very simply, because that’s the only way everyone can eat it.”

Renae Jeffers
Fenton Township resident

eating styles, the answer isn't quite as clear-cut. How far should a host go to accommodate a guest's special diet — whether it's vegan, vegetarian, keto, paleo, or whatever?

Here are some tips to navigate the new "food rules":

If you're the host

You can choose whether to ask your guests if they have any food restrictions or preferences. If you do ask, then you

are putting yourself in a position to accommodate those requests.

If a guest does have a very specific food allergy, you as a host should do your best to accommodate that food restriction because it's a health issue, not a "picky eater" issue.

Ask the person who has a food allergy or food restriction if they'd like to bring a dish to contribute that meets their own specific requirements.

See RESTRICTIONS on 2B

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Everyone is welcome to join us as we seek peace and joy during this holiday season. Come as you are to hear a personal message, special music and open table communion for those who wish to participate.

NOTES OF
THANKS

The family of Michael James Hogan would like to thank Sharp Funeral Homes and Cremation Center in Fenton for the outstanding, compassionate service they provided our family last week. We were treated as though we were special members of the Sharp family. Thanks especially to Mike Scully for his caring professionalism and making this difficult time as seamless as possible. Roger, you have quite the amazing crew!

Vera Hogan and family

RESTRICTIONS
Continued from Page 1B

“For their own safety, if they have a food allergy, they should bring their own food,” Renae said. “There’s always the chance of cross-contamination when someone else is preparing the food.”

Use some simple, vegetarian, gluten-free and meat-free recipes that are “everyone-friendly” to round out your buffet table, advises tasteofhome.com. Salads are generally safe for everyone, especially if you offer cheese and dressings on the side. Roasted veggies and hummus are usually safe items to serve, too.

Consider placing ingredient cards next to each food you’re serving, so guests will know whether it’s a dish they can eat.

If you’re the guest

If you have a special diet, religious or other food restrictions, you can let your host know and offer to bring a dish to share that meets your dietary requirements. This works better for a small dinner gathering than a huge company-wide holiday party, where it may be best to keep your dietary restrictions to yourself.

Following Keto, Paleo or other

weight-loss diets during the holidays? Understand that your hosts were gracious enough to invite you to a meal; don’t add to their stress by broadcasting your latest weight-loss diet. Again, you can bring a dish to share that also fits your diet plan.

When it comes down to it, you shouldn’t stress too much about holiday party foods, unless it’s a serious health issue like food allergies.

As famed chef Ina Garten has said, parties are about people, not food.

Besides, January — the month of dieting and deprivation — is right around the corner.

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
DECEMBER 2, 2019

The Fenton Township Board held a regular meeting on Monday December 2, 2019 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 chairman.
4. Approved invoices and expenditures for payment in the total amount of \$24,276.47.
5. Conducted a public hearing on the proposed 2020 Fenton Township Budget.
6. Adopted Resolution No. 2019-51, formally adopting the 2020 Fenton Township Budget.
7. Adopted Resolution No. 2019-52, honoring recently retired employee Leeandra “Andy” Badgley.
8. Approved a 4-month extension of the existing license agreement with the Genesee County Parks & Recreation Commission for the use and maintenance of park property, commonly known as the Deer Run Soccer Complex.
9. Approved a 4-month extension of the existing sub-license agreement with AYSO Region 417 for the use and maintenance of park property, commonly known as the Deer Run Soccer Complex.
10. Adjourned at 7:58 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

Gluten-free, vegan, Paleo Gingerbread Cookies

INGREDIENTS:
(Makes 12)

- 2 cups almond meal
- 2/3 cup arrowroot powder, plus extra for dusting
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup molasses
- 3 tablespoons organic coconut oil or ghee
- 4 tablespoons maple syrup
- Currents, raisins, or dried cranberries for decorating

PREPARATION:

Preheat oven to 350 degrees F.


Combine all dry ingredients in a large bowl and mix together with a wooden spoon.

In a small saucepan, bring molasses to a boil over medium heat. Add coconut oil and maple syrup, and stir until combined.

Remove saucepan from heat and then stir hot liquid mixture into the dry ingredients. Mix dough with a wooden spoon until thoroughly combined and golden brown.

Place a sheet of parchment paper onto the counter or a cutting board and dust with arrowroot powder.

Dust your hands with arrowroot powder and roll dough into a large ball. Place dough on parchment paper, press lightly to flatten it, and sprinkle with arrowroot powder. Cover the dough with another sheet of parchment paper, and roll with a



rolling pin until dough is about 1/4 inch thick.

Dust a small plate with arrowroot powder and place cookie cutters into arrowroot powder. This prevents dough from sticking to the cookie cutters when cutting.

Once you cut the whole sheet of cookie dough, peel away the remaining dough. Use a spatula to transfer the cut cookies to a greased baking sheet. Form the remaining dough into another ball, roll out again and repeat until all the dough is used.

Bake gingerbread cookies at 350 degrees F. for 10 minutes.

Remove from oven and decorate by pressing in raisins, currents, and/or dried cranberries while cookies are still warm. Cool on a cookie rack.

GINGERSNAP VARIATION:

Follow the above directions to make the dough. Roll the dough into 1-inch balls and place on a greased cookie sheet. Press each ball flat with the palm of your hand.

Bake gingersnaps at 350 degrees F. for 15 minutes. Cool on a cookie rack.

For this recipe and more, visit <https://chopra.com/articles/4-gluten-free-vegan-paleo-holiday-cookies>.

Classifieds

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JOB OPENINGS | SERVICE DIRECTORY
PUZZLES | OBITUARIES

Times

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Real Estate

Times

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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

Job Openings

Times

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is looking for a reliable newspaper carrier for a Linden walking route. Only one delivery per week! Papers must be rolled, bagged and delivered to porches every Saturday. Ages 12 and older are welcome to apply. All interested individuals should email circulation@tctimes.com or call the office at (810) 433-6797.

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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

Weekend Sudoku

FUN BY THE NUMBERS
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.

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

Answers in this edition of the Tri-County Times Level: Advanced

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!



Peace
CLENISE

Degree
AMUESER

Blush
MICRONS

Edge
ARMING

TODAY'S WORD

Answers in this edition of the Tri-County Times

KING FEATURES

Weekend Crossword

PUZZLE CLUE:

WOMEN WITH A CONNECTION

- ACROSS**

1 Emanates (from)

6 Get — on (ace)

9 Diner fave

12 False show

15 Girl coming out in society

18 Plain to see

19 Its capital is Minsk

21 Lion-headed monster

23 ANNE

25 Department in eastern France

26 Munic. statute

27 Juan's emphatic assent

28 1,501, to Caesar

29 Grad's "with honor"

30 Begin a PC session

32 DIANA

34 Monastery garments

35 French fauvist Dufy

37 Favorable vote

38 Vegas stake

39 "Ooh" or "tra" follower

40 Actor MacLeod
- 41 — Z (completely)

42 Actress Henner

43 AMY

49 Recycling holder

50 Stimp'y's cartoon pal

51 Exclude

52 — Aviv

53 Small songbird

54 Cordon — (veal dish)

55 Stuck in fellow

57 Ill-bred

59 "Rambo" site, in brief

61 Tiny biting midge

63 EMMA

67 Sun block?

70 Mel whose "4" was retired

71 Make a face

72 Sternward

76 De-wrinkle

77 Suffix with Motor

79 Huge bird of legend

81 One + two, in German

83 No, in Ayr

84 Amer. soldiers

85 JANE

89 Walk showily

91 Feast on
- DOWN**
- 1 Vocalist Perry
- 2 Burdened excessively
- 3 Lea
- 4 Make a goof
- 5 Balanced condition
- 6 Simple skills
- 7 Old brand of grape soda
- 8 Stein filler
- 9 Wedding-related
- 10 Clearheaded
- 11 Chinese philosopher Lao- —
- 12 Charge with an offense
- 13 Munch (on)
- 14 Area at the top of a PC window
- 15 Amount the insured must first pay
- 16 Abrade
- 17 Less adorned
- 20 Military division
- 22 More spiteful
- 24 — Tin Tin (TV dog)
- 29 Shout
- 31 Queen's onetime rock genre
- 32 Crime film genre
- 33 Inauguration Day highlight
- 34 Actress Bow
- 35 How an extremist acts
- 36 Online user's self-image
- 40 Emerald, e.g.
- 41 Happy as —
- 42 "So am I"
- 43 In — of (rather than)
- 44 "One" on a U.S. penny
- 46 Ice cream drinks
- 47 One with a six-year term
- 48 Color related to emerald or pistachio
- 54 Telly network, with "the"
- 56 Oomph
- 58 Indigo Girls, e.g.
- 60 "So tasty!"
- 62 Sluggish type
- 64 Actress Deschanel
- 65 Parade walk
- 66 Soap opera, informally
- 67 Boars, e.g.
- 68 Opera highlight
- 69 Locale of Mount Erebus
- 73 Title girl of a Poe poem
- 74 Exact copies
- 75 Little laugh
- 78 Comic actor Don
- 80 Client
- 82 Pipe fitter's elbow
- 85 City in west California
- 86 Locale of Waikiki
- 87 Flabbergast
- 88 "That hurts!"
- 90 Swindling, slangily
- 95 For neither profit nor loss
- 96 System of online newsgroups
- 97 Stevedore
- 98 "— mia!"
- 99 Brand of fat substitute
- 100 Prefix with cellular
- 101 Was behind the wheel
- 102 Female WWII server
- 105 Needed suturing, say
- 106 Frees oneself (of)
- 108 Little fella
- 110 Mandible or maxilla
- 111 Honored Fr. woman
- 112 Female with a fleece

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						35	36					37				38				
39					40						41				42				43	44
45				46						47				48				49		
50				51					52				53				54			
55			56			57		58		59		60		61		62				
			63		64				65				66							
67	68	69						70				71				72		73	74	75
76						77		78		79		80		81		82			83	
84					85				86			87					88			
89			90				91				92						93			
			94				95				96					97				
98	99					100				101						102				
103									104					105	106				107	108
109									110				111					112		
113									114								115			
116					117				118				119				120			

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Guess Who?

I am an actress born in Connecticut on November 19, 1961. I acted in commercials while attending New York University. I am known for being a queen of romantic comedies, including two with Tom Hanks.

Answer: *Weg Ryan*

I am singer born on December 2, 1991 in New Jersey. I made a name for myself by posting original songs and covers to a YouTube channel. I was signed by Ellen DeGeneres' record label and the rest is history.

Answer: *Charlie Puth*

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 SCRAMBLE ANSWERS

Scrambles:
SILENCE, MEASURE, CRIMSON, MARGIN
Answer: **SUMMER**

MIDWEEK SUDOKU ANSWERS

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

WEEKEND SUDOKU ANSWERS

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

MIDWEEK JUMBLE ANSWERS

Jumbles:
LOWLY, ADOPT, FOURTH, PLAGUE
Answer:
When elevators in buildings started to become popular, people were —
FLOORED

MIDWEEK CROSSWORD ANSWERS

Solution Time: 24 min.

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

WEEKEND CROSSWORD ANSWERS

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



Read then Recycle

Obituaries

Times

John Dybata

John Dybata - age 69, died November 26, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Linda Hall

Linda Hall - age 73, died November 26, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Steven Downey

Steven Downey - age 61, died November 26, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Robert Eckles

Robert Eckles - age 58, died November 27, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



George Kopek

George Kopek - age 76, died November 27, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Peter Samaras

Peter Samaras - age 91, died November 27, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



John Miller

John Miller - age 77, died November 28, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Michael Woodard

Michael Woodard - age 71, died November 28, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Michael Louis Foley

1957-2019

Michael Louis Foley went to be with the Lord on Thursday, December 5, 2019. Mike was born on May 21, 1957 in Flint. He was the son of William and Sadie Foley. Mike served four years in the United States Navy. He owned his own business, Added Value Services, and also earned his Realtor license in the state of Florida. Mike is survived by his beloved daughter, Erin Lynn Casper and her husband Jon Casper; four siblings, Pat (twin), Kelly, Kathy, and Mary. Mike loved the Lord and was a life-long devoted Christian. Mike was involved in his church services, including playing guitar and singing hymns. He will be deeply missed by his friends and family and all those who knew and loved him. Memorial services will be announced in coming days.



Donald Anderson

Donald Anderson - age 74, died November 29, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Joseph Leyanna

Joseph Leyanna - age 93, died November 29, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Peter "Joe" Medor

Peter "Joe" Medor - age 89, died November 29, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Peter Glynn

Peter Glynn - age 74, died November 29, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Carol Ann Green

1935-2019

Carol Ann Green - age 84, of Fenton, died Thursday, November 28, 2019. Funeral Mass will be celebrated 11 AM Saturday, December 14, at St. John the Evangelist Catholic Church, 600 N. Adelaide St., Fenton. Visitation 10 AM until time of Mass at the church on Saturday, December 14. Arrangements are being handled by Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. Those desiring may make contributions to American Cancer Society or the Lupus Foundation of America. Carol was born May 10, 1935 in Fenton Township the daughter of Carl and Virginia (Adams) Hogan. She was a graduate of Linden High School and had lived in Fenton most of her life. She married William "Bill" Green on April 13, 1952, he preceded her in death February 5, 2012. She had worked for the D & C Dimestore, Kmart and Billmeiers. She was a member of St. John the Evangelist Catholic Church. Surviving are three children, Debra (Larry) Abbey of Grand Haven, Teresa (Oliver) Hackney of Fenton, James Green of Linden; grandchildren, Rachel (Jason) Cotton, Joseph (Candace) Abbey, Ryan Hackney, Jonathan Hackney, Drew Hackney; five great-grandsons; one great-granddaughter; brother, Daniel (Ann) Hogan of Sebring, FL; sister Kathy (Jerry) Lyles of Linden; several nieces and nephews. She was preceded in death by her parents; husband; and son Michael Green. Tributes may be shared at www.sharpfuneralhomes.com.



Jacqueline Wrice

Jacqueline Wrice - age 86, died November 29, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Lowell Eugene "Sam" Elston

1928-2019

Lowell Eugene "Sam" Elston - age 91, of Fenton, died Wednesday, December 4, 2019. Funeral services will be held 12:30 PM Tuesday, December 10, 2019 at Trinity Lutheran Church, 1025 Main St., Fenton. Pastor Dean Dumbille officiating. Burial immediately following in Great Lakes National Cemetery, Holly. A luncheon will follow the burial at the Fenton V.F.W., 1148 N. Leroy St., Fenton. Visitation will be held at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton, Monday, December 9, 2019 from 2 - 4 and 6 - 8 PM where a V.F.W memorial service will be held at 7 PM, followed by a Masonic memorial service at 7:30 PM, visitation at church Tuesday from 11:30 AM until the time of the service. Those desiring may make contributions to V.F.W. National Home for Children or to Trinity Lutheran Church, Fenton. Sam was born October 26, 1928 in Fenton, the son of Daniel and Ivah (Brooks) Elston. He was a 1946 graduate of Hartland High School. He was a veteran of the Korean War, serving in the U.S. Army. He married Pearl Anna May Jacobs February 26, 1953 and she preceded him in death May 11, 2015. Sam retired from the Grand Blanc Tank Plant as the Senior Electrical Plant Engineer after 36 years of service. He was a member of Trinity Lutheran Church in Fenton. He also was a member of the Fenton V.F.W. Curtis Wolverton Post # 3243 where he was a member of the Cootie #32 and was the State Chaplain for many years. He was a member of the Fenton Masonic Lodge #109 F.&A.M. He is survived by his sons, Daniel Elston of Holly, Dennis Elston of Flint, and Keith (Jane) Elston of Fenton; grandchildren, Trisha (Todd) Clough of West Bloomfield, Gregory (Melissa) Elston of Fenton, Louis (Briann) Elston of Grand Blanc; great-grandchildren, Isabella and Abigail Clough, Eva Douglas, Emery and Eden Elston, Paisley Smith, and Teagan Elston; brother-in-law, Richard Wright; and several nieces and nephews. He was also preceded in death by his parents; sisters, Vivian Townley and Lucille Wilkenson; brother, Brooks Kinne; sisters-in-law, Arlene Wright and Sharon (Melvin) Jacobs. Tributes may be shared at www.sharpfuneralhomes.com.



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Obituaries

Times

John Andrek
John Andrek - age 87, died November 30, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Gail Pidgeon
Gail Pidgeon - age 59, died November 30, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Michael Asperger
Michael Asperger - age 41, died November 30, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Lester VanKuren
Lester VanKuren - age 77, died December 1, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Jean Mehrens
Jean Mehrens - age 79, died December 2, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Donald Hilton
Donald Hilton - age 66, died December 1, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Sandra Allen
Sandra Allen - age 71, died December 2, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Kellie Miller
Kellie Miller - age 55, died December 2, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Gwendolyn Maguire
Gwendolyn Maguire - age 88, died December 2, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Joy Treadway
Joy Treadway - age 82, died December 3, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



George Ostrander
George Ostrander - age 57, died December 3, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Patrick Krager
Patrick Krager - age 77, died December 3, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



James Tvardos
James Tvardos - age 74, died December 3, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Diane Beaulieu
Diane Beaulieu - age 67, died December 4, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Steven Phillips
Steven Phillips - age 59, died December 4, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Donald Blue
Donald Blue - age 98, died December 4, 2019. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Sandra Jaggers
Sandra Jaggers - age 76, died December 4, 2019. www.temrowskifamilyfuneralhome.com.



Arthur E. McKee
Arthur E. McKee - age 88, died, November 29, 2019. www.temrowskifamilyfuneralhome.com.



Michael L. Foley
Michael L. Foley - age 62, died December 5, 2019. www.temrowskifamilyfuneralhome.com.



Obituaries updated daily online
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Creamy Cashew Spread

Vegan appetizer that appeals to the masses


INGREDIENTS:

- 1 cup raw cashews
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons minced fresh herbs, such as basil, parsley or oregano (optional)
- Assorted bread toasts and/or crackers

DIRECTIONS:

1. Rinse cashews and place in a medium bowl. Cover with water by at least 2 inches. Soak 4 hours or overnight. Drain cashews, reserving soaking water.
2. Place cashews, 2 tablespoons reserved water, lemon juice, tahini, salt, and pepper in food processor or blender; process for several minutes or until smooth. Add additional water, 1 tablespoon at a time, until desired consistency is reached.
3. Cover and refrigerate until ready to serve. Stir in herbs, if desired, just before serving. Serve with assorted bread toasts and/or crackers.

Tip: Use this dip as a spread for sandwiches or as a pasta topping. Thin it with additional liquid as needed. You can also use it in place of sour cream as a topping for tacos and chili.



Makes about 1/2 cup

The holiday season is a time when people open their homes to family and friends. Having a series of tested recipes on hand can fulfill a variety of needs when having people over for dinner parties or informal gatherings.

This recipe for “Creamy Cashew Spread” from “Vegan Cooking for Beginners” (Publications International Ltd.) by the editors of Publications International can meet various dietary needs, making it an ideal addition to the menu when hosting guests. Although a vegan recipe, it certainly can appeal to any guest who appreciates tasty dips and spreads.

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