

**When Good News** Continued from Page 13

There is nothing wrong with these shows, and they often can give survivors a sense of justice that they may not have received themselves. However, they can also be triggering. Try watching things that take your mind off violence, like a good comedy or a documentary about another topic.


Talk about other things with your friends and family. It seems like everyone is talking about these cases, especially when they are celebrities, and everyone has an opinion. Even if people are supportive of survivors, it can still be exhausting to talk about it all the time. Don't be afraid to tell people that you'd like to change the subject for a while.

Volunteer. Doing community service can help remind you that there are good people in your community, when the world feels scary. Additionally, doing something good can improve your mood and provide a sense of purpose when you are feeling lost.

Talk about it. If you need to, talk to someone you trust about how you are feeling. You get to decide how much to share, and with whom. If you don't feel comfortable talking to anyone, try journaling or find an online support network. If your feelings are impacting your daily life, reach out for help from a professional.

SafeCenter is a nonprofit agency whose vision is for all individuals to experience the right to be free from violence. Their mission is to build comprehensive and sustainable community strategies to eliminate domestic and sexual violence in Clinton and Shiawassee counties. For more information regarding services, contact SafeCenter at 1(877) 952-7283, or via email at safecenter@thesafecenter.org.

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8019 E. M71, Durand MI 48429. Tenants were Danielle Combs and Nicole Park; Units consist of household items, fishing equipment, appliances, tools.

**065 Miscellaneous**

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**GREAT FISHING AUCTION ONLINE - BIDDING OPEN NOW:**  
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