

# FENTON *Neighbors*

## *A Year in Review*



June 2021

## Looking Back to the Past...



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<b>Content Due</b> .....	<b>Edition Date</b>
December 15.....	January
January 15 .....	February
February 15 .....	March
March 15.....	April
April 15.....	May
May 15.....	June
June 15.....	July
July 15 .....	August
August 15 .....	September
September 15.....	October
October 15 .....	November
November 15.....	December

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**Who should be screened?**

You can see the latest in lung and breast cancer screening recommendations at [mclaren.org/fentoncancerscreenings](http://mclaren.org/fentoncancerscreenings) or use the QR code provided.

Women in need of an annual screening mammogram using 3D technology, can schedule an appointment online at [mclaren.org/fenton](http://mclaren.org/fenton), or call McLaren Fenton imaging services at (810) 496-2430.

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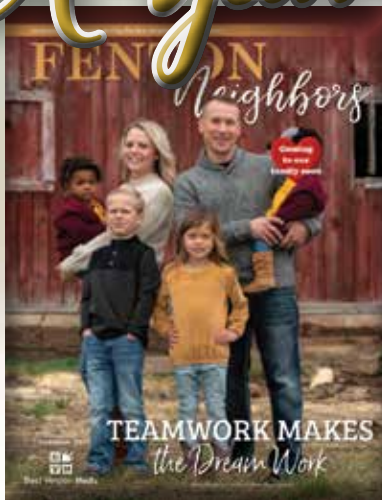
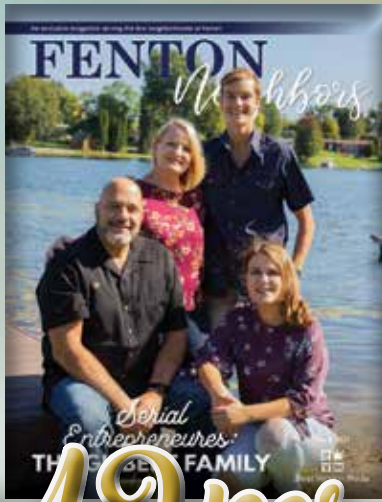
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The past 12 months have been... interesting, to say the least.

# A Year in Review



By Chuck Branch

Dear readers, we thank you, for both reading our publication every month and for supporting our sponsors; and, of course we have to thank our sponsors because without their support we simply do not exist.

We want to thank your publication team for their endurance throughout this adventure to be able to continue to bring you Family Friendly content, delivered by your local businesses.

Kim McClimans came on board just before the Pandemic hit and she took on Co-Publishing duties for all four of our neighborhood magazines, *Fenton Neighbors*, *Grand Blanc Living*, *Davison Sports and Flushing Sports*. She is in charge of advertising sales and the overall running of the magazines. Her vision is to continue to develop our sponsors, particularly in the health and medical fields to bring you timely and relevant information from well qualified experts. You may reach her at [kMcClimans@bestversionmedia.com](mailto:kMcClimans@bestversionmedia.com).

Bonnie Birchmeier has been our Content Coordinator since 2016 and she continues to be the go to person if you have stories or content to add to the magazines. You may reach her at the longest email address ever at [Bonnie.Birchmeier@BestVersionMedia.com](mailto:Bonnie.Birchmeier@BestVersionMedia.com).

Pondexter Hobdy has been an Associate Publisher with us since 2018 and he assists with client services and advertising sales. His smile and presence always presents a calming and pleasant atmosphere. He is available at [PHobdy@BestVersionMedia.com](mailto:PHobdy@BestVersionMedia.com).

Lori Buda has been our primary photographer since 2016 and she is just remarkable. She has a blog and website that we referenced in another article this month and if you are interested in photography at all you have to follow her. You'll find her contact information in her ad and her article.

Melissa Kenyon is our photographer for *Davison Sports* but you'll find her work in all of the magazines from time to time.



Her company is Krazy Rose Photography and she has one of the best eyes for photography that we have ever worked with. Reach out to her at [KrazyRosePhotography@gmail.com](mailto:KrazyRosePhotography@gmail.com).

Amanda Henson, Tom Zelinski and Rainy Whittaker are three of the designers that put all of the stuff that we assemble together each month. It never ceases to amaze me to see the wonderful rendition of what often appears as less than ideal when we send it to them to work their magic.

It all boils down to this: The Publication Team is dependent on

the community for all of our content, the sponsors rely on the designers and publication team to create compelling and interesting stories to bring you back each month, and that is what makes these wonderful little magazines work - for all of us.

*So here is to the next year and from our team to you, we wish you good health, wealth and happiness - and we thank you for all you do!*



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# JOHANNE EDWARDS DNM, PhD

Article & Photos by Johanne Edwards DNM, PhD

**Publisher's Note:** Welcome back for Part 2 of this 3-part series on one of the most fascinating members of our community, Dr. Johanne Edwards. Part 1 appeared in the May, 2021 issue of Fenton Neighbors.

The second thing I did with my new knowledge was to leave GM and start my own consulting business. I called it Leadership Connection and began helping local businesses that did not have access to the training and level of awareness that GM could provide. I was determined to make a difference for the small and medium size businesses and the economic growth of Michigan. I facilitated over 30 companies in building their strategic plans with their team. And at the same time teaching leadership skills and inspiring them with the knowledge to not only perform strategic planning but design the implantation plan to go along with it... The only really good idea is the one that gets implemented.

I facilitated many diverse businesses – Buick Cities' medical department, builders and contractors, musicians, medical distribution centers, truck door assembly, plastic blow molded fuel tanks, and accounting firms. Even a French purse designer, who paid me with elegant designer bags. I also provided strategic planning workshops for non-profits as well, contributing to the March of Dimes, YWCA, and Habitat for Humanity.

An interesting outcome when doing the TBSP for Habitat for Humanity... one of the ideas was to build outdoor playhouses and then auction them off. My husband Steve was a builder and owned Oak Ridge Builders in Grand Blanc, Michigan. The idea was to have the builders and contractors volunteer their time to build them. It became

a community joint activities project and was a fund raiser project for several years.

I also had a client at Harvard University -- Charles Davis PhD Professor of Organismic and Evolutionary Biology and Curator of Vascular Plants in the Harvard University Herbaria. He was one of my students when I worked at AC and I have continued to coach him since he was 18 years of age. He is now in his 40's and has kept me on the Harvard payroll since he was accepted. Mapping out a strategic course of action for him and his students. And I still mentor and coach several other students as well.

I felt that it was important to capture many of the concepts that I had developed and learned to share with others. I decided to write a business book. I just kept moving down this winding road from science to business. But always a scientist first. Problem solving methodology is the same no matter what the subject.

I got in contact with the supervisor I had worked for when I was in the Value Engineering Department. Jim Sines, he was the leader of our group of five Value Engineers. We were the first group to start the Value Engineering effort at AC. We operated as an engineering and problem-solving think-tank. We saved millions of dollars in product costs and made product quality, design, and reliability improvements.

I always admired Jim and I wanted to add many of the concepts that we invented and ideated in the VE organization to the book. He was working at United Airlines at the time and was the president of purchasing. He was excited to collaborate on the book as he too had saved many of the notes that we had jointly collected in our years in VE.

An interesting note here is my mother also worked for AC and had achieved many firsts for women. Jim was the head of Value Engineering as part of the engineering department. My mother Hedy Dach was the head of Value Engineering for purchasing and coordinated with suppliers for their improvement programs.

I was fortunate enough to work with my mother. A privilege not given to many women at the time in a male dominated industry. It was an amazing experience to be with her as a career woman and to follow in her footsteps like many men get to do.

She also shared her notes. It had been 30 years since I had worked with Jim and Hedy, and here we were collaborating again. Every Friday Jim and I talked on the phone going over our notes and thoughts, it took us three years. It was in 2003 that we began the book and Jim was in the throws of bankruptcy and renegotiating over 3000 supplier contracts for United Airlines. It was a hectic time for him, he was our accountability coach and took his role seriously and got us to the finish line.

Join us next month for the final installment of Dr. Edwards' story.

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## Street Photography is Different From Studio Photography

By Lori Buda, WrenPhoto Studio



Photographing people on the streets randomly, candidly, or even spontaneously posed, offers a glimpse of humanness and relationships and sometimes vulnerability. These are set against a constantly changing backdrop of colors, textures, and light. The vibe is real and raw and immensely interesting.

Studio Photography strives for a more controlled atmosphere of static backgrounds, staged lights, and planned poses. Sometimes beautiful things come of this type of set up, but it's usually not thought of as spontaneous, right? How can there be any correlation at all between these two styles?

My studio is my creative world. I love to invite guests – families, into my world. To set up an experience with which they can interreact. The lights at my place do not flash. To me a flash defines when the photograph takes place. It becomes the end of the process for me and for my guests. Once that happens there is no need to play through to the end of the story.

I guess I've come to think of my "always on" lights as "streetlights". Therefore, what happens under the lights at Wren Photo Studio could be a bit closer to "Street Photography".

I would be curious to hear your ideas for Street Photography. My blog can be found at <http://www.wrenphotostudio.com/blog>, my website at [wrenphotostudio.com](http://www.wrenphotostudio.com), or you can call me at 810-875-9881.

*Publishers Note: Lori Buda has been our primary photographer for the magazines for over 5 years, her contributions to the magazines as a whole are immeasurable and we are thrilled to bring you some of her thoughts.*



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## McLaren Fenton Brings Cancer Screenings Closer to Home

By Sherry Farney

Since opening in March 2020, McLaren Fenton's commitment to the community was to continue to add providers and services for patients. A recent American College of Radiology [ACR] successful review process is the latest reason for celebrating this pledge. Two important cancer screenings are available at the Owen Road location and both have received ACR accreditation.

McLaren Fenton is now an ACR designated lung cancer screening center and mammography accredited facility. To achieve the ACR Gold Standard of Accreditation, the facility's personnel qualifications, equipment requirements, quality assurance, and quality control procedures have gone through a rigorous review process and have met specific qualifications. It's important for patients to know that every aspect of the ACR accreditation process is overseen by board-certified, expert radiologists and medical physicists in advanced diagnostic imaging.

"The McLaren Fenton facility voluntarily went through the vigorous ACR review process to ensure that it meets nationally accepted standards of care," said Adam Michaud, Director Business Development for McLaren Flint. "Patients expect high-quality care and this accreditation represents the hard work and commitment of the McLaren Fenton imaging staff."

Information for anyone considering a low-dose screening for lung cancer can learn more at [mclaren.org/fentoncancerscreening](http://mclaren.org/fentoncancerscreening). Anyone in need of an annual screening mammogram using 3D technology, can schedule an appointment online at the same link [mclaren.org/fentoncancerscreening](http://mclaren.org/fentoncancerscreening). Imaging services can also be reached at [810] 496-2430 between 8 a.m. and 5:30 p.m. McLaren Fenton has much to offer to the greater Fenton community and has plans to continue to grow in the future.



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# Grief

By Tina Serra

Ever wonder what oils to use to help support the grief process? Grief is something we all go through. Some of us go through so much we even learn to almost master it. Have you lost someone very dear or broke up with a loved one or you're just not getting along with someone you love and deeply care for. Sometimes we can even grieve plans we had and future goals that can no longer happen. It doesn't matter the cause, grief is PAINFUL to go through

## Stages Of Grief

It has been discovered there are 5 stages of grief per the Kübler-Ross model, which is described as a series of emotions experienced by terminally ill patients prior to death, or people who have lost a loved one, wherein the five stages are denial, anger, bargaining, depression and acceptance. By Kubler Ross "Of Grief and Grieving".

Here is a brief summary of each stage and some essential oils and a supplement you may try during each stage. Keep in mind, everyone may not necessarily go through each of these stages.

**Denial** is the first stage of grief. This stage helps with survival of loss and sorrow. Things can become overwhelming during this time. Shock can help with survival during this time as this phase fades into the next stage. Clary Sage, Geranium, Lavender, Acceptance, Journey On and CortiStop.

**Anger** is the stage where everything may feel numb. Emotions are strong and you never know when they will kick in. I would question if God is really there, if so, where was He? The deep rooted pain from the situation you are walking through causes memory loss, finding yourself somewhere and you don't know how you got there. Since anger is usually stored in the liver I found these oils helpful: Forgiveness, Present Time, Juva Cleanse, Peace & Calming, Joy, and Detoxzyme.

**Bargaining** sometimes occurs before a major loss where you may plead with God for what you wish to happen. Guilt is where you have the "Coulda, Shoulda, and if I only Wouda's". This stage can last months depending on the situation or your ability to recognize it as part of the grief process and be open and brave enough to move to the next stage, the deepest one. I found Hope, Surrender, Vetiver, Clarity, Valor and Super B helpful.

**Depression** comes from deep sadness and could even become clinical depression. This time can leave us feeling empty and lost. Some become withdrawn from their daily responsibilities and no desire to be around people. To heal we must go through this stage. You may be strong and want to skip it because it is tough. I've learned the more you try to go around it or ignore it, you prolong it and you never really work through

the grief cycles. It takes courage to go through it and face it, recognize it for what it is and allow yourself time to rest and cry. Crying is very healing. The hypothalamus and pituitary glands, when triggered by grief, release substances called endorphins, which are morphine-like chemicals which act as painkillers. We are fearfully and wonderfully made. Release, Sandalwood, Hong Kuai, Idaho Blue Spruce, Melissa, German Chamomile, Rose, Frankincense, and PD 8020.

**Acceptance** is "Yes, this really happened". You are learning to cope with the situation and developing ways to move forward. Things will never be the same so you learn to adjust to it. You can feel like you are still moving in slow motion so I try to be in the moment and allow time to sit and remember the good times. I concentrate on being thankful for the time I had with my loved one, but I also allow myself to let go and cry if necessary to release frustration that can sometimes rise back up. Awaken, Joy, White Angelica and AminoWise.

## Class Resource

The best resource I found was GriefShare. I had 3 friends highly suggest it, so I figured God was trying to tell me to go. I had never heard of it before and truthfully I didn't want to hear about other people's problems at the time, but I surprisingly found it incredibly helpful and believe it was part of how I was able to move on. The other part was making sure I did my NingXia Red, Supplements, and oils. Many in the class had been 5 to 10 years after their loss and they were still so broken and not able to move on until they took the course. It is once a week for a couple of hours for 13 weeks. It has been around since 1993 and started as a divorce care group, now worldwide. [www.griefshare.org/users/auth/new](http://www.griefshare.org/users/auth/new)

I have to be honest. The first few weeks after my losses I didn't want to do any supplements or oils, I guess I was punishing myself. I didn't recognize it at the time but I just didn't care. I found my comfort was food and I gained a lot of weight. Grief can be so deep.

It has been 3 months now that my daughter passed and I've now lost most of my weight and feeling myself coming to a place of acceptance so I can move on. I know grief is so unhealthy if you get stuck and then you just have more problems.





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## Is A Timing-Free Golf Swing Possible? Yes, With Proper Mobility, Here's How To Do It

By Ted Williams, Certified Instructor - Croker Golf System

February isn't a time of year that one would expect an epiphany related to golf, but that was my experience this past winter when I scheduled a session with a local certified Kinesiologist in Dr. Dustin Doren, DPT of North Pin Performance [NorthPinPerformance.com] in Davison.

The session included a physical assessment to determine the mobility of certain muscle groups and joints key to an effective golf swing; the point being that if one's body simply can't perform certain movements then all of the coaching in the world isn't going to help.

- Once any mobility issues are diagnosed, it is a question as to whether flexibility or stability are the source of any mobility issue(s) in certain joints and/or muscle.
- After Dustin diagnoses the source of any mobility issues, he prescribes specific exercises to either increase flexibility or stability in order to restore satisfactory.

This is why I went to Dustin; to make sure I was maximizing my exercise time and effort and to ensure I wasn't making matters worse through inappropriate exercises, that is:

- If you have a lack of flexibility issue somewhere, the last thing you want to do is build more strength there which would just serve to further tighten

with far less strain on the body and with timing-free dynamics; Croker's technique was featured on the Golf Digest cover.

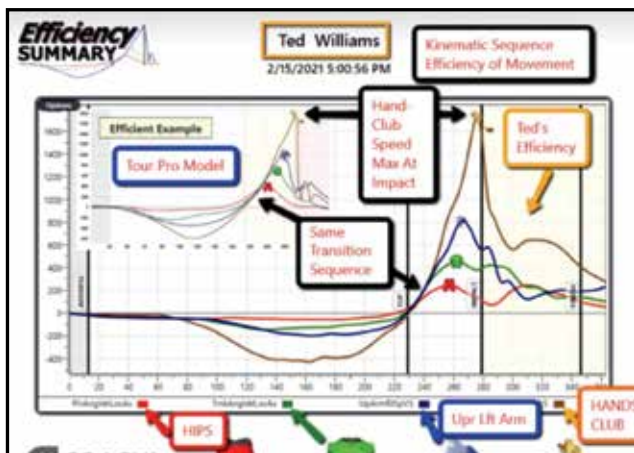
Our technique differs from the mainstream PGA-taught approach in that we train the hands to be the source of motion for the body, versus the commonly taught method that has folks timing a twisting open of the hips in order to start the swing.

Again, as stated above, we indeed begin transition with the hips, but the source of motion for the hips is from how the hands reflexively react to the free momentum of the club head; I demonstrate exactly how this timing-free transition works with video clips in my blog.

As the featured Pro and Contributor [both written and video content] on the My Golfing Store website, I wrote a 3-part series on key insights from my experience outlined above.

Well, I hope you find the above insights intriguing enough to do some more reading and watching.

If you have any questions feel free to reach out to me at GolfLessonsWithTed@gmail.com.



- Similarly, if you have a stability issue somewhere, the last thing you want to do is keep stretching

For instance, for at least 10 years now I haven't been able to touch my toes while standing with knees straight; and it wasn't for lack of stretching. Dustin trained me how to engage stability related muscles for that action and in 20 minutes I was able to easily touch my toes!

The session also included strapping 4 sensors to measure movement of my hips, shoulders, left arm and left hand/club head and hitting 10 full shots into a net.

After hitting those shots my Kinematic Sequence Report was immediately generated. I could see clearly that I was absolutely in line with the average tour pro in terms of my sequence of movement from transition to impact.

Also, I was generating club head speed in the mid range of that for a tour pro (6-iron vs 6-iron) - not too shabby for a 60-year old.

Perhaps the most interesting insight was in the subtle differences between my Sequence and that of a tour pro.

I was able to see that the technique I learned from my mentor, Peter Croker, PGA-Australia, generated the proper kinematic sequence (hips first, then shoulders and arms then hands/club head) with peak club head speed at impact but



Riad Dali-Ahmad, MD

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# Varicose Vein Myths

## DEBUNKED



**Myth:** I don't have varicose veins because I do not see them on my legs.

Varicose veins are a sign of an underlying disease called venous insufficiency. This is the inability of blood to efficiently get out of the leg. When the valves in leg veins are broken or insufficient, blood accumulates in the leg causing enlargement of superficial veins, varicose veins, as well as swelling, discoloration and even ulceration. Only 60% of people with the disease will have varicose veins.

**Myth:** The skin discoloration on my lower leg is from diabetes or standing on concrete floors

Skin discoloration of the lower leg is frequently caused by blood pooling in the leg due to vein disease. It is not from diabetes. It is made worse with prolonged periods of standing. As the venous blood pressure builds up in the lower leg due to vein disease, blood will become absorbed in the skin causing permanent discoloration, thickened, dry leathery skin.

**Myth:** Swelling and leg pain are "normal" after age 40

1 out of 4 people over the age of 40 have vein disease. The natural history of the disease is chronic and progressive, meaning it gets worse as we get older. Early treatment of vein disease allows for prevention of swelling and other symptoms and the ability to have an improved quality of life on a day to day basis.

**Myth:** I don't need to get my varicose veins treated, they will be fine

Vein disease gets worse as we get older, plain and simple. Compression stockings can slow the progression, but an office based vein procedure that involves only needle sticks is required to treat the disease.

Failure or delay in treatment, will cause the leg to worsen over time resulting in permanent damage, including discoloration, swelling, skin changes and even ulcers.

**Myth:** Varicose vein treatments are cosmetic, not covered by insurance

Treatment of vein disease is a medical necessity and is covered by insurance. A complete vein exam with ultrasound and physical findings are documented and submitted to insurance for precertification before every procedure. As an authority on vascular vein disease we understand the cause of your symptoms and treat them appropriately.

**Myth:** Vein stripping is the treatment for varicose veins

Vein stripping should never be performed. Modern vein treatments involve lasers and injections of different medications. With an expertise in venous anatomy, I am able to treat veins with minimally invasive techniques without ever cutting the skin. They are performed in under an hours' time and have little to no down time, patients can resume normal activity that day.

**Myth:** All doctors that treat veins are the same

As a Vascular Surgeon I am an expert on all vein and artery problems. My training has been entirely focused on this specialty. I treat complex and straight forward vein disease every day. My understanding of vein disease, skill set and judgment, make me an authority on all vein disorders. My treatment plans are based on each individual patient, and is tailored to their needs and desires.

Dr. Shuster can be reach for consult at Integrated Vascular Vein Center with offices in Grand Blanc and now Lapeer. 810-606-1660

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### Stages of Development of Varicose

STAGE	STAGE	STAGE	STAGE	STAGE
1	2	3	4	5
SPIDER VEINS	RETICULAR VARICOSE VEINS	VENOUS NODES	CHRONIC VENOUS INSUFFICIENCY	TROPHIC ULCERS OR VARICOSE ECZEMA
Pain .....→ Tired .....→ Swelling .....→ Restless .....→ Itchy .....→ Burning				



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By David T. Taylor, DPM, FAFAS

EXPERT CONTRIBUTOR

## Ease your Foot Pain: Select the Proper Footwear

Foot and ankle pain may have a variety of causes. However, a great deal of foot and ankle pain can be improved or completely eliminated by purchasing properly fitting shoes. Finding well-fitting shoes seems simple, but many shoes are not shaped for your foot.

### Buy the Right Shoe Size

Many people are convinced they are a particular shoe size. Over the years, your foot will get wider and longer. In addition to your foot size increasing over time, sizes vary greatly among different shoe companies. Many companies out-source manufacturing of shoes to different locations so shoe sizes within a company are not always standardized. The printed size of a shoe should serve as a guideline and not an absolute rule. You may be a size 10 in athletic shoes, a size 9 in sandals, and a size 8 ½ in dress shoes. Size should NOT determine the fit. Fit should determine your size.

### Be Careful with Cheap Shoes

Buy high-quality shoes from a professional shoe store. Some folks have no problem wearing discount store shoes. However, if you have foot problems high-quality shoes are a must. Discount shoes are often made of synthetic materials that do not "breathe" well and the cushioning and support of a discount shoe will deteriorate quickly. As you age, the fat pad on the bottom of your foot gets thinner. Therefore, the cushioning in a shoe is important to reduce pain. You depend on your feet for nearly everything while you're awake. When your feet hurt, you hurt all over. Wear high quality shoes that fit properly.

### What about high heels?

Contrary to popular belief, high heels do not cause bunions, hammertoes or other problems. But they do make foot problems

more painful. It's okay to wear high heels occasionally, but you will be much more comfortable in a shoe without a heel. Elevating the heel puts your body in an unnatural position. Force is placed across the ball of your foot as your toes are pressed into the toe box. In addition, your whole body is pitched forward which must be compensated by bending your back; this can lead to low back pain. Finally, heels offer no shock absorption so your joints, ligaments and muscles feel the full force of walking.

### Tips for Purchasing Shoes:

- Determine the type of shoe you need. If you participate in a specific sport or activity three or more times per week, you should buy a shoe dedicated to that activity.
- Locate a reputable, professional shoe store with a knowledgeable staff.
- Bring your old shoes--they give valuable information about wear pattern and fit.
- Visit the shoe store at the end of the day or after a workout. Bring socks and any shoe inserts or orthotic devices.
- The length of the shoe should allow at least a thumb's width from your longest toe to the end of the shoe.
- Shoes should be comfortable when you first wear them. You should never have to "break-in" shoes.

*Dr. Taylor is a Podiatrist with the Community Podiatry Group, P. C., located at 1303 S. Linden Road, Suite D in Flint. The office can be reached at (810) 230-0177.*



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# Civil Air Patrol Flies Stranded Oregon Couple Rescued with CAP Cellphone Information

By Maj. Margot Myers, Public Information Officer, National Cell Phone Forensics Team & Bob Schumard

Civil Air Patrol's National Cell Phone Forensics Team marks their 15th Anniversary and is a favorite among Cadets and Senior Members alike.

Recently they guided searchers to a missing couple stranded 29 hours in their vehicle in a remote area of north-west Oregon in temperatures that fell below freezing.

The couple, ages 59 and 60, set off March 24 from their hotel in Enterprise, Oregon, in a rented sport utility vehicle to revisit some of their old hunting areas.

A restaurant employee where they ate breakfast March 24 was the last person to report seeing the pair. She told searchers the two said they were going for a drive.

The sheriff's office was able to confirm the couple had not returned to their hotel room the previous night. Deputies were dispatched to drive along main roads in search of the couple and the rented SUV.

They also contacted the pair's cell-phone provider, which could provide only a single ping yielding no conclusive information.

Maj. Justin Ogden, lead analyst for the CAP cellphone forensics team, leapt into action after the Air Force Rescue Coordination Center alerted the team to help with the search.

After contacting the cellphone provider, Ogden received data that helped him visualize the couple's route of travel from the hotel to the restaurant to the area where their phones stopped communicating with the cellular towers.



Cadets have an opportunity to train for a variety of missions including many High Tech STEM programs like the Cell Phone Forensics Team.

The forensics data showed that "They were probably still moving north/north-east," Ogden told the local search and rescue team around 12:30 p.m. Pacific time. "They just left the cell service area."

Ogden provided a Google Earth map highlighting the recommended area to search. He particularly noted a "hot spot" along Elk Mountain Road.

At 5:22 p.m., Scott Lucas state search and rescue coordinator for the Oregon Office of Emergency Management, told Ogden the couple had been found alive in the SUV on Elk Mountain Road.

"This location was 2 miles up the road from Justin's 'hot spot' point," Holly Akenson, incident commander for Wallowa County Search and Rescue incident commander, said in an email to Lucas.

"A deputy had checked the road up to but not beyond the 'hot spot' the night before, so we probably would not have resurveyed the area right away without the forensics clue.

"Our SAR (Search And Rescue) teams drove 390 miles for this search, and deputies probably drove similar miles," Akenson continued. "Once we got the 'hot spot,' our team drove 1 more mile and walked 1 mile for the find. "The couple was just out for a day-trip drive to some of their old

hunting areas. Their belongings and medication were at the motel. They had no extra clothes or blankets but stayed warm running the vehicle and heated seats."

The overnight temperature during the couple's ordeal reached a low of 21.

Families and/or young people that may like to become Cadets should reach out to the Lt Col Keehn Composite Squadron. A Composite Squadron includes both Cadets (Under 18 years old) and Senior (over 18 years old) members. For more information go to <http://www.mi075.miwg.cap.gov>.

The Senior Squadron based at Bishop Airport is composed 100% of Senior Members, those of us over 18 year old and are looking for a few more pilots that would like to fly missions like these, for more information email [dszMI192@gmail.com](mailto:dszMI192@gmail.com).





# 8 Tips To Get Fit For Summer & Beyond

By Heather Speidel



Whether it's been a while since you have exercised or you just want to improve your current regimen, here are some tips to stay on track. The important thing is to get up and start moving. Don't focus on where you are starting, just where you finish.

## Start Slow.

It takes some time to build cardiovascular endurance and strength whether you have just come back from a break or are new to fitness. Postpone heavy lifting and intense

sessions of cardio until you get back into a good fitness base.

## Find Activities You Love.

There are plenty of options to get in shape. If you don't find something you enjoy you are less likely to stick to it. Rotate from different activities in shorter increments of time to avoid boredom.

## Set Realistic Goals.

Examples of achievable realistic goals would be, starting with a five pound weight loss even if your long term goal is a 20 pound weight loss or to run a half marathon, start with a 5 pound weight loss or a 5K walk/run.

## Strength Train.

Strength training is a great way to get a full body workout. Start with one or two sessions per week and make sure to incorporate all major muscle groups. Work your way up to 3-4 days per week of heavier weights and compound exercises. Start light and incorporate basic body-weight exercises. Sit ups, pushups, squats and pullups and lunges are great examples.

## Incorporate Interval Training.

Interval training can be very convenient especially if you are having a busy week or other

responsibilities. By doing intense bursts of exercise, you can get the same results and benefits in 25-30 minutes rather than 60-90 minutes of less intensity. Work harder and smarter.

## Track Your Workouts.

Find a journal to log your workouts and what you eat on a daily basis. There are several apps available as well, find one that suits you and your lifestyle. This will keep you accountable and help you track your true progress.

## Take Rest Days.

Daily workouts are not necessary to reach your long term goals. Overworking your body, especially if you are new to fitness or returning from a hiatus, can lead to injury or mental burnout.

## Reward Yourself.

When you reach a goal or hit a milestone in your fitness journey consider a reward such as a new pair of training shoes, an outfit, a trip to the movies or even a little treat you've been craving. Most importantly be proud of yourself and your choice to be the best version of yourself.



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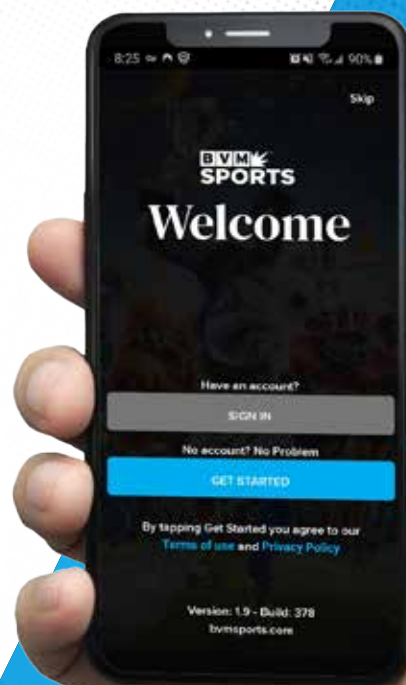
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# What on Earth is a **SEPTIC RISER**?

By Karen Eichorn

"What on earth is a Septic Riser?" is the most common response when our crew makes the suggestion, and the answer is always: "Well, they can actually save you money on your septic systems in the long run."

How, you ask?

So... each time you get your septic field pumped and every year when you clean off your septic filter, you need to dig up your septic lids. Wouldn't it be easier if you just had a few screws to unscrew?



Wait a minute, septic tanks have a filter? Yupper!

They will keep the solids out of your field and save you money by not plugging up your pipes in your field with... (well... you know :-)

Risers will raise your tank to the level of your grass. Here are some photos to help you understand what a riser looks like...



The most frequent question that we get is, "Do I have to mow around it?"

Yes, you can mow right over it. It is convenient and economical, two very nice things to combine.

Our office is scheduling but the summer is filling up quickly – feel free to call us at 810-232-6805.

# What In The World is an **OUTCALL SERVICE**?

By Bob Shumard

Trina Molaski, the owner of Fenton Massage, smiled with pride at that question as it is obvious that she and her remarkable team have more than adapted to the issues we've all experienced over the last 18 months or so.

The Outcall Service from Fenton Massage only costs \$30 for them to travel within 30 minutes from their business at 1250 N Leroy St., in Fenton and then \$1 per minute for your therapist to come to you and to give you a relaxing massage in the comfort of your own home.

Now for those of us that live on the lake or otherwise have our homes set up as at least one of our relaxation locations, they can even set up a tent on site where you can enjoy massages on your deck, or by the lake, or at the location of your choosing.

Now couples' massages are quite popular as well and there is no reason to limit this experience to just one person. When you call or go online simply let them know what your needs and requirements are for the services and they can customize your relaxation solution for you.

They will travel a little way, of course subject to availability, so residents of around Genesee County, including the markets that our magazines serve in Grand Blanc, Davison and Flushing are all welcome to call.

As the weather warms up you really owe it to yourself to call the Fenton Massage team at 810-354-8330 to inquire about all of the options available to you and set something up.

Fenton Massage has been a sponsor of *Fenton Neighbors* for the past few years and we are thrilled that they have made this information available to all of our readers. Do yourself a favor – call them and set up the service of your choice. You'll be glad you did.





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# Your Neighborhood Real Estate Stats

## ACTIVE LISTINGS

Address	List Price	Sq. Ft.	Bed	Bath
1400 MCCULLY LANE	\$299,000	1,250	3	2
10404 LAKE SHORE DRIVE	\$389,000	1,846	3	2
4386 STEPPING STONE	\$439,900	2,511	4	3.1
4204 PAVILION COURT	\$529,900	2,364	4	2.2
11131 FOLEY ROAD	\$570,000	2,331	3	2

## RECENTLY PENDING

Address	List Price	Sq. Ft.	Bed	Bath
11519 FARMHILL DRIVE	\$259,500	2,100	4	2
207 THURBER STREET	\$259,900	1,052	4	2.1
115 S ANN STREET	\$279,000	2,604	4	2.1
3424 W SHIAWASSEE AVENUE	\$299,900	1,952	3	2.1
11111 WHISPERING RIDGE TRAIL	\$309,900	1,992	4	3.1
18580 TIPSICO LAKE ROAD	\$319,900	1,500	3	2
406 S PINE	\$339,000	1,810	3	1.1
609 SIXTH STREET	\$365,900	1,850	3	2.1
709 PLUM TREE LANE	\$369,900	2,075	4	2.1

4073 SPLIT RAIL LANE	\$389,900	3,344	3	3.1
10440 RUNYAN LAKE ROAD	\$475,000	3,536	5	5
10196 WALNUT SHORES DRIVE	\$549,900	1,464	2	1.1
15185 MARL DRIVE	\$879,950	3,179	5	3.2

## RECENTLY SOLD

Address	List Price	Sq. Ft.	Bed	Bath
2307 BLUE HERON COURT	\$263,500	1,632	3	2.1
16176 ASPEN HOLLOW DR.	\$275,000	1,296	3	2
918 E CAROLINE STREET	\$275,000	1,524	3	2.1
304 W ROBERTS STREET	\$287,950	1,991	4	2
16179 SILVERSHORE DRIVE	\$301,000	2,344	4	2.1
632 MILL STREET	\$310,000	1,288	3	2.1
606 SIXTH STREET	\$340,610	1,888	3	2.1
15577 WILLOWSHORE DRIVE	\$420,000	2,030	3	3
4184 PAVILION COURT	\$550,000	2,229	4	4
22 WRIGHT DRIVE	\$599,850	2,800	4	2.1
15284 BEALFRED DRIVE	\$1,100,000	3,850	5	3.1

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