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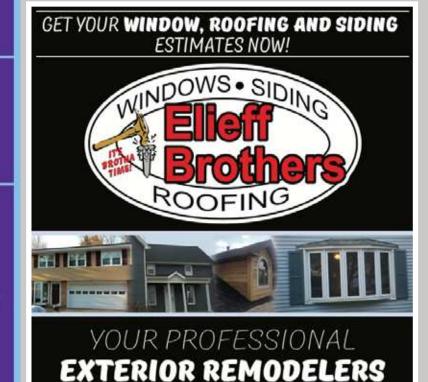
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## GOT THE LATE NIGHT/EARLY MORNING MUNCHIES?

Menna's Joint serves up grilled wrap "dubs"

#### ✿ by Gretchen Smith

From 10:30 am-3 or 4 a.m. (yes, those are their hours), Menna's Joint will satisfy your hankering for a baked potato-sized, freshly made grilled "Dub", crammed and sauced with about anything you can imagine, including Sweet Baby Ray's barbecue sauce. Vegetarians can find plenty of options, from the hot veggie Dub, to the threecheese Supreme Dub to, broccoli and cheddar cheese soup. Don't forget the French toast sticks with syrup, or Momma Menna's famous chocolate chip cookies.

Area Manager Gus Brush fell in love with "Dubs" when he was a student at Western Michigan University. He's now Area Manager for that location, and East Lansing, Allendale, Grand Rapids and Mount Pleasant. "I just loved how simple the brand was, and how delicious the Dub was. It's a meal that caters to college students, who get hooked on Dubs, and bring in friends, parents and grandparents to sample their favorite late night college gnosh.

When Gus orders his favorite Dub, it's the Master. The grill sizzles as chicken, cheddar and mozzarella cheese, and uniquely bite-sized seasoned potatoes are piled high, and sour cream is smothered into the mix. That's transferred to a grilled, piping hot wrap, pinched, then tightly wrapped, so you have to take that first bite to find out what awaits inside.

melinas rolan

He relies on his wife, Katie, to keep him organized, as he drops in on each location several times a week. He can work prep with the best, and teaches new hires how to deftly grill and roll up a Dublicious Dub. "What I enjoy most is empowering college students to serve customers as they would want to be served. Our employees have to be outgoing, self-motivated, and able to solve problems. They need to be prepared for a rush of customers and not feel overwhelmed. We deliver to fraternities, sororities, dorms, off-campus housing, and businesses within a two-mile radius. Our goal is to get the order to customers as quickly as possible, without breaking any speed limits.

"I challenge each store's General Manager to beat last year's numbers and to foster a spirit of "we're all in this together. We're always hiring so we have staff that are pumped for this opportunity and see this as an opportunity to gain real-world business experience. In any given year, we acquire as many as 7,000 new Dub fans through word-of-mouth and social media. **Still, we're only as good as the last Dub we've served.** 

Featured below: Gus Brush, Area Mgr., Mastering the DUB!



MENNA'S JOINT 115 Albert Avenue East Lansing, MI 48823 517.351.3827



#### 🛱 by Gretchen Smith

Confucius reminds us: "*True wisdom is knowing what you don't know.*" For many homeowners, that may translate into not understanding how electricity works. Josh Ranshaw, owner of Sparky's Electric in Grand Ledge, was with a homeowner, whose bank of kitchen lighting seemed to be playing tricks. For a couple of hours all lights were on, and then, just as mysteriously, the lights extinguished.

Three visits later, Josh discovered one switch, that when turned on, extinguished the other lights. "There's usually one outlet in a home that no one knows what it does, except it affects the other lights. Here, the mystery switch controlled an old outside light and the connection was broken. When the homeowner turned on the other switches, he had light. If he accidentally switched on the old outside light, the other lights short-circuited. By removing that switch and connection, and testing solid connections for the other circuits, the lighting issue was <u>solved.</u>



SPARKY'S ELECTRIC, LLC 12852 Partlow Ave. Grand Ledge, MI 48837 517.627.5423 SparkysElectricllc.com



Founded in 2011, Josh Ranshaw worked under the auspices of other licensed electricians for nine years, before starting Sparky's Electric. His field crew includes seven licensed and bonded electricians and an office supervisor who fields calls and handles administrative details. **More than 85% of the firm's** work is residential and comes from referrals.

#### **A WISE INVESTMENT**

"For home electrical inspections, we charge \$211.75, and this includes a 2-3 hours to test all outlets, breaker boxes, and wiring," says Josh. "It's an investment if a homeowner is considering updating their home electricity system. This is the time to add more outlets, surge protection, and move toward whole-home LED lighting.

"New home wiring is trending toward automation," adds Josh. "Older homes require re-wiring to meet code, and deal with electrical disruption issues caused by with weather, or mice who chew through wiring sheaths to gain wall access. We replace a lot of nob-and-tube wiring with new cabling and junction boxes, swapping out fuse boxes for breaker systems, and updating outlets, receptacles, and fixtures connected directly to the wiring.

"With new home wiring, we install smart programmed electrical systems, that can include motion detectors, surge protection networks, multiway switches, security lights and generator standby systems. SPARKS REALLY CAN FLY AND ARCING CIRCUITS SMELL ... LET SPARKY'S

LET SPARKY'S ELECTRIC SAVE HOME CIRCUITS AND WIRING

We can connect home electrical systems so a homeowner can control lighting and security with their smartphone.

#### **ONE YEAR WARRANTY**

"Customers accept a written proposal with task and cost breakdown before we start, and we try to be accurate with time estimates," adds Josh." We respect our customer's time and their home. Electrical repairs or extensive re-wiring can cause dust. We wear boot covers, use dust bowls, sheeting and portable vacuums to keep debris contained. Within a week of completing a job, we follow up with a phone call to see that we met the customer's need. We warranty our work for one **year.** I know it's the little things that matter which leave lasting impressions with our customers."

### SPARKY'S ELECTRICAL SAVINGS TIPS:

- Save money by converting to LED lighting.
- 2. Install a programmable thermostat.
- 3. Consider solar power units and 4-foot diameter wind turbines for energy capture.
- 4. Check smoke and carbon monoxide detectors frequently. The life span of both is 8-10 years.
- 5. Consider two-stage surge suppression for all cables entering the home.

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## YOUR PROFESSIONAL EXTERIOR REMODELERS IT'S BROTHA TIME!

✿ by Gretchen Smith

#### WIND DAMAGE

Recent 60+ per-hour winds snapped a threefoot diameter oak branch onto Tony M.'s gabled roof. Granted, he knew a new roof on his 1989 Cape Cod home was due. He had just hoped to get another year or two on the roof, and have replacement funds on hand. The force of the branch ripped through the shingles, and he could see a wintry sky blowing through.

A call to Elieff Brothers Roofing, Siding and windows brought a same-day call to look at the damage. Steve Elieff suggested two options: Completely replace the torn gabled roof section, complete with a new wood deck, ice shield, flashing and 50-year warranty shingles, and leave the other roof section for the following year, or completely replace the existing roof at one time to ensure other unseen problems are fixed, and a snug fit for all shingles. Considering what insurance would pay from his homeowner's policy and his roof set-aside funds, he decided to go with a total re-roof, with a lifetime algaeproof warranty.

"I couldn't believe it," says Tony. "The worst damage was fixed in one day, and the new roof was complete in three days. I even picked the color and style of the shingles from the 'shingle selector' section on their website. The crew was here from first to last light, and nature and Elieff Brothers' expertise really made the decision easy."

#### SUN DAMAGE

Melissa and Doug R. have owned their shingletype cedar wood-sided house for 13 years. Doug's work often takes him out of town 1-2 weeks every other month, so home fix-it chores have become a part-time job on top of Melissa's fulltime paralegal work. There hasn't been time to properly maintain the wood siding. The sun has bleached one side a tangerine color, and the wood is peeling red flakes like dandruff. Both agree no-maintenance vinyl siding would give their home the facelift it needs.

They request a quote online from Elieff Brothers to see if they can get vinyl siding in roughly the same cedar shade currently on their home. Paul Elieff pays them a visit and takes photos of their current wood siding. Their home is roughly 2,500 square-feet, and he suggests the siding can be completed in about eight days for around \$10,000. While their home is being re-sided, foam-board and house wrap will seal off areas being worked on. Using their budgeted home savings account, they approach a local credit union for a \$4,000 line-of-credit.

Their loan request is approved, and the Elieff crew has their home re-sided within 12 days. *"We almost drove by our own home,"* admits Melissa. *"Elieff was thorough, answered all questions we had, and even cleaned up every night before they left."* 

## LET ELIEFF BROTHERS SUGGEST LASTING SOLUTIONS!

## DRAFTY WINDOWS? LEAKY ROOF? FLAKING SIDING?



New window and door installation is yet another Elieff Brothers' specialty. The firm recommends Andersen<sup>®</sup> windows for style variety and insulation efficiency, including double-hung, sliders, casement, and bay and bows.

Greg and Erin B. have a one-story home in west Lansing they bought from the original owner. Looking at their energy bill, they realized the single pane windows lack energy efficiency almost year-round, and neither wants to live in a sauna or icehouse. A friend took them on a tour of their home, where Elieff Brothers installed vinyl double-hung windows, with insulating sashes and frames. Their energy bill reduction was 75%.

That's all it took for Greg and Erin to call Elieff Brothers for a quote. Steve gave them an estimate for tear-out and replacement of their windows, and recommended thermal insulated entry and storm doors to add a double dose of energy efficiency. Because both Greg and Erin contribute toward home improvement savings in their budget, a short-term, low-interest loan allowed them to proceed with Steve's quote.

**The 10-day project estimate was completed in five days.** Two months post-installation, their energy bill dropped from \$258 to \$127 monthly. *"We were able to pay off the loan in short order, and begin replenishing our maintenance budget. Our in-home temperature has been dialed back by 10 degrees. You can bet we'll be telling others about the energy savings Elieff helped us realize."*  THAT'S GOOD NEWS FOR STEVE AND PAUL ELIEFF AND THEIR CREW, AS WORD-OF-MOUTH REFERRALS AND WEBSITE TESTIMONIALS ACCOUNT FOR MORE THAN 90% OF THEIR WORK. THE FIRM HAS BEEN A SUPER SERVICE RATED CONTRACTOR ON ANGIE'S LIST FOR THE LAST FOUR YEARS.

"WE DON'T HAGGLE ON PRICE BECAUSE OUR GOAL IS 100% CUSTOMER SATISFACTION, USING QUALITY MATERIALS AND BEST INDUSTRY PRACTICES," SAYS STEVE. "WE START OUR 25TH YEAR IN BUSINESS IN 2018, ALTHOUGH PAUL AND I HAVE BEEN IN THE ROOFING AND SIDING BUSINESS SINCE 1985. THE INTEGRITY AND CRAFTSMANSHIP WE INVEST IN EACH CUSTOMER PROJECT GOES BACK TO THE VALUES WE LEARNED FROM OUR PARENTS, GORDON AND MARIE ELIEFF." ☆

ELIEFF BROTHERS ROOFING AND SIDING 6739 Lansing Road • Charlotte, MI 48837 *Near the Michigan State Police Secondary Complex* 517.202.3749 • ElieffBrothers.com





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## SPRING & SUMMER LAWN CARE

#### 🛿 by Jessica Lam

**Stacy's Lawn & Snow, Inc., a local Greater Lansing lawn care company, started in 1995,** does year round lawn care services catered to your needs. They offer quality commercial and residential lawn care, landscaping and snow removal services in and around Lansing, Michigan. Spend more time with your family this spring by allowing the professionals of Stacy's Lawn & Snow to do your aerating, seeding, edging and mowing for you. They can come to you if you live in Lansing or the surrounding areas.

Spring-cleaning doesn't have to just include inside your home. Take care of the outside too. Last winter seemed to be rough on everyone in the Greater Lansing area; many people still have leftover leaves, fallen branches or over grown bushes. Not only are the experts at Stacy's Lawn & Snow able to trim branches, they are able to help gather and cleanup your lawn to make it look organized. Your lawn will look fantastic in no time with help of the professionals at Stacy's Lawn & Snow.

From the small jobs to the big jobs, they are able to do the following services:

- 😫 AERATING
- Section 2018 Contract Contract
- SEEDING
- **\$** GATHER LEFTOVER LEAVES
- SALLEN BRANCHES
- **\$** TRIM LOW BRANCHES
- **TRIM BUSHES**
- TREE REMOVAL
- LAWN MOWING
- SPRING CLEANUP
- FALL CLEANUP
- WEED WHACKING
- 💠 HEDGING
- SPRING FERTILIZATION
- SAG CLIPPINGS, LEAVES AND BRANCHES
- 🔹 LANDSCAPING
- 😫 AND MORE...

Their number one goal is to make your lawn look as nice as possible. They have even perfected the art of mowing in specific directions. It is your call to tell them. You can call them at **517-204-5771**.

All of the services of Stacy's Lawn & Snow can be customized to your needs. They can do just one service, a couple or all the above. They are different from all other lawn service companies around because they are the only company to do short-term or one-time lawn services. They can come to you on call, weekly, bi-weekly, monthly, or just when you are on vacation. You don't need to worry about coming home to an unmanaged lawn when you return from a relaxing vacation.

Besides doing residential services in the Greater Lansing and surrounding areas, they are also able to do many of their services for businesses too. They are taking on clients for the summer. So give Stacy's Lawn a try! Spend more time with your family, strain yourself a little less and enjoy the weather outside. No matter the size of the job, Stacy's Lawn & Snow Inc. can accommodate your vision and maintain it through any season!





It's 6:45 a.m., and Lynn turns the faucet for her shower and a few drops dribble out. Across town, John's sump pump alarm is beeping and his basement is filling with water. Both are long-time customers of Hedlund Plumbing, so they have the firm on speed-dial.

Hedlund's co-owners and brothers, Bob and Tom, dispatch two of their plumbers to both residences. In Lynn's situation, the shower head was found to be plugged. A simple fix, and now Lynn knows how to check this if it happens again.

John's basement flood was a little more complicated. His sump pump had switched its position inside the basin, and the float running the on/off switch was disabled. Again, an easy adjustment and the pump resumed draining.

REPAIRING LEAKING TOILETS AND GRINDING GARBAGE DISPOSALS, INSTALLATION AND SERVICE OF WATER HEATERS, AND REBUILDING ORIGINAL PLUMBING FROM OLDER HOMES FROM THE 1940s AND '50s ARE JUST A FEW OF THE SERVICES HEDLUND PLUMBING CAN TACKLE.

> hedlund plumbing

Hedlund is a THIRD-GENERATION FAMILY BUSINESS started by Einer Hedlund in 1939, passed along to David and Howard Hedlund, and now owned and operated by Bob and Tom Hedlund. One thing that has always remained consistent is their desire to treat all customers as family, and make the customer their number one priority for all jobs. THEY ALSO TAKE PRIDE IN DOING EVERYTHING POSSIBLE TO PROTECT CUSTOMERS' PROPERTY AS IF IT WERE THEIR OWN HOME.

Hedlund Plumbing keeps up on the latest technology and products available, such as wi-fi-linked high water alarms for sump pumps, hot water recirculation systems, high efficiency tankless water heaters, and a variety of water treatments systems for clean water.

Same-day service is always the goal for the Hedlund Plumbing's service department. with 24/7 scheduling options and the ability to schedule calls directly from Hedlund Plumbing's website at the customer's convenience.

Larger projects are also possible with the Hedlund remodeling crew. "As some of our customers mature, they want to switch out bathtubs for walkin or accessible showers," says Tom. "We provide free written guotes and schedule installations for the customer's convenience, trying to minimize disruptions to their daily schedule."

"We recently worked on a home where our company had installed the original plumbing fixtures in 1958," adds Tom. "It was very satisfying to know that our father, uncle, and grandfather had a hand in this house so long ago, and we are able to continue this service relationship all these decades later"

Both brothers agree on the need for ongoing communication with customers about projects, quoted pricing ahead of time, and follow-up once a project is complete. "Whether the customer has a very small repair or a complete re-pipe of the plumbing system," say both brothers, "we love being that go-to source for top-end plumbing service and expertise for the long-term." 🛪



**HEDLUND PLUMBING** 7974 W. Grand River Ave. Grand Ledge, MI 48837 517.627.5503 HedlundPlumbing.com

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Mid-Michigan Cat Rescue, Inc. (MMCR) has saved and placed about 10,000 cats in their forever homes over the last thirteen years. Dedicated to finding lifetime homes for abused, abandoned, neglected, or owner-relinquished cats and kittens, Senior Volunteer Amy Gonea says, "This isn't an easy task, but it's a rewarding one,"

Gonea remembers a special kitty named Sky found in an abandoned trailer home with little to no socialization. She was an incredibly shy brown tabby and certainly not an eye-popper. Sky was an older cat and had to have a dental procedure, so she had no teeth. She had so many things going against her, no socialization, being a brown tabby, shy, no teeth, and an older cat; her chances of adoption were exceptionally low. She lived at MMCR for about two years.

Sky would stay at the bottom of the cat tree, way in the back, not wanting to come out. Volunteers would talk to her and pet her; they gave her lots of attention to get her to trust people. Gradually she sought attention and began to purr when petted. The volunteer's socialization efforts worked and through the efforts of the volunteers at MMCR, Sky found her forever home and has lived happily ever after. That's what MMCR does.

## Several things make MMCR different from other facilities.

The cats live openly in the house as they would in their forever home, only in cages during the ten to twelve day quarantine process. MMCR is a "no-kill" home even if they have to wait three to four years for the cat to find their forever home.

They take-in all types of special needs cats, including those that are blind, have amputations, eye removals, dentals, or other injuries. They also take bottle babies, feral, semi-feral, FIV POS, FELV POS, pregnant cats, seniors, and those with special diets. MMCR also typically takes all of the cats on the euthanasia list from the shelters they work with and have no other place to go.

#### **ADOPTIONS**

MMCR knows their cats' personality. Their "Know Me Better" program matches the cat's personality to a potential new home before they even meet their potential new pet parent. If for any reason a cat doesn't work out or at any point in the cat's life the adopter can't keep the cat, they are required to give the cat back to MMCR, as the Director Sarah Vicary-Williams personally makes a lifetime commitment of care to the cats. She says, "They are my children forever."

Spring is here and MMCR is getting ready for kitten season, where their numbers will grow from the current 150 to about 250 cat residents. To adopt a new a kitty, go to the website and complete an adoption application. You can also find out when and where the next adoption event will happen. Once they are in the Dimondale house, they will also do adoptions from there.

#### DONATIONS

If you're doing spring-cleaning and have old towels, sheets, blankets, gently used cat items, food or litter that your cat refuses MMCR can use them. They will also take open bags of cat food. They need everything required to run a home from paper towels, toilet paper, pens, and reams of paper to dishwasher detergent, and bleach. You can complete monetary contributions through the website: *www.midmichigancatrescue.org*.

#### VOLUNTEERS

MMCR is a non-profit, non-state, and non-federally funded 501C3 volunteer-based organization. *The* organization is always looking for volunteers, especially to support adoption events. As Director Sarah Vicary-Williams wrote in one of her email's to volunteers, "...it takes a lot of us to do it!"

MMCR provides training for its volunteers, so there's no worries in knowing what to do. Classes include Adoption Event Roles and Etiquette Training, Cat Personality and Adoption Matching Training, Cat Handling Training, and Cat House Cleaning Training. They hold classes at the Dimondale house lasting between 1-2 hours.

Many tasks require volunteers, from cleaning the house, managing adoption events, or working in the office. "Volunteering is a great way to get your kitty fix," says Amy Gonea. ☆

MID-MICHIGAN CAT RESCUE 5707 Michigan Road Dimondale, Michigan 48821 MidMichiganCatRescue.org Info@MidMichiganCatRescue.org

# CASE CREDIT UNION



## Remodel Reassurance

The vast majority of building and remodeling contractors are honest, hardworking, contentious people who take a great deal of pride in their work. Unfortunately, like any profession, it can only take a few bad apples to give everyone a bad name. At least a few times a month, especially during the summer when many homeowners decide to go ahead with remodeling projects, there is something on the local news about the latest contractor scams and how families get taken for a lot of money. Many of the con-artists in this field stick with one of these tried and true methods for separating homeowners from their hard-earned cash.

#### THE FOLLOWING TIPS SHOULD HELP KEEP YOUR PROJECT FROM BEING THE FEATURED STORY ON THE LOCAL NEWS:

WATCH OUT FOR THESE TELL-TALE SCAM SIGNS

#### **Up-front Payments**

It's not unusual for a contractor to ask for up-front payment before beginning a job. However, it should only be a small percentage of the total cost, 10% at the very most. If a contractor asks for a larger percentage before the job starts it might be a sign that they are not financially stable.

#### **Read the Contract**

When a contractor works on your home there should be a written contract. It should also have an attached scope of work. This provides the exact detail included in their quote. Did you expect three light fixtures in a certain price range? If not, you may have purchased a lesser quality.



#### Project Changes

Rarely a project goes from start to finish without at least a few changes. Some changes cause more work or material costs known as extras. This should be spelled out in the contract so there aren't any unpleasant surprises. However, it's more important that the customer be told the cost before the actual work is done when the final bill is presented.

#### **Proper Credentials**

Insist that your contractor have a license and insurance. You could be liable should anyone get hurt on the job. Your homeowner's insurance may not cover damages to your home. The price-break is just not worth it. If your contractor says they can do the job for less due to not having a license or insurance, the conversation should stop right there.

#### Avoid Rip-off Artists

Beware of a contractor who refuses to give you a copy of his license and insurance. By following a few simple tips, you can avoid the chances of getting taken.

## Rip off artists will try to sway you with these tactics:

- They can't verify any provided references
- Tempt you with a low price that's only good if you sign today
- Asks you to pay for materials that haven't arrived
- Offers to cut you a deal if you pay with cash
- Will give you a rebate if we use your house as a model
- You have to pay for the work permits.

#### WWW.CASECU.ORG

## **80 ALCOHOL VENDORS EXPECTED FOR 4TH BEERFEST AT BALLPARK 4.29.17**

☆ by Gretchen Smith

Paul Starr, the 'I'm A Beer Hound' festival organizer, expects 4,000 craft beer and spirits afcionados to rally at Cooley Law Stadium from 3-8 p.m. on Saturday, April 29. Sixty craft breweries, seven cideries, five meaderies, three distilleries and four wineries will offer threeounce sipping samples.

**Tickets can be purchased online, at the ballpark ticket office, or on event day**. A regular ticket is \$30, for 10 three-ounce tasting samples. VIP tickets (early entry at 2 p.m.) are \$40 and include 15 tasting tickets. Day-of tickets are \$35 for 10 tickets. Additional tickets are five tickets for \$5. Designated driver tickets are \$15.

Live music performances include Delilah DeWylde, 2:30-4 p.m., Lansing Unionized Vaudeville Spectacle, 4:30-6 p.m., and Citizen Zero, 7-8 p.m., all on the main stage. On the acoustic stage, listen to Mark Warner, 2-3:30 p.m., Rachel Curtis, 4-6 p.m., and Shelby and Drake, 6:30-8 p.m. Food will be available for purchase, as well as access to indoor restrooms. The event takes place rain or shine with no refunds. A portion of the proceeds benefits Lansing Kiwanis Club, Red Ledge Brewers and St. Gerard School Athletics.

PAUL STARR'S FIRST CREATION, 'I'M A BEER HOUND', STARTED OUT IN 2010 AS A MERE IDEA OF PROMOTING MICHIGAN CRAFT BEERS, AND HAS BREWED INTO WHAT PAUL CURRENTLY OVERSEES – A MICHIGAN BEER NEWS WEBSITE, FESTIVAL ORGANIZER, LIFE STYLE BRAND, TOUR COMPANY AND MEMBERSHIP CARD.

The story behind how the basset hound became the mascot for the 'I'm Beer Hound' logo is Paul has a friend with a basset hound named Marley. Marley didn't like climbing stairs, but when a beer was put at the top of the stairs, Marley would go up the stairs. Marley loved beer! To Paul, that defined what a beer hound was, and the basset

hound became the mascot for 'I'm a Beer Hound'.

## TIPS FOR SUCCESS FROM LOCAL BUSINESSES



WHAT CAN RUIN A VACATION QUICKER THAN ANYTHING? Getting sick!!! Here are 5 recommendations to help boost your immunity and prevent you from spending more time in your room than seeing the sights.

- Take a multi vitamin with plenty of vitamin C in the days leading up to your trip. I use Airborne. Probiotics are also good for maintaining gut health during travel.
- **2. Stay hydrated by drinking plenty of water.** Always carry a bottle with you during and throughout your travel.
- **3.** Carry hand sanitizer and/or wipes. It's always a good idea to wipe down your tray and arm wrests on the plane, and/or door knobs of your stateroom on a cruise ship.
- 4. Keep your distance from people who may be coughing and sneezing in confined areas. 6 feet is a good gage.
- Get plenty of sleep and avoid unnecessary calories found in alcohol. Alcohol tends to disrupt your sleeping patterns and weakens the immune system.

If you should get sick on vacation you may want to purchase travel protection. Most companies offer 25k in medical reimbursement during travel. Remember to keep your receipts. And one last piece of advise, when possible, schedule a few days after your vacation to take a vacation from your vacation to ease back into your normal routine.



#### COPING WITH THE TRANSITION OF SEPARATION AND DIVORCE:

Just a few bits and pieces of advice out of many.

**Roller Coaster Feelings:** It's normal to feel sad, angry, exhausted, frustrated, confused and many more feelings that can be intense. Accept that reactions like these will lessen over time.

Sharing your Feelings: With trusted supportive individuals in your life. Professional Mental Health is an option in a neutral environment. Consider joining a support group where you can talk to others in similar situations. Isolating yourself can

raise your stress levels and reduce your concentration.

**Take a Break:** Give yourself permission to feel and to function at a less than desired level, take time to heal, regroup and re-energize. Do things that are healthy that can refocus your energy!

**Wellness:** Be good to yourself inside and out. Take time out to exercise, eat well, keep hydrated and relax. Keep to your normal routines as much as possible.

**Avoid High Conflict and Power Struggles:** Avoid draining your energy in gauging in high conflict with spouse or ex spouse.

**Recreate Yourself:** Reconnect with things you enjoy doing, invest time in your hobbies, passions, volunteer, take interesting classes, take time to enjoy life and make new positive friends.

517-898-8541 1640 Haslett Road, Haslett, MI 48840 MahabirWellness.com • www.TravisConti.com



409 Lentz Court, Lansing, MI 48917

**517.484.6199** Monday-Friday 7:30 a.m. to 5:30 p.m.

Perhaps one of the most important factors to have a safe vehicle is the condition of the tires. Under-inflation, over-loading or potholes - any of these circumstances can accelerate a tire failure and there are few more frightening thoughts than tire failure at highway speeds.

All vehicles built after 2007 have an on board tire pressure monitor system that will display a warning symbol indicating a tire that is low on air or overinflated.

There are two basic TPMS (Tire Pressure Monitor System), direct and indirect. Indirect systems don't have a sensor in the wheel and use wheel speed data to determine if a tire is low. Direct systems use a sensor in the wheel that tells an on board computer what the tire pressure is in each tire. Direct system TPMS sensors have a normal working life of 5-7 years before the internal battery expires. These sensors are non-serviceable and when the battery expires the sensor must be replaced for the system to operate correctly. Most vehicles require a reset procedure for the TPMS system when the tires are rotated.

Don't ignore this important safety feature, it could potentially save your life!





#### GREATER LANSING REAL-ESTATE MARKET REPORT:

We are currently in a "Seller's Market" in Mid-Michigan which simply means we have more buyers than homes for sale. This makes the importance of having a buyer's agent to represent you in your home search that much more important. Why? Glad you asked!

First of all a buyer's agent can connect you directly to the local multiple listing service for "real-time listing updates" so you can react quicker when a home hits the market for sale that meets or exceeds your needs and wants! Secondly your buyer's agent can schedule the showing, help you evaluate the home, and ultimately help you present an offer, negotiate the best price

possible, and professionally help navigate through the entire buying process. As your buyer's agent my fiduciary responsibility is to protect your best interest throughout the entire process with no charge for my professional services. Visit **TravisConti.com** or call **517-930-1721** to get started!





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