

REAL ESTATE

OBITUARIES

CLASSIFIEDS

LifeStyles

Times

Super foods

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.



EASE THE STRESS ON YOUR LOVED ONES WITH A PRE-PLANNED FUNERAL TO FIT YOUR NEEDS.



810-629-9321

No cost or obligation consultations.

sharpfuneralhomes.com

Delicious options that can boost your body's immune system

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.

See **SUPER FOODS** on 39

myfenton.com

Business/Coupons

- National Coupons
- Local Coupons
- Marketplace
- Today's Print Ads
- Digital Inserts/Grocery ads

GROW with us!

DORTONLINE.ORG • 800.321.3796

Special certificate to celebrate our new branch in your community.

Dort Federal CREDIT UNION

PRINTABLE COUPONS!

myfenton.com

Lays Classic Classique

Coca-Cola

COUNTRY CROCK

Wisk

French's

reenworks

FREE CRAZY BREAD


\$9

New Patient SPECIAL

Who will take me HOME?

Adopt A Pet
A Friend for Life!

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



Foxy
is a one-year-old who will need a confident canine companion and a very patient family.

SPONSORED BY:

Little Caesars

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

CLASSIFIED DEPARTMENT: 810-433-6787

Classifieds

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

DEADLINES: **SUNDAY PAPER:** Display Ads: Wednesday 3 p.m. • Line Ads: Noon Thursday • **WEDNESDAY PAPER:** Display Ads: Monday 3 p.m. • Line Ads: Noon Tuesday

A dollar spent locally circulates 14 more times in the community!



Spend it here. Keep it here.

Invest In Your Community.

SENIOR CARE

AT COMFORCARE HOME CARE

we enable seniors to live their best life possible. We provide the following for seniors: bathing and grooming, light housekeeping, respite, dementia care, transportation and companionship. Please contact 810-224-5800.

Employment

Times

WORK WANTED

PAULS INSIDE OUT CLEAN UP

Caught with leaves down? Do you need help with Pre-Spring prep? Is your garage-basement a mess? I do shelving and organization. I toss out items that outlived their use. Reasonable rates, half and full days to fit your schedule. Give Paul a Call 810-360-9525 I will be right out!

COMMERCIAL CLEANING HELP WANTED

15 hours per week, \$14 per hour, Monday-Friday 5pm-8pm, Grand Blanc Area. Call Marc 810-287-0858. For immediate consideration.

FULL-TIME MACHINIST WANTED

for local Flint business. Able to run Bridgeport Mill, Prot-Trak, Lathe, Boring Mill. 5 years' experience. Medical, Dental, 401K, 40+ hours weekly. Please email ggrossbauer@spentechusa.com

HELP WANTED FULL-TIME

Delivery Driver for Stevens Furniture. Call 810-629-5081.

WE ARE HIRING!

Mystic Creek

GOLF COURSE & BANQUET CENTER

One Champions Circle | Milford | 248.684.3333

Beverage Cart, Wait Staff & Grounds Crew

(must be 18yrs. or older)

Join THE FUN!

Kitchen Team (16yrs. or older)

APPLY ONLINE! mysticcreekgc.com

EMPLOYEE FUN FACTS:
Flexible hours • Discount on golf
Discount on food



NOW HIRING

For the 2021 Golf Season

Golf Cart Staff
Pro Shop Staff
Beverage Cart | Servers
Bartenders

Apply online or within

WWW.COYOTEPRESERVE.COM



The Coyote Preserve Golf Club

Restaurant, Bar, & Banquet Facility
9218 Preserve Drive • Fenton

JUMBLE KIDS

THAT SCRAMBLED WORD GAME!®
By David L. Hoyt and Jeff Knurek

The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they all make real words you can find in the dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

Now you're ready to solve today's Jumble for Kids. Study the picture for a hint. Play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

CTU
BMUP
OSNO
NTAW



©2020 Tribune Content Agency, LLC
All Rights Reserved

“ ”

Print Answer Here

WANT SOON BUMP CUT

VIEW CLASSIFIEDS ONLINE. MYFENTON.COM

Service Directory

Times

BUILDING

FULL SERVICE ROOFING COMPANY

Gutters • Downspouts
Windows • Doors

B.H.I.

HOME IMPROVEMENTS, LLC

Locally Owned & Operated
for Over 60 years

810.423.5813

www.miroofingexperts.com

No Sales Gimmicks, Honest,
Affordable Pricing!

- Licensed & Insured
- Financing Available
- Free Estimates
- Senior Discounts
- Residential & Commercial

FENCING



FENTON FENCE Company

All types of fencing!

810-735-7967

FLOORING

Harvey Hardwood Floors

New & Old Floors
Installation
Sanding | Refinishing

Charles H. Hamilton

810-333-5272

20 Years Experience
Licensed | Insured

HANDYMAN

HANDYMAN MIKE

All Types of
HOME IMPROVEMENTS

GIVE US A CALL,
WE DO IT ALL!

Mike Shuert
810-964-9559

Matt Shuert
810-964-9511

Office: 810-428-8998

HOME REPAIRS

You Name It, We Can Help.
- No Job Too Small -

DECKS
ROOFING • SIDING
PAINTING • DRYWALL
FLOORING • DOORS

Licensed & Insured 40 Years Experience

- Best Prices -

KITCHEN & BATH
Remodeling

REGIONAL
MAINTENANCE &
IMPROVEMENTS

810-234-3400

LANDSCAPING

BARTLETT LAWN & SNOW

SCHEDULE NOW!

Yes- we can
work in winter!
15% OFF
WINTER
TREE WORK
January- March

SNOW PLOWING & SALTING

- Snow Plowing/Salting/Shoveling • Tree Removal/Trimming
- Stump Grinding • Skidsteer • Lot Clearance/Brush Hogging
- Landscaping • Brick Paver/Retaining walls • Mowing/Trimming

Duane | 810-275-4241

Residential / Commercial • Free Estimates • Licensed & Fully Insured
Over 40 Years Experience • Workers are U.S. Citizens

★★★ SENIOR & VETERAN DISCOUNT ★★★

PAINTING

LAURICELLA PAINTING

FULL SERVICE PAINTING

- All Size Jobs
- Call Back Guarantee
- 25 Years Experience

Yes,
we can do that!

248-210-8392

Based in Fenton
lauricellapaintinginc@yahoo.com

DECKS R US

ROOF SNOW REMOVAL
ROOF HOT POWERWASHING
ICE DAM REPAIR
DRYWALL REPAIR
ALL PAINTING
STAINING

BOOK NOW - FREE ESTIMATE

Residential • Commercial
Industrial

810-813-9913

7SPIRITSOFGOD7@GMAIL.COM

STUMP GRINDING

BIG or small
WeGrindThemAll!

DS STUMP GRINDING


810.730.7262 • 810.629.9215

— INSURED —

Small Yard Accessible
SMALL TREE AND BRUSH REMOVAL

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

TODAY'S WORD


"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.

SUDOKU PUZZLE
SPONSORED BY



Dort Financial
CREDIT UNION

DORTONLINE.ORG

800.521.3796

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

Answers in this edition of the Tri-County Times

Obituaries

Times


Bonnie Sue Yoder

1943 – 2021

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 private. She will be laid to rest 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

ClaraBelle Casey - age 83, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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. Visitation 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. Steven was born September 23, 1959 in Pontiac, the son 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

Anthony Maranowski - age 74, died February 28, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Billie Oroark

Billie Oroark - age 62, died February 27, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Barbara Colwell

Barbara Colwell - age 79, died March 2, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Christopher Gillmore

Christopher Gillmore - age 59, died February 28, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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,

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,

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.



Joyce Lahar

Joyce Lahar - age 89, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Priscilla Knapp

Priscilla Knapp - age 92, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



VIEW OBITUARIES ONLINE. MYFENTON.COM

Obituaries

Times



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. Stanley was born June 7, 1924 in Hamtramck, the son of Samuel and Bernice (Banash) Butynski. He was a veteran of the U.S. Army, serving in WWII. He was married to Margie J. O'Key on May 25, 1946; she preceded him in death on February 13, 2014. Mr. Butynski retired from Genesee County in 1985. He is survived by his sons, Donald (Ann) Butynski and David (Tina) Butynski; five grandchildren; sister, Agnes Rogers; brother, Samuel (Vickie) Butynski. He was also preceded in death by his parents; two brothers and three sisters. Tributes may be shared at www.sharpfuneralhomes.com.



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. In lieu of flowers, memorial contributions may be made to the Alzheimer's Foundation or Sharp Funeral Home for funeral expenses. Mary Ellen was born September 17, 1938, the daughter of Clarence J. and Violet (McVittie) Olson. She grew up in the Detroit area and moved to Fenton in 1980. Before retiring, Mary Ellen was an accomplished Realtor for over 40 years, specializing in the development of vacant land. She was known as "The Land Lady" and often said; "Land is where dreams are built!" She helped numerous people find the perfect spot for their dream home or commercial property in which to build a business. But her

greatest joy in life was found in raising her children that she affectionately referred to as her "magnificent seven." Mary Ellen had a deep respect for military personnel, law enforcement

and first responders, praying for them daily. Her patriotism ran deep and she could often be found waving a flag during parades or attending the funerals of fallen officers. Surviving are her children, D. Scott (Dee) Ferguson of Arlington, TX, Dena (Daren) Scully of Fenton, John (Diana) Ferguson of Idaho Falls, ID, Donna (Matthew) Steffey of Linden, Robert (Annette) Ferguson of Ann Arbor, Daniel (Jennifer) Ferguson of Linden; 21 grandchildren, Chance, Scott, Tyler, Heydon, Collette, Whitney, Ryan, Dugan, Maisie, Elizabeth Anne, Ian, Owen, William, Reagan, Jack, Calan, Nolan, Anton, Maris, Wren, and Lynde; and great-grandchildren; Levi, Emmylou, Roman, Emerson; and a great grandson due in May. Mary Ellen was preceded in death by her daughter, Dawn Marie Ferguson; grandson, Daniel Lloyd Steffey; her parents and siblings. Tributes may be shared at www.sharpfuneralhomes.com.



Edward Hoort

Edward Hoort - age 70, died February 23, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Gloria Tourangeau

Gloria Tourangeau - age 93, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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

Donald Condon - age 89, died February 28, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Dorothy Allman

Dorothy Allman - age 78, died February 26, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Dorothy Hutchins

Dorothy Hutchins - age 85, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



George Angell

George Angell - age 88, died February 26, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



VIEW OBITUARIES ONLINE. MYFENTON.COM

Obituaries

Times

Charleene Mae Kromer

1935 - 2021

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 all those who were in prayer and who gave assistance during our time of need. So grateful for family, friends, The Medical Team hospice, neighbors, and others who assisted. In lieu of flowers please consider sending donations to Gideons International, P.O. 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;



dear brother of Merrilyn Simetz, June (John) Grimm, and Glen (Jo) Burt; brother in law, James (Pamela) Kratz; sister-in-law, Carmen Kratz; father and mother-in-law, Walter and Mary

Kratz. He is also survived by so many nieces and nephews that will miss him dearly. Paul retired from GM Truck and Bus after 36 years of service as an electrician. Paul loved river floats and fishing with his best friend, Paul Heineman and his brother, Glen. He also enjoyed a good game of pickle ball, especially at the Hartland Senior Center, golf, gardening and living life. He did antique clock restoration, and collected antiques and antique toys. He was preceded in death by his parents; and best friend, Paul Heineman. Online tribute may be shared at www.sharpfuneralhomes.com.



Roger Hamilton

Roger Hamilton - age 72, died March 1, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Stanley Kourt

Stanley Kourt - age 73, died February 26, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Thomas Skrobasinski

Thomas Skrobasinski - age 81, died February 27, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.

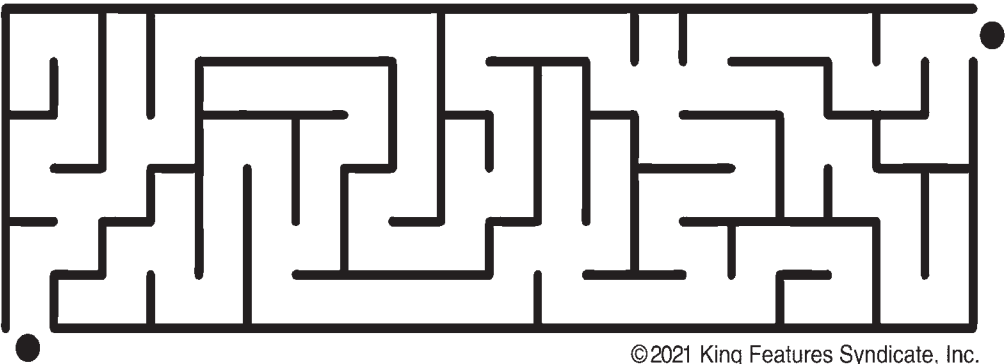


William Pellett

William Pellett - age 90, died February 28, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Kids' Maze



©2021 King Features Syndicate, Inc.

view
OBITUARIES
online

Obituaries

Times

Marty Dee Pollard

1970 – 2021

Marty Dee Pollard - age 51, of Swartz Creek, died Wednesday, March 3, 2021. Per Marty's request cremation has taken place and no public services will be held. Marty was born

February 19, 1970 in Flint the son of David Alan and Arlene Marie (Zoll) Pollard. He was a 1988 graduate of Lake Fenton High School. He had resided in Swartz Creek for the past 36 years coming from Fenton. Marty was a self employed tile mason. He enjoyed hunting and fishing. Surviving are his children, DeeAnn Marie



Pollard of Swartz Creek and Brandon David Pollard of Swartz Creek; grandchildren, Ashton Deihl Pollard and Harley Marie Chalker; mother, Arlene M. Pollard (Gary Suszek)

of Fenton; father, David Pollard (Julie) of Swartz Creek; brother, Matthew Deihl Pollard of Linden; sister, Megan Lowder (John) of Swartz Creek; and nieces and nephews. Tributes may be shared at www.sharpfuneralhomes.com.



Ina Wears

Ina Wears - age 78, died February 27, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Lois Durish

Lois Durish - age 79, died February 27, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Margaret Dolan

Margaret Dolan - age 88, died March 2, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Mason Walters

Mason Walters - age 3 months, died February 25, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Priscilla Shearer

Priscilla Shearer - age 67, died February 26, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



Rade Beslach

Rade Beslach - age 82, died February 26, 2021. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.



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

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

Source: healthline.com, webmd.com

AMERICA'S FASTEST-GROWING FULL-LINE BRAND.

BASED ON RETAIL SEGMENT SHARE GAINS, 2020.



Vic Canever

0% APR available with approved credit for up to 84 month on select vehicles. For very well qualified buyers when financed w/GM Financial.

3000 Owen Rd. @ US-23 in Fenton

810-629-3350 | www.canever.com



CHEVROLET

FIND NEW ROADS™

NEW & USED SALES:

Mon & Thur 9-8pm
Tues, Wed & Fri 9am-6pm
Sat 10am-4pm
Curbside & home delivery available

SERVICE:

Free Loaners Available
Mon 7:30am-7pm
Tues-Fri 7:30am-6pm
Sat 8am-2pm

BODY SHOP:

Mon 8am-7pm
Tue-Fri 8am-6pm

PARTS:

Mon 8am-7pm
Tues-Fri 8am-6pm
Sat 8am-2pm

LEASE
\$98/MO
+ TAX

BUY
NOW \$18,476
WAS \$23,685
SAVE \$5,209



2021 TRAX LS

stock# 1332087

LEASE
\$216/MO
+ TAX

BUY
NOW \$29,229
WAS \$34,785
SAVE \$5,556



2021 TRAVERSE LS

stock# 1104026X

LEASE
\$148/MO
+ TAX

BUY
NOW \$21,937
WAS \$28,760
SAVE \$6,823



2021 EQUINOX LS

stock# 11135431

LEASE
\$179/MO
+ TAX

BUY
NOW \$33,777
WAS \$43,370
SAVE \$9,593



**2021 SILVERADO CUSTOM CREW 4X4
DEMO**

stock# 1136815

LEASE **OR LESS!**
\$169/MO
+ TAX

BUY
**NOW \$27,644
OR LESS!**
WAS \$44,750
**SAVE \$17,106
OR MORE**



NEW 2020 BOLT EV PREMIER

stock# 14137091

LEASE
\$176/MO
+ TAX

BUY
NOW \$29,783
WAS \$36,840
SAVE \$7,057



2021 BLAZER 2LT FWD

stock# 1534755T

Disclaimer: Lease prices have been calculated with \$2000 cash or trade down, 24 months, 10,000 miles/yr, and require 1st payment, tax, title, license and doc fees due at lease signing. Bolt EV is based on a 36 month lease. Lease prices require Chevrolet lease loyalty/conquest lease or Move up loyalty or Silverado/Sierra loyalty private offers and require a GM Discount. Purchase prices require Chevy Owner loyalty and must own/lease a 2007 or newer Chevrolet. Offers end 3/31/2021. Other prices and terms are available so SEE VIC CANEVER FOR YOUR BEST POSSIBLE PRICE



BEST PRE-OWNED VEHICLES. PERIOD.
Shop at canever.com



**CERTIFIED
SERVICE**



**2015 JEEP GRAND CHEROKEE
LAREDO**
Stk# 1142137A.....**\$16,500**



**2017 CHEVROLET IMPALA
PREMIER 2LZ**
Stk# 1377775C.....**\$20,165**



2018 GMC ACADIA SLE-2
Stk# 180985.....**\$22,814**



**2018 CHEVROLET COLORADO
ZR2**
Stk# 1194960A.....**\$32,900**



**2018 CHEVROLET SILVERADO
1500 LT LTZ**
Stk# 1113455A.....**\$30,900**



**2015 CHEVROLET SILVERADO
1500 LTZ 2LZ**
Stk# 1161435A.....**\$27,230**