



State of Michigan,) ss
County of Genesee)

Nancy Block being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Flint Journal is a public newspaper published in the city of Flint, with general circulation in Genesee county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):
Flint Journal 05/22/2022

Nancy Block

Principal Clerk of the Publisher

Sworn to and subscribed before me this 1st day of June 2022

Teasha R Payne

Notary Public

TEASHA R. PAYNE
NOTARY PUBLIC, STATE OF MI
COUNTY OF MECOSTA
COMMISSION EXP FEB 24 2026
ACTING IN COUNTY OF Genesee

**Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing
NOTICE OF PUBLIC HEARING**

**June 17, 2022
9:00 a.m.**

Location: G. Mennen Williams Building Auditorium
525 W. Ottawa Street, Lansing, Michigan

The hearing is held to receive public comments on the following administrative rules:

Genetic Counseling – General Rules (MOAHR #2021-043 LR)

Authority: MCL 333.16145, 333.16148, 333.16287, 333.17091, 333.17092, and 333.17096, and Executive Reorganization Nos. 1991-9, 1996-2, 2003-1 and 2011-4, MCL 338.3501, 445.2001, 445.2011, and 445.2030.

Overview: The proposed revisions to the rules include a date of promulgation for completion of the training on identifying victims of human trafficking, a new rule setting forth the requirements for licensure by endorsement, revisions to the requirements for verification of licenses held in other jurisdictions, clarification that a temporary-licensed genetic counselor may renew the temporary license four times, and a requirement that a licensee shall report to the department a change in active candidate status no later than 30 days after the change occurs.

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Authority: MCL 333.16145, 333.16148, 333.16174, 333.16204, 333.16215, 333.16287, 333.17031, 333.17033, 333.17048, and 333.17076, and Executive Reorganization Nos. 1991-9, 1996-2, 2003-1 and 2011-4, MCL 338.3501, 445.2001, 445.2011, and 445.2030.

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Osteopathic Medicine and Surgery (MOAHR #2021-054 LR)

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The rules will take effect immediately upon filing with the Secretary of State, unless specified otherwise in the rules. Comments on the proposed rules may be presented in person at the public hearing. Written comments will also be accepted from date of publication until **5:00 p.m. on June 17, 2022**, at the following address or e-mail address:

Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing- Boards and Committees Section
P.O. Box 30670
Lansing, MI 48909-8170
Attention: Departmental Specialist Email: BPL-BoardSupport@michigan.gov

A copy of the proposed rules may be obtained by contacting Board Support at (517) 241-7500 or the email address noted above. Electronic copies also may be obtained at the following link:

Genetic Counseling

<https://ars.apps.lara.state.mi.us/Transaction/RFRTtransaction?TransactionID=1301>

Medicine

<https://ars.apps.lara.state.mi.us/Transaction/RFRTtransaction?TransactionID=1302>

Osteopathic Medicine and Surgery

<https://ars.apps.lara.state.mi.us/Transaction/RFRTtransaction?TransactionID=1312>

To allow for broad public attendance and participation, including for persons with disabilities, members of the public may access this meeting by both web and phone and provide either oral or written comments. Closed captioning will be provided, when available. Members of the public who are speech or hearing impaired may also attend and participate in this meeting by dialing 7-1-1 and using the Michigan Relay service. More information about this service may be found at <https://www.michigan.gov/mpsc/consumer/telecommunications/michigan-relay>.

People with disabilities requiring additional accommodations (such as materials in alternative format) to participate in the meeting, or those that have questions should contact the department at BPL-BoardSupport@michigan.gov.



State of Michigan,) ss
County of Kent and County of Ottawa)

Nancy Block being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Grand Rapids Press is a public newspaper published in the city of Grand Rapids, with general circulation in Kent and Ottawa county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):

Grand Rapids Press 05/19/2022

Nancy Block

Principal Clerk of the Publisher

Sworn to and subscribed before me this 1st day of June 2022

Teasha R Payne

Notary Public

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NOTARY PUBLIC, STATE OF MI
COUNTY OF MECOSTA
COMMISSION EXP FEB 24 2026
ACTING IN COUNTY OF Kent

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The Mining Journal

Upper Michigan's Largest Daily Newspaper

249 W. Washington St., P.O. Box 430, Marquette, Michigan 49855. Phone (906)228-2500. Fax (906)228-3273.

AFFIDAVIT OF PUBLICATION

STATE OF MICHIGAN

AFFIDAVIT OF PUBLICATION

For the County of: **MARQUETTE**

In the matter of: Notice of Public Hearing
Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing
June 17, 2022

Size: 4 x 10

State of **MICHIGAN**, County of Marquette ss.

ANN TROUTMAN

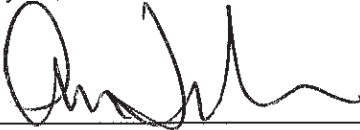
being duly sworn, says that she is

PUBLISHER

of **THE MINING JOURNAL**

a newspaper published and circulated in said county and otherwise qualified according to Supreme Court Rule; that annexed hereto is a printed copy of a notice which was published in said newspaper on the following date, or dates, to-wit

May 27, 2022



ANN TROUTMAN

Subscribed and sworn to before me this 2nd day of June, 2022



HOLLY GASMAN

Notary Public for **MARQUETTE** County, Michigan

Acting in the County of Marquette

My commission expires: May 25, 2025

Good advice

Dear Annie

Boyfriend keeps me at arm's length from his family

Dear Annie: I am a recovering alcoholic with almost three years of sobriety.

I have a wonderful boyfriend with whom I spend many enjoyable hours. Occasionally, he is asked to join his friends for a drink. On several occasions, he has told them that he doesn't drink out of respect for me, adding, "You know ..." and looking directly at me. His friends all respond with a conspiratorial nod.

I've told him quite often that this embarrasses me, both for mentioning it and for having told his friends! What is the proper response in this situation, aside from bursting into tears from shame (which I actually did once)?! — Sober and Embarrassed

Dear Sober and Embarrassed: Congratulations! Three years of sobriety is a huge accomplishment, and



ANNIE LANE

you should be proud.

Give your boyfriend some alternatives to use when asked for a drink: "Thanks, but I'm not drinking at the moment," or, "How about we grab lunch instead?" He probably feels awkward declining and doesn't want to come across as rude.

Dear Annie: I wanted to ask this question to see what others think. My boyfriend hasn't in-

involved me in his family and we have been together for seven years. He has met my family and my kids but is very private about his own family. I know his friends, but I have never been introduced to his dad, and I'm not allowed to come around his house when his dad is there.

It's really taking a toll on me, and I feel I am not good enough. Any advice? — Feeling Shut-In

Dear Feeling Shut-In: Perhaps the issue here lies not with you but with your boyfriend and his father. Is their relationship healthy and close, or strained and complicated? Seeing he has introduced you to his friends, I'd venture to say he wants you involved in his life.

When it comes to his family, he might not know how to. Talk with your boyfriend about how you're feeling. After seven years together, it's time to break the ice on

the family front.

Dear Annie: Your readers seem to have a variety of problems. Because of my career path, I've read a lot of problem-solving and self-help books over the years. They all have good ideas.

However, there are two that sit high above the heap. Both are written by the same person, Dale Carnegie. The books are "How to Stop Worrying and Start Living" and "How to Win Friends and Influence People." I know they would help a lot of your readers because they solve actual problems. They were written years ago, but I'm sure they can still be found in libraries and bookstores. I highly recommend them. — Bookworm

Dear Bookworm: Thank you for these recommendations. They're two very popular titles, indeed, and just in

time for summer reading lists.

Dear Annie: For the past 18 months, my aging parent has been accepting (and sometimes volunteering for) tasks that he/she cannot complete alone. Because we share a home, I am forced to help and often do most of the work. I am not given a choice as if I am a child.

The slighting behavior has become more frequent and when coupled with a stressful job, it is extremely frustrating. I expressed my concerns to my parent, but nothing changed.

I pay at least half of the household expenses and plan to move soon. It is likely my parent will move with me. I want to continue supporting him/her financially, but the disregard must stop. What is the right thing to do? Thanks in advance. — Conflicted

and Slighted

Dear Conflicted and Slighted: Your parent is lucky to have you! Older people are sometimes unaware of their newfound limitations, so it is possible that your parent has every intention of completing the project alone but then comes to you for help when he or she hits a roadblock.

The next time this happens, gently explain to your parent that you don't have time for last-minute tasks. If he or she anticipates needing your help, it must be negotiated prior to accepting the project.

EDITOR'S NOTE: How Can I Forgive My Cheating Partner? is out now! Annie Lane's second anthology — featuring favorite columns on marriage, infidelity, communication and reconciliation — is available as a paperback and e-book. Visit <http://www.creator-spublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

To Your Good Health

When it comes to starting a statin, it's not all in the numbers

DEAR DR. ROACH: I have a question for your column. What is the number of LDL cholesterol that would necessitate taking statins? I am an active 51-year-old female and weigh 126 pounds at 5 feet, 2 inches tall. I eat a healthy diet and avoid trans fat. My total cholesterol is 260, LDL is 173 and HDL is 67. I have had high LDL since I was a teenager. My blood pressure is 123/77. My general practitioner prescribed a low-dose statin (Crestor 5 mg). My cardiologist said that statins will lower my cholesterol but that it does not ensure I will be protected from a heart attack or stroke.



KEITH ROACH, M.D.

I do not want to take the statin. I have two close relatives who took statins. One suffered from Parkinson's without a family history of the disease. Another

developed diabetes and had a heart attack at 66.

I am on no other medication, and my blood pressure is good. Do you agree with my doctor? How risky is it if I don't take the statin? — M.I.C.

Answer: Statin drugs like rosuvastatin (Crestor) certainly do lower cholesterol, and they do reduce the risk of a heart attack or stroke. Most experts believe that statins exert benefit both through reduction of LDL cholesterol and through other pathways, not yet precisely identified. However, like all medications, they have a risk of side effects.

Diabetes has been shown to develop more quickly in a person taking a statin drug if

they are predisposed to getting diabetes. However, there is no clear association between Parkinson's disease and statin use — in fact, some studies have shown a decreased risk of developing Parkinson's disease among statin users.

The benefit of a statin depends on how high the underlying risk is for the person. Although your LDL and total cholesterol numbers are high, you are a 51-year-old woman, with a good blood pressure and a high HDL, so your risk of a heart attack, stroke or death from cardiovascular disease is only 1.4% in the next 10 years. I suspect your doctor saw your high LDL number and got nervous. But given

your whole picture, the benefit of a statin at this time for you is negligible. So even a small risk of side effects isn't worth it.

There isn't a single LDL number that makes a statin necessary. But very high LDL numbers require a different conversation. The decision depends on how much a person wants to avoid a heart attack and how much they want to avoid taking medications. While there is no magic number for 10-year risk that says when a person should take a statin, a 10-year risk of 7.5% is a level that many physicians use to recommend a statin drug for their patients at risk. When risk over 10%, the recommendation should

be strong.

Most importantly of all, nearly everyone can improve their risk of getting heart disease by improving their lifestyle. Having a healthy body weight and avoiding dietary trans-saturated fat is a good start, but there are many dietary habits that reduce heart disease risk (and many other risks as well). Regular exercise is as important as a healthy diet.

EDITOR'S NOTE: Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or send mail to 628 Virginia Dr., Orlando, FL 32803.

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THE MINING Journal

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