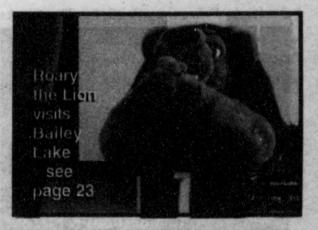
My Clarkston. Buy Clarkston. rkston H Wed., February 15, 2017 1 Section, 36 pages \$1.00



Honors for helpers of kids in need

BY JESSICA STEELEY

Clarkston News Staff Writer

Making school successful for kids with special needs takes special people. Those people are due to be honored with Sparkle Awards.

"You can be nominated as a student, bus driver, cafeteria person, anyone can be nominated who goes above and beyond for a child who has an IEP (Individualized Education Plan),"

said Heather Roeser, president of the Clarkston Parent Advisory Committee (PAC).

Roeser and a committee are organizing the Second Annual Special Education Appreciation Evening in March to honor individuals and groups in Clarkston Community Schools who show extraordinary service to students with an IEP.

Any student who has specific needs, such as having a test read to them, needing extra time or taking breaks could have an IEP, said Clarkston PAC member Cyndi Coe.

Roeser added there's a range of reasons a student needs an IEP, from a learning disorder to emotional impairment to sensory issues to being on the autism spectrum.

"Some kids, it's more obvious they may have one or not," Coe said. "I think the awards are just

Please see Sparkle on page 2

Troops get assist on the court

BY WENDIREARDON

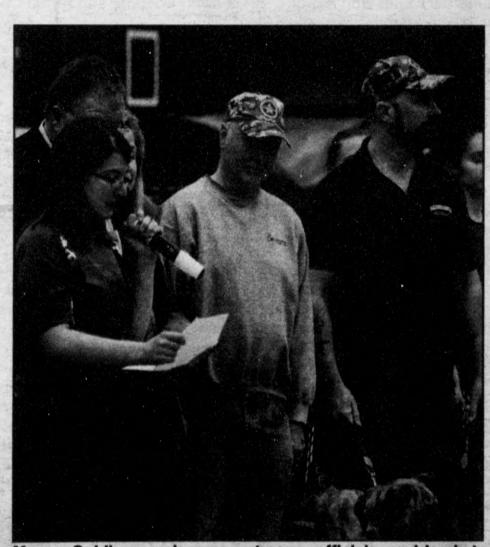
Clarkston News Staff Writer

Clarkston's Lady Cagers continued their tradition of helping veterans with their fourth annual "Hoops for Troops" game, Feb. 7.

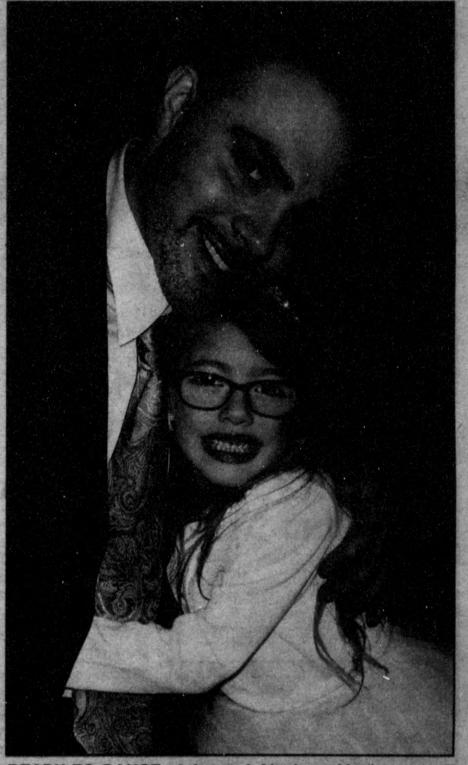
This year, the Girls Basketball Program, with help from the community, raised \$3,300 for the North Oakland County Veterans Treatment Court.

Pat Kittle, president of Friends of North Oakland County Veterans Court Treatment Independence Township supervior, shared what happens to veterans returning home after serving in the military.

"These heroes have gone from See Hoopsters on page 17



Megan Goldberg welcomes veterans, officials, and basketball fans to Hoops for Troops. Photo by Wendi Reardon Price



READY TO DANCE: John and Alexiana Alaniz were all dressed up for the Clarkston Daddy Daughter Dance, Feb. 11, at Clarkston High School. They joined crowds of girls and their dads at the Valentine's weekend celebration, with punch, cookies, DJ, and lots of photos and memories. Please see page 20 for more pictures. Photo by Phil Custodio

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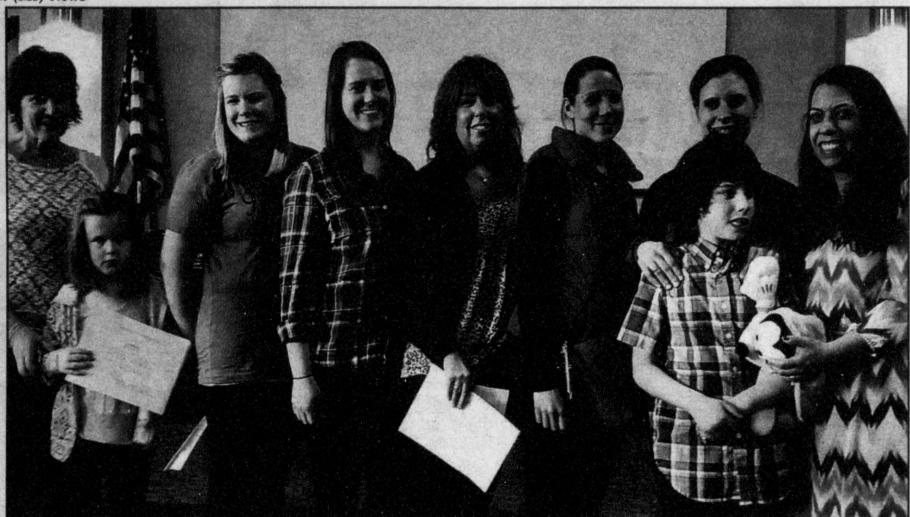
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The Independence Elementary staff won a group award, with Spencer and Cyndi Coe at right, at last year's Sparkle Awards ceremony. Photo provided

Sparkle Awards for those going above and beyond

Continued from page 1

about taking care of the caregiver, really to recognize the people who go above and beyond and take care of those kids every day for us."

Last year, Coe said her son nominated his music teacher, who had never previously taught children with disabilities or sensory issues, but saw how much it helped the kids and added a second class during the week for the students.

Nominations start at the preschool level and go through Post-High School. Around 60 people were nominated last year, Roeser said, and everyone who's nominated gets recognized.

"Everyone gets recognized and some of them were kids, too," Roeser said. "(They) were nominated by teachers that could see that these kids go above and beyond just

being a friend, and that's really nice. I love seeing the kids up there, it's really cool when you see the peers really care about these kids."

The idea for the Sparkle Awards came from Rochester schools, which have held a similar ceremony in their district for many years, Roeser said.

"I was so amazed by how it brought everyone together and really these people have a tireless job. I wanted to do something special for them, and I know they don't expect anything, but I think they really deserve to get recognized."

Coe said they recognize these people because they choose to be involved with students with IEP's, even though it can be more difficult then teaching in a standard classroom.

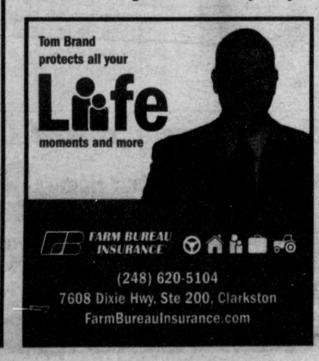
"That's really a labor of love and those

are things that they choose to be part of this world and to help out," she said.

This year's awards will be is Clarkston Junior High's auditorium due to the overwhelming number of attendees expected.

Three hundred people RSVP'd to the first award event, Roeser said, and she hopes it's just as successful this year. The school board, superintendent and school principals all came to the ceremony last year and the event trickled down to the whole community through individual school newsletters and meetings.

Anyone affiliated with the school district can send in nominations, whether they're students, parents, teachers or support staff, to ccssparkleawards@gmail.com. The Sparkle Awards Ceremony will be on Wednesday, March 29, at 6 p.m.







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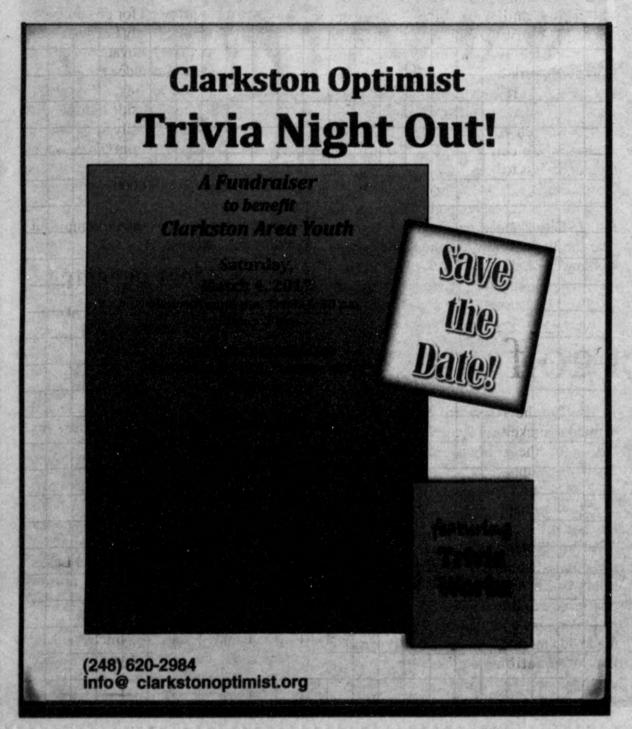


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From left are engineering students, senior Will Ephlin, senior Josh Knotts, and junior Trinity Roodbeen. Photo by Jessica Steeley



Engineering expertise earned in classroom

BY JESSICA STEELEY

Clarkston News Staff Writer

For Clarkston students interested in engineering, the Engineering and Design Technology pathway in career tech offers career skills and software knowledge.

Pathway teacher Laura Kalinowski has a variety of classes, including mechanical engineering, architecture, civil engineering and engineering graphics.

Her classes teach students how to use CAD and 3-D CAD, make blueprints, properly construct a house, design a space,

"A lot of the same topics that we learn in our class can be directly being learned over at courses like U of M, or at Lawrence Tech where they're teaching their students about things like beam loading or heat loss and gain," Kalinowski said.

Many of her students go into mechanical engineering with a degree from a four-year university, but the skills her classes teach allow students to get good jobs, such as a CAD operator, with an apprenticeship, internship, or associate's degree.

"I have a student right now that's going to get an internship because of the CAD skills he's learned in the class," she said. "He'll be basically transferring hand-drawn drawings into CAD drawings and they get those skills now to be able to do that."

Senior Josh Knotts, who has taken several engineering courses including an independent study, is interested in design and mechanical engineering and thinks the classes will be applicable to the field.

"The engineering classes are kind of teaching you what to expect in the field of work, what you think you might do and kind of like getting you used to the programs and the software you might use in the future," Knotts said.

Outside of the software, Kalinowski said the class also teaches students problem solving, team and group work and communicating professionally.

"Often they'll come back and see me and let me know how the class really prepared them for what they were learning at their college level, or even at their internships," she said. "They've just told me how it has translated into their everyday work experiences, the working in teams and in groups and how to work in a business setting and hit those deadlines."

Kalinowski creates projects to allow her students to think outside of the classroom while in her engineering classes. Mechanical engineering students make blueprints to send to manufactures, architecture teaches students to be conscientious about sustainability and green architecture, and her engineering graphics students pair with another student in the school who has fine motor issues and designs a toy to help with

Will Ephlin, a senior who just learned about the engineering classes this year, found he enjoyed the real-world applications his civil engineering classes taught.

"The math we do in here is just addition and multiplication but it's how we use it, is so much harder than any of the stuff that was in all the calculus classes," Ephlin said. "It has a purpose."

Junior Trinity Roodbeen wants to study mechanical engineering and said her engineering classes are more useful than regular core classes.

"Math is just kind of like 'Oh, it's math,' and everyone's always like 'when am I ever going to use this?" Roodbeen said. "But then you find out how you're going to have to use it if you want to become an engineer, you get a taste of it."

Investments up slightly for township

Township Treasurer Paul Brown said. presented the 2016 Fourth Quarterly Investment Report at the Feb. 7 Independence Township Board meeting. During that quarter, the township had a small increase in investment opportunities.

Independence Township has a portfolio value of \$33,444,546. Of the portfolio holdings, 43 percent are invested in Federal Agency issues, 24 percent in checking/ savings accounts, 15 percent in Government Investment Pools, 13 percent in the Michigan Government Bond, and five percent in Certificate of Deposits/Certificate of Deposit Account Registry Service.

The Federal Reserve recently approved the first rate increase of 2016. The impact will be evaluated in the first quarter, Brown

In the meeting's consent agenda, which was unanimously passed, the Community Development Block Grant (CDBG) was also amended.

There was an error on page two of the grant's Public Service Contract for PY2015 between Clarkston Area Youth Assistance and the Charter Township of Independence. The contract was originally approved at the board's Jan. 12 meeting. The board received notice of the error on Jan. 23.

The error gave \$315 per youth instead of \$320 to a camping program in Clarkston's Youth Assistance. The error had to be corrected before the release of the CDBG funds.

- Jessica Steeley

New city manager to build trust, respect

BY PHIL CUSTODIO

Clarkston News Editor

In his fourth week as city manager, Jonathan Smith is busy learning the job.

"I'm the new employee," said Smith, who joined the City of the Village of Clarkston on Jan. 23. "I like the work. It's very interesting. There's always something new. It's refreshing."

Smith has 35 years corporate experience with Chrysler, but is in his first municipal job. He has met with former interim City Manager Rich Little and City Manager Carol Eberhardt to learn the ropes.

"My goal is to bring together the best practices of Carol and Rich and my own," Smith said. "Treat everyone with respect. At Chrysler, that was highly important - treat coworkers, customers, suppliers, everybody with respect. I tell everyone that up front, and I expect the same in return."

He is in discussions with the owners of the Clarkston Mills parking lot, who have previously had negative interactions with the city.

"We all have the same interest in protecting the history of our quaint community," Smith said. "We may have different opinions, but if we work together, we can find the right solutions."

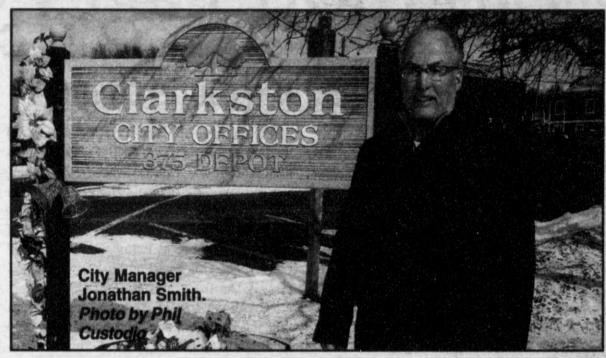
He is also dedicated to transparency in government.

"I totally believe transparency is the key to being a successful organization, city, and business – there can only be respect if you are honest and open," he said. "I assure residents I will be transparent, open and honest with them, respectful of them at all times."

He said he would be happy to meet with residents who have had issues with government transparency in the past.

"I'm just getting started," he said.

Questions from residents at city hall so far have been mostly about sidewalk shoveling and street plowing during recent snowfalls, but also building permits and



'I totally believe transparency is the key there can only be respect if you are honest and open.'

- Jonathan Smith

inspections.

"Everybody has been helpful and nice to work with," he said.

He has met with James and Sarah Schneider, owners of 15 S. Main Street who are renovating the former bank into a restaurant, regarding a deck along the front sidewalk.

"The key is, we want to help them open as soon as possible," Smith said. "We have a vested interest as a city, we want them to be successful. New businesses are important."

The deck was constructed earlier this year to enclose the Main Street clock on three sides, blocking access to the clock's maintenance door. It has since been rebuilt to provide more space for the clock.

"The clock is beautiful," James said at the Feb. 13 City Council meeting. "We opened it (the deck) up - brought it back an extra six inches so you could open it up and wind it."

The city manager said his highest goal is to protect the history of Clarkston.

"The quaint look and feel of this small town, everybody wants that," he said. "That's something to work on everyday to protect - once even a little piece of the history is lost, it's gone forever."

Parking and walkability are other priorities. A survey of downtown merchants about where and when owners and employees park has been returned, and he has spoken to residents about their views, good and bad.

The search for a new city treasurer continues. He contacted former Treasurer Sandra Barlass to help out as a contractor, in the interim.

Smith was appointed and sworn in at the Jan. 23 City Council meeting, at \$30,000 a year for 30 hours a week, though he's been working more.

"The challenge is getting to a 30-hour work week," he said.

Briefly

Final Sashabaw work

Designs for the North Sashabaw Road Project are around 40 percent complete, said Nancy Faught of Hubbell, Roth & Clark, Inc. to Independence Township Board, Feb. 7.

Supervisor Pat Kittle said the project will widen and repave Sashabaw Road from Flemings Lake Road to Clarkston Road. This is the final phase of the Sashabaw Corridor Improvement Plan.

Faught said the project will widen the road slightly and give most of it a new curb, gutter, lights, safety path, and a new storm and sanitary sewer.

Though the original plan was to start construction in 2018, Kittle estimates 2019 or 2020 will be more likely because they need to get the funding nailed down.

The cost of the project is estimated at \$5.53 million. Kittle said he hopes to get funding from the road commission, the state, the county, federal safety funds and contributions from local businesses.

New Brady lighting

Independence Township Board accepted a bid proposal for updating the electrical system for Brady Lodge, one of the final stages of its renovation, Feb. 7.

The upgrade will include new lighting, ceiling fans, switches, dimmers, emergency lighting, outside lights and a power source for a security system.

They accepted a bid from Oak Electric for labor services for an amount not to exceed \$19,500 and a \$3,000 contingency for project changes. Oak Electric estimates the upgrade will be completed within three weeks.

Sewer fees accepted

An agreement for Lancaster Lakes II. LLC, to pay \$81,945.88 to Independence Township was approved, Feb. 7.

The amount was owed to the township because Lancaster Lakes didn't increase their sewer usage Residential Equivalence Unit (REU) factor, as required for apartments and modular homes. In 2014, the board approved a one REU increase, based on a rate study. During a recent internal audit of REU assignments, they discovered Lancaster Lakes didn't increase from 0.6 to one.

The agreement with Lancaster Lakes waives the late penalties and allows payment of the balance over a two-year period in eight equal installments to be paid quarterly. The repayment will be interest free due to the township's share of fault in the billing error.

Condo project would impact golf course

BY JESSICA STEELEY

Clarkston News Staff Writer

Neighbors called "fore" on a new residential condomimium development on Pine Knob Golf Course, and township officials stepped in with a special meeting, Jan. 30.

"There had been a lot of misunderstanding of what the owner of Pine Knob had been working on for the past couple of years," said Independence Township Supervisor Pat Kittle at the meeting. "So, I'd asked him to call a meeting together where he could explain it to his residents."

The owner of Pine Knob Golf Course properties, Nino Katabuchi, said the proposal involves a portion of the existing nine-hole Hawk golf course.

Some residents were concerned with increased traffic, the cost of a new entrance required for the development, and its effect on property value.

The next steps for Katabuchi is to ask the township if they're willing to remove or reduce scenic easements currently on the nine-hole course, Kittle said.

He would then take his concept to the planning commission for realignment and alterations.

"Before the Township Board acts, we wanted to make sure the residents who did buy along the golf course are protected and that any impact there is minimal," Kittle said. "There's a lot of moving pieces here that have to happen before that comes to the board."

If the residential development is built, the course would go from nine to three holes, with holes one, nine and eight continuing to be maintained.

No actions or decisions were taken nor made during this meeting, it was intended for information purposes and public comment.

Phil in the Blank

A column by Phil Custodio

Info search

It was a blast from the past in Monday's mail. A hand-addressed letter from Iowa.

Sent Rylie, a fifth grader at Harlan Intermediate School, "My class is studying the geography and history of the United States. I am excited to learn more about your state of Michigan. I would really appreciate if you would send me pictures, postcard, or

information on your state. My amazing teacher, Mrs. Newlin, would like a car license plate, if possible, for a teacher project. I really appreciate your time and look forward to learning more about Michigan. Thank you!"



Very 20th century.

Nowadays, one might do a Google search of "Michigan," which takes a half second to come back with 17 million results. The Wikipedia entry for the state has more than 11,000 words, not counting notes, references, and bibliography, plus photos.

Sending license plates through the mail also seems expensive. Would it also be illegal? People swiping license plates from vehicles shows up every now and then in the police reports. But no, it's not, according to a Google search with 2 million results. There are clubs for it, such as the Automobile License Plate Collectors Association.

Wondering if the project was for real, I Googled "Harlan Intermediate School Mrs. Newlin." Another half second later, I had 16,900 results. The teacher has had her students send the same letter to newspapers all over the country since at least 2011. The papers often post them online, similarly to what I'm doing (maybe without the snark).

One paper interviewed her. "Everything is very much appreciated," she said. "The student researching your state has received a lot of mail. You have wonderful people in your community. Yes, we are receiving license plates and they are a lesson in themselves."

Anyway, the point is to get stuff from people despite the internet. I need my license plate for my Chevy, but if you have one or anything else you'd like to share, send it to:

Rylie W., Mrs. Newlin's S.S. Class Harlan Intermediate School 1401 19th St. Harlan, Iowa 51537.

Opinion Pages Letters, columns & Editorials

Thanks for Hoops for Troops support

Dear Editor,

The Clarkston High School Girls Basketball program would like to thank everyone involved with the Fourth Annual Hoops for the Troops Basketball game that took place Feb 7.

With your help and the help of our wonderful sponsors, we raised \$3,300 for North Oakland County Veterans Treatment Court.

All donations are staying here in Oakland County to help our Veterans who come home from war in need of help.

Thank you to the following sponsors who helped make this event possible; Summit Place Kia- Waterford, Custom Threads & Sports, Lifepointe Chiropractor Center,

Milford Counseling, Inc., USA Insulation, On the Dunes Sports Bar & Grill, Encompass Financial Partners, Market Place Pet Supplies, North Oakland Women's Health, Stillwater Photography & Design, The Busher Family, The Lunchenbach Family, The Page Family, Audrey Story- Real Estate One, Ayotte & Family, The Goldberg Family, Clarkston Oaks Family Dentistry, and *The Clarkston News*.

Thank you to all those who were a part of this special event and who donated to help local North Oakland County Veterans Treatment Court.

Megan Goldberg and the Girls Basketball Program

Request for focus on more viewpoints

Dear Editor,

It was inspiring to see students from Everest Collegiate High School attending the March for Life in Washington, D.C., featured in the Feb. 1 edition of *The Clarkston News* ("Students pass life message at march").

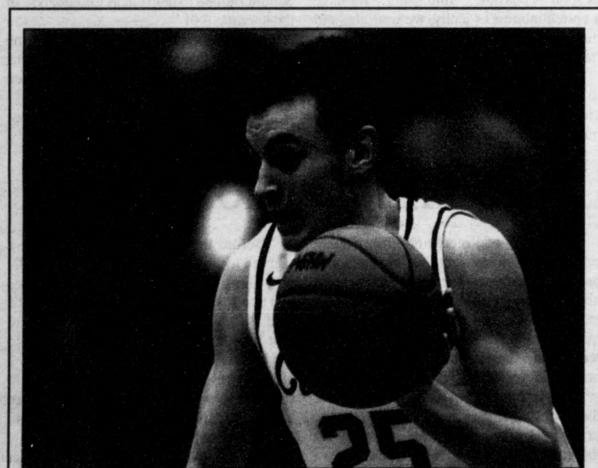
I think it is critical for all members of our community, especially young adults, to be actively engaged in civic and social issues.

In order to promote an accurate and evenhanded representation of the diverse opinions which exist in our community, I would encourage *The Clarkston News* to feature a similar article which highlights the many Clarkston families who showed up for the Women's March in Washington, DC on Jan. 21 as well as the many local families who stood in support of Planned Parenthood on Feb. 11.

Let's start acknowledging that multiple points of view can exist simultaneously and that Clarkston is far more diverse than often meets the eye.

There is an active, thriving, and growing progressive population in northern Oakland County which is ready to promote acceptance and inclusion. Please consider providing your readers some balance.

Martha L. Brooks Springfield Township



Nick Wells dribbles the ball down the court during the Wolves victory against Wayne Memorial, Feb. 6. Photo by Larry Wright

A Look Back

From The CNews archives

15 years ago - 2002

"Township adopts national motto"
The Independence Township Board of Trustees voted 4-3 to adopt a resolution in support of House Bill No. 5091, which encourages each state agency and local unit of government to exercise their constitutional ability to place the national motto "In God We Trust" in or on any public building, land owned or occupied by that state agency or unit of local government.

"Fortinberry announces candidacy for court" Clarkston resident Dana Fortinberry entered the race for the Clarkston 52-2 District Court seat, which was being vacated by the retiring Judge Gerald McNally.

"Grapplers capture league tournament" The Clarkston Varsity Wrestling team went undefeated in the Oakland Athletics Association Division 1 in league action and finished first during the league meet to capture the title.

25 years ago - 1992

"Waiting game" The battle over Clarkston cityhood moved from the board to the courtroom as Independence Township and the State Boundary Commission presented their cases to the Michigan Court of Appeals after village residents approved a city charter by a 12-vote margin.

"Play time" Michael Santarossa and his mother, Mary Anne, played together during a parent-toddler program offered by Clarkston Community Education.

"Fife goes on scoring spree" Dugan Fife nailed a dozen 3-pointers in two games. He scored 30 points in the Clarkston Boys Varsity Basketball's 79-48 win over Lakeland. Then, 49 points against Waterford Mott, 73-63.

50 years ago - 1967

"Village receives money from Highway fund" The village of Clarkston received \$1,814 as its share of the fourth quarter Motor Vehicle Highway Fund distribution. All state gasoline and diesel fuel taxes and license plate fees went to the fund.

"Nominated for Service Academy"
Jack W. Frost was nominated by U.S.
Senator Robert P. Griffin to compete fo
an appointment to the U.S. Naval Academy at Annapolis. There were six nominees for one vacancy.

"Hearts and flowers time" Steve Dubats, a fourth grader at Andersonville Elementary gave a Valentine to his teachers, Miss Chambers.

Redefining 'ethics,' but understanding 'change'

These Jottings first ran on Feb. 14, 2009, during President Obama's cabinet appointment process.

Sorry Jottings readers, but I'm impelled to get into the presidential appointing process that's nearing its 30th day.

We all know about Hillary's background, which hardly qualifies her for what we've always thought is our negotiator to the world, but we've made excuses for her.

Then came President Obama's nominee for Secretary of the U.S. Treasury.

Now here's a post that rings of honesty. The money handler. A trustee of our trillions. A position in which public confidence is primary.

On a Sunday President Obama announced on talk shows his intention to bring integrity to his administration. "Ethics will be a priority."

The next day he announced his choice for the Treasury leadership, Timothy Geitner.

Then came the accusations, then the admittance of his failure to pay income taxes starting in the year 2001.

I guess it was his ethics that got him to say, "These were careless mistakes. They were avoidable mistakes." Obama said of Geitner, his skills were very important and he's an "irreplacable" person.

Jim's **Jottings**



a column by Jim Sherman

Would these revelations come forth were he not been nominated by Obama? I would guess not. After all he got away without paying these taxes for seven years. The IRS didn't catch him. Who then?

Then comes another nomination, this one for Secretary of Health and Human Services, Tom Daschle. He, too, had

"unintentionally" not paid income taxes but pleaded, "My 30 years of public service should count."

Last Tuesday he withdrew his candidacy.

Ethics? Christopher Dodd accepted a loan of about \$150,000 from Countrywide Financial before voting for the infamous bailout.

Charlie Rangle is another DC politico who has been named for not paying his income tax.

There are also blemishes on the new Attorney General's (Eric Holder) past.

Along the way few politicians have come out forcibly against the appointments. With a wink of an eye they mark "aye" on their ballot.

Obama also pledged to "stop the revolving door between lobbying and appointed positions." It was a temporary ruling. Two nominees were named by Obama with such background.

Ethics in government? Hasn't happened yet, ain't gonna happen either -- ever. There's just too much money with an even more abundance of greed.

I will not be surprised if a nominee in the not too distant future will be Rod Blagojevich.

Okay, I'm back. Last week I printed some of Liz Baldwin's "tricks" on hosts. It was this same Ms. Baldwin who wrote Miss Manners asking, "Should toilet paper be installed for the lead to come off the bottom or top of the roll?"

Miss Manners printed the answer in the Detroit Free Press: "I have contacted all the makers of toilet paper I'm aware of and they all agree it should come off the top."

Hazel and I went to counseling to settle our difference on that one.

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A "senior living" supplement went past my eyes recently. I stopped after seeing suggested recipes for Zucchini Salad and Chickpea Masala.

The recipes were from Chef Gordon Bowman of Beaumont Hospital, Royal Oak. The zucchini salad has 15 ingredients. The masala, 14. They have such stuff as julienned tomatoes, cumin, coriander and turmeric. When there are that many ingredients, I believe they offset each other.

My daddy died at age 93 in Owosso Memorial Hospital, the same hospital I was born in. My daddy was a beef and beer survivor, and I assure you he never had a zucchini or chickpea salad.

And, I won't either.

The boy who cried wolf, or the sky is falling (so stop yelling!)

This is hard to admit, but I am almost to the point of shutting down on any and all news, fake or otherwise in regards to this, our United States of America. "But, Don," you're probably saying out loud to nobody in particular, because I ain't there in person, "You are my filter, my voice of reason in all things local and national

 how can you check out on me like this? That is so uncool."

To you, the faithful I say, "I am Rush Me ALMOST to the point."

I am not there yet, I just wanted to give you all a heads up. I am sooooooo close to telling you all, the whiners on the left and the yellers on the right, to take your messages and shove it where the sun don't shine (but maybe that is not a good idea either, because that would mean all those messages would A column by come here to our part of Michigan Don Rush where the sun really hasn't shone much since 2016).

Hmmm. I reckon I will have to give this a little more thought. In the meantime . . .

Whenever I turn on the news (radio, TV, or from national newspapers/magazines online), all I hear are folks velling at each other from behind their handpainted signs on opposites of whatever street they may be standing. There is no dialogue. There is only, "you suck!" and "You suck more!"

One side is afraid of everything and feeds on that

fear by continually screaming about their fears. In any "energy" work "likes" attract "likes." If you are always afraid and agitated, you will attract "like-minded" people who are afraid and agitated. Together, the afraid and agitated further stir up their angst.

Because of the volume and amount of their protestations, the other side is outraged and annoyed and is starting to (in their minds) "fight" back. "Shut up and be quiet. We won the election!"

And, while both sides of the American spectrum have the right and should be involved in the Americanidea, can I offer a little bit of common sense to the equation before my head explodes or you all force me to move into a cabin in the middle of the Upper Peninsula with nothing but an ax, 30-aught-6, plenty of ammo, knifes, a sharpening stone and no electricity.

When I was a kid, I remember two different children's stories. One was called, "Chicken Little," the other, "The Boy Who Cried Wolf." And, for some reason, in my advancing age, those two stories are making a connection to the state of today's fear. If I remember correctly, Chicken Little was running around screaming, "The sky is falling, the sky is falling," getting a small town into a panic when only an acorn fell from a tree. In other story, a lad cried wolf to other villagers all the time, even when there was no wolf. When there was finally a real wolf and the boy cried, "wolf!" no villagers came to the rescue and he was eaten.

The moral of both stories was something like, for those who scream too much, things end badly.

As an adult, I am oft to offer the following sage advice: (that can be used in parenting, in business leadership and life in general). I think I will present it here as a Confucian ancient Chinese secret parable thingy.

"He who yells all of the time is heard none of the time."

Think about it this way, if you are a kid growing up and your dad is one of the non-stop blustering, loud sort, what happens? You are the kid who soon tunes out your dad, turns inwards only waiting for your chance to escape that home. If you are the employee whose boss only screams when she talks, you are the employee who will always underperform and is always looking for a better place to work.

So, to tie all these awesome Don-Rush-y thoughts together . . . "My fellow Americans, we have nothing to fear but fear itself. Please, take a deep breath of cleansing, fresh air. Take a step back. Instead of acting out of fear and emotion, stop! Instead of yelling your condescensions, stop! Listen to the side you are not standing. Validate each other's concerns. Strive for commonality as a step-stone for future dialogue."

Or just keep yelling and screaming to live your lives in anger and fear. Your call (just let me know so I can look into that up north property, deep in the woods).

Send comments to DontRushDon@gmail.com



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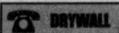
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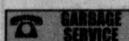
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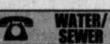
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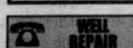
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PUBLIC NOTICE Because the People Want to Know INDPENDENCE TWP.

SYNOPSIS TAKEN BY THE TOWNSHIP BOARD THE CHARTER TOWNSHIP OF INDEPENDENCE **FEBRUARY 7, 2017**

A. A Regular Meeting of the Charter Township of Independence Board was called to order at 7:00 PM at Independence Township Hall.

The Pledge of Allegiance was given.

ROLL CALL: Present: Pallotta, Brown, Loughrin, Ritchie, Schroeder, Kittle arrived at 7:30 PM Absent: Aliaga

There was a quorum present.

Also Present: Lt. Mark Brown, Fire Department; Doreen Groth, GIS Manager; Wendy Hillman, Finance Director, David McKee, DPW Director; Mitch Petterson, Fire Chief; Derek Smith, Parks, Recreation & Seniors Director; Rick Yaeger, Budget Analyst; Nancy Faught, P.E., Vice President/Partner, Hubbell Roth & Clark, Inc.
D. APPROVAL OF AGENDA: As amended by RELO-

CATING agenda item I-02 Report: Supervisor's Report AFTER agenda item I-03 Report: 2016 4th Quarterly Investment Report and REMOVING agenda item M-01 Request to Accept Proposal / Waive Procurement Policy - 2017 Capital Improvement Project Bay Court Park / Lakeview Building Renovations.

CLOSED SESSION: None.

BOARD/PUBLIC ANNOUNCEMENTS: Trustee Schroeder

PUBLIC COMMENT: None

PUBLIC HEARING: None

PRESENTATIONS AND REPORTS:

1. Presentation: Hyland; Creator of OnBase - Enterprise Content Management System (ECM) -Vince Carter, Account Manager (Barbara A. Pallotta, Clerk)

3. Report: Supervisor's Report (Patrick J. Kittle, Supervisor)

2: Report: 2016 4th Quarterly Investment Report (Paul A. Brown, Treasurer)

CARRYOVER / POSTPONED AGENDA ITEMS: None

CONSENT AGENDA: Approval of the Board of Trustees Regular Meet-

ing Minutes of January 17, 2017 and Special Meeting Minutes of January 30, 2017 2. Approval of the Payroll of January 27, 2017 and

the Check Run of January 31, 2017, for a Total Amount of \$1,377,515.95

3. Approval of Amendment - Community Development Block Grant (CDBG) Public Service Contract for PY 2015-Clarkston Area Youth Assistance (CAYA)

L. ITEMS REMOVED FROM THE CONSENT AGENDA:

REGULAR BUSINESS:

Request to Accept Proposal / Waive Procurement Policy - 2017 Capital Improvement Project - Bay Court Park / Lakeview Building Renovations Removed from Agenda under D. Approval of Agenda

2. Accepted Quote - Emergency Repair / Parview Sewer Lift Station

Approval of Second Amendment to Premises License Agreement - Hydaker-Wheatlake Company

Approval to Create and Fill New Full-Time Position - Budget & Operations Analyst

Approval of Agreement - Lancaster Lakes II,

grades Project / Labor

Reappointed Board and Committee Member N. COMMUNICATIONS / FUTURE AGENDA ITEMS /

Minutes: Corridor Improvement Authority (CIA) Regular Meeting - Final - October 20, 2016

Report: Fiscal 2016 Actual to Budget Update for Period Ending December 31, 2016 Report: Building Department Monthly Reports -

October, November and December, 2016 Report: Fire Department Monthly Report - Janu-

ary, 2017 Communication: Water Resources Commissioner

(WRC) - Petition for New Chapter 20 Drain, dated January 19, 2017 and Notice of Hearing regarding Petition to Locate, Establish and Construct an Intra-County Drain Project, received January 30,

Communication: Great Lakes Water Authority (GLWA) Public Hearing Notice - FY 2018 Wholesale Sewer Service Charges

O. BOARD MEMBER COMMENTS: Supervisor Kittle ADJOURNMENT: The Regular Meeting adjourned at 8:49 PM

Respectfully Submitted, Barbara A. Pallotta, CMC Township Clerk

Published: Wednesday, February 15, 2017

Because the People Want to Know

CLARKSTON

PUBLIC NOTICE CITY OF THE VILLAGE OF CLARKSTON 375 DEPOT STREET

CLARKSTON, MI 48346 2017 BOARD OF REVIEW MEETING

All meetings will be at 375 Depot Street Organizational meeting will be Tuesday March 7, 2017 at

6 p.m.

Board of Review meets: Monday March 13, 2017 1 PM to 4 PM and & 6 PM to 9 PM Monday March 20, 2017 1 PM to 4 PM & 6 PM to 9 PM

Tuesday July 18, 2017 6 PM Tuesday December 12, 2017 6 PM

For Appointments Call Oakland County Equalization Division Toll Free 1-888-350-0900 Extension 81862.

City Clerk Sandy Miller

STATE OF MICHIGAN **COUNTY OF OAKLAND**

NOTICE TO CREDITORS Decedent's Estate

TO ALL CREDITORS: The Settlor, CATHERINE M. NEDERVELT, date of birth November 4, 1933, who lived at 701 Market Street, Oxford, Michigan 48371, died November 12, 2016.

There is no personal representative of the settlor's estate to whom Letters of Administration have been issued.

Creditors of the decedent are notified that all claims against the CATHERINE M. NEDERVELT REVOCABLE TRUST u/a/d February 12, 2002, as amended, will be forever barred unless presented to:

BRIAN NEDERVELT, TRUSTEE 9218 4th COURT EAST

PARRISH, FL, 34219 With 4 months after the date of publication of this notice.

Dated 2/08/2017 PAULA. BAILEY P27176 236 S. BROADWAY LAKE ORION, MI 48362

BRIAN NEDERVELT, TRUSTEE 9218 54TH COURT EAST PARRISH, FL 34219

248-693-4080 STATE OF MICHIGAN FILE NO: PROBATE COURT 2016-374, 078-DE

COUNTY OF OAKLAND NOTICE TO CREDITORS

Decedent's Estate Estate of Lucy Ann Borys. Date of Birth: January 15, 1928 TO ALL CREDITORS

NOTICE TO CREDITORS: The decedent, Lucy Ann Borys, died October 29, 2016

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Jon B. Munger, personal representative or proposed personal representative to both the probate court at 1200 N. Telegraph Rd., Pontiac, MI 48341 and the named personal representative within 4 months after the date of publication of this notice

February 7, 2017

Munger & Associates, P.C. Jon B. Munger P54736 4545 Clawson Tank Dr, Ste 100 Clarkston, MI 48346

Jon B. Munger 4545 Clawson Tank Dr, Ste 100 Clarkston, MI 48346

248.618.1200

Because the People Want to Know CLARKSTON PUBLIC NOTICE

CITY OF THE VILLAGE OF CLARKSTON ARTEMUS M PAPPAS VILLAGE HALL 375 DEPOT RD.

CLARKSTON, MI 48346 **ZONING BOARD OF APPEALS** PUBLIC HEARING TUESDAY MARCH 07, 2017 7 P.M.

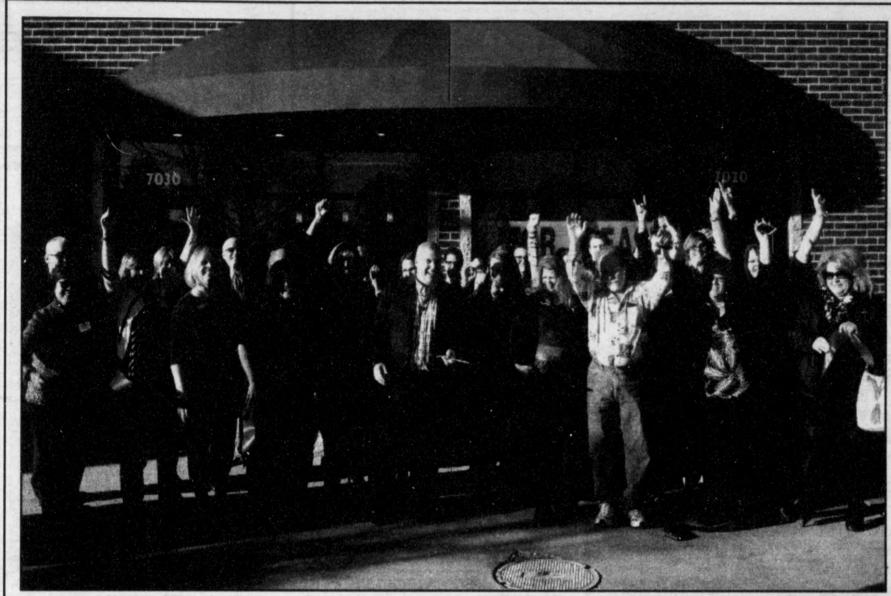
A variance is being requested for 117 N Main Street

This is a variance for 1 ft 8 inches on the north Side for a chimney and 1 ft 6 inches for 2 cantilevers on the South side for additional space in the dining area and study. This is 2 side lot set back variances for a new

Anyone planning to attend the meeting who has need of special assistance under the Americans with Disabilities Act (ADA) is asked to contact the City Clerk's Office at 248-625-1559 at least 48 hours prior to the meeting. Staff will be pleased to make the necessary arrange-

City Clerk, Sandy Miller





RIBBON CUTTING: Capital Title Insurance Agency of Michigan celebrated the grand opening of their new office at 7030 Gateway Park with a ribbon cutting ceremony and open house, Feb. 13. "Instead of having the Clarkston staff in multiple locations, due to previous space constraints, this move will centralize our operations in the area and allow us to better serve our customer," said Tom Lico, president of Capital Title. "The new, larger physical space puts us in a position for increased success in Northern Oakland County, specifically Clarkston." Photo by **Phil Custodio**

Auto clinics

Bowman Chevrolet hosts Education Night from 6:30-7:30 p.m., Wednesday, Feb.

Three clinics will run simultaneously at the dealership, 6750 Dixie Highway, including Car Seat Safety, for all adults transporting children; Car Care 101, for new drivers; and New Owners Technology, for new owners.

"According to the National Highway Traffic Safety Administration (NHTSA), a loose installation is one of the top five most common car seat misuses," said Bob Welker, technician, Bowman Chevrolet. "During the car seat safety clinic, we demonstrate how to properly install and secure each type of car seat and have participants go through the motions of getting a seat in and out of a vehicle."

On average, three out of four car seats are installed incorrectly, Welker said.

In the tech class, technicians will review the basics of Wi-Fi, 4 G LTE and other features and engage participants in a question and answer session. Pizza will be available for all attendees at the end of the classes. Bowman Chevrolet offers free clinics monthly.

Email Cody Simpson CSimpson@bowmanchevy.com. To register for the safety seat clinic, visit www.mysignup.com/bowmanchevrolet.

Public Safety For Clarkston and Independence Township

Warrant arrest

A deputy was dispatched to M-59 and Williams Lake Road in White Lake Township to meet a White Lake police officer for a warrant pickup, 3:38 a.m., Feb. 5. A 27-yearold White Lake Township woman was picked up on a Friend of the Court warrant out of Independence Township.

Expired tab

A 48-year-old Independence Township woman was stopped for driving a car with an expired registration tab, 1:38 p.m., Feb. 6, on Maybee Road at Dixie Highway. She was cited with driving with an expired registration plate and expired driver's license, and issued a warning for no proof of insurance.

License suspended

Dispatched on a family-trouble call in the 6000 block of Cherrylawn Avenue, 1:44 p.m., Feb. 7, a record's check of a 34-year-old Independence Township man showed he had a warrant out of 52-2 District Court and another out of 52-3 District Court, both for

failure to appear on driving-with-licensesuspended charges. He was taken to 52-2 District Court, where he pled guilty to the warrants and was sentenced to 30 days in jail. He was also arraigned on another drivingwith-license-suspended charge and possession of drug paraphernalia. He pled guilty to those charges, also.

Too much salt

A deputy on patrol stopped a truck overloaded with salt on Dixie Highway at Waterford Road, 10:12 a.m., Feb. 9. The pile of salt was higher than the sides of the truck bed, and had no cover or tarp. The truck weighed 30,800 pounds, but was only registered for 26,000 pounds. The company was cited for allowing a person to drive without the proper commercial driver's license, registration plate violation, improper fees paid to the Secretary of State, weight violation, equipment violation for marker lights being blocked, and equipment violation for no license plate light. They were given a warning for not having a cover on the load.





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Sporting News

Who is the next AOW?

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Cagers continue to dunk competition

BY WENDIREARDON PRICE

Clarkston News Sports Writer

Dan Fife expects consistency and effort as the Wolves continue their winning streak with four games left in the regular season.

"It shouldn't matter who they play, but how they approach every game," said the long-time head coach for Clarkston Boys Varsity Basketball. "Often times the game, like all sports, is mental. Their approach can affect how they perform."

He added the boys' strength going into this week is the expectations of this season and the expectation of how they have to

Care

Junior Tristen Mysen jumps to score a basket past a defender from Wayne Memorial, Feb. 6. Photo by Larry Wright

continue to get better to continue consistency.

The Wolves won their 15th consecutive win against Troy Athens last Thursday, 79-26. Senior Dylan Alderson led with 21 points and junior Foster Loyer scored 20 points during the game.

The boost in the score allowed an opportunity to give the starters a break and give players from the bench more minutes, which is always a good thing, Fife said.

He added it also helps as the team gets ready for the post season.

"Just them getting confidence in themselves and allowing me to get confidence in them," Fife said. "Every kid who played felt like they had a purpose. It wasn't just because the game got of out reach. They didn't look at it that way. They still continued to compete."

The Wolves took control of the game against Athens from the beginning as they kept their hosts to a mere four points during the first quarter while posting 30 in the eight minutes

By the time the second stanza finished the Wolves led 55-19 and junior Foster Loyer had hit four 3-point shots.

"It was a good win for us," said Fife. "Our kids played well. They played good on both ends of the floor. We had five guys score in double figures."

The Wolves opened the week at North Farmington and host Southfield Arts & Technology on Friday, 7 p.m.

"They are both very talented teams," Fife said. "I know North Farmington has two new players so they should be a lot more different than the last time we played them. It should be a good game. Maybe the most difficult game of the season."

The Wolves (15-0) host Bloomfield Hills next Friday, Feb. 24, followed by on the road at West Bloomfield, Feb. 28. Then, home for final game in the regular season against Rochester Adams, March 3.

The Clarkston Boys JV Basketball team posted a win over Troy Athens, 68-50. Jake Jensen led with 24 points. Brock Henley scored 12 points and Matt Nicholson had 11.

The freshman team defeated Athens, 62-48. Jaiden Wasilk led with 21 points. Cole Donchez had 14 points and Nate Sesti scored ten points. The boys opened the week against North Farmington.

ATHLETES OF THE WEEK



From left, Mason, Keegan and JT King smile on the Clarkston High School athletic field after a varsity football game. Photo by Larry Wright

Football Kings

BY WENDI REARDON PRICE

Clarkston News Sports Writer

Brothers JT, Keegan and Mason King have taught each other a lot over the years including a sport all three enjoy – football.

JT, a senior at Clarkston High School, reflected on what Keegan and Mason taught him while he was teaching them.

"They've learned from me and I have learned from them," he smiled. "They taught me to be more patient because some things I try to explain to them they wouldn't understand. For my senior year patience was the biggest thing for methe new position of quarterback, going from defense to offense. To be a quarterback, you had to be patient."

Keegan, a sophomore at Clarkston High School, learned from JT how to be humble and from Mason learned how to work hard.

"He reminded me of that every day before I left to go to football," Keegan said. "He would say work hard, do your best."

He added he taught Mason what he learned from JT and their dad.

"Mason will probably be the best player out of all of us because he has the learning experience from two brothers and a dad who played college ball," Keegan said. "Plus, we toughened him up a little."

For Mason, a sixth grader at Sashabaw Middle School, he learned from his brothers to not blame other people, stick together as a team, and be nice to your teammates.

Mason taught Keegan and JT to have fun with football.

"Sometimes they get super stressed and I tell them to calm down and have fun with it," he added.

All three had the choice to do whatever they wanted and each decided to play

Please see Football on page 20



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Wolves head to regionals to continue succes on the mats

BY WENDI REARDON PRICE

Clarkston News Sports Writer

Grapplers celebrated after finishing a successful week – as a team they became district champions and qualified nine wrestlers for the regionals individual meet.

As a team they defeated Waterford Mott, 71-3, and Waterford Kettering, 51-10, for the MHSAA Wrestling District title last Wednesday at Kettering.

"Everyone came to wrestle," said Freddie DeRamus, head coach for Clarkston Varsity Wresling. "Our fans were great and the younger wrestlers on our team got to experience the intensity of wrestling in the environment with team districts on the line. We had two tough teams to wrestle."

He added freshman Adam Sprague, a starter in the 102-pound weight class, had a tough match against Mark Brado from Kettering.

"He got after him and lost a close match," DeRamus said. "He's had a good season for us as a freshmen. Then, you have Noah Burt and Ian Wilson, these two young men turned it up a notch last Wednesday. It was good to see them compete for six minutes."

Both won their matches with Burt winning the 215-pound weight class against Hayden Collie, 4-1; and Wilson winning the 171-pound weight class round against Christian Rush. 5-3.

Other wins were from Mac Hanselman (112) over Juan Santiago with a fall; Cole Wiegers (119) over Tyler Conrad with a technical fall, 17-2; Ethan Polick (125) over Jake Johnson 10-2; Conor Donahue (130) over Desmond Drossart with a fall; Jake Rygielski (135) by void; Houston Hemingsen (145) over Allen Martin, 5-4; Jake Calvano (152) with a fall over Sam O'Brien; Alex Minuth (160) defeated Alex Dorcey in overtime, 5-3; and Nevin Strayer (189) pinned Tyler Hilton 2:37.

The boys qualified nine wrestlers during the individual district meet on Saturday at Troy High School.

Sophomores Mac Hanselman (112) and Conor Donahue (130) left the meet as district

champions on Saturday.

Hanselman went undefeated for the day defeating Marley Munoz from Port Huron Northern, with a technical fall, 21-5; Sean Phalen from Rochester Adams, 5-2; and Varun Mangal from Rochester Adams in the championship round, 6-0.

Donahue (130) was undefeated for the day for champion as he defeated Troy's Connor Anderson by a technical fall, 17-1; Oxford's Garrett Tyrrell, 5-1; and Waterford Mott's Max Katsiroubas, 6-0.

Seniors Jacob Rygielski (135), Jake Calvano (152) finished in second place during the day.

Rygielski went 2-1. He posted wins over Oxford's Joe Vackaro, 10-2; and Romeo's William Gaborek, 7-4. He lost to Oxford's Sergio Borg, 9-7.

Calvano went 3-1 with wins over Waterford Kettering's Alex Garascia with a fall; Utica's Dylan Page, 10-0; and Oxford's Trent Myre with a fall. He lost to Romeo's Trevor Houghton, 4-1.

Senior Percy Fowler (285) and sophomore Cole Wiegers (119) finished in third place.

Fowler went 3-1 for the day with wins over Quentin Logan from Waterford Mott, with a fall; Lake Orion's Hunter Chambers, 9-2; and Rochester's Richard Hamilton, 3-1. He lost to Rochester Adams' Ben Petersmark, 5-1.

Wiegers went 3-1. He defeated Utica Eisenhower's Lucas Peck, 8-2; Rochester Adams' Anvj Mangal, 7-3; and Peck for the second time in the third place match, 8-2. He lost to Oxford's Daltan Myers, 8-6.

Sophomore Ethan Polick (125), junior Houston Hemingsen (145), and freshman Jacob Jones (171) finished in fourth place.

Hemingsen when 3-2 for the day with wins over Utica Eisenhower's Alex Decker; Waterford Mott's Josh Rugenstein; and Waterford Kettering's Allen Martin with falls. He lost to Rochester's Paul Leo by a fall; and Troy's Alex Vecchoni, 14-11.

Polick went 2-2 during the day for fourth place. He defeated Stoney Creek's Jack Warner in his first match with a fall. He went on to lose to Romeo's Hunter Garrisi, with a

fall. He defeated Waterford Kettering's Jake Johnson, 14-8; Troy's Brendan Mason, 7-0; and lost Lake Orion's John Moll in the third place match, 8-0.

Jones also went 2-2 with wins over Port Huron's Jacob LeForce with a fall; and Waterford Mott's Mathias, 3-0. He lost both his matches to Utica Eisenhower's Danny Smyk in his first match, 9-3; and in the third place match, 6-0.

Freshman Adam Sprague (103) lost to Troy's Michael Castiglione by a fall.

Sophomore Jake Billette (140) went 2-2 during the day with wins over Port Huron's Alex Bailey, and Troy Athens' Owen Westbrook with falls. He lost to Waterford Kettering's Anthony Gonzalez, 6-5; and Lake Orion's Noah Smith, 3-0.

Senior Alex Minuth and junior Ian Wilson went 2-2 in the 160-pound weight class. Minuth had wins over Waterford Mott's Damien Montgomery with a fall and Wilson, 4-2. He lost to Utica Eisenhower's Jack Morris, 5-1; and Lake Orion's Chris Kade, 5-2. Wilson had wins over Utica's Aidan Spencer with a fall; and Troy Athens' Kyle Selim, 4-2. He lost to Stoney Creek's Kevin Price, 4-1.

Senior Nevin Strayer (189) had one win

over Waterford Mott's Logan Jacobson with a fall. He lost to Oxford's Dallas Winkelman and Utica Eisenhower's Noah Lumetta both with falls.

"As a coaching staff it's great to see wrestlers hit their stride toward the end of the year," said DeRamus. "We want to get all 14 wrestlers to regionals and then to state. We would have liked to get our two seniors Nevin and Alex out of districts. They didn't make it out, but they have all wrestled hard for us this year and have been great leaders on and off the mat. Sometimes the cards don't work in our favor."

The team heads to Rochester Adams on Wednesday for regionals and face Oxford at 5 p.m.

"We just have to wrestle for each other," said DeRamus. "If we do that the result could be in our favor. We have a smart group of young wrestlers. They are mentally tough for young wrestlers. They don't forget much and we see Oxford quite a bit at the end of the season. It should be a fun dual and we'll be ready to compete."

The boys head to the individual regional meet at Oxford on Saturday, starting weight is 160-pound.

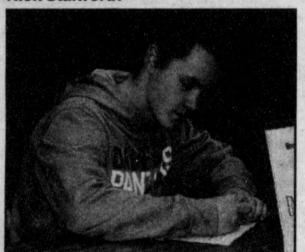


Sophomore Mac Hanselman puts a hold on one of his opponents during the OAA Red meet, Feb. 3. He finished as district champion last Saturday. *Photo by Wendi Reardon Price*

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Brock Schultz



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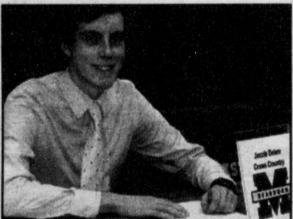
Jake Blaska with some of his football teammates.



Jenna Sommerville smiles with her teammates and coaches. Photos by Wendi Reardon Price



Jacob Moreno



Jake Dolan

Smiling senior signers

Nine Clarkston High School seniors proudly took the next step towards their future as they signed their letters of intent in front of friends and family, Feb. 8.

Continuing to play football are Jake Blaska at University of Mount Union; Carter Gale, Macalester College; Kyle Genter, Concordia University; and Nick Stalworth, Siena Heights University.

Jacob Moreno, Point Loma Nazarene University; and Brock Schultz, Davenport University will continue soccer.

Jacob Dolan will continue cross country at University of Michigan - Dearborn; Kelsey Gilbert, swim, Augustana University; and Jenna Sommerville, lacrosse, Siena Heights University.



Kelsey Gilbert pens her name to swim in college.



Carter Gale shares a laugh with family and his coaches.

Students achieve success

Gabe Nickels, a resident of Clarkston and a student at Our Lady of the Lakes in Waterford, signed his letter of intent to play football at Hillsdale College.

He is an inside linebacker and an offensive lineman. He was named First Team All-State by the AP, All-County and All-Catholic in the 2016 season and led Oakland County in tackles during the regular season.

Nickels is a member of the National Honor Society and also plays basketball and baseball for OLL. Gabe is the son of Paul and Susan Nickels.

Ben Bellestri of Clarkston, a sophomore studying Civil Engineering, was named to the Trine University Fall 2016 Dean's List for main campus students.

To be named to the Dean's List, a student must maintain at least 15 credit hours and have between a 3.5 and 3.749 grade point average.

Clarkston resident Paige Morrison earned a spot on the University of Dayton's fall 2016 dean's list, which honors undergraduate students achieving a minimum 3.5 GPA for the semester.

Maria Pangori has been named to the John Carroll University Dean's List for the Fall 2016 semester.

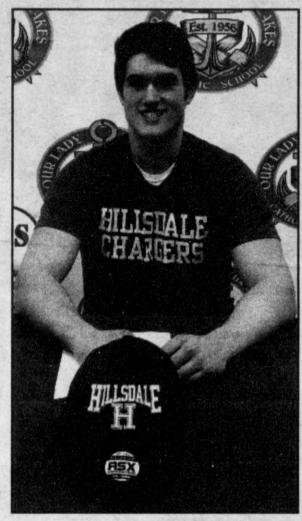
Students eligible for the Dean's List must have completed a minimum of 12 semester hours within one semester and have a quality grade point average of at least 3.5 on a 4.0 scale.

Sarah Fluegel of Clarkston was named to the College of Arts and Science's Dean's List for the first semester of the 2016-2017 academic year at Loyola University Chicago.

Fluegel is a 2015 graduate of Clarkston High School with a dual major in Advertising/Public Relations and Dance.

The Dean's List honors students with GPAs equal or over 3.50.

Sean McNeil of Clarkston made the Dean's List for the Fall 2016 semester at the Georgia academic record of 4.0, all A's.



Gabe Nickels

Institute of Technology. This designation is awarded to undergraduate students who have a 3.0 or higher academic average for the se-

Monica Toohey of Clarkston, sophomore Biology major at Hillsdale College, was named to the Dean's List for the 2016 Fall semester.

She is the daughter of Patrick and Dianne Toohey of Clarkston and is a 2015 graduate of Everest Collegiate High School.

Clarkston students Taylor T. Luis, Mackenzie R. Sowers, and Katrina Marie Waelchli were named to the Dean's List, and Erin T. McNeil of Clarkston was named to the President's List at The University of Alabama for the 2016 fall semester.

The Dean's List honors students with an academic record of 3.5 or above, and the President's List honors those with an

Thank Clarkston for your felt support!

The Clarkston High School Girls Basketball Team defeated Stoney Creek, 47-37, in our 4th Camo-out game. Hoops for Troops raised over \$3,300 to be donated to North Oakland Veterans Treatment Center. This donation was made in the name of 2006 Clarkston graduate Jena Beno who died after serving her country in Iraq.

Thank you to everyone for all your donations and support



REHABILIATION



Q Winter Fitness: What can yo do to stay active this winter?

The cold winter weather has a tendency to dissolve motivation, especially the motivation to exercise and stay active. Loss of sunlight may bring winter blues and cold temperatures are perfect for snuggling under blankets. It's easy to ignore exercise routines and the benefits of an active lifestyle, such as a lowered risk for diabetes and heart disease. Exercise also reduces joint aches and pains, and even helps combat winter

fatique. At Lourdes Senior Community we recommend these three tips to help you stay active this winter: Find a Partner: it's always a good idea to have a friend to exercise with. Having a partner makes the sometimes-dreaded-task of exercise more pleasurable. It will also encourage you to go even when you don't feel like it.

Change-It-Up: motivation to exercise is easier to find when the activity is new and exciting. Find new movements to incorporate into your routine or a new class to take. Change your scenery. Walking an indoor mall or arena, instead of the treadmill at the gym every day, may

Give Yourself Incentive: reward yourself with a favorite treat. This does not have to be a sweet. A treat could be a new book, a trip to the movies, or a healthy lunch at your favorite restaurant. Adding incentive will help you meet and maintain health goals.

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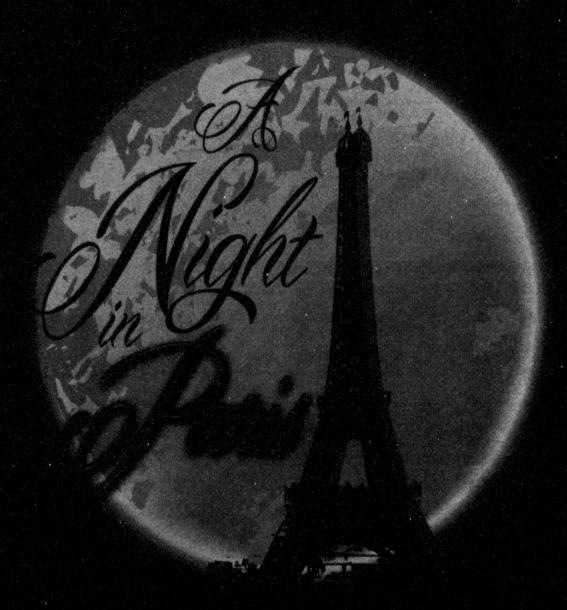
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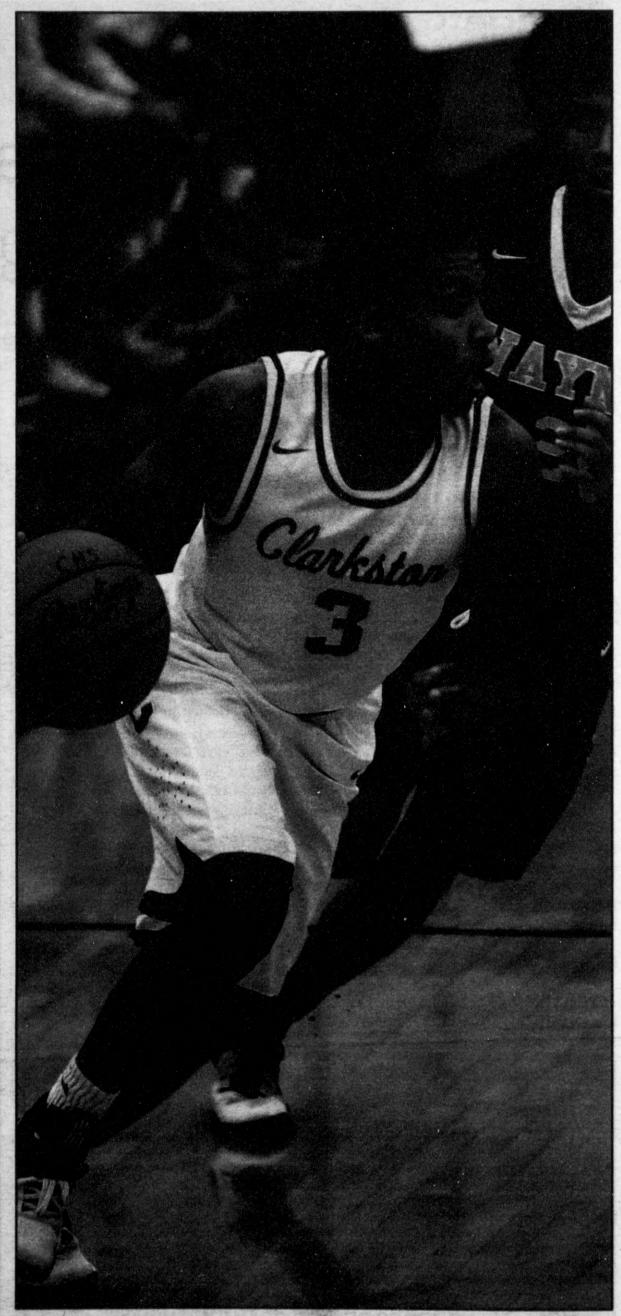
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ZIPPING BY: Junior CJ Robinson runs past a Wayne Memorial defender during the Wolves 73-68 win, Feb. 6. Join Clarkston this Friday as they host Southfield Arts & Technology. Photo by Larry Wright/WrightAction Pix

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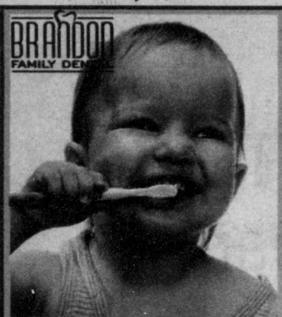
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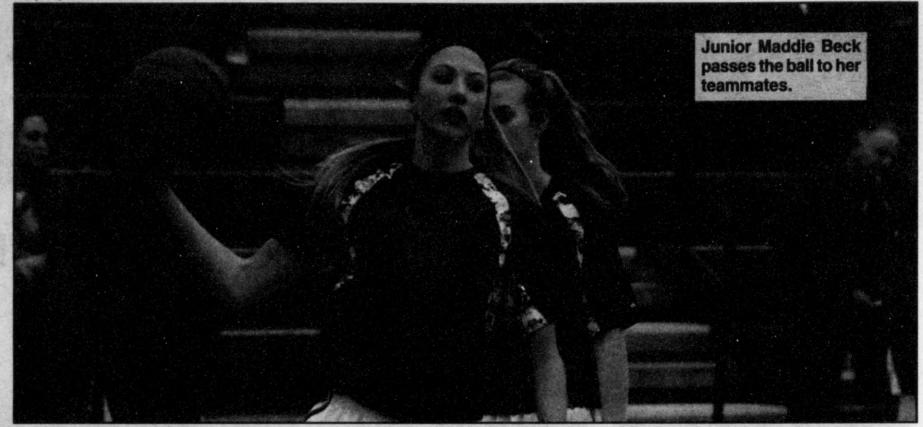
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The Lady Wolves applaud after Pat Kittle's speech explaining North Oakland County Veterans Treatment Court.



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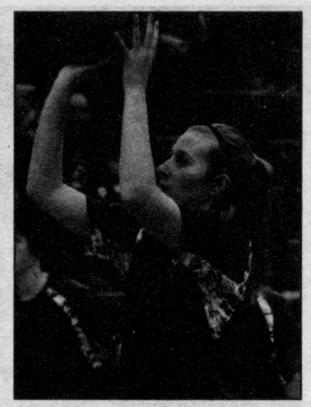
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Independence Township Supervisor Pat Kittle explains what Hoops for Troops means to veterans.



Junior Ali Buscher practices her shots as the Lady Wolves warm up before

Hoopsters for the troops

Continued from page 1 a normal community such as ours and went through grueling training in combat skills," he said.

Then, they witness and experience battle conditions which Kittle described as horrific and frightening.

"Then, they come home," he said. "Many have made the transition. The problem is many do not."

He added, veterans struggle not only physically but emotionally from what they experienced along with struggling with posttraumatic stress disorder, anxiety attacks, insomnia, deep depression and survivor's guilt. A way to cope is with too much alcohol or too many drugs or resorting to criminal behavior.

NOCVTC steps in to address the underlining issues which got the veteran into the criminal system.

"Just throwing the veteran in jail does nothing for the individual," Kittle said. "Nothing to address the real issues they are dealing with."

The NOCVTC helps veterans assimilate back into civilian life by removing obstacles preventing vets from staying focused to have a healthy lifestyle.

Hoops for Troops is held in honor of Jenna Beno, a 2006 Clarkston High School graduate, who passed away October 2012 from injuries she sustained while serving in Iraq.



From left, Chloe Traynor, Jean Parke, Megan Goldberg and Sidney Sitar announce winners of the raffle prizes. Photos by Wendi Reardon Price

Varicose Vein treatment covered by insurance?

"Americans who are suffering from unsightly, swollen, painful varicose veins might want to take closer look at their insurance", says Dr. Charles Mok D.O., at Allure Vein Center.

"What most people don't know is that the Affordable Care Act, commonly referred to as Obamacare, covers treatment for varicose veins," he adds.

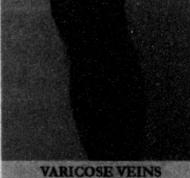
"We're seeing more and more people for this condition. Why wouldn't you have it treated when its an easy procedure with little to no out-of-pocket costs?"

Forty million people suffer from varicose veins, which can result in substantial pain and complications if not treated. Symptoms may include:

 bulging veins •restless legs aching, throbbing, cramping

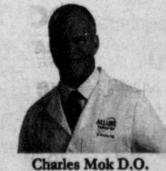
"Early detection with free vein screening is essential," says Dr. Mok. "Wait too long and you could experience unwanted skin changes including swelling and skin ulcers."











FREE Vein screening February 19th & February 25th Allure Vein Center - Clarkston 7300 Dixie Highway, Suite 200 Clarkston, MI 48346

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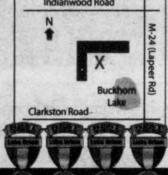
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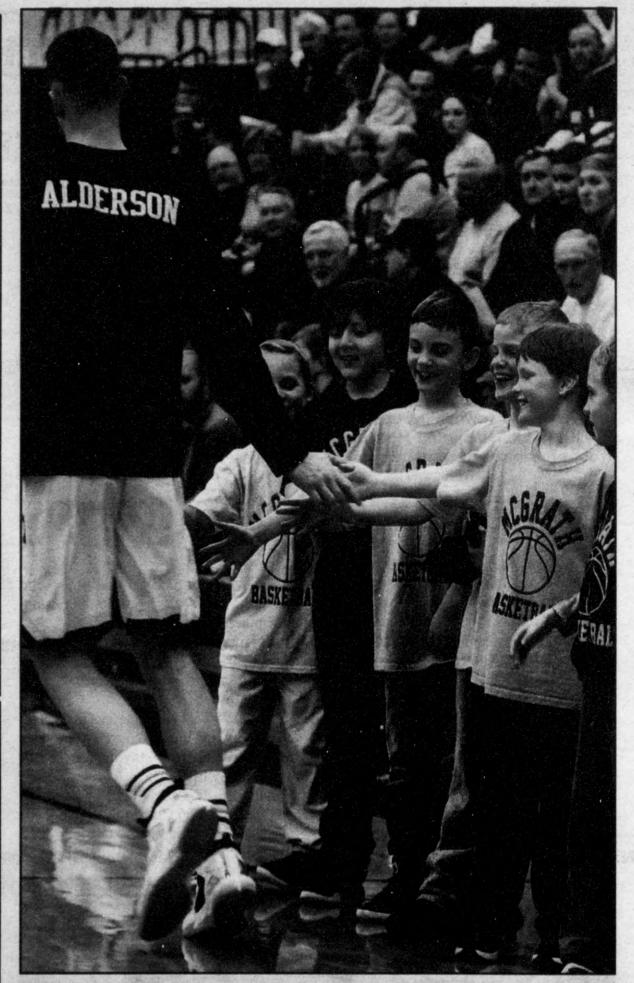
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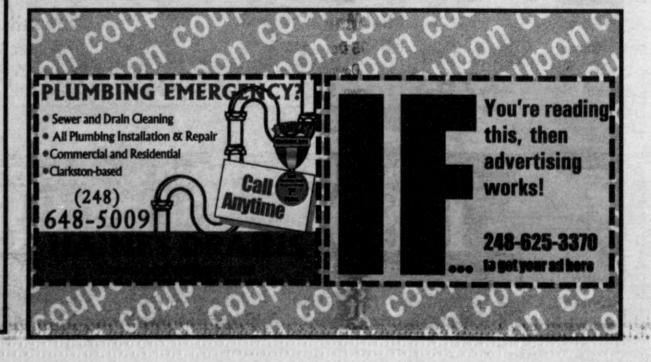
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HIGH FIVES: Young cagers from McGrath Basketball League high five senior Dylan Alderson during warm ups. The boys play in the league every Saturday from December to the end of February. Photo by Larry Wright



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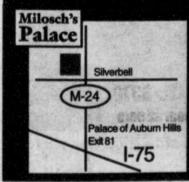
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Football in family

Continued from page 10

football, just like their dad, John King who played for Central Michigan University.

JT began playing for the Clarkston Chiefs in second grade before playing for Sashabaw Middle School in seventh grade. He finished his senior year with the varsity team as starting quarterback in the fall.

"I always had a love for it," he said. "I had the choice to do whatever I wanted. I gravitated towards football. It was something I wanted to do."

He explained when he was younger he played because he wanted to score touchdowns.

"It was the best feeling in the world," JT explained. "As I got older it was more of a release where I could do something I couldn't do a lot. I could let go of my energy. Once I came off the field I knew I had to go back to being calm."

Being part of the Chiefs and Clarkston Football programs he learned a lot about wok ethic, which he carries with him to college next fall.

Keegan remembers one of his first sports was golf but was intrigued by football from his dad's stories. He joined flag football and played from first through fourth grade before becoming a Clarkston Chief. He finished his fall season moving up to the varsity team after the junior varsity team finished their season.

"Once I got to playing football it made me realize how special of a sport it was," he said. "I really like it. It is really fun with teammates and my dad got to coach me. It's a really fun experience."

Mason finished his last year with the Clarkston Chiefs on the JV White team, playing the positions of halfback and middle linebacker. They finished as the Northern Youth Football League Superbowl Champions.

"We gelled good as a team," he smiled. "We wanted everyone to be involved."

He began playing because his dad played and he watched his brothers play.

"I thought it would be fun to play," he said. "My family impacted me to play."

He added he enjoys football because it is a team sport.

"You don't find people just talking about themselves," Mason said. "You rely on each other and bond with your team. There's nothing like it. My dad still has friendships with his teammates from college."

JT plans to go to Central Michigan University next fall and will not continue playing football. He wants to focus on his academics as he pursues business. He explained his grandfather and father were his inspiration to study business.

"It has always been something I have been around," JT said. "I am doing an internship right now through school and I am enjoying it."

Next for Keegan is lacrosse in the spring before getting ready for his junior year in football.

"Goal is the same as everyone," he said looking ahead at his junior and senior seasons. "Try to win a state championship and work hard in the off season to get to the goal."

Mason plans to start training more, something him and his friends have been talking about.

"The dream is to grow up and play football in the NFL," he said.

JT added he was proud to see Keegan and Mason continue the football tradition.

"Just seeing them grow up is different," he reflected. "Not to be out there will hurt, but I would love to see them play. I will always come back and watch them play. Either them playing or my sister doing gymnastics, I will always be there."



Mike and Kylie Otto show off some dance moves.



Matthue Maynor wears his U.S. Army dress blues to the dance, with his daughters Alissa and Isabella Maynor.



MAY I HAVE THIS DANCE?: Fathers and their girls fill the dance floor at Clarkston High School for the Daddy Daughter Dance, Feb. 11. Photos by Phil Custodio



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Events

Wild Game Dinner, 6-9 p.m., Feb. 18, American Legion Post 63, 8047 Ortonville Road. Raffles, drawings, Booze Basket. \$20. 248-625-9912.

Holistic Ladies Night Out, massage, chakra balancing, oracle cards, 6-9 p.m., Thursday, Feb. 23. \$20. Journey To Health Chakra, 5770 S. Main Street, Suite C. Register, 248-505-8010.

Benefit for the 10th Annual Angels' Place Race, 5-9 p.m., Feb. 23, Mr. B's Roadhouse, 6761 S. Dixie Highway. Portion of bill supports race, May 13, supporting people with developmental disabilities in our community. 248-625-4600.

Daytona 500 Fundraiser for O.A.T.S., Offering Alternative Therapy With Smiles, 12-5 p.m., Feb. 26, Bullfrogs Sports Bar & Grill, 2225 M-15 in Ortonville. Silent auction, basket raffles. 20 percent of orders donated to O.A.T.S. 248-620-1775.

Sunday

Donation-only class benefitting O.A.T.S., Sundays, 9:30 a.m., Yoga Oasis, 6160 Dixie Highway behind Pete's Coney. All welcome. 248-770-5388.

Monday

Line Dancing, Mondays, Independence Senior Community Center, 6000 Clarkston Road, Beginner, 10-11 a.m.; Intermediate, Advanced, 11 a.m.-12:30 p.m. Country, Salsa, Cha Cha, Rock and Roll with Rosemary Hall. \$3.

Clarkston Rotary Club, Mondays, 6:30 p.m. Buck Shots Bar and Grill, 7048 Gateway Park Drive. 248-880-0027.

Grief Support Group, Coats Funeral Home, 6:30 p.m., first and third Mondays, Community Presbyterian Church, 4301 Monroe Street at Sashabaw. 248-623-7232.

Bingo games, Community Singles, Mondays, 5:30-6:30 p.m., Big Boy, 6440 Dixie Highway. Dinner, dessert prizes. 248-812-0604.

FOP Post 132, third Monday, 7 p.m., American Legion Post 63, Ortonville Road.

Fitness 4 You classes, \$5 walk-in, New Hope Bible Church, 8673 Sashabaw Road, Call Patty, 248-520-3297.

Grocery Store Class by Nuview Nutrition, Mondays, 6-7 p.m., smart shopping for wallet and diet, at Kroger store, Dixie Highway

Around Jown

A calendar of places to go, people to see and things to do



Local fitness fans raised more than \$3,000 for a family in need, Feb. 4, at the Xceleration Fitness "Stephen Strong" event. "Thank you so much to all who came out and helped this family," said owner Ben Boudro of Lake Orion. "That was the most special day we've ever had at Xceleration Fitness." Stephen is a Rochester Hills boy who is battling Stage 4 Neruoblastoma. Proceeds were donated to Stephen's family to help pay medical bills and lost wages while the parents support Stephen and their 6-year-old daughter, Angela. They also have a fundraising page at https:/ /www.gofundme.com/2rdz2t5t. Photo provided

and Maybee Road. Group tours, \$20. Private classes by appointment, \$80/person. 248-625-5143.

Indoor Pickleball, Mondays, Wednesdays, Fridays, Saturdays, 9-11:30 a.m., all skills, \$3 drop in; Tuesdays, 6-9 p.m., experienced and competitive, \$4 drop in, First Congregations Church of Clarkston, 5449 Clarkston Road. Call Mary, 248-625-8231.

Meditation Class, Intuitive Exercise, Monday, Feb. 20, 7-9 p.m., \$25, Journey To Health Chakra, 5770 S. Main Street, Suite C. Register, 248-505-8010.

Tuesday

Community Sing, second Wednesday, 7 p.m., Feb. 8, Conservanoy. Led by experienced musicians. No fee, just join in and sing.

Wint's Healing Hearts Grief Support Group for all ages for those who have recently lost a loved one, 7 p.m., Feb. 14. Topic: When Will I Feel Better? Carriage House in Clintonwood Park on Clarkston Road. No registration necessary. Free. 248-625-5231.

Clarkston Community Women's Club, third Tuesday, 7 p.m., Clarkston Independence District Library, 6495 Clarkston Road. 248-909-3920.

Grief Share, 13-week seminar/support group for those suffering loss, 7-8:30 p.m., Tuesdays, The Gathering Place, 9811 Dixie Highway. 248-694-9351.

Clarkston Community Band rehearsals, 7-9

HEY CLARKSTON! WHAT'S HAPPENING AT YOUR LIBRARY?

p.m., Tuesdays. \$30/semester, free for high school students. Band room, Sashabaw Middle School, 5565 Pine Knob Lane, clarkstonband@gmail.com.

Needlework Night, fourth Tuesday, 6:30-8 p.m. Stitch and visit. Everyone welcome. Springfield Township Library, 12000 Davisburg Road. 248-846-6550.

Widowers and Widows On With Life Group, 7 p.m., first Tuesday, third Wednesday. Dinners, breakfasts, golf, social gatherings, rap sessions for ages 35-80. 248-393-8553.

Town Hall Quilt Guild, third Tuesday, 7 p.m., First Congregational Church, 5449 Clarkston Road. Guest fee, \$5. 248-705-7310.

Big Chief Barbershop Chorus, 7:30 p.m., Tuesdays, Waterford Oaks, 2800 Watkins Lake Road. Call Walt, 248-922-9090.

Nuview Nutrition Meet & Greet, 6:30-8 p.m., first Tuesdays, free, 7300 Dixie Highway Suite 500. Pre-register, 248-625-5143; Dinner Planning/Prepping 101, Feb. 21, 6:30-7:30 p.m. Healthy, quick, easy, delicious. \$15. RSVP, 248-625-5143; Health and Healing: the Central Nervous System, March 14, 6:30-8 p.m. Dr. Bennett from Orion Family Spinal Center will do risk assessments to determine nervous system health. \$15. RSVP, 248-625-5143.

Wednesday

Community Sing, second Wednesday, 7 p.m., Feb. 8, Conservatory. Led by experienced musicians. No fee, just join in and sing.

Clarkston Optimist Club, 7:30-8:30 a.m Wednesdays, American Legion Post 63, 8047 Ortonville Road, north of I-75, www.clarkstonoptimist.org

Clarkston Area Youth Assistance, second Wednesday, 6:30 p.m., Independence Township Hall, 6483 Waldon Center Drive. 248-623-4313.

Thursday

Clarkston News' Coffee Club business networking, 7-9 a.m., Clarkston United Methodist Church, 6600 Waldon Road. Free. Facebook.com/coffeeclubmi, www.clarkstoncoffeeclub.com.

Coffee and Conversation, Thursdays quarterly, April 27, July 27, 10:30 a.m., Bartsch Hall, senior center in Clintonwood Park. Modera

Please see Around Town on page 33

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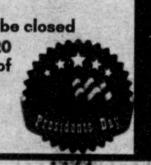
Morning Coloring Club Tuesday, Feb. 21 10:30 am Feeling a little stressed? Color your way to calm at the library and make something beautiful efore lunch. For ages 18 and

over. Registration is required.

Music & Movement Friday, Feb. 17 10:30 am

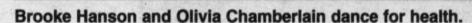
Bring your toddler and preschool aged children for a fun 30 minutes jam packed with tons of music and movement activities!

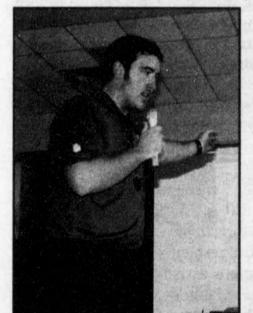
The library will be closed Monday, Feb. 20 in observance of Presidents Day





Student volunteers Jaxon Boisclair and Lillian Haviland.





The Lions' Coach Pat talks to the students about leadership and living a healthy lfiestyle.

Lions demonstrate healthy living

BY JESSICA STEELEY

Clarkston News Staff Writer

Bailey Lake Elementary students learned about living a healthy lifestyle during their second annual Health and Wellness Day.

The day began with a variety of health experts from around the Clarkston community visiting the school and doing different health sessions with the students, PTA President Dena Pflieger said.

Pflieger was one of the chairpersons who helped create and run the PTA-sponsored event.

"The kids were able to spend about 15 minutes as they went to six different sessions so they learned a lot of different kind of health topics," she said.

A leadership session in the afternoon was led by two coaches from the Detroit Lions Football Education Division and the Lions' mascot, Roary.

The afternoon also involved the students in an Academic Service Learning project, Pflieger said, with students doing some work with an elementary school in Flint.

"It's health about our personal self, but also how do we help the

people around us," she said, "helping our own health and then helping health of others, so it's kind of neat to have the whole view of health."

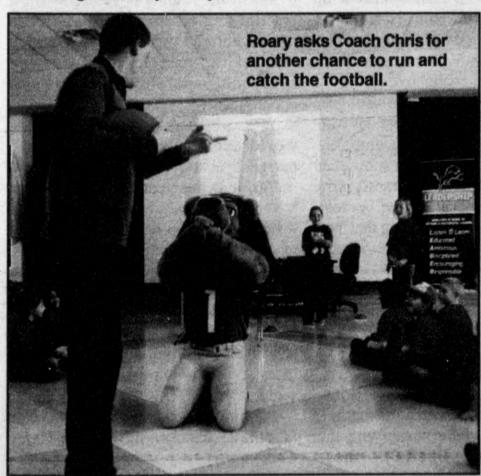
Principal Glenn Gualtieri said it was a great day for everyone and displayed the healthy body, healthy mind connection which promotes an active, healthy learning style.

"In the Lions assembly, they talked about being a learner for your entire life and that's what we try to talk about here with the students and our teachers," Gualtieri said. "The teachers learn

with our students every day. I know I learn something from my kids every day, and it's another way to promote that in a different light."

He also said visiting community members could connect with students and share their professions' message about how what they do in life affects staying healthy and being mentally strong.

"It's neat to make those connections with the community, do an academic service learning project and also having some visitors not only our kids can learn from, but our adults can learn from too," Gualtieri said.





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DAKLAND EPC

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Matthew Long

I believe most of us are familiar with Aesop's Fable of The Boy Who Cried Wolf; a bored shepherd boy cries, "Wolf, wolf, a wolf is chasing the sheep" and the villagers run up the hill to help drive away the wolf only to find the boy laughing at his cleverness.

Still bored the boy tried the ruse a

second time with the same results. When a wolf really did show up and he yelled, "Wolf, wolf" the villagers figured he was lying once again and didn't react.

The moral being, no one believes a liar even when he tells the truth. Ah, if this were only true!

In my youth I can remember the Gulf of Tonkin incident, seeing the reports on the nightly news and pictures in the newspapers and magazines.

This was the basis for the Gulf of Tonkin Resolution that propelled us into the Vietnam War. Recently declassified documents have shown that the incident never happened.

Recently declassified documents have shown that in 1968 the Nixon campaign subverted the Paris Peace Talks with promises to South Vietnam that he would win the war for them. The war went on for five more years with countless lives lost and the South conquered.

Many believe that the Reagan opportunity. campaign subverted the negotiations with Iran for the release of the embassy hostages with promises of weapons that later led to the infamous Iran-Contra affair. We went to war in Iraq because of intelligence reports indicating that they possessed "weapons of mass destruction" and that they were preparing to use them against us and our allies. No evidence of these weapons or that they had existed has ever been found.

Lies, fibs, falsehoods, deceits, untruths, inaccuracies, distortions, fictions, dishonesties, disinformation, alternative facts, fake news: with the advent of the internet, these

manufactured False Evidence Appearing Real (fear) can circle the globe twice before the truth even wakes up.

These elicit our fight or flight response where we choose between fighting everyone and regretting or forgetting everything and running.

Or, we can follow our Master Teachers leading, "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." John 14:27. We can choose to respond in love rather than reacting in fear. We can choose to face everything and renew. When we choose to respond in love, this is when we are truly born anew. John 3:3.

The world likes to cry, "Wolf!" The world wants us to be afraid. When we are afraid we have given over the power to control us to the world and its agents. When we choose love and let go of fear we regain our connection with the divine power that is God and can choose good orderly direction.

We can respond to world events with love thereby assisting to realize Heaven on earth. Matthew 5:10.

"Father, forgive them, for they do not know what they do." Luke 23:34.

If we are to truly emulate the divine, to follow the leading of Jesus, we must practice forgiveness. We need to let go of past hurts in order to move forward and realize present joys. Forgive everyone and rejoice, this is our

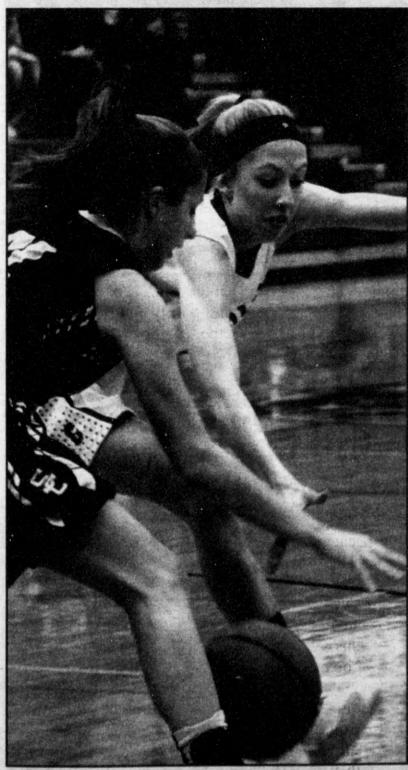
Whatever perspective you have on world events, know that it is one perspective. It is valid and true for you.

Yet, it is one perspective. Everyone has a perspective. When we respond with love, we can step back and be open to everyone's perspective.

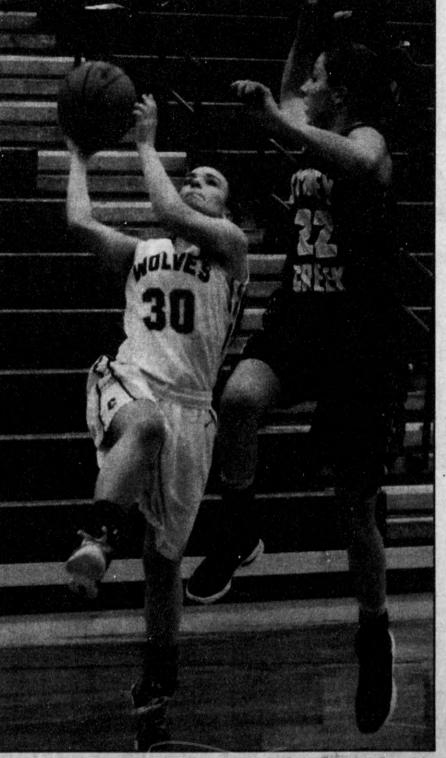
If we could see everyone's perspective, only then would we see the whole picture. Only then would we know God's perspective. "Now I know only in part; then I will know fully, even as I have been fully known." 1 Corinthians 13:12.

Blessings of peace, joy & love, Rev. Matthew E. Long, Peace Unity Community during the first half.

Senior Kristen Page blocks Stoney Creek's Emily Eckhout at half court during the Lady Wolves 47-37 win. Photos by Wendi Reardon Price



Maddie Beck puts the pressure on Lady Cougars during the first half.



Junior Kiana Ayotte attempts a shot before Stoney Creek's Emily Solek stops her.

Wolfpack Update

Lady Cagers improved their record last week with two wins over Stoney Creek and Rochester Adams.

They ended the week with a 43-41 win on Friday against Rochester Adams. Junior Kayla Luchenbach opened the game with three points for the Clarkston Girls Varsity Basketball team with one basket and one free throw shot. Halfway through the first half freshman Taylor Heaton hit a 3-point shot, putting the girls up 7-3.

The Lady Highlanders tied the score at 16 points with two minutes to go in the first half and gained a two-point lead seconds later with two points from the free throw line.

Junior Maddie Beck was sent to the line for two points to tie the game back up with 98 seconds remaining. Then, scored a basket to pull the Lady Wolves into the lead 20-18. But with seconds to go, Adams tied it up ending the first half, 20-20.

Beck led with 18 points and Luchenbach had 17 points and ten rebounds.

The Lady Wolves defeated Stoney Creek on February 7, 47-37. Luchenbach and Beck each scored 17 points. Luchenbach had eight rebounds and Beck had three steals.

The Lady Wolves opened the week against Bloomfield Hills on Tuesday. They head to North Farmington on Thursday and are home next Thursday before they begin getting ready for districts on Feb. 27.

The Clarkston Girls JV Basketball team defeated Rochester Adams, 31-27.

The Lady Wolves were leading by two points with minutes to go. Sophomore Sloan Curtis caught Highlanders rebound after possession with to Rochester Adams following a foul.

With seconds left Junior Chance McDougal passed the ball to sophomore Olivia McKinney, who scored and put the score at 31-27.

Sophomore Lauren Cody led the team with nine points. Curtis scored eight points and freshman Lexi Linton had seven.

The girls lost to Stoney Creek on Feb. 7, 30-22. Linton led the team with eight points.

The Clarkston Boys Varsity Bowling team competed in the Eisenhower Doubles Tournament on Sunday were the team of Alex Clifford and AJ Speer and team of Sean Furness and Drew Sagowski qualified. Jake Phelps and Ryan Little missed the cut by 13 points.

Clifford and Speer won their first two matches and lost in the round of eight. Speer shot games of 247, 226 and 186 for a 659 series. Sagowitz had a game of 226. Little had a game of 212; Phelps, 226; and Emerson Stuver, 243.

The Clarkston Girls Varsity Bowling team beat Troy Athens on Feb. 7, 25-5.

Kayla Yenshaw led the team with a high game of 208 and team high series of 413. Hannah Turk had a game of 194.

They also defeated Ferndale on Feb. 6, 30-0. Turk led with 244 and 239 games and had a 483 series. Hannah Allen had a game of 199 and Yenshaw had a 181 game.

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great transportation, needs minor epair. \$1800. 586-246-5070. !!LZ612 CLASSIC CAR: 1992 Cadillac Eldorado Touring Coupe. Pearl, sunroof, clean. Runs good. Needs some exhaust work. Car is in stor

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2324. !!LZ612 2008 JEEP PATRIOT Limited 4X4, one owner (woman), 170k ighway miles, maintained, runs great, \$4,300. 810-678-2472

!!LZ712 2001 NEON: 168,100 Miles.

Runs and drives great. Good condition. \$900 OBO. 248-693 8243 daytime. LZ1112

260 VANS

2005 DODGE CARAVAN \$500 firm. Stow-n-go, new brakes/ rotors. Mild rust; motor runs good; front end is tight. Runs in 1st/2nd but not drive/ overdrive. 214 niles 248-318-4338. !!RZ312 2001 CHRYSLER Town and Coun-

751-1466. !!ZX2812 270 TRUCKS/SUV

try, runs great, new transmission

needs brake work, \$950. 989

2002 CADILAC SRX. New rotors/ new brakes, newer transmission Runs good. Leather, extra big moon roof. \$5,900. 248-225-2620. !!L 2003 DODGE RAM 2500 HD, short bed, 2 wheel drive, quad cab 100k miles, short bed, nice truck \$7,650. 248-904-5956, Oxford. !!LZ912

2001 CHEVY TAHOE Z71. 255k miles, black, new tires, new rotors, new pads, leather seats, everything works. \$3,300. 248-835-5251. !!LZ812

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2006 Chrysler 300C Limited 4Dr Loaded, Moonroof, Leather, Like New, 50k	Only	\$9,988
2010 Dedge Charger SXT 4Dr V-6, Full Power, Like New, White, 35k	Only	\$12,988

2009 Ford Edge SEL AWD Loaded, Like New, V-6, Trailer tow, Red	Only	\$10,988*
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2006 Ford F150 SC XLT 4x4 Loaded, 5.4L V-8, Trailer tow, Red, 103k	
2008 Ford Ranger SC Sport 4x4 5 Spd., A/C, 4.0L V-6, White, 70k Only	
2008 Ford F150 C.C. XLT, 4x4 Loaded, Full Power, V-8, Clean, White, 93k	
2008 Ford F150 C.C XLT 4x4 Loaded, 4.6L V-8, Full Power, Clean, White, 93K Only	
2009 Ford F150 SC XLT 4x4 Loaded, Clean, 5.4L V-8, Brown, 101k	
2006 Ford F350 CC Lariat Dully 4x4 V-10 Auto, Loaded, Leather, White, 82k Only	
2010 Chevy Silverado XC 1500 LS 4x4 5.3L V8, Long Box, Loaded, Silver, 57k Only	
2011 Ford F150 CC XLT 4x4 Loaded, 5.4L V8, Like New, Gray, 97k	

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290 RENTALS

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SALON, INDIVIDUAL chair rental. Fully furnished, in Oxford. 248-821-0752. !!LZ104

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SALON Fully furnished, in Oxford. Call 248-821-0752. !!LZ104 LAKE ORION 2 bedroom, 1 bath ranch, 1 car garage. \$895 monthly plus security. No pets. 248-568-1831. !!R122

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SLEEPING ROOM, downtown Lake Orion. \$115 weekly plus security. 248-505-8314. !!R121

310 REAL ESTATE

CLARKSTON, 2 BEDROOM, 1 bath, Mich. basement, 2 car garage, 1 1/4 acre lot on Sashabaw Creek. 248-318-0997. !!C304 **TUSCOLA HUNTING LAND-29** acres, 48.5 acres. Woods, trails. pond, and hunting blinds. Deer, turkey, and wildlife. Contact Dawn: 586-215-1672. !!RZ124

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320 MANUFACTURED

RECENTLY REMODELED, 3 bedroom, 2 bath, M.F.H, very nice, asking \$9,500. 248-802-8588 !!LZ112

340 CHILD CARE

STATE LAW REQUIRES all childcare facilities to be licensed and some to be registered. Call Dept. of Human Services at 1-866-685-0006, if you have any questions. !!LZ8tf

350 WORK WANTED

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SEWING MACHINE Operators. **Sporting Goods Manufacturer in** Oxford seeking full and part time Sewing Machine Operators. Minimum of home sewing experience preferred. 248-969 8956 between 9am-4pm. !!L1 **BUSY LAKE ORION Groom Shop** now hiring experienced groomers. 248-814-0830. !!L121

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DECK BUILDERS and general laborers wanted for year round work. Lars/David Inc 248-625-9501. !!LZ124

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PART TIME OFFICE HELP and/or sales person needed. \$10/hr. Home based. Call Aaron. 248-275-6699. !!C331

CUSTOM CABINET Shop needs help. Will train. Skills: Tablesaw, Mitersaw, Routers, Sanders. 248-240-2183 !!CZ332

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FULL TIME MA for front & back. Lakeside Medical Group. Fax resume to 248-628-0226. !ILZ122

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COOK/PREP NOW HIRING Tubby's of Lake Orion 700 S. Lapeer Rd. Person needed for flexible evenings 4-9pm and Sundays 11am-7pm. Must have prev. exp., pay based on exp. and performance. Apply in person bet. 11am-4pm or call Al @

248-693-4600 L112 WANTED, EXPERIENCED Massage Therapist for Oxford Spa.

248-821-0752. !!LZ104 **LOCAL REMODELING Contractor** looking to hire laborer and experienced remodeler. Pay based on experience up to \$35 per hour. 248-431-3000. !!LZ121

PRIVATE DUTY HOME Health Aide-hourly or live-in, full or part time. 248-922-7461 !!R112 **HELP WANTED: Hiring 3 mem**bers at Echo Dock. 810-459-

1036. HC332 FULL TIME and part time Houseeeping Supervisor and Attendant positions. Looking to hire immediately. Pay is negotiable based on experience. Please fill out an application and submit in person: Indianwood Country Club. !!LZ122

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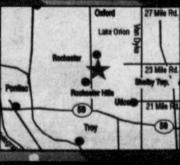
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Cheryl Schultz, 71

Cheryl D. Schultz (Brendel) of Clarkston passed away suddenly Feb. 3, 2017, after a courageous battle with

cancer, at age 71. She was preceded in death by her husband Stephen, her parents Carl and Dorothy Brendel and sisters Onnie Davis and Polly Parnell. She was the mother of Katie (Larry) Hess and Jonathan



Andrew Schultz; grandma "Grammy" of Jackson and Kennedy; sister of Patricia Watson, Marc (Kathy) Brendel and Robert (Fran) Brendel.

Cheryl lived her life helping others, appreciating the simple things this world has to offer and loving pretty much everyone in her own unique way.

A celebration of Stephen and Cheryl is being planned for the Spring and will be announced. Arrangements entrusted to Lewis E. Wint & Son Funeral Home, Clarkston. Memorials may be made to All About Animals Rescue, Warren, Online Guestbookwww.wintfuneralhome.com.

Thelma Wilson, 84

Thelma C. Wilson of Clarkston passed away Feb. 8, 2017, at age 84.

She was preceded in death by her

husband Harold and parents Claude and Jewel Slinkard. She was the mother of Deb, Melinda (Jerry) Altenbernt, Rick, Bill Mike (Marlene), (Stacey), Dave and Jason; grandma of Heather (Eric) Ignash, Katie Altenbernt,



Quinton Wilson, Kevin Altenbernt and Adam Wilson.

Funeral Service was Feb. 11 at the Lewis E. Wint & Son Funeral Home, Clarkston. Interment Lakeview Cemetery. Memorials may be made to a church of your choice. Online guestbook www.wintfuneralhome.com.

Obituaries posted daily at Clarkstonnews.com

Obituaries &:

James D. Brenner, 71

James D. Brenner of Holly passed away Feb. 8, 2017, at age 71.

He was the loving husband of Alice for 51 years; beloved father of James (Kelli) Brenner and Kimberly Perry; proud grandpa of Morgen and Noah; brother of Edward (Sue) Brenner, Peggy (Nick) Ritz, Kaye Allen, Debbie (Dennis) Burrill, Cindy



Brenner and Mary (Steve) Watkins.

James retired from General Motors. He enjoyed hunting, U.K.C. events and spending time with his grandchildren.

Memorial Service was Feb. 13 at the Lewis E. Wint & Son Funeral Home, Clarkston. Memorials may be made to the American Cancer Society. Online Guestbook www.wintfuneral home.com.

Amanda Lee Chandler, 73

Amanda Lee Chandler, "Lana," of Pontiac passed away Feb. 10, 2017, at age 73.

She was the mother of Jody (Joe) Willingham, Jill O'Berry, Jon O'Berry, Sandie (Joe) Sugden-Dunn, Ryan (Nevada) Sugden; grandma of Brandie (Donald), Katelin, John, Joshua, Jonathan, Dusty, Brandon, Billy, Brittany, Ivan, Amber, Derik, Lucas, Isley; "GG" of Amanda, Michael, Lydia, Addison, Freya, Kaleb, Isaiah, Isabella, Nicholas, Kaydence, Khloe, Zellie, Landon, Zander, Lilly and Corey; sister of Margaret Willis, Willard Jr. "Duane" (Victoria), Chris (Lynne) Turk, Mike (Shiela) Turk and the late Carol Turk; also survived by many nieces and nephews.

Lana retired from General Motors. She had a green thumb and enjoyed gardening.

Memorial service Wednesday, Feb. 15, at 12:30 p.m. at Lewis E. Wint & Son Funeral Home, Clarkston, where friends may visit, Wednesday at 11:30 a.m. Memorials may be made to American Lung Cancer Association.Online Guestbookwww.wint funeralhome.com

Janet Frericks, 77

Janet Ahearn Frericks of Waterford, formerly of Caseville and Royal Oak, passed away Feb. 11, 2017, at

age 77.

She was the wife of Jerry; sister of Bernie Ahearn; also many nieces and nephews; preceded in death by her five sisters.

Janet retired after 37 years from Warren Consolidated Schools as an elementary teacher.

She volunteered with CARE House of Oakland County as a court appointed special advocate for children and enjoyed flower gardening.

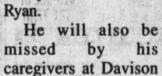
A memorial mass will be announced at a later date.

Arrangements entrusted to Lewis E. Wint & Son Funeral Home, Clarkston, Memorials may be made to CARE House of Oakland County. Online Guestbook www.wintfuneral home.com.

Daniel Jankovich, 47

Daniel Scott Jankovich passed away Feb. 12, 2017, at age 47.

He was the loved son of George and Carol; dear brother of David (Debra) Jankovich and JoAnna (John) Ferry; uncle of John Alex, Jenna, Joseph, Adam and Ryan.



Lake Group Home and Oxford Living Skills Day Program.

Memorial Mass at Our Lady of the Lakes Catholic Church on Saturday, Feb. 18, at 11 a.m. Friends may visit directly at the church at 10:00 a.m. In lieu of flowers, donations may be made to Davison Lake Group Home. Arrangements entrusted to Lewis E. Wint & Son Funeral Home, Clarkston. Online Guestbook www.wintfuneralhome.com.

Around Town

Continued from page 22

tor, Tom Stone. All invited. \$1 donation for cof-

Clarkston Masons/Cedar 60, first Thursdays, 8 p.m., 1 East Washington. 248-625-4610.

Clarkston Area Lions Club, second and fourth Thursday, 6:30-8 p.m., Big Boy restaurant, 6644 Dixie Highway. 248-802-8603.

Individualized Computer Tutoring, fourth Thursday, 2-4 p.m., Senior Adult Activity Center. \$30/members, \$35/non-members. 248-625-8231.

Grief Support Group with Coats Funeral Homes, third Thursday, 6:30-8 p.m., Community Presbyterian Church, Fireside Room, 4301 Monroe Ave, Waterford. 248-674-0461.

Lunches for 50+, Thursdays, 12 p.m., madefrom-scratch. \$7. Independence Township Adult Activities Center, 6000 Clarkston Road. Make reservation by Monday before, 248-625-8231.

50 Plus Active Adults, Thursdays, 11:30 a.m.-1:30 p.m., lunches, guest speakers, musical performances, field trips, holiday parties, movies, bingo, games. Hart Community Center in Davisburg. \$8 yearly membership, \$5 lunch.248-846-6558.

Free General Support Group for any type of cancer and caregivers, fourth Thursdays, 2-3 p.m., Great Lakes Cancer Institute, 5680 Bow Pointe Drive. Walk-ins welcome. 248-922-6610.

DivorceCare facilitated discussion, Thursdays, 6:45-8:30 p.m., Clarkston United Methodist Church, 6600 Waldon Road, room 122. 248-625-1611.

TOPS 1093 Clarkston, Take Off Pounds Sensibly, Thursdays, 6-8 p.m., \$1/week. First Missionary Church, 4832 Clintonville Road. 248-673-5540.

Friday

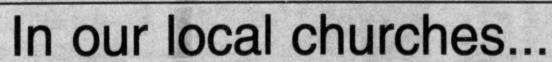
Line dance class, Fridays, 2-4 p.m., Waterford Senior Center, 3621 Pontiac Lake Road. \$4, all levels. 248-682-9450.

Saturday

Free Demo Class on Chakradance, Saturday, Feb. 11, 11:30 a.m.-12:30 p.m., Journey To Health Chakra, 5770 S. Main Street, Suite C. Register, 248-505-8010.

Project Kidsight, free vision screening for children, Clarkston Area Lions Club, second Saturday, 10 a.m.-12 p.m., Independence District Library, 6495 Clarkston Road. Photos taken of child's eyes to check for potential vision problems. Immediate results. 248-625-2212, www.clarkstonlions.org.

Kid's Camp Yoga, Saturdays, 10:30-11:30 a.m., Clarkston Hot Yoga, 5678 Sashabaw Road. \$7, for ages 5-10. 248-620-7101.



Bible study of the story of Jacob, Mondays, 10 a.m., Church of the Resurrection, 6490 Clarkston Road. Call 248-625-2325 for more information.

Wednesday Evening Feast, 6 p.m., dinner; classes for all ages, 7-8 p.m. Free nursery.

Calvary Lutheran Church, 6805 Bluegrass Drive. Call 248-625-3288 or check www.calvaryinfo.org

DivorceCare 13-weekly seminars, Thursdays, 6:45-8:30 p.m., Clarkston United Methodist Church, 6600 Waldon Road. Call 248-625-1611.

First Friday Family Fun, 7 p.m., St. Trinity Lutheran Church, 7925 Sashabaw Road. Board and video games, snacks for all ages, kids movies. Call 248-625-4644 for information.

Healthy alternative to academic doping

The illicit, black market, consumption of Adderall on college campuses in the "US has reached epidemic status.

Adderall is the most widely abused scheduled Class II controlled substance consumed by young adults to gain focus and executive function while attending college.

The Adderall epidemic on college campuses is also referred as "academic doping" for the shortsighted purpose of

increasing performance on college exams and assignments.

Adderall is used illicitly opiate with and benzodiazepine prescription medications including Xanax, Klonopin and Valium. Adderall abuse with other prescription medications may lead to addiction which requires professional treatment to rehabilitate.



Pharmacist's

By Frank J.

Although the short term Granett R.ph. effects of Adderall may increase executive function, the long term side effects are now known.

More serious long term effects due to higher dosing and abuse may include extreme anxiety leading to depression as well as aggressive or paranoid behavior.

A more alarming and related statistic regarding behavioral challenges on college campuses involves suicide. Suicide is now the second leading cause of death in the US college student population.

Additionally, the Substance Abuse and Mental Health Services Administration (SAMHSA) in Washington DC revealed a 270 percent increase, during a five year period, in emergency room visits due to the abuse of Adderall medications mixed with other chemical substances including opiates.

This statistic was collected by the Drug Abuse Warning Network (DAWN) and involved individuals over the age of 18. Academic doping on college campuses requires immediate intervention to prevent abuse as well as long term addiction.

Improving cognitive and executive function is possible by optimizing gut health, exercise and appropriate nootropic supplementation. Start the Brain Health & Wellness steps into your daily routine, and you are on your way.

Seven tips for brain Health and Wellness:

1. Encourage yeast-free, gluten-free, and GMO-free diet and increase fiber to 40grams daily. Excessive consumption of yeast, gluten and GMO foods adversely affect digestion and elimination of toxins from the G.I. tract. Fiber helps regulate blood sugar as well as detoxification.

2. Drink at least 40 ounces cold purified or distilled water. Have your home water supply tested annually by an independent laboratory for chemicals as well as heavy metals

3. Increase raw organic radishes and broccoli with sea salt three times a week. Isothionates contained within these vegetables help eliminate yeast from the gut and G.I. tract

4. Take one tablespoonful raw organic apple cider vinegar once a day with small amount cold juice. Malic acid is the key ingredient to help decalcify the blood, increase digestion, metabolism and detoxification as well as increase the intracellular process of energy production. At three times the daily dose, malic acid may help patients with fibromyalgia or Chronic Fatigue Syndrome.

5. A quarter teaspoonful crushed cloves mixed into applesauce at bedtime twice a week, intestinal parasite prevention.

6. Cardio exercise four times a week, 40 minutes each session.

7. Supplement your diet with plant based vitamins, minerals and herbs. Patients with chronic illness should have new blood work and physical completed after approximately two months of a Health and Wellness Intervention.

Secondly, over the counter (OTC) nootropic supplementation is a safe alternative to stimulant amphetamines. Nootropic compounds help the brain increase memory capacity, focus and executive function.

Unlike Adderall, there are no addictive properties and nootropics work by increasing neurotransmitter pathway function within the brain.

The most effective nootropics act on the acetylcholine, glutamate, and dopamine neurotransmitter pathways.

For more information to determine the appropriate nootropic supplementation, email FrankGranett@CAOOY.org for an individually designed nutritional supplementation program based on your medical history

Kings Court Castle at Canterbury Village in Lake Orion, Michigan is hosting a Health and Wellness Forum on Thursday, Oct. 16, from 6:30-7:30 p.m., free admission.

Frank is a board certified pharmacist with over 28 years consultative experience specializing in ADHD stimulant and psychiatric medications. He is the author of The American Epidemic: Solutions for Over-medicating Our Youth, founder of the 501c3 non-profit educational charity Coalition Against Overmedicating Our Youth (CAOOY), and Director of Pharmacy Operations at an adult psychiatric hospital in southeast Michigan.

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