By Sharon Stone

With so much emphasis on better eating habits to live a healthier life, some people turn to supplements while other people turn to foods that boost the immune system. These food items are nothing new — they have been around forever.

With the COVID-19 pandemic, it’s important to understand that no supplement, diet, or other lifestyle modification other than physical distancing and proper hygiene practices can protect you from COVID-19, but you could feel healthier.

A recent healthline.com article lists several foods that boost the body’s immune system.

Citrus fruits

Citrus fruits contain Vitamin C, which helps build up your immune system. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections.

Popular citrus fruits include grapefruit, oranges, clementines, tangerines, lemons and limes. Because your body doesn’t produce or store it, you need daily vitamin C for continued health. The recommended daily amount for most adults is 75 mg for women and 90 mg for men.

Red bell peppers

Ounce for ounce, red bell peppers contain almost three times as much vitamin C (127 mg) as an orange (45 mg). They’re also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help you maintain healthy skin. Beta carotene, which your body converts into vitamin A, helps keep your eyes and skin healthy.

Broccoli

Broccoli contains vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. Research has shown that lightly steaming is the best way to keep more nutrients in the food.

Garlic

Garlic is found in almost every cuisine in the world. It adds a little zing to food and it’s a must-have for your health. Its immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.
Employment

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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!

Nimble TAPED __ __ __ __
Creak ARGON __ __ __ __ __
Crate ASTECK __ __ __ __ __
Rebound BUNCOE __ __ __ __ __

“Quick, Hopkins Maternity Hospital, and don’t worry... I’m a _______ ______ there.”

Answers in this edition of the Tri-County Times

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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Answers in this edition of the Tri-County Times
Bonnie Sue Yoder - age 77, of Sarasota, FL passed away on Wednesday, March 3, 2021. She was born April 19, 1943 in Holly, to the late Chauncey and Luella Senter. Bonnie was a 1961 graduate of Holly High School. She spent most of her working life in Baltimore, MD. Bonnie proudly served as an Executive Assistant to the C.E.O. of AAI Corporation in Cockeysville, MD. Survivors include her son, William “Bill” Tabeling Jr. (Polly); and grandchildren, Andrew “Andy” and Katherine “Kate” Tabeling, all of Peachtree Corners, GA.

Bonnie is also survived by her close companion, Woody Parshall; and of course her fur baby, “Henry;” and many nieces and nephews. She is preceded in death by her husband, Paul E. Yoder; and sisters, Peggy Mikonis and Mary Lou Maus.

Services will be held at Columbia Memorial Park in Columbia, MD at a later date. Fond memories and expressions of sympathy may be shared at www.palmsmemorial.com for the Yoder family.

ClaraBelle Casey

Steve W. Langley
1959 – 2021
Steve W. Langley - age 61 of Fenton, passed peacefully Tuesday, March 2, 2021 at his home. Services will be held 5 PM Sunday, March 7, 2021 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton (A live stream of the service may be viewed on Steve’s obituary page at www.sharpfuneralhomes.com). Dawn Shapiro officiating. Visitations will be held at the funeral home Sunday from 3 PM until the time of the service. Those desiring may make contributions to Ascension Hospice or the Leukemia and Lymphoma Society. Steve was born September 23, 1959 in Pontiac, the son of David and Virginia (Hayes) Langley. He married Teri (Theresa Poli) Langley on August 7, 1987. Steve had an interest in history, especially WWII in which his father fought. That influence was apparent by the way he faced and fought so long and hard on the front lines of the war against multiple myeloma. Through that fight he never lost his quick wit and sense of humor. He put up the most incredible fight. Steve worked for the City of Fenton for 21 years. He was an amazing, loving husband and father. He enjoyed woodworking (known for making personalized birdhouses for all that retired from the City of Fenton), cooking and living in a warm and loving neighborhood named after him, “Mr. Langley’s Neighborhood”. Steve was preceded in death by his parents; and brother, Jerry Langley. He leaves behind his wife, Teri; son, Tommy (Tayler Nelson); brother, Larry (Terrilee) Langley; Poli brothers and sisters, along with several nieces and nephews. It was truly a village with too many people to name individually, that have accompanied us on his long, traveled journey. Steve was in awe of how many people volunteered to help in any way. Great appreciation to all our family, friends, neighbors, UM doctors and nurses, especially Dr. Campagnaro along with the Hospice workers. We could not have made it through without this army. Tributes may be shared at www.sharpfuneralhomes.com.

Anthony Maranowski

Billie Oroark

Barbara Colwell

Christopher Gillmore

Joyce Lahar

Priscilla Knapp

Lloyd L. “Pete” Bigham Jr.
1928 – 2021
Lloyd L. “Pete” Bigham Jr. - age 92, of Fenton, passed away on Saturday, February 27, 2021. Lloyd was born August 7, 1928 in Pontiac, the son of Lloyd L. & Edna (Jamison) Bigham. He was a graduate of Pontiac High School and a Korean War Veteran of the U.S. Army. Lloyd married Joyce (Miller) Shaw on October 21, 1982 and she preceded him in death on January 18, 2016. He drove a semi truck for General Motors (Chevrolet) and retired in 1984 after 35 years of service. Lloyd enjoyed golfing and bowling for many years and family get-togethers. He was a life member of Fenton VFW Post #3243 and a member of U.A.W. Local #659. Surviving are son, Lloyd “Topper” Bigham III of Fenton; daughter, Lori Kowalski of Walled Lake/Novi; step-sons, Don (Lora) Shaw of Grand Blanc, Tim Shaw and Cathy of White Lake; daughter-in-law, Marilyn Shaw of Flint; brother, Harry (Glenys) Bigham; sister, Marilyn Vanderworp; grandchildren, Jamie Shaw of Cary, ID; Jennifer (Brett) Wardrop of Grand Rapids, Michelle (Neil) Wendt of Goodrich, Elizabeth and William Wendt, Mackenzie, Madeline and Anna Shaw, Katie and Kyle Ragsdale, Isaac, Mariah, Joey Varela. He was preceded in death by his parents; wife, Joyce; step-son, Lee Shaw; great-granddaughter, Hayleigh Shaw; and daughter, Jennifer Williams. A memorial service will be held 11 AM Thursday, March 25, 2021 at Great Lakes National Cemetery, 4200 Belford Rd., Holly. In lieu of flowers, memorial contributions to Fenton VFW Post #3243 1148 N Leroy St, Fenton, MI 48430. The family wishes to express their thanks and gratitude to the staff of Ascension Genesys for their care and compassion. Arrangements by Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton, MI 48430. Tributes may be shared at www.sharpfuneralhomes.com.

TJ (Jessica) Shaw of Milan, Kristin (Todd) Ragsdale of Grand Blanc, Curtis Shaw of Rifle, CO; Jorden (Mario) Varela of Parachute, CO; great-grandchildren, Connor and Devin Wardrop, Kristin (Todd) Ragsdale of Grand Blanc, Curtis Shaw of Rifle, CO; Jorden (Mario) Varela of Parachute, CO; great-grandchildren, Connor and Devin Wardrop, of Parachute, CO; Jorden (Mario) Varela of Parachute, CO; great-grandchildren, Connor and Devin Wardrop.
Stanley Samuel Butynski
1924 - 2021

Stanley Samuel Butynski - age 96, of Gaines, died Tuesday, March 2, 2021. Private services will be held. Those desiring may make contributions to Fenton United Methodist Church.

Mary Ellen Ferguson
1938 - 2021

Mary Ellen Ferguson - age 82, of Fenton, passed away Tuesday, March 2, 2021. Funeral Services will be conducted 11 AM Saturday, March 13, 2021 at Fenton United Methodist Church, 119 S. Leroy Street, Fenton (A live stream of the service may be viewed on Mary Ellen’s obituary page at www.sharpfuneralhomes.com). Mr. John Ferguson will officiate. Interment will follow at Fairview Cemetery in Linden. Visitation will be 2 - 8 PM Friday, March 12 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton and 10 - 11 AM Saturday at the church.

Gloria Tourangeau
1938 – 2021


Edward Hoort
1938 – 2021


Harold “Al” Dahl
1940 - 2021

Harold “Al” Dahl - age 80, of Fenton, passed away peacefully on Sunday, February 28, 2021. Al was born on June 20, 1940 to the late Reverend Birger and Bertha ( Olson) Dahl in Morris, IL. He graduated from New Trier High School and went on to earn his bachelors from Simpson College and then his masters from University of Minnesota. He worked in medical sales and hospital administration for 58 years until his retirement. Al was a hardworking man with a wonderful sense of humor and a kindness that endeared him to everyone he met. He enjoyed golfing and fishing and spending time with family on the water at Woman Lake, Dollar Lake, and Lake Michigan. He most recently enjoyed watching the freighters pass by on Lake Superior. Proudly known as “Boompa” to his grandkids, he also loved being “Big Al” and “Uncle Al” and a friend to all who needed one. Family meant everything to him, and he was fond of exclaiming what his father had always said at annual Dahl family reunions: “We are a wonderful family!” He was preceded in death by his parents; and his loving wife, of 54 years, Karen Dahl in 2016. He is survived by his three children, Jeff (Trish Thomas) Dahl, Mike (Angie) Dahl, and Susi (Tim) Elkins; his grandchildren, Carolyn Dahl, Katie Dahl, Kelsea Dahl, Tanner Gibson, Amelia Elkins and Alex Elkins; a brother, Rev. Dr. Stephen (Sharon) Dahl; nieces, Carolyn (Scott) Harvey, Lindsey (Robert) Harris, and Wendy Dahl, and his companion, Kathy Dwyer. There will be a celebration of Al’s life when family and friends can gather safely. www.palmerbush.com.

Donald Condon

Dorothy Allman

Dorothy Hutchins

George Angell
Charleene Mae Kromer 1935 – 2021

Charleene Mae Kromer - age 85, of Linden, formerly of Muskegon, Hazel Park, Flint and Fenton, passed away Saturday, February 27, 2021 surrounded by family. Private services were held at Sharp Funeral Home. The family plans a memorial service at a later date. Charleene was born July 26, 1935 in Muskegon, the daughter of Raymond C. and Isabel (Cross) Squires. She married William F. Kromer on August 17, 1957 in Muskegon. She was a graduate of Muskegon Community College, Central Michigan University, and earned her master's degree at the University of Michigan. She began her career as an elementary school teacher at Hazel Park Community Schools. She loved all children and she and her husband assisted in starting schools and teaching in three African countries: Swaziland, Liberia, and Uganda. She was devoted to her beloved family and any young person within range. Char made a decision to be a follower of Jesus as a teenager and lived her faith. She shared His love everywhere she went. She was a loving example for family and everyone she came into contact with. She was a longtime, devoted member of the Fenton United Methodist Church and was known for her work with the Logos children’s program. She was actively involved in getting the word of God to the world through Gideons International. Char held the firm belief that parents are the child’s first and most important teacher and lived that belief so well. She is survived by her husband of 63 years, Bill; four children, William B. (Jane) Kromer, Kelley L. (Mike) Dietz, David B. (Tami) Kromer, and Cynthia A. (Scott) LaFave; 13 grandchildren; 40 foster grandchildren; four great-grandchildren; brother, Raymond Squires; many nieces and nephews. She was preceded in death by her parents; and her granddaughter, Clara Kromer. The family thanks the Medical Team hospice, The Medical Team hospice, neighbors, and others who assisted. In lieu of flowers please consider sending donations to Gideons International, PO. Box 7064, Flint MI 48507. Tributes may be shared at www.sharpfuneralhomes.com.

Paul Dean Burt 1954 – 2021

Paul Dean Burt – age 66, of Holly, died Tuesday, March 2, 2021. A private memorial service will be held. The service will be live-streamed and may be viewed at 2 PM, Wednesday March 17, 2021 on Paul’s obituary page at www.sharpfuneralhomes.com. Public visitation will be held 12 - 2 PM Wednesday, March 17 at Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton, MI 48430. The family will also have a celebration of life in the summer of 2021 at Paul and Maureen’s home. In lieu of flowers, memorial contributions may be made to Reverence Hospice or the American Cancer Society. Paul was born July 20, 1954 in Oskaloosa, IA the son of Paul Delano Burt and Margaret Ann Benscoter. He is survived by his loving bride of 17 plus years, Maureen; dear father of Lisa (Dan) Bender, grandchildren, Olivia Bender and Joshua Bender; brother, Glen; and his brother, Glen. He also enjoyed a good game of pickle ball, especially at the Hartland Senior Center, golf, river floats and fishing with his best friend, Paul Heineman and his brother, Glen. He was preceded in death by his parents; and best friend, Paul Heineman. Online tribute may be shared at www.sharpfuneralhomes.com.

Roger Hamilton


Stanley Kourt


Thomas Skrobasinski


William Pellett


Kids' Maze

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SUPER FOODS

Continued from Page 33

Ginger
Ginger is an ingredient many turn to after getting sick. It may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. It may help with nausea as well. It packs some heat in the form of gingerol, a relative of capsaicin. I may decrease chronic pain and might possess cholesterol-lowering properties.

Spinach
Spinach is rich in vitamin C and packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems. Spinach is healthiest when it’s cooked as little as possible. However, light cooking makes it easier to absorb the vitamin A and allows other nutrients to be released from oxalic acid, an antinutrient.

Yogurt
Look for yogurts that have the phrase “live and active cultures” printed on the label, such as Greek yogurt. These cultures may stimulate your immune system to help fight diseases. Plain or varieties without sugar are better. Sweeten with fresh fruit or honey. Yogurt is a great source of vitamin D. Vitamin D helps regulate the immune system and is thought to boost our body’s natural defenses against diseases.

Almonds
Nuts, such as almonds, are packed with vitamin E and also have healthy fats. Adults only need about 15 mg of vitamin E each day. A half-cup serving of almonds, which is about 46 whole, shelled almonds, provides approximately 100 percent of the recommended daily amount.

Sunflower seeds
Sunflower seeds contain phosphorous, magnesium, and vitamins B-6 and E. Vitamin E is important in regulating and maintaining immune system function. Other foods with high amounts of vitamin E include avocados and dark leafy greens. Sunflower seeds also are high in selenium.

Turmeric
This bright yellow, bitter spice has been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis. Research has shown high concentrations of curcumin, which give turmeric its color, can help decrease exercised-induced muscle damage.

OTHER IMMUNE-BOOSTING FOODS
- Green Tea
- Papaya
- Kiwi
- Poultry
- Shellfish, such as oysters, crab, lobster and mussels

FUNERAL ETIQUETTE

WHAT CAN I DO TO HELP LATER?
In the days and months to come, the family will continue to need your support. Try to write or call on a regular basis. Continue to include them in your social plans, they will let you know when they are ready to participate. It is also nice to remember the family on special occasions during the first year following the death. Don’t worry about bringing up the pain and emotion of the loss, they are well aware of that. By remembering such occasions as wedding anniversaries and birthdays, you are not remembering the death, but reaffirming that a life was lived.

Source: Thefuneralsource.org
AMERICA’S FASTEST-GROWING FULL-LINE BRAND.
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LEASE $148/MO + TAX
BUY NOW $21,937
WAS $28,760
SAVE $6,823

LEASE $176/MO + TAX
BUY NOW $29,783
WAS $36,840
SAVE $7,057

LEASE $169/MO + TAX
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