Local counselors give tips to stay mentally healthy

By Hannah Ball

Local counselors are offering tips to help people cope with the mental stress of the COVID-19 pandemic.

Gov. Gretchen Whitmer signed the stay-at-home order Monday, March 23, though many Michiganders have been working from home for longer. Residents are told not to leave the house unless they’re an essential employee, going for groceries or for a medical reason, or if they’re going to the park.

The minimal social contact can take a toll on people.

Mark Carpenter, MA, LPC owner of VAE Life Coaching in Fenton, has a few tips.

“More than anything, exercise. I’m at Clover Beach every day and people are out there. Get out and walk,” he said.

He also recommends keeping a healthy diet and avoiding sugars.

“It (sugar) has an effect on our mood and in these days, there’s more anxiety than anything. Sugar is horrible for an anxious mind,” he said.

Mark Carpenter, MA, LPC owner of VAE Life Coaching in Fenton advises people to maintain a healthy diet, exercise and proper hygiene, especially during this pandemic. Times file photo

Make sure to keep a routine and practice good hygiene.

“Keep showering. People often neglect that when they feel there isn’t a reason to even get up when we’re all stuck at home. Make your bed every day. It really helps,” he said. “Keep your house clean. Keep things in order. When we feel like the environment around us is controlled and contained, we feel better mentally.”

Carpenter also recommends limiting the time spent watching news shows.

“You want to gather the information you need, but you don’t want to be glued there. You can get the information you need without focusing on the “the sky is falling’ crap,” he said. “Don’t dwell on this stuff.”

Try to stay connected with friends and family as much as possible with the internet and phone calls. Don’t completely isolate yourself, he said.

“I tell people to get into something. Something that’s more challenging mentally that keeps their mind off the sheer boredom of it all,” he said. “Get into a book. Learn something. At least you’re getting something out of this ordeal.”

Carpenter can be reached at (810) 282-4093.

Fenton resident Laura Freeman, marriage and family therapist intern with B. Craig & Associates in East Lansing set to graduate in June, said it’s easier said than done to make sure you’re in a good mindset.

“What I share with my clients is make sure they try to get on some type of routine. Reach out to others during this time via Facetime or phone. That person on the other end may be feeling the same way and you can help one another.”

See MENTALLY HEALTHY on 27
Compiled By Vera Hogan

Sunday, March 29 was “National Mom and Pop Business Owners Day.” A Mom and Pop business is a small, independent, usually family owned, controlled and operated business that has a minimum number of employees, has only a small amount of business volume, and is typically not franchised, therefore open for business only in a single location.

We are fortunate in the tri-county area to have hundreds of Mom and Pop businesses, too many to name all of them here. They are, however, the lifeblood of our communities and the following are just a few reasons we should support them:

Cheaper is not always cheaper.

Many small businesses focus on providing deals and discounts to stay competitive with their larger, corporate counterpart. Furthermore, small business owners are more likely to know their customers and offer them friendly discounts, loyal customer programs, or other perks that one would never receive when purchasing from a large corporation.

Mom and Pop shops care about you.

It is a great feeling to be known and remembered by the person from whom you have to make frequent purchases. Your local Mom and Pop small business owner will be more likely to be there for you when you need help from the business in any way. Your community’s local businesses serve the community because they custom built by and for the people who actually live there.

It’s an economically, morally smart move.

If the economy requires that small businesses outsource services or production to other countries because it’s cheaper, or if big banks won’t loan to small businesses, they can’t function and the very American idea of the “self-made man” starts to become more of an idea than a reality. Supporting small businesses encourages individuals to be entrepreneurial and to allow their own skills to serve the community. And once the small businesses operate efficiently and bring in good revenue, this builds the groundwork for an interconnected, thriving national economy.

They give your community character.

If all cities were overrun by the same few large corporations, what would distinguish one city from the next? What would the people in each city be able to tell visitors about what their city has to offer? Mom and Pop small businesses give cities their own flavor. They give the community members a local space in which to connect with each other and share a unique experience. They give children specific memories about growing up in their hometown. They make each community and city unique, which is not only culturally rich, but also helps to diversify and drive the economy at large.

Giving should be a two-way street.

Mom and Pop businesses are always giving to the community through charitable efforts and a variety of much-needed fundraisers. When our students go into a small local business and ask for financial support for their athletic, music or other educational endeavors, they are likely to get the support of those small business owners. In turn, families need to support those local businesses with their hard-earned dollars.

Source: socialmedia.com
Impatience derailed

My first home in Michigan was a little cottage on Lake Chemung just outside of Howell. That was nearly 35 years ago and since that time, I have been forced to learn that the only person hurt by being impatient was me. I’ve always had some trouble with patience, but I am far better with that than I was all those years ago — I think.

For example, on the very first time to my new Michigan grocery store, I was in line behind one woman. When she got to the cashier, the two obviously knew each other and started chatting about random stuff. Then, the customer yanks out a stack of photos from her purse and proceeds to show them to the cashier. More laughing and chatting ensued. By this time, my big city mentality started to show. I was huffing and puffing, and rolling my eyes. I was livid and felt like the top of my head was going to come off.

“What nerve, c’mon c’mon c’mon!” But I didn’t say that, I didn’t say anything. By the time it was finally my turn, that cashier knew by the look on my face that I was not happy.

When I got home and thought about it, I had to ask myself why I was so upset. Why was I in such a hurry. I wasn’t and that revelation was really concerning.

The longer I lived in Michigan, the more I came to realize that I was the one with the problem, not my new friends and neighbors who obviously did not feel the need to pick up the pace even though they were holding up someone else, and knew it.

This has been one of those “if you can’t beat ‘em, join ‘em” situations. I decided to learn from them and it has worked. Since those early days in Michigan, I have learned to slow down considerably and not be as impatient as I once was. Having children a few years later also derailed many of my impatient ways. I still get impatient but for different reasons, one of which is extreme stupidity. But that’s another story.

Today, while we are all stuck in our homes and social distancing, I realize that I was right about at least one thing, and that is that everything happens for a reason. Had it not been for the circumstances that led me from Chicago to Michigan, I likely would not have run into the many people who taught me that slowing down, mentally and physically, is not a bad thing. And for that I am truly grateful.

Just saying!'
NOTICE OF REGULAR ZONING BOARD OF APPEALS MEETING TO BE HELD ELECTRONICALLY CHARTER TOWNSHIP OF FENTON GENESEE COUNTY, MICHIGAN

THIS HEARING WILL BE HELD TO CONSIDER THE FOLLOWING:

NEW BUSINESS:

ZBA20-007 Derek Alberson, 3342 Horrell Ct: Requesting a 76.68 square foot variance construct an accessory building at 3342 Horrell Ct, parcel #06-15-501-033.

HO10-001 Anna Morris, 6256 Lahring Road: Requesting approval for a home occupation permit to allow a personal training business at 6256 Lahring Road, parcel #06-07-400-013.

ZBA20-008 Andy Dargavell, 13492 Wenwood Parkway: Requesting a 10 ft. front yard setback variance for the construction of a new home at 13492 Parkway, parcel #06-13-557-007.

To the residents and property owners of Fenton Township, Genesee County, Michigan, and any other interested parties. Please take notice that a regular meeting of the Fenton Township Zoning Board of Appeals will be held on Tuesday April 28, 2020 at 7:00 p.m. by telephone conference call. In accordance with the Michigan Governor’s Executive Order 2020-15, the use of electronic remote access (telephone conference call) will be implemented in response to COVID-19 social distancing requirements and Michigan Governor’s Executive Order 2020-21. The public may participate in the meeting via telephone by calling into the following number:

Phone Number: (844) 855-4444 (toll-free)
Access code: 323110#

Members of the public will only be able to speak during the public comment portion(s) of the meeting and such comment will be limited to three minutes per person. To provide for orderly public participation, when the Chairperson or meeting moderator calls for public comment, a person wishing to speak must state their name and wait to be recognized before speaking. The Chairperson or moderator will recognize all persons wishing to speak during public comment. Prior to the meeting, if members of the public have certain questions or wish to provide input on any business that will be addressed at the meeting, such persons may contact the Zoning Board members through Michael Deem, Zoning Administrator, by email at mdeem@fentontownship.org, or by mail at 12060 Mantawauka Drive, Fenton, MI 48430. A copy of the meeting material may be found on the Township website homepage at www.fentontownship.org.

The Township will provide necessary reasonable auxiliary aids and services to individuals with disabilities at the meeting upon 72 hour advance notice by contacting Robert Krug, Township Clerk, by email, phone, or mail at the below.

Robert E. Krug Fenton Township Clerk
12060 Mantawauka Drive Fenton, MI 48430-8817
Phone: (810) 629-1537 x6
Email: info@fentontownship.org

NOTICE- FAIRVIEW CEMETERY CITY OF LINDEN

Anyone wishing to salvage flowers, wreaths, etc. from Fairview Cemetery should do so by Sunday, April 26, 2020. After that date, they will be removed and disposed of by the sexton of the cemetery.

Scott Fairbanks
Sexton of Fairview Cemetery

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
APRIL 6, 2020

The Fenton Township Board held a regular meeting on Monday April 6, 2020 via telephone conference call and took the following actions.

1. Trustee Goupil offered the opening prayer.
2. Approved invoices and expenditures for payment in the total amount of $2,081,964.94.
3. Conducted a public hearing on, and first reading of, a proposed Zoning Ordinance amendment to revise the conditions for previously approved PUD zoning for parcels 06-02-100-002 and 06-02-100-003, (11191 & 11175 Torrey Road), to permit the development of a self-storage facility.
4. Adopted Ordinance No. 06-81-20, a re-adoption of the criminal offense ordinance prohibiting assault, battery and similar offenses.
5. Approved an escrow agreement with MABAP, LLC for the completion of streets in the Landings at Crane’s Cove development.
6. Approved Genesee County Road Commission cost proposals for three local road improvement projects and the repair of five storm sewer basins.
7. Approved the 2020 Dust Control Agreement with the Genesee County Road Commission.
8. Approved a local road agreement with the Genesee County Road Commission for street improvements under the Margaret Drive Improvement Special Assessment District.
9. Authorized a letter of support committing $188,400.00 in the year 2023 toward the replacement of the Hogan Road Bridge over the Shiawassee River.
10. Adopted Resolution No. 2020-03, scheduling a public hearing on the special assessment roll for the Silver Ridge Street Improvement Special Assessment District.
11. Adjourned at 9:02 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and will be available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430 when the office reopens to the public. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
Groups of people can use websites, such as Zoom to interact with each other from the comfort and safety of their home. Submitted photo

MENTALLY HEALTHY
Continued from Page 23
Freeman is offering free therapy via telehealth during the pandemic. Email her at llfreeman1079@yahoo.com.

Kelsy Hoerauf, licensed marriage and family therapist and licensed psychologist in Fenton, said humans are made for connection.

“Staying away from others may be the most difficult thing about this stay safe at home directive. We connect to others through conversation, nods, hugs and handshakes, normally. Now things are different. There is a new normal. Staying indoors can make for a lack of natural sunlight which is known to contribute to depression. For this I recommend going outside, just maintain distance from others,” she said.

“It’s important to find a new workout routine also,” she said. “Working out is also a healthy way to cope with stress.”

Hoerauf has noticed an uptick in video conferencing using Zoom or Google Hangouts. More people are talking on the phone via apps. She can be contacted at (810)730-5444 or kelsy@peaceservicespc.com.

SANITIZER
Continued from Page 14
- Aloe vera gel
- Essential oil, such as tea tree oil or lavender oil, or you can use lemon juice instead

Stick to a 2:1 proportion of alcohol to aloe vera. This keeps the alcohol content around 60 percent, which is the minimum amount needed to kill most germs. Use a few drops of the oil.

Pour the ingredients in a bowl, mix with a spoon and beat the mixture with a whisk to turn it into a gel. Pour the sanitizer mix into a bottle for easy use and label it properly.

Precautions to take for making it at home:
Make it in a clean space. Wipe down countertops with a diluted bleach solution beforehand. Wash your hands before making it, and wash your supplies.

Make sure the alcohol used for the mixture isn’t diluted. Do not touch the mixture with your hands until it is ready for use.

Homemade hand sanitizer can cause skin irritation and injury if used incorrectly. It’s only recommended in extreme situations when you’re unable to wash your hands for the foreseeable future. It’s not recommended for use with children.

How to use it:
Spray it or apply it to one palm. Thoroughly rub your hands together and make sure you cover the entire surface of your hands, fingers included. Rub them for 30 to 60 seconds or until they are dry. It can take 60 seconds, or longer, for hand sanitizer to kill germs.

Source: healthline.com

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MHSA: Rest of 2019-20 prep season canceled

By David Troppens
Gov. Gretchen Whitmer signed Executive Order 2020-35 April 2, ending the 2019-20 school year.
That action has resulted in the cancellation of the remainder of the 2019-20 winter and spring sports seasons.
The Michigan High School Athletic Association (MHSA) released a press release at 1 p.m. Friday, April 3, stating the seasons were canceled “in compliance with the Thursday ‘state of disaster’ directive by Gov. Gretchen Whitmer closing school buildings and moving education online for the remainder of the school year to help decrease the spread of the COVID-19 coronavirus.”
The last time the MHSA did not see the complete some of a sports season was during the 1942-43 school year.
CONTINUED AT TCTIMES.COM

Linden’s Miller headed to Concordia to play football

By David Troppens
Brenden Miller always thought he’d end up playing basketball when he went to college.
That’s not going to happen, but the Linden senior does have a great second option.
Miller will be continuing his football career at Concordia College next fall.
“I always thought I’d play basketball at the next level. I never thought about playing football at the next level until I started playing well,” Miller said. “After I played my last football game, I realized I didn’t want it to be done. I made my decision after the last game of the season. I’m addicted to the sport that much.”
The Eagles struggled a year ago, finishing the season with a 4-5 record overall. The Eagles lost four of those games by eight or fewer points.
Offensively, the Eagles scored 64 more points than in 2018 and Miller was one of the team’s top offensive threats. He caught 60 passes for 857 yards and eight touchdowns. Miller was a strong player in many other spots on the football field. He returned 21 kickoffs for 372 yards and a TD while also returning seven punts for 88 yards. On defense, he had five interceptions, returning them 103 yards. He also had 17 solo tackles and 16 assisted stops.
Miller expects he’ll play wide receiver, probably on the inside slot.
“That’s the plan, but I’ll play whatever position is needed,” Miller said.
See MILLER on 29

Linden’s Brenden Miller (right) scores a touchdown during the 2019 football season. Miller will play football at Concordia College. Photo: Mark Bolen

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Morris no-hitter gem highlights first week of 1984 Tigers’ season

By David Troppens

Editor’s note: The Major League Baseball season was supposed to start a little more than a week ago. To make up for the loss of the season, we’ll be reliving the last Detroit Tigers’ World Championship season, 1984 with occasional stories about the season. Enjoy.

Jack Morris was outstanding during opening day for the 1984 Detroit Tigers.

During his second start, in front of a national audience, he was even better. After defeating the Chicago White Sox 3-2 on April 6 to begin the weekend series, the two teams were going to play at Comiskey Park as part of NBC’s Game of the Week.

The Tigers were 4-0 and had their ace starter on the mound just four days after allowing just one run over seven innings in an 8-1 road victory against the Minnesota Twins. Could he possibly pitch better than that in his second outing?

The answer was yes.

Morris didn’t start the game particularly sharp in terms of his control. He did get the White Sox out in order during the first three innings, but ended up walking the bases loaded with no out in the bottom of the fourth. No problem. All Morris did was get Greg Luzinski to ground into a double play (cutting out the runner at home) and then struck out Ron Kittle to end the threat. The Tigers held on to their 2-0 lead at the time.

In the White Sox’s fifth, Vance Law earned the team’s fourth walk with only one out. However, he ended up stranded on first base. After getting the White Sox out in order in the sixth, thoughts of the no-hitter were in Morris’s head.

“I wasn’t aware of having a no-hitter until I looked up at the scoreboard after the fifth,” Morris said. “As it is, I didn’t have my best stuff.”

CONTINUED AT TCTIMES.COM

Attention Fenton City Residents!

— AMENDED NOTICE FROM REPUBLIC SERVICES —

Republic Services is committed to continuing to provide garbage and refuse collection to the residents of your community. During this unprecedented situation that all of us find ourselves in with COVID-19 (Coronavirus), Republic Services will need to make the following changes:

• Republic will collect cart contents only. Any items outside of the trash cart will not be collected.
• Bulk collection (e.g., couch, chair, television, carpet) will be temporarily suspended. Please do not place these items out to the curb at this time.
• Yard Waste collection that was scheduled to start in April will be temporarily suspended during this pandemic to help stop the spread of the COVID-19 (Coronavirus).
• Cardboard intended for recycling will have to be cut down and placed inside of the recycle cart.
• During this time we understand that you may be producing more trash than will fit in your weekly trash cart. Please feel free to use your recycle cart for this excess. However, the container must be clearly labeled TRASH.

We apologize for any inconvenience that this may cause. Republic Services number one priority is the safety of our employees, residents, and the communities that we serve. Limiting the exposure of our employees will help slow the spread of COVID-19 (Coronavirus). As this unique situation is rapidly changing we will keep the communities up to date on any and all changes to your service.
CHARTER TOWNSHIP OF FENTON
PUBLIC NOTICE OF PROPOSED AND
ADOPTED ORDINANCES

At their meeting of April 6, 2020, the Fenton Township Board took the following actions regarding township ordinances:

1. Conducted the first reading of a proposed Zoning Ordinance amendment to revise the conditions for previously approved PUD zoning for parcels 06-02-100-002 and 06-02-100-003, (11191 & 11175 Torrey Road), to permit the development of a self-storage facility.

2. Adopted Ordinance No. 06-81-20, a re-adoption of the criminal offense ordinance prohibiting assault, battery and similar offenses.

Complete copies of the proposed and adopted ordinances may be obtained at the office of the Fenton Township Clerk, 12060 Mantawauka Drive, Fenton, MI 48430 when the office reopens to the public. The ordinances are also available on Fenton Township’s website at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
Weekend Crossword

Solution Time: 24 min.

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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.

Puzzle Answers

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CITY OF FENTON
PLANNING COMMISSION MEETING
NOTICE OF CITY OF FENTON PLANNING COMMISSION ELECTRONIC AND TELEPHONIC MEETING

Please take notice that the City of Fenton Planning Commission will hold a public meeting at 7:00 p.m., on Thursday, April 23, 2020 by convening the Planning Commission through remote electronic access as provided in this Notice. Proceedings conducted at this meeting are being conducted pursuant to the provisions of the Michigan Open Meetings Act and Executive Order 2020-15 (COVID-19) and 2020-21 issued by Governor Gretchen Whitmer.

1. The Planning Commission is meeting electronically to address four public hearings and site plans being presented to the Commission necessary to complete basic operations and allow ongoing work to sustain and protect the life of the City’s residents. The public hearings are:
   - Ciena Health Care, 512 Beach St - Expansion of Special Land Use
   - Insight Healing Center, 700 S. Adelaide – SLU Congregate Care Facility
   - Kimberly Burek, 688 Ridgecrest – SLU Home Occupation

2. This meeting is being held electronically to comply with the Governor of Michigan’s Executive Orders and federal and state agency recommendations to cease from any public assemblies, self-quarantine, and help prohibit the spread of COVID-19. The Planning Commission nonetheless recognizes its continued responsibility to facilitate responsible decision-making and will conduct this meeting in a manner that effectuates as fully as possible the purposes of the Open Meetings Act.

3. Individuals are encouraged to actively participate in the meeting through electronic participation using Zoom, including providing public comment, through online electronic conferencing and telephone.

4. For those seeking to participate electronically through online electronic conferencing using Zoom, participants can access the electronic meeting through the following link: https://zoom.us/j/689566135. The Zoom meeting ID is 689 566 135. There is no access code.

5. For those seeking to participate via telephone, please call 888-475-4499 or 877-853-5257.

6. Once individuals have joined the meeting, the City will provide information about procedures for participation.

Questions and comments may also be submitted prior to the meeting by email or by calling the Building/Zoning Administrator, at mreilly@cityoffenton.org or (810) 433-7907. All public comment received prior to the meeting will be read by the Chairperson during public comment.

Further information and materials related to this meeting can be found on the City’s website at www.cityoffenton.org.

Persons with disabilities needing accommodations for effective participation in the meeting should contact the City Clerk, at swalsh@cityoffenton.org or (810) 629-2261, at least twenty-four (24) hours in advance of the meeting to request visual, hearing, technological, or other assistance.
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because after all,
we are AMERICA!
Samantha, Fletch, Justin, Han nah, Tyler, Zarya, Naya, Alayna everyday. Everywhere we look increase the strain on the family. To excuse yourself so as not to extremely upset, it would be kinder natural healing process. However, allowing the family to grieve is a emotional or begins to cry. Do not feel uncomfortable if you immediately introduce yourself. But not well-known to the family, acquaintance of the deceased process begin. If you were an talking about the person who has feel as though you must avoid home, go to the family, and express When you arrive at the funeral 

Funeral Etiquette

When you arrive at the funeral home, go to the family, and express your sympathy with an embrace or by offering your hands. Don’t feel as though you must avoid talking about the person who has died. Talking can help the grieving process begin. If you were an acquaintance of the deceased but not well-known to the family, immediately introduce yourself. Do not feel uncomfortable if you or the family member becomes emotional or begins to cry. Allowing the family to grieve is a natural healing process. However, if you find yourself becoming extremely upset, it would be kinder to excuse yourself so as not to increase the strain on the family.

Source: thefuneralsource.org
I think I have been exposed to COVID-19, what should I do?

### Close Contacts

- I live with or am caring for someone with COVID-19
- Someone that has COVID-19 coughed or sneezed on me
- I think my coworker has COVID-19
- I think someone I know has COVID-19

You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.*

- You do not need to self quarantine, but it is a good idea to be vigilant and monitor yourself for symptoms.

Have you developed symptoms of respiratory illness such as fever, cough, or shortness of breath?

**YES**

- Are you having severe symptoms like difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish lips or face?

**YES**

- Seek immediate medical attention.

**NO**

- Continue to monitor yourself for symptoms.

- Contact your health care provider to discuss your symptoms.

If your doctor decides you should be tested for COVID-19, your health care provider can order testing for you.

- Health care provider takes a sample
- Sample is sent to a laboratory for testing
- Laboratory sends result to health care provider
- Health care provider informs patient of result. The state health department will not provide results.

*Quarantine process for general public does not specifically apply to health care workers.

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**OBITUARIES**

**Myron “Mike” Campbell**

**Roscoe Cox**

**Patricia Uskiewicz**

**Stephen Motes**

**Richard Ginez**

**Timothy Steyer**

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**HONORING OUR VETERANS**

Sponsored by Sharp Funeral Homes, the Tri-County Times is honoring a local veteran in every edition of the newspaper in 2020. The only criteria is that the veteran be honorably discharged. Let us honor you or the veteran in your life, past or present.

Please provide:
- Full name
- Hometown
- War or war era
- Branch of military
- Rank
- Years of service
- Honors or medals earned

---

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In these extraordinary times, it’s never been more important to stay connected to your community.
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We wish you well during this trying time.

- STAY HOME, STAY SAFE -
We look forward to serving you once the quarantine ban has been lifted!

A message to our valued customers:
We are following the emergency order from the State of Michigan.

TO PROTECT OUR CUSTOMERS AND EMPLOYEES, WE ARE CLOSED TO THE PUBLIC, AND LOOK FORWARD TO GREETING YOU WHEN WE RE-OPEN.

WE ARE DEEP CLEANING AND SANITIZING ALL AREAS TO PROTECT AGAINST COVID-19.

Our Service Department will remain open for emergency services only. If you are need of emergency service repairs call 810-629-3350. Press the Service option.

Stay safe and stay healthy!

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