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CASS CITY CHRONICLE
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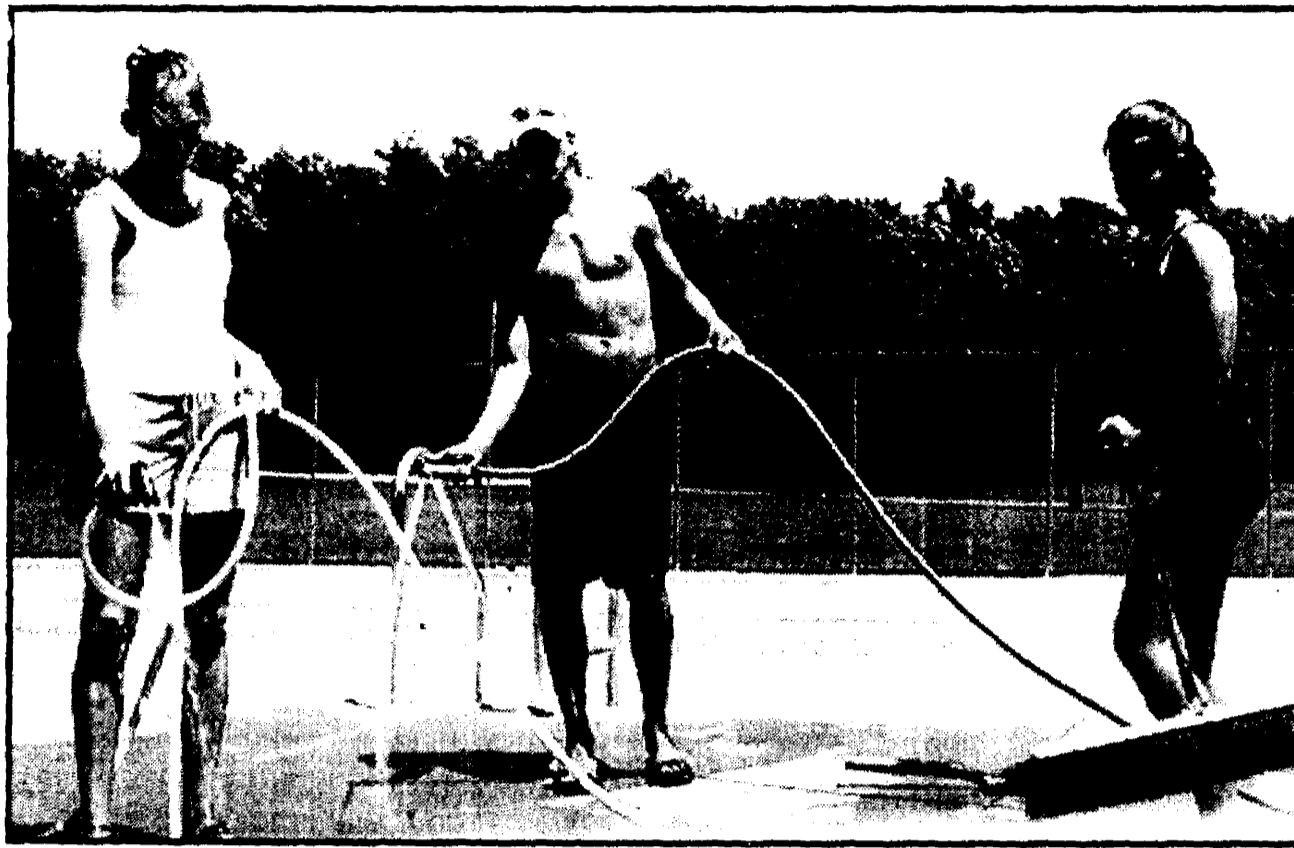
CASS CITY CHRONICLE

VOLUME 93, NUMBER 11

CASS CITY MICHIGAN - WEDNESDAY, JUNE 9, 1999

FIFTY CENTS

16 PAGES PLUS 2 SUPPLEMENTS



CASS CITY LIFEGUARDS Holli Cooper, Dave Hobbs and Katie Wood have been busy preparing the Helen Stevens Memorial Pool for the new season. The pool, slated to open Monday, has a new look, including a recently installed \$42,000 PVC liner.

Record beet acreage

Crop outlook promising

By Jolene Schultz
Staff Writer

Generous amounts of rainfall and ideal growing conditions have contributed to record sugar beet acreage this year, according to Robert Braem, vice-president of agriculture at Michigan Sugar Co.

Braem said a number of the 132,000 acres of beets were planted early in the growing season.

"Forty percent of the beets were planted prior to mid-April," he added. "Last year, they were typically planted in the later part of April."

Many beets were planted even earlier, marking one of the earliest starts ever to the growing season.

"It started as early as the last week in March," Braem said. "The harvest starts late September and continues through the month of October."

Provided growing conditions remain good, including plenty of rain, Braem said, there is a potential for good yields. "I'm looking forward to a good year."

Kurt Anderson, MSU Extension Agent for Huron and Tuscola counties, also voiced optimism about the sugar beet crop.

"So far, things look pretty good," he said. "It started out dry, but then we had lots of showers."

Last year, crops were planted on time, but below average rainfall followed, Anderson noted.

Despite the optimism, Anderson indicated the outlook for prices hasn't improved significantly. Prices vary day-to-day and hour-to-hour, much like the changes in the stock market, Anderson said, adding prices are currently lower than last year.

ROUGH GOING

"That's rough going," he commented. "That's the biggest problem. Good crops won't make prices more."

Anderson said prices are based on supply and demand, as well as the Asian economy, and "they're not buying right now."

Beets aren't the only crop benefiting from decent rain-

fall and ideal growing conditions.

According to Martin Nagelkirk, Sanilac County Extension director, corn and soybean fields are also ahead of schedule. The crops had an early start last year, and this year is very similar.

"The dry beans are on schedule as well," Nagelkirk said.

Anderson credits the recent hot and humid weather for what he called excellent growth of the corn crop. "Corn originated in South Central America," he said. "That's the weather it likes."

The winter wheat crops also look exceptionally good, according to Nagelkirk. At present, the crop is very similar to last year's and the yields are expected to be favorable, as long as timely rain continues.

The alfalfa crop, meanwhile, has been targeted by some pests, especially the weevil. "There's been several different pests this year," Nagelkirk said. "It's unusual. It's been a real curiosity."

The alfalfa weed thrives on

the first crop, but after the first cutting, Anderson noted. Please turn to back page.

Zimmerman convicted

A Tuscola County jury last week found a Gagetown man guilty on charges stemming from a break-in at the Gagetown Inn last December.

The jury found Allen N. Zimmerman Jr., 35, Gagetown, guilty of safe breaking, breaking and entering a building with intent

to commit larceny and larceny in a building.

Safe breaking carries a maximum penalty of life or any term of years in prison. Breaking and entering is punishable by up to 10 years imprisonment, and larceny in a building carries a maximum penalty of up to 4 years

in prison and/or a \$2,000 fine.

The verdict was handed down after a 3-day jury trial in Tuscola County Circuit Court.

Sentencing was scheduled for July 9 at 8:30 a.m. and Zimmerman was remanded to the custody of the sheriff's department without bond.

Voters in 2 of 4 area school districts will decide races for board of education seats in annual school elections Monday.

Ballot proposals are also on tap in the Cass City and Owen-Gage School districts.

CASS CITY

In the Cass City School District, Incumbent Trustee James Turner and newcomer Teresa Rabideau are seeking 2 available 4-year terms on the school board.

Incumbent Marilyn Peters opted not to seek another term.

In addition, voters are being asked to renew the district's 18-mill non-homestead millage for 5 years.

The millage is not a tax increase and does not affect home owners and renters. The tax was created under Proposal A and generates dollars that go towards Cass City's per-pupil base level of funding.

The millage will raise about \$650,000, or \$387 per pupil, giving the district a combined

\$5,187.65 per student.

KINGSTON

A trio of candidates — incumbents Bernard Bishop and Jason Koehler, and challenger Ted Brzezinski — are seeking 2 available seats on the Kingston Community Schools Board of Education. Bishop and Brzezinski are vying for a lone 4-year term, while Koehler is seeking to serve the remaining 3 years of a 4-year seat previously held by board member Richard Zyrowski, who resigned.

OWEN-GAGE

In the Owen-Gage School District, Trustee Rick Ziehm faces a challenge from newcomer Brenda Kretzschmer. Voters will also decide a trio of special bond issue requests.

The board is seeking \$150,000 for the purchase and installation of a new gymnasium floor in the junior/senior high school in Owendale, and another

\$150,000 for parking lot and driveway paving at both the junior/senior high and elementary buildings.

The third bond issue requests \$300,000 for technology upgrades in both buildings. Examples include expansion of the district's existing computer networks, purchase and integration of new technology related to Internet access and e-mail, and additional computers, document centers and staff training.

School officials estimate the combined requests would translate into an additional 1.33-mill tax levy, which would decrease as the

district's state equalized valuation (SEV) increases.

UBLY

A familiar face will be returning to the Ubyly Board of Education.

Former trustee J. Kevin O'Connor, who served 2 terms before leaving the board 3 years ago, was one of 2 candidates to file petitions for a pair of available school board seats. Seeking reelection to the other 4-year term is Janice Sageman.

Incumbent Trustee Louann O'Berski decided not to seek reelection.

Board races, bond issues await voters

Area man escapes house blaze--twice

Cass City fire fighters say a Cass City man who escaped his burning house trailer unharmed late Saturday night made what could have been a fatal decision when he re-entered the structure.

Fortunately, William Davis, 52, 6837 Pringle Rd., escaped a second time, although he suffered smoke inhalation.

The fire at Davis' residence, located about a half-mile west of M-53, was reported at 11:15 p.m.

"It was totally engulfed when we got there," Eikland Township Fire Chief Ron Pawloski said.

Pawloski said Davis passed out while cooking something on his stove. When he regained consciousness, the ceiling above the appliance was on fire and the residence was filled with smoke. Davis fled the home, but he went back inside to get his wallet and some important papers, according to the fire chief.

It isn't known whether the residence had smoke detectors. Davis was transported by Cass City MMR personnel to Hills and Dales General Hospital, where he was treated and admitted overnight for observation.

Cass City firemen remained at the scene for 2 1/2 hours. They were assisted by the Argyle, Elmwood-Gagetown, Kingston and Lamotte fire departments.

Lights, camera!

Parsons organizing community theatre

Bill Parsons loves musical theatre, so much so that he frequently breaks into song while driving or walking to or from his apartment along Cass City's Main Street.

Sure, he gets some pretty strange looks, but he doesn't mind.

"It gets really bad if I'm listening to something I really like, because I throw in some dance moves once in a while. I don't need a stage," he recently commented.

"The worst part is, I don't always sound good," he joked.

Parsons, 26, has lived in Cass City for only a few months, but he's already trying to get involved in the community by sharing his love of theatre with area residents.

In short, he's trying to form what he has coined the "Coachlight Theatre Ensemble", named after the storefront that also houses his upstairs apartment. Parsons recently held an informational meeting at Cass City High School, and he's hoping to build on the interest he's seen so far.

"We had a pretty good turnout. We had 6 people turn

out for the meeting and I had 4 people sign up before that. And, I've had a couple of people call since," he said. "I'm really excited about it."

Parsons' vision involves forming a volunteer theatre company composed of residents of all ages and abilities, including actors, musicians, artisans for set and costume design, and a stage crew. He would like to see the company perform a broad range of shows, from well-known Broadway musicals to obscure drama or comedy, perhaps even an original play in the future.

Donations and performance proceeds received by the company will go to local charities, minus expenses.

Parsons, a native of Binghamton, N.Y., has scheduled casting calls in hopes of performing "Newsies" in the fall. Interested residents are encouraged to audition June 14 from 4 to 7 p.m. or June 19 from noon to 3 p.m. at Rawson Memorial Library.

If you want to be involved but can't fit one of those dates into your schedule, call Parsons and he'll find a way to meet with you.

"I don't want anybody to be turned away because they don't think they have the time, and I want it to be accessible for all ages," he said. "Everybody who auditions will get a part. I guarantee it."

Don't think you can sing? You won't convince Parsons of that.

"That's a total misconception. Anyone — I mean anyone — can sing as long as their vocal cords work. There are hundreds of pitches and ranges, and I will find a pitch and a range for you," he said. "Even people who are tone deaf can be taught to sing."

Parsons' desire to establish live community theatre is based solely on his own love of the arts.

"I love the theatre," he said. "My mother raised me on Rogers and Hammerstein."

"I believe that every town needs to have some access to the arts. The other reason is that for every high school student who's acting in a play, there are 2 adults who would like to."

Parsons considers himself Please turn to back page.

Headed for nationals

Rookie teen driver revved up

It all started out as a hands-on classroom project designed to instill a sense of teamwork among students.

Cass City Middle School teacher Jeff Hartel said he hoped the project — building and racing soapbox derby cars — would be fun and at the same time give the eighth grade students in his

Tech Ed Transportation/Invention Class a lesson or 2 in physics.

The lesson apparently hit home with Hartel's students, including Don Spencer who, in his first racing event, recently qualified for a national soapbox derby in Omaha, Neb.

"I was really surprised. It

was very unexpected," Hartel commented last week after Spencer finished third in the Super Stock Division of the Saginaw Spring Nationals, a regional National Derby Rallies event, held May 29-30 at Buena Vista Lions Club Park in Saginaw.

Spencer's third-place finish qualified him for nationals.

June 28-July 4 in Omaha.

Hartel said the project began with some research on the Internet. Before long, kits were ordered to build 3 cars, and the classes, in teams of 4 to 5 students, spent about a month assembling the vehicles, which depend on gravity alone for power.

Hartel noted the Super Stock Division involves cars with a 236-pound limit, including the vehicle, driver and added weights.

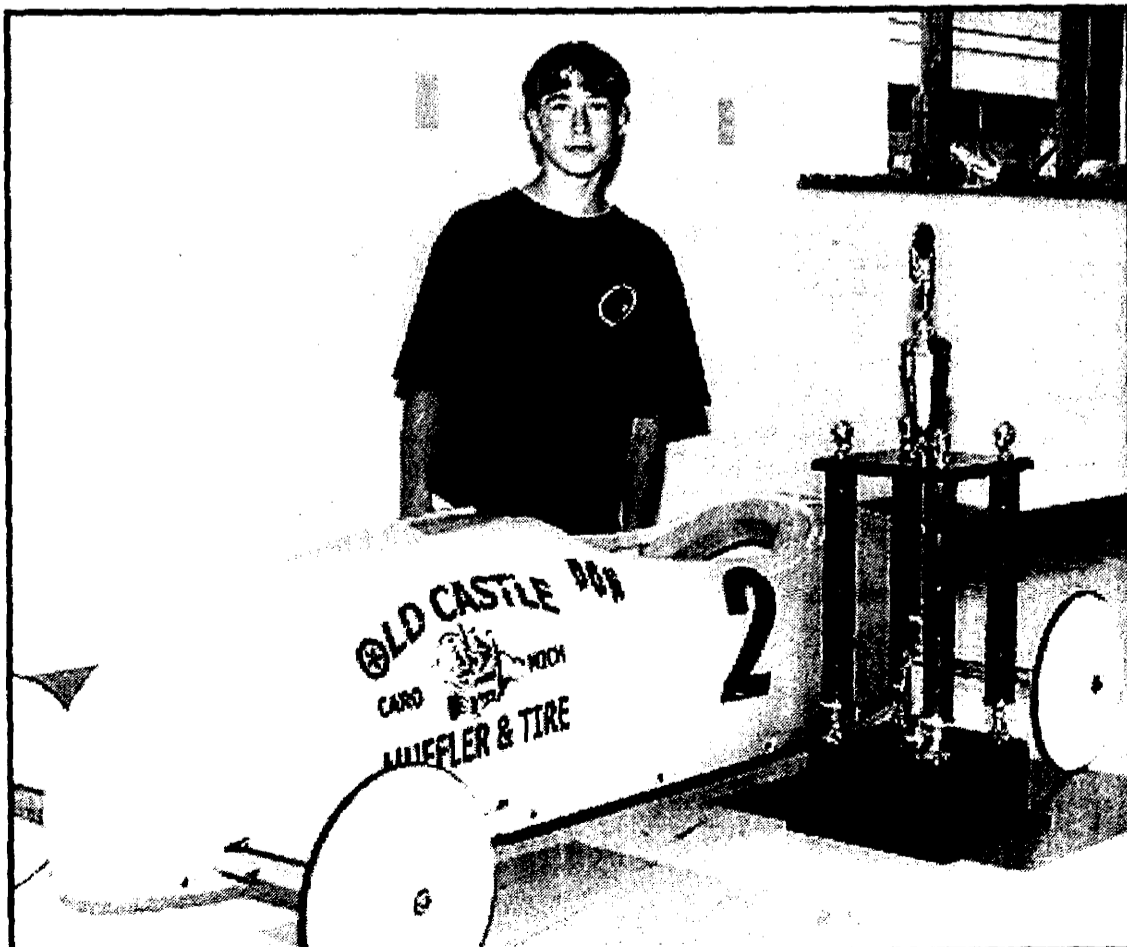
He said selection of drivers was left up to the students.

"We said, 'if you want a car, you've got to go out and get sponsors'," he explained, adding those students who obtained sponsors then got together and decided who would do the driving. Aside from Spencer, Sam Moore, 15, and Rajen Raythatha, 13, were selected to drive.

Hartel pointed out the project actually turned out to be a community effort, with Old Castle Muffler and Tire, Snover Auto Body, Shoreline Tire, Doctors Green and Nahernak, Dr. Ray, the Cook GM Super Store, and Harold and Barbara Harp all contributing cash as sponsors.

Cass City Schools also played a key role, not only by supporting the project, but by chipping in enough money to bring the sponsorship total to \$450 per vehicle to cover the cost of materials, helmets and entry fees.

Hartel said Clyde Wells, an adult classroom volunteer, also helped the students build the cars. And, Cass City Police Chief Gene Wilson Please turn to back page.



CASS CITY'S Don Spencer, 14, recently finished third in his first-ever soapbox derby racing competition, qualifying him for a shot at a national-level event later this month in Nebraska.

Marriage licenses

Donald Allen Endert and Deborah Jean Carlisle, both of Vassar.

Richard Todd Avery, Caro, and Minnie Lorene Garlich, Vassar.

Kenneth Andrew Smith and Barbara Ann Bemis II, both of Kingston.

Robert Edward Luepnitz III and Diane Lynn Foust, both of Kingston.

George Valentine Mitchell II and Michelle Marie Humphries, both of Reese.

Bradley Virgil Osantowski and Stephanie Joy Wiltse, both of Fairgrove.

Raymond Keith Stachura and Diane Lynn Fifield, both of Caro.

Thanks for calling 872-2010 with feature story ideas

Owen-Gage Senior Citizens meet twice

The Owen-Gage Senior Citizens Club held its 2 regular meetings in May at St. Agatha Parish Hall, where potluck dinners were served.

At the May 6 meeting, conducted by President Jack Doerr, 27 members attended. Happy birthday was sung for Phil Guza and Helen Pyrek. Door prizes were won by Clara Gaffney and Louis Ouvry. Bingo and cards were played.

The May 20 meeting was attended by 31 members. A get-well card was signed and

mailed to Gerri Schobert. The committee for June will be Louis and Irma Ouvry and Pat Guza. The door prizes were won by Stuart Merchant and Pat Guza.

Euchre winners were: men's high, Amasa Anthes; women's high, Stuart Merchant; men's low, Francis Harbec; women's low, Irma Ouvry. The traveling prize was won by Harold Blehm.

A correction from April's report. Door prizes were won by David Ashmore and Johanna Miklovic.

Bible school slated

Cass City Church of the Nazarene at 6538 Third Street has announced plans for an exciting Vacation Bible School June 14-18. The VBS will be held from 6:00-8:30 p.m. each evening. The theme of the VBS will be "Celebration Station - All Aboard the Joy Express." The daily schedule will feature crafts, recreation, music,

refreshments, Bible games, and great Bible stories.

The VBS is open to all children in the community from ages 3 through sixth grade. At each session, these children will learn about the joy that comes from knowing and living for Jesus.

For more information contact Evelyn Hardwick at 872-3779.



The AARP should know better.

They sent my friend Minerva her membership cards with a note saying the stickers with the effective dates, to be affixed to the cards, would arrive after she paid her dues.

True to their word, they mailed the stickers a few weeks later.

Of course, by that time Min had no idea where the cards were.

Come on, folks. You're dealing with AARP people — people who can't remember why we came into a room, who absent-mindedly put our keys in the freezer, and can't remember where our glasses are 3 minutes after we take them off. Keep the cards and stickers together!

point of self-service if it requires an employee to oversee the procedure. Actually, one person oversees 4 check-out counters, so it could be cost effective.

It's hard to say whether it will catch on with the public.

Speaking of self-service, one local man tried it at a garage sale a couple weeks ago.

A sign in the driveway with his merchandise instructed customers to take what they wanted and send a check to.... (his name and address). I've been meaning to ask him how it worked out.

We get a couple of medical journals, which means we also get a lot of "medical" junk mail. Most of it gets tossed.

A recent piece was intriguing enough to give me pause. It was touting "Your Own Perfect Medicine."

A quote said "Imagine antibodies, hormones, enzymes and extremely complex nutritional elements designed for your unique body in a therapeutic form that costs nothing and the FDA can NEVER regulate."

What it is is UT or "Urine Therapy."

There were all kinds of testimonials about the diseases cured and wonders worked by UT. One fellow says, "I fasted on urine and my prostate problems went away..."

A parent claims that an 11-year-old with a bad sunburn was rinsed in his own urine, which made the sting disappear, and the next day he had a great brown tan.

A 92-year-old says that after using UT for 8 months, he's chasing 62-year-old women around the bedroom. Another hailed it as a great appetite suppressor. Could be. Just thinking about it suppresses my appetite.

Not one to judge prematurely, I can't imagine that urine therapy will become too widespread unless they find a way to disguise it and make it a bit more palatable.

We tried out the new "do-it-yourself" checkout counter at a Meijers store near Kalamazoo recently. It was kind of neat.

A monitor gives implicit instructions: "Open a bag." "Scan first item." "Place item in bag." "Scan second item," etc.

We used a credit card, but the machine was also equipped to handle cash and make change.

There was an employee nearby just in case you goofed up.

You may ask what's the

Dance set for June 12

The Sandusky Thumb Dancers will hold its next open dance at the Sandusky Maple Valley School Saturday, June 12, 7:00 p.m.-11:00 p.m. Music will be by United Sound.

Everyone is welcome. Bring finger food and friends.

Owendale women gather

The Owendale Women's Club ended their club year Tuesday with a dine out at China King, Bad Axe. During a brief business meeting conducted by president Joyce Sheldon, a donation was given to Dawn Enderle for her upcoming trip to France with the Owen-Gage French class in June.

The fall meeting will be at the home of Mrs. Sheldon for the planning of the 1999-2000 club year.

The door prize was furnished by Faith Fahrner and was won by Jeannette McDonald.

Sr. Citizens' Menu

Senior Citizens are asked to make reservations before 9:00 a.m., on the day of the meal, by calling Clara Gaffney, 872-2875.

JUNE 14-16-18

Monday - Pork steak, baked potato, sauerkraut, tossed-salad, roll, rice pudding.

Wednesday - Beef stew w/ carrots, potatoes, onions, stewed tomatoes, biscuits, banana pudding.

Friday - Pepper steak, oriental vegetables, rice, hot roll, tapioca pudding.

Cass City Personal Items

Call your local news to the Chronicle office - 872-2010

The Churchill and Clark Reunion is scheduled for Sunday, June 27, starting at 1 p.m. at Jim and Marie Brown's pond, Snover. A potluck dinner is planned.

Approximately 25 people helped Morgan Parrish celebrate her fourth birthday at a party, Saturday, May 29. It was held at the home of her grandmother, Diana Zagorski, in Cass City.

Scholarships available for camp

Kelly Rae Flannery Camp Scholarships are available for youth in need of financial assistance to attend a youth camp this summer. Scholarships can be used for a wide variety of camps.

The scholarship fund was initially started in 1984 with a grant from Readers Digest as a result of an article printed in the magazine regarding the tragic death of Kelly Rae Flannery. Since then, the funds have been turned over to the Interfaith Council to be invested with the yearly interest and donations to be allocated to Huron County youth to attend a camp of their choice.

The annual Interfaith Council Breakfast has been a major contributor for scholarship funds for several years.

Applications are available in the Michigan State University Extension Office, 104 County Building, Bad Axe, or by calling (517) 269-9949.

Janna Karan Otto and husband, David Otto, are spending the summer season with her mother, grandmother and brother, Imogene Fleming, Ed Fleming and Reta Alston, at Fleming Stock Farm, 2850 Crawford Rd. The Ottos moved back to Michigan from California, where they have lived 12 years.

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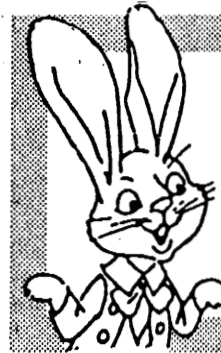
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Rabbit Tracks

by John Haire

(And anyone else he can get to help.)

A letter to the editor signed by Manning never was published. We suspect that it was a fraudulent signature. It could have been genuine, but we couldn't find the name in the phone book, and had no way of checking its authenticity. To assure publication, writers should include their address and phone number on their letters.

There were many injured, but none killed as a result of deer-car crashes in 1998 in the Upper Thumb. State-wide, these accidents resulted in 4 deaths. Sanilac County led the area accident parade with 1,202 deer-car crashes that injured 34. Huron County's total was 1,188 with 23 injured while Tuscola County recorded 944 accidents with 33 injured.

A yellow return envelope for Chronicle subscriptions was discontinued over 10 years ago. Gone, but not completely. This week one of the once-familiar envelopes arrived through the mail. It was from F. G. Fritz of Stevens Point, Wis. The subscription renewal request was dated April 1989.

Can't help it, but I expect that the warmer-than-average temperatures that we've experienced recently will all change next Monday and it will be cool-cool-cool. That's not based on any scientific long-range forecast, but a much more reliable indicator. The repairs at the Helen Stevens Memorial Pool at the park have been completed and the facility is scheduled to open Monday.

The Weather

	High	Low	Precip.
Tuesday	83	67	.07"
Wednesday	75	55	.54"
Thursday	68	45	.02"
Friday	75	57	0
Saturday	86	77	0
Sunday	94	70	0
Monday	90	66	0

(Recorded at Cass City wastewater treatment plant.)



Beanies, baby!

JORDAN KUS, 7, Cass City, was the lucky winner in the "Basket of Beanies" raffle, which raised \$1,109 for the "Let's Build Some Fun in the Thumb" playground project. Above, Paint Store owner Steve Wright presents the dozen Beanies to Kus, son of Dale and Janie Kus.

O-G offering free meals

The Owendale-Gagetown Area School District announces the sponsorship of the Summer Food Service Program for Children. Free meals will be made available to children 18 years of age and under or persons up to age 26 who are enrolled in an educational program for the mentally or physically disabled that is recognized by a state or local public educational agency. The meals will be provided without regard to race, color, national origin, age, sex, or disability. Meals will be provided at the Owendale-Gagetown Elementary School, 6475 Fourth Street, Gagetown, MI 48735. (517) 665-9921.

Serving times are June 8-11, 14-18, 21-25. Breakfast 8 a.m.-8:30 a.m. Lunch 11 a.m.-11:30 a.m.



The Haire Net

Sometimes it's good to be reminded of what amateur sports are all about...or at least what they should be all about.

We were reminded about that last week at the pre-district tournament softball game between Cass City and Unionville-Sebewaing Area Schools.

We couldn't help but compare the attitude there with the frenzy that accompanied the tournament basketball game between Harbor Beach and Cass City earlier this year.

Notable was the ejection of 2 Cass City fans. Not so noticeable was that the referees were also verbally berated by fans of both schools.

At the softball tourney, you didn't need the pre-game announcement warning everyone that good sportsmanship was required by participants and their fans that was deemed essential at the basketball game.

The softball and baseball games played on adjacent diamonds last week attracted only relatives, boy or girl friends and an occasional rabid fan.

There's not enough spectator interest to charge an admission for the games. Unlike football and basketball teams, there's no formal off-season training. There's no summer camp for the school's baseball team.

You can compete in baseball in the Thumb without devoting off-season practice time to the sport. That's virtually impossible today in basketball. To compete, summer work is as vital as regular in-season practice.

It's sure that if the off-season were devoted to baseball or softball as it is to the major sports that the quality of play would be upgraded. But for what purpose?

What made last week's softball upset victory by Cass City great was the competition. Make no mistake. The girls were playing to win.

It was an unexpected upset win by Cass City and the thrill was there for the winning players. There was no umpire baiting by the few fans present and the players took what were several bad calls on balls and strikes without comment.

There's always more satisfaction in a win against odds. I suspect if USA had won, the girls would not have been as elated as the Cass City players were.

No way would they feel the victory was important enough that the coach should be doused with ice water, the



The back forty

by Roger Pond

Nobody enjoys seeing wildlife more than I do. The sight of an otter or a brood of ducks can make my day. My enthusiasm wanes when the wild critters start eating my garden or digging under the house, however. That's why I have trouble with the modern approach to wildlife management.

It seems certain creatures are immune to controls, no matter how much damage they're doing. Caspian terns on the Columbia River are a good example.

An estimated 20,000 terns nest on Rice Island near the mouth of the Columbia River. The island was formed by sand dredged from the river by the U.S. Army Corps of Engineers. Terns first appeared there in 1986.

It is estimated this colony of terns eats as many as 25 million migrating salmon each year. The Corps of Engineers, National Marine Fisheries Service and several wildlife agencies are studying the problem.

While governments and private landowners are spending billions to protect salmon from things we don't fully understand, the terns are scooping them up as they go by!

The current plan is to encourage terns to nest on another island 15 miles closer to the ocean. Scientists think the birds will eat fewer salmon if they are nearer the ocean where saltwater fish,

Conference scheduled

The Tri-County Christian Homeschool Conference will be held Tuesday, June 15, at Deford Community Church, 1392 Kingston Rd., Deford. Registration begins at 8:30 a.m.

Featured will be 3 general sessions, many workshops, new and used curriculum, books and supplies to meet all homeschool needs.

For more information call 517-872-1256.

such as herring, are more available (These scientists forget how quickly a bird flies 15 miles.) Biologists seeded winter wheat on Rice Island last fall on the theory that terns prefer bare sand for nesting. Like most things seeded by biologists, the wheat didn't grow.

They disked it at the wrong time, in my opinion. Right in the middle of nesting season would be the best time to disk.

Have they considered spring wheat, or rye? I doubt it.

Instead they erected little fences and put out scarecrows to discourage birds from nesting on the island. When the terns returned this spring, they had a good laugh and built nests right next to the scarecrows. The last time biologists looked, Rice Island had 12,000 terns on it - with more on the way.

The scientist who advises the feds on this project reports these efforts are paying off. Paying off for whom? He didn't say.

Caspian terns are not native to the west coast. The island is man-made and owned by the government. Yet no one has an effective solution to the problem.


Why can't they release a couple of coyotes or a few housecats. The government releases wolves and grizzly bears all the time. Why not some coyotes in tern land?

If the Corps of Engineers can create an island, why can't they lower one a few feet? Let the terns nest under water for a few years. That should discourage them.

If they don't know how to grow wheat, pay a farmer to do it. Anything lethal would be out of the question of course. Anything lethal is always out of the question.


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Letters to the editor

Don't ignore problem

Take crime seriously

Dear Citizens of Cass City, Some things have happened in your city that trouble me much. These things are crimes. Though we live in the country, we consider your town

ours and love it much. My son bought a house in Cass City this year. His house was broken into and robbed while he and his family were at church. His next door neighbor told

us that this was the third time it happened to him. As I understand it, the police will have a police car drive by their houses more often.

Are you aware that you can no longer try on clothes before buying them at one area store? The room for trying on clothes is now locked and used for storing stock because so much was being stolen by some people using that room.

I have no idea if this is all or if there's more crime. Nevertheless, do not ignore or accommodate crime. A small increase turns big very quickly and will destroy your town and way of life.

Our home town was Detroit. It was once a great place to live. It no longer is. We escaped from there to your world 9 years ago. Don't know if you are aware of it, but here is a beautiful place.

In the early 1960s, the mayor of Detroit gave an interview to reassure us, the citizens of Detroit. I only remember one thing he said. It was: crime wasn't going up; people were just reporting it more.

To say the least, he was wrong.

If your crime rate is going up, Cass City, stop it now. Everyone you elected to do this for you must realize now is the time to take their jobs very seriously. You too must take it seriously.

You have much to lose, and if you wait for things to reach the crisis point, you will probably lose it.

A Concerned Friend of Cass City,

Betty Girduckas

and no negative or disparaging comments from teammates or the stands. You clearly demonstrated to other schools that you are a team that knows what sportsmanship really is.

You can hold your heads up high as you played your best, you played fair and you represented Cass City well.

Helen Salas

Softball team deserves praise

Just wanted to say congratulations to the Cass City girls' softball team for a great season. It was so nice to watch the transformation in those last few games and see you playing as real team players.

What a difference it was to watch all of you play with real confidence because of positive reinforcement and respect from fellow players,

Taking stand for right never wrong

Dear Editor,

I would like to write a note as a follow up comment to your "The Haire Net" article in last week's paper.

Taking a stand for what is right is NEVER effort in vain. That way of thinking is why so many of us feel one way but never make the extra effort to follow through. We tell our kids one thing and do another. Well - "Talk is cheap!" It is time to put action behind our convictions and teach our kids through our actions, right from wrong. We talk about visual learners. Yes, our kids are watching. What are they seeing? Our kids are brighter

than we sometimes give them credit for. They see through our weak attempts to "rationalize. When they hear us saying one thing and then they see us doing something different - that seriously jeopardizes our credibility. Could this possibly be a reason we have such a problem with respect for authority?

God holds us responsible for actions within our control - not for those out of our control. Taking a stand for truth and right was and is always our responsibility - and we will leave the results in God's hands.

Respectfully yours,

Bonnie Ferris



CAMPBELL ELEMENTARY School's top readers in the 1998-99 electronic book shelf program were (front row, from left) Isaiah Battel, Evan Bushong, Brittany Karavas, Alyssa Nicol, (back row, from left) Ryan Biddinger, Kevin Phillips, Allie Richards, Courtney Rabideau and Allie Hillaker.

Vassar farm centennial

The Michigan Historical Commission recently certified 33 farms as centennial farms, including one in Tuscola County.

The newly designated centennial farm in Tuscola County is owned by Ronald and Irene Frank, 8676 W. Sanilac Rd., Vassar. The farm has been in the family since 1899. Today, its 80 acres produce navy beans, soybeans, wheat, oats, corn, and alfalfa for hay.

The Centennial Farm Program was begun by the Michigan Historical Commission in 1948 with support from the Detroit Edison Company, Consumers Energy, local electrical cooperatives and farm groups.

After 51 years, the Centennial Farm Program continues to recognize farms that have remained in the same family for generations and highlights the family farm's contributions to Michigan's development.

Farm owners receive a Michigan Centennial Farm Certificate from the Department of State's Michigan Historical Center and a metal display marker for the farm.

Michigan electrical utility companies supply the green-and-yellow markers to commemorate the dramatic change electricity brought to farm operation and family life.

A centennial farm is classified as "a working farm of 10 or more acres that has been

continuously owned by the same family for at least 100 years." The Michigan Historical Commission also has established a Sesquicentennial Farm Program to recognize certified farms that have been owned by the same family for 150 years or longer.

Bell receives award

Top high school students from throughout the country, including a Cass City High School graduate, have been awarded scholarships to Kettering University in Flint.

Among the scholarship winners is Aaron Bell, son of Harvey and Marilyn Bell, Deford, who will receive an \$8,000 award.

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Senior aerobics planned

Starting June 28, the Michigan Athletic and Rehabilitation Center in Cass City will be starting an aerobics class for seniors. Class will be held Mondays and Wednesday mornings for 8 weeks. The cost is \$48 for 16 sessions. Please register by June 18. Class size is limited.

Please call M.A.R.C. at (517) 872-2084 for more details.

Letters to the Editor
The Chronicle welcomes letters to the editor. Letters must include the writer's name, address and telephone number. The letter is in case it is necessary to call for verification, but won't be used in the newspaper. Names will be withheld from publication upon request, for an adequate reason. The Chronicle reserves the right to edit letters for length and clarity. We will not publish thank you letters of a specific nature, for instance, from a club thanking merchants who donated prizes for a raffle.

Calendar of Events

Deadline for submitting items in the calendar is the Friday noon before publication.

Wednesday, June 9

Duplicate Bridge, 7:00 p.m. at Charmont. Everyone welcome.

Thursday, June 10

Drop-in story hour for children age 4 and up 1:30 p.m., Rawson Memorial Library.

Friday, June 11

A.B.A.T.E. of Michigan, Region 7 hosts its 6th Annual Evergreen Park benefit, June 11, 12 & 13 at Evergreen Park, located on M-53. Must be 21, no pets, no fireworks. \$10 donation for all weekend. Camping, ice, food, pop, tattoos.

Singles Dance, in "The Backroom" at Brentwood, Caro. Music by D.J. Dave LeMaster, 9:00 p.m. to 1:00 a.m. \$5.00 admission. For more information call 517-683-2723.

Alcoholics Anonymous and Al-Anon, Good Shepherd Lutheran Church, 8 p.m.

Sunday, June 13

"Old Fashioned Carnival", 1:00-6:00 p.m., Owendale Village Hall. Dunk Tank, Pie in the Face, Lemonade Stand, Face Painting, Bake Sale, 50/50 Raffle, Seed Spitting contest, many others. Proceeds for Owendale Park.

Monday, June 14

Children's movie "Lion King II", 1:30 p.m., Rawson Memorial Library.

Owen-Gage School Board meeting, 7:00 p.m.

Elkland Township Board meeting, 7:00 p.m.

Tuesday, June 15

Thumb Area Parkinson Support Group meeting, 1:00 p.m., Hills & Dales Hospital

AYSO Board Meeting, 8:00 p.m., Walbro.

Wednesday, June 16

Sanilac Co. Democratic Party meeting, 7 p.m., Liberty Lanes, Sandusky. Open to public.

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Will miss "her" kids

Retirement bittersweet for nurse Geri Tonti

By Jolene Schultz
Staff Writer

Geri Tonti is surrounded by hundreds of kids — daily. If they get sick, she's there. When they fall, she's there with an icepack and sometimes even cold orange juice. Tonti can't count the thousands of bandages she's given out over her 15-year career.

Hard work, yes. But she says it's equally rewarding. Tonti is the school nurse for Cass City Schools.

She'd always known she wanted to be a nurse — but a school nurse? Well, according to Tonti, she sort of "fell into it."

"You don't plan these things," she laughed.

As of June 8, Tonti will put away the gauze and bandages for something very different — retirement.

Her well thought out decision to retire came with mixed emotions. She knew it was the right decision for herself and her family, but with heartfelt honesty, Tonti acknowledged she will greatly miss the children.

"It's been a wonderful job," she said. "I've enjoyed the students of all ages."

Despite the sadness she'd feel on June 8, Tonti said it is time to retire. "There comes a point in your life when you know you're just ready," she said.

A nurse for 40 years, Tonti plans to spend more time with her husband, Don, the couple's 3 children, Nancy Genord, Craig Tonti and Lari Tonti, and their 4 grandchildren.

In the meantime, she has spent her remaining school days administering to scrapes and bruises, and checking for head lice. All part of the job, she said.

Tonti is based out of the Campbell Elementary School building, but she also tends to students at Cass City Middle School and Cass City High School, and she is at the Deford Elementary School every Thursday morning.

YOUNGSTERS

For the past 15 years, Tonti has dedicated herself to hundreds of youngsters, and she has had the opportunity to watch them grow into teens. It's something she wouldn't have missed for the world.

Although a Michigan native, Tonti hasn't always made her home in the Thumb. In fact, she grew up on the other side of the Mackinac Bridge, having been raised in a small town in Michigan's Upper Peninsula called Dollar Bay — population about 1,000 people — in the Keweenaw Peninsula.

"I attended grades K-12 in the same building," Tonti commented.

Upon graduation, Tonti found herself far from home. In 1958, she attended Highland Park General Hospital, near Detroit, where she

worked hard for 3 years to earn her diploma as a registered nurse. It was also there that she met her future husband, Don Tonti.

The couple met while she was attending school. Don Tonti, originally from Pennsylvania, worked with United Airlines in Detroit. They married right after Tonti graduated in 1961, and in September, they will celebrate their 38th wedding anniversary.

After graduation and marriage, Tonti worked for 3 years at Oakwood Hospital in Dearborn in labor and delivery, as well as one year in pediatrics.

She then moved on to Garden City Osteopathic Hospital, also working in labor and delivery.

In 1972, Don was offered a position as the director of human resources at Walbro Corporation, which brought the Tontis to Cass City.

FIRST JOB

Tonti's first job in the Thumb was at the Tuscola Intermediate School District for the Tuscola Alternative School for Pregnant Students. Now closed, this school offered pregnant students an alternative to dropping out of high school.

"I was the school nurse. I taught prenatal care and I taught about child care," Tonti said. "I also made home visits."

She spent 5 years there, until it closed due to a lack of students.

"There was a stigma of being pregnant and being in school," Tonti noted. "Then more and more people realized that girls get pregnant and have babies."

Tonti said she then remained home for a year, but also spent time teaching at St. Clair County Community College Licensed Practical Nurse School.

"I taught nursing arts," she said, "like how to make beds, take blood pressure and general skills of nursing."

It was at the end of her first year of teaching that the school nurse position for Cass City Schools opened. Although she enjoyed teaching, Tonti decided to accept the job. She began her job in 1984 and says she has enjoyed every day of the 15 years she spent here.

Tonti is not only a registered nurse, but also a certified school nurse and a member of the Michigan School Nurse Association.

After retiring, Tonti plans to stay in Cass City, although that wasn't her original plan.

"There are a lot of pluses to small towns," she said. "You know everybody, the familiarity — it's a comfortable situation to grow up in a small town."

HERE TO STAY

Tonti added, "When we moved here from the city, we thought we'd raise our children here and then move back to the city, but now we have no desire to leave."

Instead of packing up for a city move, Tonti now plans to remain in Cass City and enjoy her free time. She'll stop counting bandages and icepacks and enjoy time with her grandchildren. "I'll go to school events I haven't been able to attend."

Reading is also high on her list. "Relaxing reading," she added, "best-sellers."

She will also substitute as a school nurse if the schools are in need of her, but probably not this fall. "I need some time to myself," she said.

Tonti will also become more involved in blood drives. She is an American Red Cross Nurse, but hasn't had the

opportunity recently to assist in blood drives because of job obligations. She will also remain involved with the Michigan School Nurse Association as a retired member.

"It's going to be sad on June 8," Tonti confided. "Retiring was a hard thing for me to do. I worked all my life for this career, and all of a sudden it's over."

Still, she is looking forward to one thing in particular upon retirement; for the past 3 years, she has been learning how to play the accordion. Now that she'll have more free time, Tonti plans to pursue the hobby once again.



CASS CITY SCHOOLS nurse Geri Tonti is retiring after 15 years with the local school system. Over the years, Tonti has cared for hundreds of area youngsters, including these Deford Elementary School students.

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Tate earns lofty honor

Red Hawk graduate Chad Tate left his mark during his playing career at Cass City while leading his teams to numerous titles and earning several accolades along the way.

This year Tate has done the same for Ferris State University.



CHAD TATE

Tate, a freshman walk-on standout for the Ferris State University golf team, has earned the distinguished honor of Division II Freshman of the Year.

Tate helped the Bulldogs win the Division II regional May 4-5-6 in Charleston, W. Va., and then helped FSU to an 8th place finish at the nationals held in Valdosta, Ga., May 18-21.

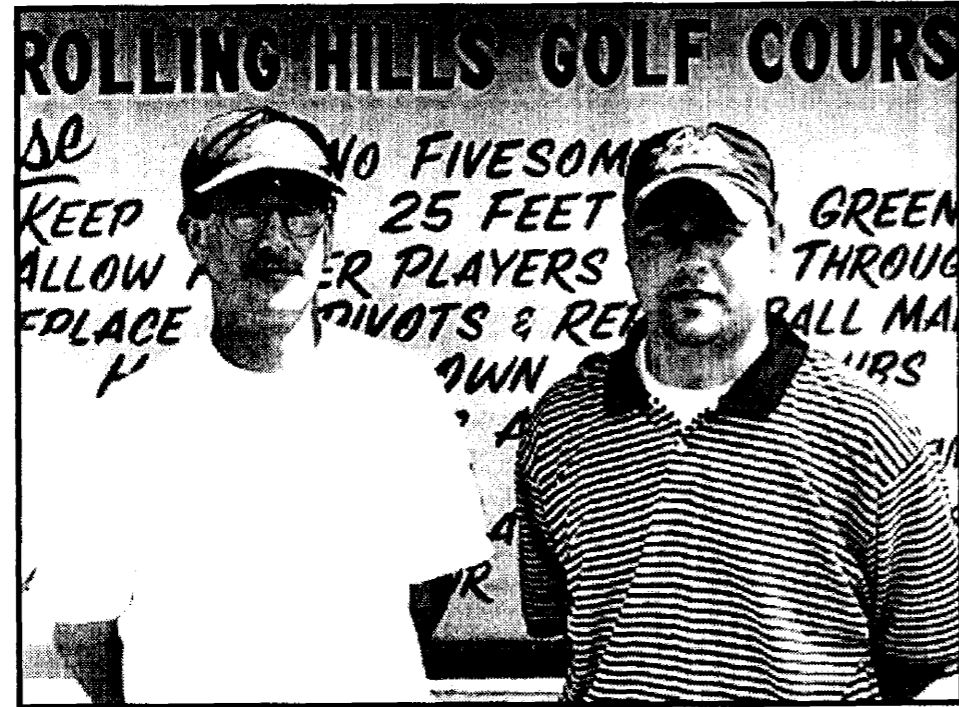
Tate was presented the prestigious award May 19 in Valdosta, Ga., during the NCAA Division II championship.

Home for the summer, Tate has continued to add to his achievements at Rolling Hills Golf Course.

The southpaw linkster recently set the course records for 9 holes and 18 holes, recording a 9-hole total of 30 and an 18-hole mark of 63.



OWEN-GAGE'S DEREK HOWARD scores during the Bulldogs' 3rd inning rally Saturday against North Huron in the Class D district semifinals at Uby. O-G captured the school's first ever district crown with wins of 11-0 over the Warriors, and 14-0 over Caseville in the championship tilt.



CHAMPIONS OF THE Cass City Lions Club 27th annual 2-man best ball tournament are Kevin Bliss (left) and Jim Hempton. The pair carded a winning score of 58 (12-under par) Saturday on Rolling Hills Golf Course.

O-G blanks Eagles to add district crown

It's true, blondes have more fun. Just ask Coach Brian Denhoff's Owen-Gage Bulldogs.

In a sign of team unity, the North Central Thumb League champion Bulldogs - all sporting new bleached blonde hairdos - dominated the Class D district play Saturday in Uby.

The Bulldogs used wins of 14-0 over Caseville in the finals and 11-0 over North Huron in the semis to record the school's first-ever district baseball title.

Denhoff's gang, now 24-3 overall, will face surprise district winner and host Deckerville (5-21) this Saturday in regional play at 10:00 a.m. The winner of game one will face the winner of game 2, a match-up between Bay City All Saints (20-14) and AuGres-Sims (11-12), at 2:00 p.m. for the regional crown.

Although the Bulldogs had a new look on the field, the results were anything but new.

As usual, Denhoff's Bulldogs had too much talent for their NCTL foes.

Bulldog ace Shane Mellendorf handled the pitching duties in the finals and notched the win.

The Bulldogs spotted Mellendorf 4 runs in the opening frame, 3 more than the Bulldog sophomore would need. Mellendorf was nearly untouchable, fanning a dozen while surrendering solo hits to Ryan Herrin and Matt Bednerek.

Owen-Gage used the long ball from Derek Howard and Nathan Kain to pace Owen-Gage at the plate, while senior Joel Bolzman had a single, double and triple for the winners.

In the semis, the Bulldogs

benefited from several Warrior miscues in the field to help blank North Huron 11-0.

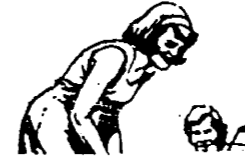
Senior Chad "Moose" Mellendorf worked the dis-

tance to pick up the victory on the hill, fanning 10 along the way.

Leading 3-0, Owen-Gage put the game on ice with 8

tallies in the 3rd frame.

Howard and Justin Anthes had multiple knocks for the winners, while George Janssen and Kain delivered solo blows.



Chip Shots

FLIGHT #1 (all scratch)	FLIGHT #4 (handicap)	LATE DIVISION	
Craig Helwig 58	Don Erla 61	Chappel/Pasant	79
Terry Wiseman 55	Doug Lautner 61	Hartel/Comment	69
Brad Goslin 53	Bruce LeValley 53	McCallum/Randall	68
Don Ouvry 52	Dave Hutchinson 49	LeValley/Morgan	58
Bill Kritzman 51	Kevin Bliss 46	K.Smith/Biddinger	57
Clark Erla 49	Jesse Salas 46	M.Murphy/K.Martin	56
John Maharg 46	Duane Henn 45	J.Hillaker/S.Murphy	55
Jerry Toner 45	Clate Sawdon 45	Schneeberger/Kelley	52
Dave Inoad 43	Jep Bryant 44	Hool/Toner	50
Dale McIntosh 41	Bill Ewald 37	Wright/Prieskorn	50
Jim Hempton 40	Bob Stickle 37	Jones/Marshall	46
Newell Harris 37	Kelly Smith 35	Doerr/Haire	45
Jason McCallum 37	Doug O'Dell 31	P.Peters/K.Bliss	34
Rick Hollis 35	Roger Cooper 26	Ypma/deBeaubien	29
Mike Murphy 33			
Rich Tate 30			
FLIGHT #2 (all scratch)	FLIGHT #5 (handicap)	TUESDAY MORNING LADIES' LEAGUE	
Ken Zdrojewski 60	Jeff Trepkowski 58	As of June 2	
Jim Peyer 58	John Niebrzydowski 56	1st Flight	
Jim Apley 52	Bill Henderson 54	Betty Koepf	27.5
Ernie Bellew 47	Jim Mastie 54	Linda Helwig	22.5
Jack Burns 47	Pat Davis 52	Nelle Maharg	21.5
John Riddle 47	Charles Tunis 51	Toby Weaver	15.5
Jim Hobbs 46	Jim Young 51	Bonnie Miller	15.0
Russ Bieffer 44	Bert Althaver 49	Millie Nadison	12.5
Elwyn Helwig 44	Brian Cuddie 43	Mary Rabideau	11.5
Dan Dickinson 42	Leonard Thompson 43		
Mike Randall 42	Dave Keller 32	2nd Flight	
Ken Schott 42	Bill Hereim 27	Fran Bellew	27.0
Craig Weaver 39	John Agar 23	Lil Jaroch	27.0
Jack Hool 37	Anton Peters 23	Dee Pickett	24.5
Jim Fox 30		Candy Holdship	24.0
Fred Leeson 27		Ardis Haist	20.0
FLIGHT #3 (all scratch)	WEDNESDAY 2-MAN GOLF LEAGUE	EARLY DIVISION	
Dan Mosher 61	Herron/Tuckey 74	Barb Wilson	17.5
Daryl Iwankovitch 56	Zdrojewski/Wiseman 67	Jane Hool	17.0
Kurt Dennis 49	Williamson/Rieman 63	Arlene Regentine	17.0
Corey Ulfing 47	Stickle/Iwankovitch 59	Eleanora Rees	15.0
Craig Bellew 45	Miller/Greenlee 59		
Scott Richards 45	Bliss/Baker 57	3rd Flight	
Frank Miller 43	Kritzman/J.Burns 56	Blanche Rumpitz	48.5
Rick Doerr 42	Henn/Peters 52	Carolyn McVey	37.5
Stan Guinther 41	Wallace/Apley 46	Noreen Krug	32.5
Jon Zdrojewski 41	Burns/Hutchinson 44	Marian Harm	21.0
Brian Reinhardt 39	Maharg/Pasieczny 44	Joann Martin	18.0
Dick Wallace 38	Harris/Hogan 41	Mary Lou Maurer	13.5
Dan Hittler 36	Strickland/Glaspie 36	Peg Veldman	12.0
	W.Dillon/Retherford 12	Phyllis Ridge	6.0

Standings

CC LITTLE LEAGUE As of June 5	Brentwood Graphics	2 0
Little Caesar's Orioles	Tucky Concrete	1 0
All-Season Rent-All Giants	Weldall Welding	1 2
	USA Merchants	0 2
Martin Elec. Tigers	Engineered Tools	0 2
McDonald's Yankees	Seasons Change	0 5
Rolling Hills Cubs		
Charmont Dodgers		

CC MINOR LEAGUE As of June 5	Thomas Dentistry Yankees	5-0
General Cable Giants		5-1
Cole Carbide Tigers		3-1
Erla's Cubs		2-2
C.C. Oil & Gas Orioles		1-5
Huron Business Prod.		0-5
Dodgers		0-5

WESTERN THUMB WOMEN'S SOFTBALL LEAGUE STANDINGS

	W L
Corradi Construction	3 0
Symco Construction	3 1
All Season Video	2 0

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JUNE 13, 1999
Ron Stolzman Memorial

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Race - 12:00 noon

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Cass City Chronicle 872-2010

Hawks fall in softball final

The Cass City Red Hawks' bid for a district softball championship fell just short Saturday when the team bowed to the Bad Axe Hatchets, 5-4, after advancing to the finals with a mercurial, 13-3, 6-inning win over Harbor Beach.

Despite the loss, Coach Dave Hoard and Cass City fans were pleased with the performance of the team this spring. When we started, Hoard points out, we weren't expected to do anything. Our play in the tournament is a tribute to the girls.

The highlight of the tournament for Cass City was the defeat of 25-4 USA, picked by many to not only take the district, but perhaps the regional as well.

Although Cass City topped the Pirates by a large margin, it was a closer game than the final score indicated.

The Hawks counted a pair on three straight singles in the first inning by Katie Hacker.

Lindsay Gaszczynski and Kayla Wentworth. The Beachers bounced back with a pair of runs in their half of the inning on a hit by Learman and a couple of Cass City errors.

Harbor Beach scored a run in the third and the Hawks countered with 3 in their half of the third. It was a 6-3 game going into the sixth inning, when the Hawks scored 7 times to end it.

Becky Dore pitched a neat 4-hitter and didn't allow an earned run. Mazure took the loss, allowing 10 hits. Wentworth led the Hawk at-

tack with 3 hits in 4 trips with 3 runs batted in. Kara Mellendorf chipped in with 2 singles and a walk in 4 trips.

BAD AXE GAME

It looked like the Hawks were on their way to regional competition in the championship game after the team scored 4 times in the first inning against Bad Axe.

But after 2 tournament games in which the Hawks pounded out key hits, Cass City went dormant at the plate. We just stopped hitting, Hoard said. And the results confirmed it. After the initial splurge Cass City did not score again, losing 5-4.

Hacker led off in the first with a walk. Gaszczynski was safe on an error. Wentworth and Nicolette Zawilinski singled and a pair of walks completed the rally.

But after that rally Cass City's entire output were singles by Marissa Sweeney and Kristy Ryan and a walk to Katie Wood.

Meanwhile, Dore, who pitched both games, was hurt when Bad Axe collected 3 runs on a pair of hits and 2 costly errors.

The winners tied the game in the fifth when Johnson opened with a double and came around on infield outs. The winning run was scored in the sixth on hits by Gottschalk and Abbott.

Abbott got the win, allowing 4 hits. Dore allowed 6 hits, struck out 7 and walked one.



REPRESENTING CASS CITY at Saturday's Class C state final in Saginaw were Hawk thinclads (l-r) Jaime Fluegge, Lindsay Mills, Sara Homakie, Melissa Homakie and Holli Cooper. Missing is Heather Edwards.



RED HAWK thinclad Adam Dorland sails over the cross bar at 13' during Saturday's Class C state finals in Saginaw. Dorland finished 2nd in the pole vault with a height of 13', 6".



The Knights of Columbus recently donated \$800 to Tuscola County Special Olympics. Pictured with the check are (back row, left to right) Geoff Morgan, Andrew Vargo, (front row, left to right) Richard Summerfield and Tom Bearden.

Fluegge, Dorland led Hawk thinclads at MHSAA finals

Led by Jaime Fluegge and Adam Dorland, the Cass City Red Hawk track teams made one of their strongest showings in the MHSAA state finals last week.

Dorland won second place in the pole vault with a jump of 13 feet, 6 inches, just under his best mark of 13 feet, 9 inches. Fluegge was third in the 100 meter with a time of 12:47, slightly over her personal best of 12:03. She was fifth in the long jump.

Dorland is a junior and Fluegge, a sophomore, so they will return next season to get the program off to a flying start.

The boys' 1600-meter relay team was 11th with Brad Ypma, Craig Emmert, Jason Wright and Heath Zawilinski.

The girls' 3200 relay team was 10th with Melissa Homakie, Holli Cooper, Lindsay Mills and Sara Homakie.

The 1600 meter relay team finished 25th with Melissa and Sara Homakie, Heather Edwards and Lindsay Mills.

Sara Homakie was 17th in the 400 meters and Mills was 12th in the 3200 meters.

Coach Larry Robinson credits much of the success of the program this year to assistant coaches. They included: Greg Hanby, shot

and discus; Nick Bliss, sprints and long jump; Jeff Schember, distance and training, and Jon Zdrojewski, pole vault.

New books at the library

Final Thunder by Janice Miller: Peter Natale, one of the CIA's best operatives, and Carlos Ricaso, a member of the largest, most powerful crime family in Sicily, have been exchanging intelligence information for nearly 2 years. This information has helped Natale uncover illegal arms trafficking and at the same time helped the Ricaso family get rid of rivals. Natale is assigned to find out about armaments being bought and sold in the former Soviet Union and Carlo wants information about his brother's dealing in Moscow. Natale stumbles onto something deadly that could mean the end of the world: Red Mercury - synthetic plutonium - a material so inexpensive that even the smallest group can afford it.

Monsoon by Wilbur Smith: Monsoon is a sequel to "Birds of Prey" and continues the story of the Courtney family, which includes Hal Courtney's 3 sons, Tom, Dorian and Guy. The story takes place in the early eighteenth century as Hal Courtney prepares for his latest and most dangerous voyage for the crown. The East Indian Trading Company has been suffering great losses at the hands of pirates and Hal sets out on a dangerous voyage to help his government. Hal's sons in the meantime are drawn to a life in Africa and when they must leave England, they set out on an adventure that takes them to that dark and unexplored continent.

Sweeney Miss Teen finalist

Marissa S. Sweeney, daughter of Helen Salas and Harold Sweeney, of Cass City, will be among the candidates competing for the title of Miss Teen of Michigan at the 1999 State Pageant, which will be held in Kalamazoo July 9-11.

The winner of the pageant competition will receive a \$2,000 savings bond to be used at the college or university of her choice. In addition, her high school will receive \$500 from the Miss Teen of America Scholarship & Recognition Program.



Marissa Sweeney

The new state title holder will also be eligible to compete for the national title of Miss Teen of America and vie for additional scholarships, prizes and awards.

Each state candidate will be scored in 6 areas, including: scholastic record; achievement and service to school and community; personal development of hobbies, talents and skills; general awareness written test; personality projection in informal wear, and judge's interview.

The State Pageant finals will be held at 4:30 p.m. Sunday, July 11, in the Radisson Plaza Hotel ballroom. The event is open to the general public, and tickets will be available for purchase at the door.

Sweeney will be sponsored in the pageant by Rolling Hills Golf Course, Drs. Green & Naharnek, Chemical Bank, Axly Tool & Die, The Brass Shutter Studio, Ken Martin Electric, Erla's, Inc. and Kelly & Co. Realty.

Resident of the Month

Lilah Wilhelmi

Lilah came to Tendercare on January 8, 1999. Prior to that she lived with her son in Cass City.

Lilah enjoys playing bingo, watching TV and listening to music. She especially enjoys visits from her son.

We enjoy having Lilah in our Tendercare family.

Employee of the Month

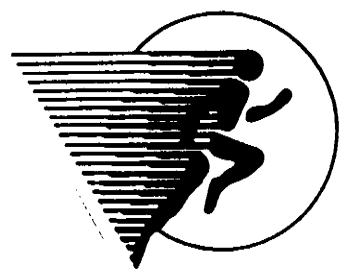
Mary Demo



Mary has been a part of our Tendercare Cass City family since July of 1996. Mary is a nurse assistant on our afternoon shift. She is very resident focused and caring, and always willing to lend a helping hand.

Mary has shown dedication to our residents by her exceptional attendance. The residents enjoy Mary's musical talents when she shares her drum playing with us.

Thank you Mary, it is a pleasure to have you on our team!



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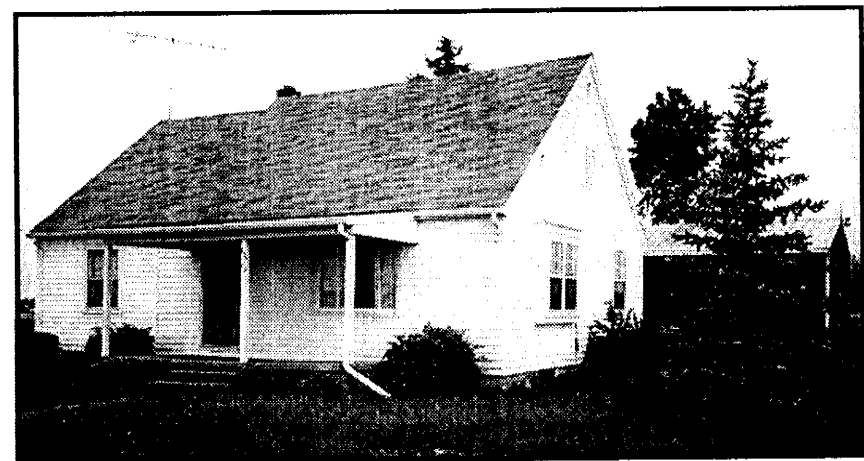
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REAL ESTATE AUCTION

LESLIE PROFIT ESTATE

The following real estate will be offered for sale by auction on **Saturday, June 26 - 10:30 a.m.**

Located 3 3/4 miles north of Cass City at 6382 North Cemetery Road



4 bedroom home on 1 1/2 acres.

Kitchen with many cupboards, dining area, large living room, full bath, 2 bedrooms on main floor, 1 bedroom on second floor, plus 1 unfinished bedroom. Many closets and storage areas. Full basement.

30'x40' toolshed

TERMS: \$5,000.00 deposit day of sale. Balance to be paid in 30 days.

Executor - Sharon Campbell

FOR MORE INFORMATION AND SHOWING OF PROPERTY CALL

517-872-3019 or 517-872-5375

Hillaker Auction Service

Down Memory Lane

From the files of the Chronicle

5 YEARS AGO

The Cass City Downtown Development Authority is

Sanilac deputies busy over holiday

All in all, the Memorial Day holiday proved relatively safe on Sanilac County roads, with no major accidents reported.

But that doesn't mean the county's law enforcement agencies had little to do.

According to sheriff's department reports, Sanilac County Central Dispatch routed 295 complaints between noon May 28 and midnight May 31. Of the total complaints, central dispatch handled 125 calls, including ambulance, fire and rescue runs.

Sanilac County Sheriff's Department patrols, meanwhile, handled nearly 100 complaints, while city patrol units received 53 complaints and state police units, 29 complaints.

Sheriff patrol units stopped a total of 36 vehicles and issued a combined 30 misdemeanor and civil infraction citations during the holiday weekend. Deputies also made 2 drunk driving arrests and reported several misdemeanor arrests — minors in possession of alcohol (7), contributing to the delinquency of a minor (one) and possession of marijuana (7) — and recovered one stolen vehicle.

Also during the weekend, the sheriff's department corrections division handled 27 new bookings, and the department's marine division reported 4 complaints/citations.

seeking donations totalling \$13,500 to purchase year-round street banners and Christmas decorations for Main Street.

The recipients of the Principal's Award honoring the most outstanding eighth grade students at Cass City Middle School were Lori Brown and Janis Mastie, who shared the honor.

The Cass City Minor League has a new dugout this season. It was provided by the Cass City Rotary. Spencer Masonry, Mike Lowe Licensed Builder, Self-Serve Lumber, Tuckey Concrete and All-Season Rental.

Area voters will go to the polls Monday to cast their votes in the annual school election. Two candidates, including a former long-time board member, are vying for a single 4-year term. Ben Hobart, who narrowly lost his bid for reelection last year, is seeking the seat, as well as Randy Severance. Dr. Paul Chappel's name will also be listed on the ballot. However, Chappel has announced he is no longer a candidate.

Mrs. Ethel Whittaker has been giving piano lessons for the past 27 years. She has had over 400 students, but the grandmother of 7 said she is not close to retiring yet.

10 YEARS AGO

Dwaine Peters of Cass City picked the new king of the giant sized morels this season. It was 11 inches long and 9 1/2 inches around.

The Thumb Christian Academy on Rescue Road in Huron County is one of 31 schools targeted by the Michigan Department of Education for closing if it does not comply with state laws and submit information about its operation. Rev. James Willitt refuses to talk to the media, but is reported to be ready to defy the law and keep running Thumb

Christian Academy without reporting to the State Department of Education.

Dave Clayton, 39, is currently working as a janitor at the Cass City Intermediate School. But in August he will begin studies at Spring Arbor College to study to become a Free Methodist minister. Clayton and his wife, Linda, and 3 children will all move to student housing on campus at Spring Arbor.

Dan Erla of Cass City has been officiating at high school sports for over 30 years. He recently received a plaque from the Michigan High School Athletic Association for his years as referee.

The 28th Pony Express will be held at the Tuscola County Fairgrounds Saturday. The Pony Express is comprised of some 200 riders from the sheriff's posses of approximately 20 counties. The sheriff's posse will be delivering mail, from 6 a.m. to 11 a.m., on horseback throughout Tuscola and parts of Sanilac, Genesee and Bay counties.

25 YEARS AGO

Mayville seniors mourned the death of one of their classmates, Scott Richard Smith, 18, who died in a car accident Friday night.

Former Cass City native Rev. Eldred Kelley is the new pastor of Salem United Methodist Church. He will assume his pastoral duties at the church Sunday, June 16.

Karen O'Dell has been selected to receive the Rawson Foundation Scholarship for 1974. She is the daughter of Mr. and Mrs. Ivan Tracy of Cass City.

For the second straight year the Cass City Red Hawks have walked off with the district baseball championship.

Winners of the Walbro Corp. scholarship are Delores Sherrard and Sharon Cox. The scholarship will

pay \$1,250 for each recipient over a period of 4 years.

35 YEARS AGO

Cass City Explorer Scouts along with leaders, Dale and Chuck Reed, are rebuilding a 65-year-old cabin on the Cass River at the end of Koepfgen Road. The Scouts dismantled the cabin on an Owendale farm last August and expect to finish the rebuilding sometime this summer. Boy Scouts and Girl Scouts are also assisting.

Superintendent Willis Campbell and Horace Bulen, president, acting on behalf of the Cass City Board of Education, accepted the keys to the Wickware School Tuesday, following an annexation motion 22-4 in balloting which ended Monday night. The district has been transporting its students to Cass City on a tuition basis for the past 2 years. The one-room, brick school building located across from the Wickware store, will probably be sold.

Over 100 children are enrolled in Cooperative Vacation Church School classes this year, plus 7 preschool children in nursery care. The school is a cooperative effort of the Methodist, Presbyterian and EUB Churches and open to all children and youth of the Cass City community. Rev. R.E. Betts is the director.

James Seals was hired to the post of athletic director for Cass City High School after a report that current coaches refused the position because of the \$100 salary. The athletic director is responsible for, among other things, the scheduling of games. Seals is currently assistant principal.

A number from the Novesta Church of Christ attended evening services last week at the Lapeer Church of Christ where Buddy Mason, the midget evangelist, was holding special services.

REGULAR SCHOOL ELECTION

NOTICE OF REGULAR ELECTION OF THE ELECTORS OF
CASS CITY PUBLIC SCHOOLS
TUSCOLA, HURON AND SANILAC COUNTIES, MICHIGAN
TO BE HELD
JUNE 14, 1999

TO THE ELECTORS OF THE SCHOOL DISTRICT:

Please Take Notice that the regular election of the school district will be held on Monday, June 14, 1999.

THE POLLS OF ELECTION WILL OPEN AT 7 O'CLOCK IN THE MORNING AND CLOSE AT 8 O'CLOCK IN THE EVENING.

At the regular school election there will be elected two (2) members to the board of education of the district for full terms of four (4) years ending in 2003.

THE FOLLOWING PERSONS HAVE BEEN NOMINATED TO FILL SUCH VACANCIES:

Teresa Rabideau
James G. Turner

Write-in candidates must file a Declaration of Intent on or before 4 p.m. Friday, June 11, 1999.

TAKE FURTHER NOTICE THAT the following proposition will be submitted to the vote of the electors at the regular school election:

OPERATING MILLAGE RENEWAL PROPOSAL NON-HOMESTEAD AND NON-QUALIFIED AGRICULTURAL PROPERTY TAX

This millage will allow the school district to continue to levy not more than the statutory rate of 18 mills against non-homestead and non-qualified agricultural property required for the school district to receive its revenue per pupil foundation guarantee and renews millage that will expire with the 1999 tax levy.

Shall the currently authorized millage rate limitation for operating purposes on the amount of taxes which may be assessed against all non-homestead and non-qualified agricultural property, as defined by law, in Cass City Public Schools, Tuscola, Huron and Sanilac Counties, Michigan, be renewed by 18 mills (\$18.00 on each \$1,000.00 of taxable valuation) for a period of 5 years, 2000 to 2004, inclusive; the estimate of the revenue the school district will collect if the millage is approved and levied in the 2000 calendar year is approximately \$650,000 (this is a renewal of millage which will expire with the 1999 tax levy)?

THE VOTING PLACE IS AS FOLLOWS:

PRECINCT NO. 1

Voting Place: High School Building in the Village of Cass City

All school electors who are registered with the city or township clerk of the city or township in which they reside are eligible to vote at this election.

I, Patricia Donovan, Treasurer of Tuscola County, Michigan, hereby certify that as of April 12, 1999, the records of this office indicate that the total of all voted increases over and above the tax limitation established by the Constitution of Michigan, in any local units of government affecting the taxable property located in Cass City Public Schools, Tuscola, Huron and Sanilac Counties, Michigan, is as follows:

By Tuscola County:	2.6 Mills for Spec. Education - Indefinite
	1.75 Mills for Voc. Education - Indefinite
	.25 Mills for Medical Care Facility 1997-2002 Inclusive
	.5 Mills for Bridges & Streets 1996-1999-Inclusive
	.2 Mills for Senior Citizens 1998-2003-Inclusive
	.9 Mills for Road Patrol 1998-2003-Inclusive
	1 Mill for Road Improvement 1998-1999-Inclusive
	.65 Mills for Mosquito Control 1996-1999-Inclusive
By Ellington Township:	3 Mills for Roads 1998-2008-Inclusive
	1 Mill for Fire 1995-1999-Inclusive
By Elmwood Township:	1 Mill for Fire 1997-2006-Inclusive
	1.50 Mills for Roads 1991-2000-Inclusive
	.75 Mills for Library 1990-2010-Inclusive
By Kingston Township:	2 Mills for Roads 1998-2000-Inclusive
By Wells Township:	None of Record
By Elkland Township:	.75 Mills for Library 1983-2002-Inclusive
By Almer Township:	1 Mill for Roads 1997-2000-Inclusive
	.5 Mill for Bus System 1997-2000-Inclusive
By Columbia Township:	1.5 Mills for Roads 1999-2006-Inclusive
	1 Mill for Ambulance 1999-2006-Inclusive
	1.5 Mills for Roads 1998-2006-Inclusive
By Novesta Township:	.75 Mills for Library 1992-2011-Inclusive
	1 Mill for Roads 1996-1999-Inclusive
By the School District:	18 Mills (exempting homestead and qualified agricultural property), 1999 Only

Date: April 12, 1999

Patricia Donovan
Treasurer, Tuscola County

I, Roberta Moeteli, Treasurer of Huron County, Michigan, hereby certify that as of April 6, 1999, the records of this office indicate that the total of all voted increases over and above the tax limitation established by the Constitution of Michigan, in any local units of government affecting the taxable property located in Cass City Public Schools, Tuscola, Huron and Sanilac Counties, Michigan is as follows:

By Huron County:	.20 Mill	1999-2001 Inc. Older Citizens
	.20 Mill	1999-2002 Inc. Transit
	.50 Mill	1999-2008 Inc. Medical Care
By Grant Township:	3.00 Mills	1999 Roads
By Sheridan Township:	2.00 Mills	1999-2000 Inc. Roads
By the School District:	18 mills	(exempting homestead and qualified agricultural property), 1999 only

Date: April 6, 1999

Roberta Moeteli
Treasurer, Huron County

STATEMENT OF COUNTY TREASURER AS REQUIRED BY ACT 293 OF THE PUBLIC ACTS OF 1947 OF THE STATE OF MICHIGAN SECTION 6, ARTICLE IX, AS AMENDED

I, CAROL A. DALE, COUNTY TREASURER OF THE COUNTY OF SANILAC, MICHIGAN, HEREBY CERTIFY THAT AS OF APRIL 26, 1999, THE RECORDS OF THIS OFFICE INDICATE THAT THE TOTAL OF ALL VOTED INCREASES, OVER AND ABOVE THE TAX LIMITATION ESTABLISHED BY THE CONSTITUTION OF MICHIGAN IN CASS CITY PUBLIC SCHOOLS IN THE COUNTY OF SANILAC, MICHIGAN, IS AS FOLLOWS:

UNIT NAME	VOTED INCREASE	USE	YEARS INCLUSIVE	DATE OF ELECTION
COUNTY OF SANILAC	0.50 M	DRUG TASK FORCE	1998-2001	8/4/98
COUNTY OF SANILAC	0.20 M	LIBRARIES	1996-1999	8/6/96
COUNTY OF SANILAC	0.20 M	MEDICAL CONTROL	1997-2000	11/5/96
COUNTY OF SANILAC	0.20 M	PARKS	1998-2001	8/4/98
COUNTY OF SANILAC	2.00 M	ROADS	1996-2000	11/5/96
COUNTY OF SANILAC	0.20 M	SENIOR CITIZENS	1996-1999	8/6/96
COUNTY OF SANILAC	0.13 M	VETERANS	1998-2003	8/4/98
EVERGREEN TOWNSHIP	1.00 M	ROAD MAINT/CONSTR.	1996-1999	8/6/96
GREENLEAF TOWNSHIP	1.00 M	FIRE PROTECTION	1997-2000	8/6/96
GREENLEAF TOWNSHIP	1.00 M	ROAD MAINT/CONSTR.	1997-2000	11/5/96
LAMOTTE TOWNSHIP	1.00 M	ROAD MAINT/CONSTR.	1998-2001	8/4/98
LAMOTTE TOWNSHIP	1.50 M	ROAD MAINT/CONSTR.	1996-1999	8/6/96
SANILAC INTERMEDIATE	0.90 M	SP ED	INDEFINITE	
SANILAC INTERMEDIATE	2.00 M	VO ED	INDEFINITE	
STATE EDUCATION TAX	6.00 M	MI SCHOOL OPERATING	INDEFINITE	PA 187,94
CASS CITY PUBLIC SCHOOL	4.76 M	DEBT	1996-2008	03/26/96
	18.00 M	*OPERATING	1995-1999	6/12/95
		*NOT SPREAD ON HOMESTEADS AND QUALIFIED AGRICULTURAL PROPERTY, 1999 ONLY		

Dated: April 26, 1999

Carol A. Dale
CAROL A. DALE

This Notice is given by order of the board of education.

David Knight
Secretary, Board of Education

NOTICE FROM THE TUSCOLA INTERMEDIATE SCHOOL DISTRICT

Under the new *Schools of Choice* legislation, kindergarten through twelfth grade students residing in the Tuscola ISD may apply to attend other participating public school districts in the Tuscola ISD.

The following schools have chosen to participate, allowing students from other school districts within Tuscola to enroll in their district and programs as listed:

Akron-Fairgrove	All grades and programs	
Caro	Kindergarten (open enrollment)	Eighth (5 openings)
	First (5 openings)	Ninth (open enrollment)
	Fourth (5 openings)	Tenth (open enrollment)
	Sixth (5 openings)	Eleventh (open enrollment)
	Seventh (5 openings)	Twelfth (open enrollment)
		Alternative Ed. (open enrollment)
Cass City	All grades and programs except fifth grade	
Kingston	All grades and programs except first, third, fifth, and sixth	
Mayville	All grades and programs	
Millington	Kindergarten (open enrollment)	Sixth (6 openings)
	First (4 openings)	Seventh (11 openings)
	Second (15 openings)	Ninth (open enrollment)
	Third (6 openings)	Tenth (open enrollment)
	Fourth (20 openings)	Eleventh (open enrollment)
	Fifth (23 openings)	Twelfth (open enrollment)
Reese	Kindergarten (10 openings)	Seventh (10 openings)
	First (5 openings)	Eighth (10 openings)
	Second (5 openings)	Ninth (10 openings)
	Third (10 openings)	Tenth (10 openings)
	Fourth (10 openings)	Eleventh (10 openings)
	Fifth (10 openings)	Twelfth (10 openings)
	Sixth (10 openings)	
USA	All grades and programs	
Vassar	All grades and programs except kindergarten, second, third, fourth, fifth, and alternative ed.	

Student applications are available at the superintendent's office in each district. Completed applications must be sent to the receiving school district by the fall semester deadline of July 1. Transportation for out-of-district students is the responsibility of the parents or guardians.

1999 VILLAGE OF CASS CITY PARKS AND RECREATION PROGRAMS

OPEN SWIM SCHEDULE

Regular Hours will start June 14th



Monday through Friday 1:00 pm to 9:00 pm
 Saturday 11:00 am to 7:00 pm
 Sunday 1:00 pm to 5:00 pm

Early Bird Swim - Adult Swim 18 yrs. & up
 Monday - Friday 6:00 am to 8:00 am
 Saturday 9:00 am to 11:00 am

Swimming Fees:

Single Daily Admission	\$ 1.00
Single Weekly Admission	\$ 5.00
Single Season Pass	\$ 35.00
Family Daily Admission (3+)	\$ 3.00
Family Weekly Admission	\$ 20.00
Family Season Pass	\$100.00

Cost: \$1.00 per day
 or \$25.00 per season

The Pool will be taking daily admissions only this year.

Weekly admission tickets and season passes can be purchased at the Municipal Offices Monday - Friday 8:00 am to 4:30 pm beginning Monday, June 7th.



AMERICAN RED CROSS SWIMMING LESSONS

Session Dates:

- Session 1 - June 14th - June 25th Registration Deadline - June 4th
- Session 2 - June 28th - July 16th Registration Deadline - June 18th
- No classes 7/5 - 7/9
- Session 3 - July 19th - July 30th Registration Deadline - July 2nd
- Session 4 - August 2nd - August 13th Registration Deadline - July 23

Session Starting Times:

Levels 1 & 2 - 8:00, 8:30, 9:00, 9:30, 10:00, 10:30
 Levels 3 - 7 - 8:00, 9:00, 10:00
 (45-minute lessons)

You will be contacted if the time you have selected is not available.

Preventative lifeguarding is our policy here at the Cass City Pool. This is why we have set strict guidelines for those who want to use our facility. Any child who is either a.) under 48" or b.) under the age of 6 MUST be accompanied by an adult. If the child has passed the Red Cross beginners course in swimming, his age and size will not matter. We hope that you will understand that we are serious about this; your child's safety is our job!!

Swim Lesson Costs:

Swim Lessons (children under 12): \$20.00/session
 Teenagers (13-18): \$25.00/session
 Additional sessions: \$10.00/session

Family Lesson Package (2+Children): \$35.00/session
 Additional sessions: \$12.50/session
 Adults by Appointment: \$12.50/hour

WATER AEROBICS

Begins June 21 thru Aug. 6
 Tuesday and Thursday 6 - 7 p.m.
 Cost \$25.00 \$2.50 drop-in fee
REGISTRATION DEADLINE - JUNE 11

INFANT AND PRESCHOOL AQUATICS PROGRAM

Session 1: June 21 - July 16 (off July 5 - 9)
 Registration deadline is June 11
 Session 2: July 19 - August 6
 Registration deadline is July 9
 Cost: \$20.00
ADULT MUST ACCOMPANY CHILD IN WATER



Classes meet on Mon./Wed./Fri.

POOL RENTAL

Reserve for birthdays, family reunions or corporation picnics.
 Up to 50 swimmers @ \$100.00
 Over 50 swimmers @ \$125.00
 There is a 2 hour maximum rental time.

ARTS AND CRAFTS SUMMER DAY CAMP

JUNE 14 - AUG 20 Monday through Friday 8:30-11:30 and 12:30-3:30

Arts -n- Crafts
SPECIAL DAYS

AGES 4-13

(Children must be entering kindergarten in the fall)

COSTS:
\$1 per day
\$3 per week

\$25 per summer

Call to register 872 - 2911

Admission fee of \$1/day is not required for Putt-putt, Saginaw Zoo, or Roller skating, ver early registration is required. Call 872-2214 for more information.

SCHOLARSHIPS

The Village of Cass City will make available to families, based upon need, scholarships for summer parks and recreation programs.
 Contact:
 Village Manager, Jane Downing
 517-872-2911

June 22 - POLICE DAY

Local police officers will be speaking to the children.

July 1 - morning session - TYE DYE DAY

We will tie dye t-shirts today! Bring a shirt to dye. (Limit 2 items per child.)

July 1 at 1pm - DR. HOPPE

Dr. Hoppe will be telling us about the Humane Society and her role in caring for animals.

July 3 - 4TH OF JULY PARADE

We will be entering the 4th of July Parade. Children are welcome to dress up and walk in the parade with us. More information will be available closer to the event.

July 8 - LOUISE PEDERSEN

A foreign exchange student from Denmark will be here to tell us about her home country.

July 9 - HILLBILLY DAY

Dress up as a hillbilly and come join us for a fun day filled with apple bobbing, a three-legged race, crafts, and more!

July 16 - ROLLER SKATING/ ROLLER BLADING

Roller skating in Caseville. All kids are welcome to bring their own rollerblades or rollerskates. Cost: \$4 admission plus additional \$1 to rent skates. Meet at the arts -n- crafts building at 8am. We will return by 12 noon.

July 20 at 1pm - NATURE SCAVENGER HUNT

July 29 - FIESTA DAY

Come join us as we celebrate with festive crafts, pinatas, chips, and salsa!

July 30 - SAGINAW ZOO

We will be leaving at 9am and children can be picked up at the arts -n- crafts building at 3:30pm. Bring a sack lunch to eat at the zoo. Cost: \$10 for the day, plus any spending money that the children would like to use in the gift shop.

Aug 6 - HOLIDAY DAY

We will be celebrating and making crafts for special holidays throughout the year.

Aug 13 - PUTT - PUTT GOLF IN CASEVILLE

Putt-putt, bank shot basketball, bumper boats, race cars, slide. You will be notified of cost closer to the event.

Aug 17 - SWIMMING AT CASS CITY POOL

Meet at the arts -n- crafts building at 12:30. Bring your suit and a towel! Admission is free!!!

Aug 19 - OLYMPICS

Join us as we compete in track and field, hula hoop, jump rope, softball throw, etc. Olympics will begin at 1pm.

Aug 20 - END OF THE YEAR PICNIC

Join us for our last arts -n- crafts day of the summer. Our picnic will begin at 12 noon, followed by games and prizes.

Graduates rack up \$300,000 in awards

Another school year has passed, but for high school seniors everywhere, graduation marked a new beginning of sorts.

Members of the Cass City High School Class of 1999 are no exception, and those graduates headed for higher education will have a helping hand thanks to a variety of scholarships awarded this year. In fact, Cass City seniors have or will receive a total of nearly \$300,000 in awards.

High school Counselor Wayne Dillon called this year's graduating class — 116 students strong — very talented academically.

"Twenty-seven students qualified for the State of Michigan Scholarship and Tuition Grant based on their ACT test," he said. "They received a total of \$32,224 for the Michigan Competitive Scholarships and \$22,900 for Tuition Grant

Scholarships. "Forty-eight students received over \$41,000 that was given by local Cass City groups and individuals and scholarship trusts set up in memory of family members," Dillon added. "I feel we are very fortunate to live in a community that provides so many local scholarships."

In addition, 53 students received more than \$200,000 from colleges and universities, awards that are based solely on academic achievement.

The following is a list of this year's graduates and the scholarships they've been awarded:

Melissa Albrecht (Mich. Competitive), Aaron Barrigar (Mich. Competitive, Anna Marjorie McCrea, Ferris Residential Life, Grand Valley Award for Excellence), Aaron Bell (Mich. Competitive, Rotary,

Kettering), Amanda Board (Mich. Competitive, CMU Outstanding, U of M Regents Scholarship), Ashley Carlisle (Mich. Competitive), Amanda Chappel (Mich. Competitive, Lions, Foreign Language Scholarship, Alma-Vocal Performance, Leadership and Early Decision), Carey Chard (Lions), Katie Churchill (Student Council), James Dale (Mich. Competitive, Gavel, Lions, Julia Murray, Leone Lee Shaw, Western Academic), Rebecca Dore (Walbro, SVSU, Siena Heights St. Carmelia and Women's Basketball), Ryan Downing (Mich. Competitive, Anna Marjorie McCrea/Lions, Alma Trustee and Performing Arts, Early Decision, Radioshack and Tandy Scholarship), Brenda DuQuesnay (Mich. Competitive, Lions, CMU Board of Trustee), Gordon Frederick (Mich. Competi-

ve), Nathan Fritz (Mich. Competitive), Nathan Haag (Eastern Michigan Regents Scholarship), Brandon Hartel (Huron Daily Tribune), Dave Hobbs (Mich. Competitive, CMU Leadership, CMU Outstanding), Rose Hoelzle (Mich. Competitive, Team One Credit Union, Wayne State Presidential, Western Michigan Medallion, Radioshack and Tandy Scholarship), Niah Hosner (Mich. Competitive, Saginaw Valley Opportunity Grant), Nicholas King (Mich. Competitive, Steven Bills Memorial, Anna Marjorie McCrea/Lions, Ferris Residential Life), Paul Kruse (American Welding Society, Fred Iris and Robert McEachern, Delta Welding Scholarship), Danielle Laming (Mich. Competitive, Eastern Regent and Presidential Scholarship), Ashley Little (Cass City Women's Club), Steve McIntosh

(Mich. Competitive, Alma Trustee), Tara McNeil (McCrea/Lions), Kara Mellendorf (Mich. Competitive, Gavel/Presidential Service, Aid Association for Lutherans, Student Council), Amanda Morrish (Cass City Women's Club, Anna Marjorie McCrea, McCrea/Lions), Joel Nicol (Ferris Residential Life Scholarship), Julie O'Berski (Mich. Competitive), Rebecca Oesch (Mich. Competitive, Ben Hobart Memorial, Cass City Band, U-M Regents Scholar, Radioshack and Tandy Scholarship), Susan O'Hara (Mich. Competitive, Lions, SVSU), Kari Otulakowski (Pumpkin Festival, Bad Axe Business and Women's Professional, Spring Arbor Provost Award), Amber Phillips (Mich. Competitive), Paul Powell (Mich. Competitive, Walbro, CMU Board of Trustee), Jeremy Remsing

(Lamotte Township Fire Fighters Auxiliary), Matthew Ross (Cass City Missionary Church), Brad Russell (Fratern Order of Police/Epskamp), Sarah Rutkowski (Mich. Competitive, Heritage Grant), Kevin Schott (SVSU Howard Lynn Rephan), Jonathan Sherman (Board of Regents/Baker), Adam Stoeckle (Mich. Competitive, Marshall, MSU Valedictorian, MSU Honors, Radioshack and Tandy Scholarship), Marissa Sweeney (Mich. Competitive, Rawson, Team One, Mich. State Troopers Assistance Fund, CMU Board of Trustee, CMU Leadership, Freedom Scholarship), Shelly Uffig (Julia Murray, Alma Tartan, Heritage Grant), Amy Venema (Mich. Competitive, McCrea/Lions, Michigan Bible Bowl, SVSU Presidential, Radioshack and Tandy Scholarship, Society of Women Engineers), Car-

rie Wentworth (McCrea/Lions, CMU Board of Trustee), Eric Zawilinski (CMU Board of Trustee), and Nicolette

Zawilinski (Mich. Competitive, Julia Murray, Lions, Alma Presidential, Alma Early Decision).

Caro resident faces charges

A Caro resident was recently charged in Tuscola County District Court with operating a motor vehicle while under the influence of liquor — causing injury, and second degree child abuse Aug. 3 in Indianfields Town-

ship. Michelle A. Kirkey, 32, who was also charged with operating a motor vehicle without insurance, faces a preliminary examination June 25 at 9 a.m. Bond in the case was set at \$5,000.



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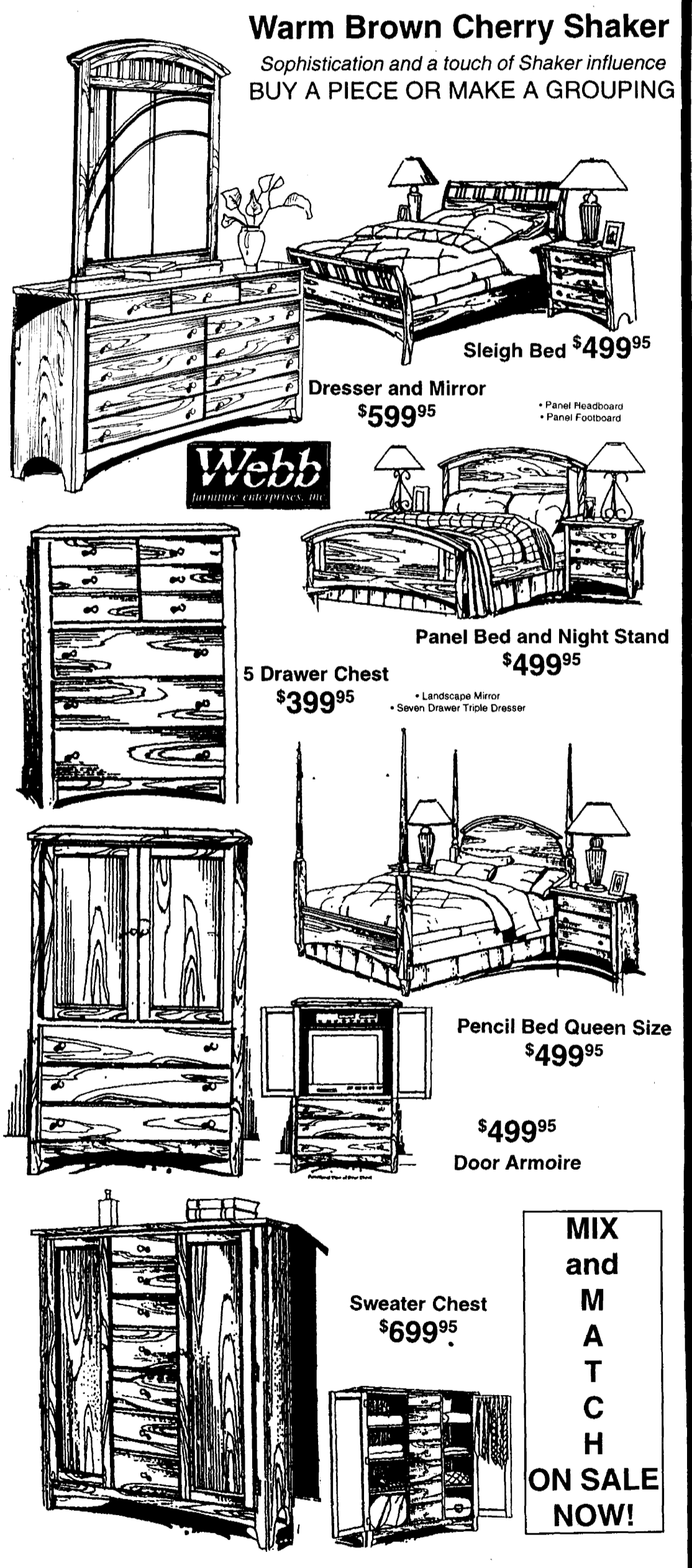
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Michelle Brown completes degree

Michelle Brown recently graduated from the University of Michigan in Ann Arbor with a bachelor's degree in business administration and an emphasis on finance. The daughter of Jim and Judy Brown, this May 1999 graduate is employed at Thumb National Bank in Cass City as a credit analyst. While attending U of M, Brown was involved in the Michigan Finance Association, the Student Government Association and Campus Crusade for Christ.



Michelle Brown

Your neighbor says Children make the day special

Father's Day is bouncing forward on the calendar, and dads everywhere are gearing up for that extra special time with children and family.

Mick Kirn of Cass City is no different. Kirn, a licensed electrician and owner of Kirn Electric, has two children that he looks forward to spending Father's Day with. Whitney and Meredith, twins, were born the day after Christmas to Kirn and his wife Barbara, but they weren't carried to full term.

"They were born 3 months early," Kirn said. "They were 2 pounds, 6 1/2 ounces and 2 pounds, 8 1/2 ounces."

Kirn added that the twins each weighed 1 pound more than their doctor thought they'd weigh. The twins remained in the hospital for a long period of time before they went home.

"One came home at 8 weeks and the other at 10 weeks," Kirn said. That's the reason Kirn said that their first Father's Day together was the best one he has ever had.

Now, the twins continue to make the day special by making Kirn Father's Day cards. Kirn noted that his family could create an ideal Father's Day for him by simply making him breakfast in bed.

"But I know it'll never happen," he laughed. Although he isn't planning anything specific for Father's Day this year, Kirn and his family will spend time together. They are taking a vacation to New York on the 18th.



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The Department of Natural Resources is selling STANDING TIMBER on the Buskirk, Deford and Tuscola State Game Areas. For bid information, contact the Cass City Field Office, 4017 E. Caro Rd., Cass City, MI 48726. Phone 517-872-5300. Bids are due by 10 a.m., July 6, 1999. 2-6-2-3

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COMING FROM SAGINAW Saturday was well worth the trip for Heather Ellis, 275 Graham Street. She accepts the keys to the free car presented by Pat Curtis of Curtis Chrysler, Plymouth, Dodge, Jeep in Cass City. The car was one of many prizes given away to celebrate the grand opening of the dealership.

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Crop outlook promising so far

Continued from page one

that the weed won't be as common because of its intolerance to heat.

"People have to watch for re-growth on the 2nd crop," Anderson said.

Overall, Anderson expects a good alfalfa yield. "Last year, the alfalfa yield was way below average," he commented. "It was very low, but this year it looks good."

EARLY PLANTING

Jeff Andresen, MSU Extension agricultural meteorologist, said promising crop yield forecasts are largely the result of farmers being able to get the crops in the ground earlier this year. "Early planting is associated with above normal yields," he added.

Andresen pointed out, however, that a lack of rainfall

dating back to last summer continues to be a problem in some areas.

"In the last 6 to 8 weeks, we've caught up on some precipitation," he said, "but sub-surface moisture remains below normal."

The problem, Andresen explained, is crops do not receive enough water from precipitation. Some moisture must come from the soil. The sub-surface moisture acts as a reserve for the crops, and that reserve is dwindling.

"If we should have any periods of prolonged dryness as we go into the later months, especially during sensitive areas in July and August, we could have problems with moisture stress," he said.

The good news is that drought conditions are not in the forecast.

Last year marked the warmest growing season since 1991, with an abnormally warm spring and fall, and

dryness was a common theme, particularly in Michigan and lower Ontario to the Mid-Atlantic states to the Atlantic ocean.

Andresen remains optimistic about this year's growing season.

"Most places are seeing rainfall totals close to normal," he said. "We will need timely and fairly frequent rainfall so there won't be a problem with long-term moisture deficit."

Normal and frequent rainfall is .25 to .50 of an inch of precipitation every couple of days, with a total of at least 3 inches per month.

The Thumb area has been receiving .65 to .75 inches of precipitation per week, and precipitation during April and May wasn't too far from normal, Andresen said.

Between April 1 and June 6, Thumb area farmers have had the benefit of anywhere from 4 1/2 to 6 1/2 inches of

rain. "It doesn't come in nice packages every 4 days; it comes in bunches," Andresen commented, noting the next chance for any widespread and significant precipitation will be this weekend, at the earliest.

"For people with irrigation, it'll come in handy," he said.

"After Monday, it'll be a really good week for drying out hay."

The long range outlook for the remainder of June is warmer than normal temperatures, with the heat wave continuing for one to two more weeks. Andresen said below normal temperatures are expected later in the growing season.

4 from area on tech dean's list

A total of 1,174 students, including 4 from the Cass City area, achieved placement on the spring quarter dean's list at Michigan Technological University by earning a grade point average of

3.5 or higher. The area students are Kurt H. Iwankovitsch and Scott M. Iwankovitsch, both of Cass City, Darcie L. Monroe of Gagetown and Kristina C. Sims of Kingston.

TRY THE CLASSIFIEDS!



DARYL IWANKOVITSCH, Grand Knight of the Cass City-Gagetown Knights of Columbus (far right), recently presented a check for \$3,519 to Cass City Middle School special education teachers (from left) Lisa Green and Sarah Satchell and Supt. Ken Micklash. The money, raised during the annual Tootsie Roll Drive, will be used for local special education, literacy and Special Olympics programs.

Driver revved up

Continued from page one

closed off Seeger Street for a half-hour, enabling Hartel's rookie drivers to practice their driving skills.

The weekend racing event in Saginaw proved interesting, according to Hartel, who said the first day was devoted entirely to inspections of the cars. Cass City was the only school to enter the event, which drew entries from as far away as Florida, Kansas, Wisconsin, Indiana and Ohio.

Hartel said each 780-foot race consisted of 2 heats in a double-elimination format.

In all, 33 cars were entered in the Stock Division, 13 in Super Stock and 12 in the Senior Division.

"The other 2 (Cass City) cars had a pretty good showing," he said. "They didn't advance, but they showed good sportsmanship. They (Rajen and Sam) stayed there the whole day with Don and rooted him on."

"We were at a big disadvantage," Hartel added, referring to his students' inexperience both in terms of customizing and driving soapbox derby cars. "A lot of it (success) had to do with Don's driving."

Reducing wind resistance is a key, Spencer said. "The driving's a lot harder than you think. You have to get real low in the car, and you have to drive as straight as you can — stay in the smoothest portion of the lane."

Spencer, the son of Don and Deb Spencer, will get more practice in before heading to the nationals in Nebraska; he plans to enter an All American Soapbox Derby event June 19 in Saginaw, with hopes of qualifying for another national competition in Akron, Ohio.

Hartel said that anyone interested in helping out with the teen's upcoming traveling expenses is welcome to call the middle school at 872-4397.



BILL PARSONS, a new arrival to Cass City, is organizing a local community theatre company. He welcomes area residents of all ages and abilities to join his "Coachlight Theatre Ensemble."

Parsons seeks actors

Continued from page one

among the adults who enjoy acting and singing, although his training in the arts has been limited to a few years of voice and piano instruction. Aside from that, he performed in 3 high school musical productions and has dabbled in the arts in college.

He's working towards a Bachelor of Arts Degree and plans to major in English with hopes of someday teaching.

In the meantime, he's looking forward to meeting new people who enjoy acting and/

or singing as much as he does.

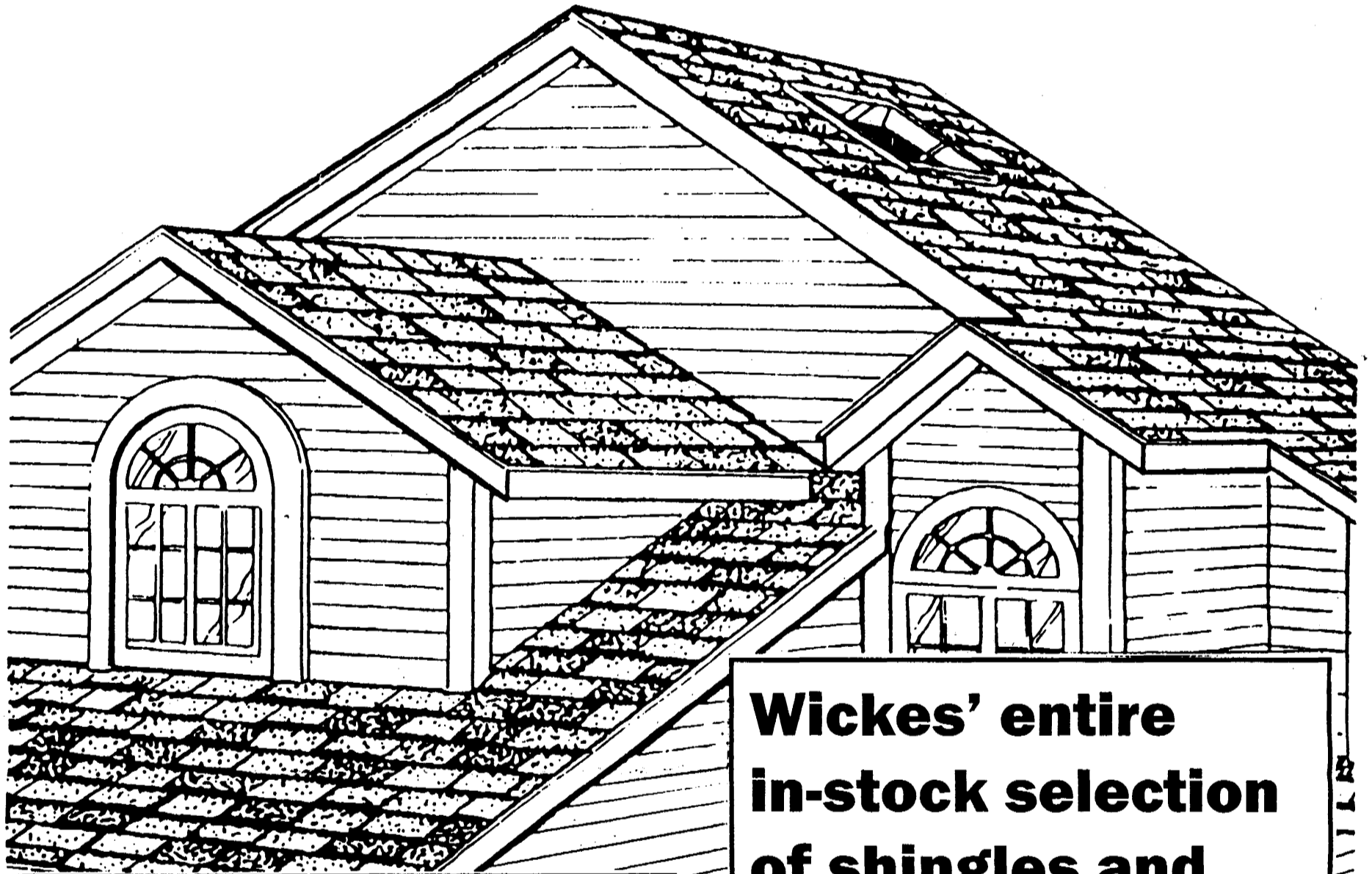
"If it's not fun — if at any point it seems like work — I will encourage them to tell me what I'm doing wrong," he said, referring to the process of putting together the first show.

"Theatre mirrors life. I've never seen a show, read a book, that didn't deal with issues we face in life," he said.

The arts, he concluded, "are never a waste of time. You always get something from it."

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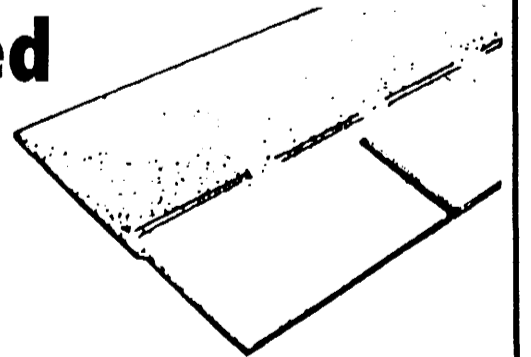


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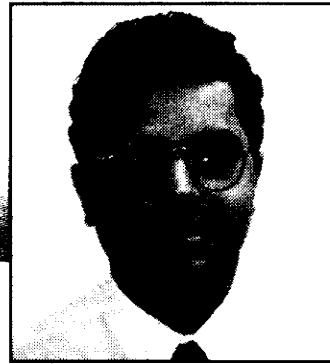
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Internal Medicine



MIR ASGHAR, M.D.
Internal Medicine



DAVID CARTER, M.D.
Radiology



AFONSO FERREIRA, M.D.
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PAUL GINTHER, M.D.
Pathology



MARK GUILFOYLE, D.O.
Radiology



RICHARD HALL, D.O.
Family Practice



HOON K. JEUNG, M.D.
Surgery



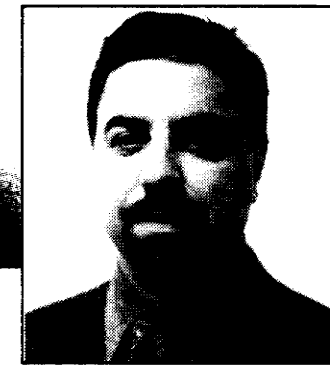
MUHAMMAD JILANI, M.D.
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SCOTT PLACEWAY, D.O.
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ARSHAD QUDDOOS, M.D.
Internal Medicine



KAIS RAYES, M.D.
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Infectious Diseases



SURENDRA RAYTHATHA, M.D.
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NO YUN, M.D.
Family Practice

Hills & Dales Clinics

ALLERGY: Mutee (Abdole) Abdeljaber, M.D.
CARDIOLOGY: Jeffrey Carney, M.D.; John Collins, M.D.
COMMUNITY BREAST & CERVICAL SCREENINGS:
 Community Health Department
 Hills & Dales General Hospital
EYE, EAR, NOSE: Chin Swong, M.D.
HEAD, NECK & FACIAL PAIN: Dan Schwarb, D.D.S.
 Thomas Vaughn, D.D.S.

NEPHROLOGY: Manohar Atri, M.D.
NEUROLOGY: Bong Jung, M.D.
OB/GYN: Gary Ritten, M.D.; Donald Tuckey, M.D.
OPHTHALMOLOGY: Great Lakes Eye
ORTHOPEADICS: John DeSantis, M.D.
 Gordon McClimans, M.D.
PSYCHIATRY: Usha Mouva, M.D.
UROLOGY: Douglas Cummings, M.D.

For more information call Hills & Dales General Hospital at 517-872-5476 ext. 295.

Summer 1999
Volume 1 / Issue 2

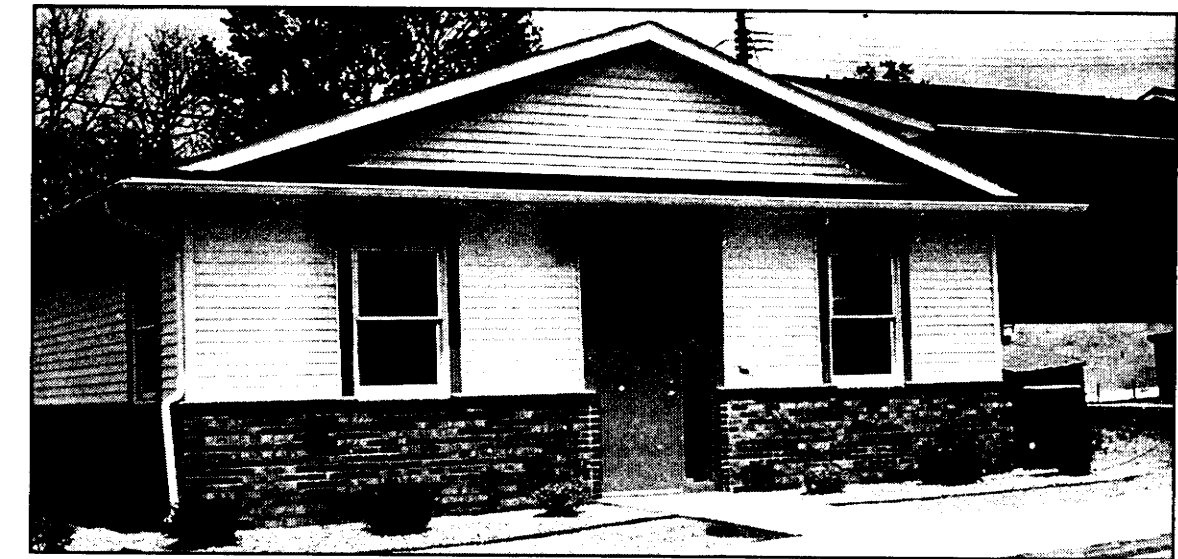
Hill Street News

A Community Newsletter From Hills & Dales General Hospital

KINGSTON MEDICAL CLINIC WELCOMED

The Kingston endeavor began in early 1998 with simple discussions. Once decisions had been made, it didn't take long to get the ball rolling. In September 1998 the property was purchased, and construction on the 1,800 square foot building started shortly thereafter by Robin King Builders. Through thick and thin, our persistence paid off and the Kingston Medical Clinic, conveniently located at 595 State Street, was open for business.

To the delight of the community, the Kingston Medical Clinic (a Division of Hills & Dales General Hospital) opened on April 5, 1999 and began seeing patients. Once the operation was up and running an Open House was held on May 6, 1999. The public was invited to tour the facility and meet the staff. Jean Anthony, Chief Operating Officer, was on hand for the festivities. "We had a unique opportunity to meet with and talk with the people who live in this community. They expressed their gratitude and look forward to utilizing our services at the Kingston Medical Clinic."



The Kingston Medical Clinic is located at 595 State Street.

The public also had the opportunity to meet our qualified medical staff members, all Board Certified Physicians. They are: Mir Asghar, MD/Internal

Medicine, Arshad Quddoos, MD/Internal Medicine, Ashraf Aly, MD/Pediatrics and Pediatric Cardiology. Our office staff consists of Medical Office

Assistant/Catherine Hahn, and LPN/Kristine Swires, and LPN/Tara Mallory. Hills & Dales General Hospital has always provided health care

services to this community. Our purpose has been to provide the residents of Kingston and the surrounding communities, a full range of health care services. We are pleased to bring pediatric service, well child check, acute and chronic illness, illness care, school and sports physical exams, pediatric emergency services, allergy injections and lab work to those who need it. We also provide care for diabetes, high blood pressure, arthritis, lung problems, minor lacerations, abrasions, etc.

In our continuing efforts to provide this community the medical services it desires, it is our goal to implement the ability to perform x-rays at our facility and to provide clinic prescription courier services in our near future.

Information about our new facility and appointments, can be obtained by calling 517- 683-8065. Business hours are as follows: Mon. 9-5, Tues. 10-6, Wed. 9-5, Thurs. 11-7, Fri. 9-5. Of course walk-ins are always welcomed.

New sleep disorder clinic arrives at Hills & Dales General Hospital

Submitted by Sleep Testing, Inc.

Do you snore? Do you feel tired all the time? Do you find your self having difficulty staying awake while you drive? If you answered yes to these questions, you may have a sleep disorder.

Ten percent of the population does. Many times sleep disorders are a precursor to heart attacks, strokes and high blood pressure.

Hills & Dales General Hospital is happy to announce their new sleep disorder center is now accepting patients. State of the art technology is used to diagnose and treat sleep disorders such as sleep apnea, narcolepsy and insomnia.

The center will be available

with a physicians referral seven days a week to accommodate most schedules.

Most insurance companies have made the diagnostic testing a paid benefit.

If you should have any questions or need additional information, please contact your physician or Hills & Dales General Hospital Sleep Disorder Center.

Once again Hills & Dales General Hospital is branching out to meet the health care needs of the community.

Further information regarding osteoporosis, risk factors and bone density measurement may be obtained by contacting our Central Scheduling Clerk at (517) 872-5476 X295

The Latest In Technology Now Available At Hills & Dales Helping In The Fight Against Osteoporosis

Submitted by Mark Guilfoyle, D.O. / Director of Radiology

Twenty five million Americans have osteoporosis. Fifty thousand people die each year because of it. Yet, most of us know little about protecting ourselves from this disease.

Osteoporosis results in more than 1 million hip, spine, and wrist fractures annually. This disorder affects nearly one-half of all postmenopausal women, the largest group at high risk for osteoporosis.

Research in osteoporosis, the disorder in which progressive bone loss results in increased risk of fracture, is making important new advances. A key factor in this success has been the availability of new and improved equipment to measure bone density.

Using a bone densitometer, physicians can measure patient bone density and follow it over time. If the patient's bone density is low, or

decreases at an abnormally fast rate, the patient may be at risk for osteoporosis. Through changes in diet, exercise, habits and/or medication, further deterioration of bone can be prevented. A new bone densitometer was recently installed at Hills & Dales General Hospital.

The PRODIGY bone densitometer (Lunar Corporation, Madison, WI) measures the density of the spine, hip and other bones which are the most frequent sites of fracture. Until now, evaluating bone density using conventional x-ray systems did not reveal a potential problem until a patient had lost 25-30% of their bone density. Now in just 30 seconds, this highly sensitive densitometer helps us identify risk at a much earlier stage. It can also evaluate response to treatment so that we know whether our therapy is effective or if we need to modify our

approach. Fortunately, recent research findings clarify the nature of the disease, and demonstrate the effectiveness of new treatments. New diagnostic devices, such as the PRODIGY bone densitometer, improve the early detection and treatment of osteoporosis.

I would like to encourage you to visit Hills & Dales General Hospital and be evaluated for a bone density examination. There is no special preparation involved for the patient. The exam is very brief and is a very comfortable procedure for the patient. Bone densitometry is covered by most insurances.

Further information regarding osteoporosis, risk factors and bone density measurement may be obtained by contacting our Central Scheduling Clerk at 517-872-5476 X295.

A View From the Top

their busy schedules to spend a couple of hours with us to celebrate.

Just as exciting, Hills & Dales was proud to open the Kingston Medical Clinic on April 5, 1999. The Kingston community has been requesting this service from the hospital and we were able to respond.

In the near future, we hope to add a basic radiographic unit and provide courier service for prescriptions. Few people mind traveling the distance for prescriptions in the summer time. By fall, we will be able to accommodate our customers prescription needs without the drive to a pharmacy.

These services were all requested from our community. Our mission at Hills & Dales is to provide service to our community. We'd like to hear from you, so please let us know what you would like to see made available at Hills & Dales General Hospital or at one of our many off-site facilities.

Submitted By Dee McKrow / Chief Executive Officer

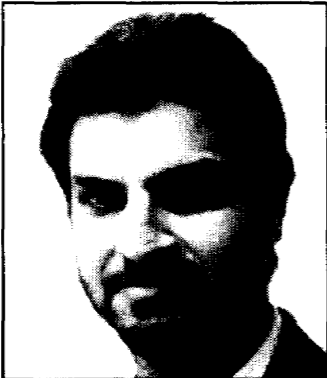
On March 24-27, 1999, Hills & Dales General Hospital celebrated with the community on the opening of the Medical Arts & Rehabilitation Center. Over five hundred community members took advantage of touring our new facility and numerous health services. We wish to thank those who took time out of

Submitted By Dee McKrow / Chief Executive Officer

Hill Street News

Ray Prill.....Editor
 Becky Barr.....Contributing Editor
 Huron Daily Tribune.....Printing

The role of physiatry & rehabilitation in work related injuries



Submitted by Muhammad Jilani, MD

Work related injuries including neck, back, and upper extremity pain are very common in the industrial world. Most work related injuries occur through repetitive motion (ie., carpal tunnel syndrome, epicondylitis) and sprain/strain of muscles and ligaments. The cost of compensation of work related injuries including medical benefits, replacement of injured workers, and loss of work days are staggering.

The Physiatrist, a specialist in rehabilitation, can play a vital role in the evaluation, diagnosis, and development of a rehabilitation program for the injured worker. The Physiatrist works closely with the injured worker, employer, case manager, primary care physician and the rehab team to coordinate the care of the injured individual.

Most work related injuries are minor, self-limited, and resolve after short periods of time without causing any permanent impairment or disability. Some injuries are severe enough to impair the injured worker's ability to return to work safely even with restrictions.

Return to work planning starts with the initial evaluation. Essential information is gathered regarding the injury, job description and job requirements. Based on assessment findings, the determination is made whether the individual can return to work in normal job related duties, what restrictions are needed and if the employer can accommodate such restrictions. A rehab treatment plan is also initiated at this time. The treatment plan may include further diagnostic work up, medications, physical therapy, occupational therapy, an ergonomic evaluation at the job site, psychological counseling, and appropriate consultations and collaborations with primary care physicians. If the employee cannot return to the same profession, vocational counseling may be recommended.

As symptoms are resolved, the patient is referred to a work conditioning program under the supervision of an occupational therapist. A work conditioning program provides education in proper body mechanics, general strengthening, and attempts to simulate the work environment as per their job

description. Once he/she has completed the work conditioning program, an occupational therapist with his/her team, assess the functional capacity of the worker. This evaluation (FCE) consists of an intensive 4-6 hour procedure measuring: 1) baseline functional abilities and/or limitations, 2) range of motion and strength, 3) coordination of upper extremities, lower extremities, and trunk in comparison to their job description.

The results can be used to determine whether or not an individual's physical capacity meets the work demands. It also provides a basis to formulate work restrictions. As conditions improve, work restrictions are re-evaluated and up-graded until they can return to work without restrictions.

It is important that the worker, rehabilitation team and physician work together in determining functional abilities to return an individual to work safely and effectively. If the injured person returns to work too early without appropriate restrictions, worsening of the medical condition may result. However, keeping an individual off work too long, may result in severe de-conditioning and decrease the chances of returning to work. It has been documented that returning to work with or without restrictions favors the relationship between the worker, employer and working environment.

Hospital Week observed with health fair and service awards

National Hospital Week is never overlooked at Hills & Dales General Hospital. Several festivities took place during the week of May 9-15. A health fair took place which offered free blood pressure and blood sugar tests, information was provided on first aid, safety, diabetes, nutritional recipes and more.

Other events included the Annual Service Awards. All employees were treated to decorated cakes and an award ceremony to honor long-time employees with Certificates of Appreciation and other gifts. Dee McKrow, Chief Executive Officer

said, "Hills & Dales is full of fine, talented, service oriented employees. This annual recognition is just a small way to say thanks to those people who have dedicated their time to Hills & Dales."

In the spotlight on May 12 was 25 year employee Janet Kratz; 20 year employees E. Diane Middaugh, Nancy Walters and June Wierowski; 10 year employee F. Craig Bellew; 5 year employees Janet Furness, Brenda Hazard, Kerry Brown and Josephine Hulbert. Congratulations and thanks for a fine job!

A Look Inside: In This Edition We Visit The LABORATORY

Manager: Dale Weidman, MT Location: Hills & Dales General Hospital, First Floor, South Wing Business Hours: 7 days a week/24 hrs a day

Under the direction of Pathologist Dr. Paul Ginther and Lab Manager Dale Weidman, the lab is staffed by five full-time Medical Technologists, two full-time Phlebotomists and four part-time and contractual technologists. The laboratory at Hills & Dales General Hospital was recently awarded a two year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP) based on the results of a recent on-site inspection. Dr. Ginther was advised of this national recognition and congratulated for the "excellence of the services being provided." Hills & Dales laboratory is one of 5,000 CAP accredited laboratories nationwide.

The CAP Laboratory Accreditation Program is recognized by the federal government as being equal to or more stringent than it's own inspection program. Inspectors examined laboratory records and quality control practices for the preceding two years, as well as the education and qualifications of staff, adequacy of the facilities, equipment, safety and laboratory management to determine how well the laboratory is serving the patient. CAP, a medical society serving physician members and the laboratory community worldwide, is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance and advocacy for high quality, cost effective medical care.

The procedures performed routinely include chemistry, urinalysis, endocrinology, toxicology,

hematology, immunohematology, blood group and RH typing, compatibility, antibody detection, cross match procedures, coagulation studies, serology, microbiology and general pathology. Approximately 23,000 tests are performed monthly.

The laboratory staff consists of MT's (medical technologists), MLT's (medical laboratory technician) and registered phlebotomists.

Hills & Dales laboratory staff are active in several annual community health screenings at various locations, as well as participation in community parades.

National Laboratory Week was celebrated April 11-17. The 1999 motto was: "Laboratory Professionals: Your link between technology and good health." At Hills & Dales our dedicated and caring laboratory staff strives to maintain that motto!

Do you suffer from back pain after sitting for an hour? Do your joints feel sore and stiff? Do your hips ache when you walk? Do you have any numbness or tingling in your arms, hands, legs or feet?

Relief is available!

THUMB PHYSICAL MEDICINE & REHABILITATION
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 Board Certified in Physical Medicine

1184 Cleaver Road Caro, Mi. 517-673-4999 Mon, Weds - 8am-4:30pm
 6190 Hospital Dr., #103 Cass City, Mi. 517-872-8202 Tu, Th - 8am-5pm Fr - 8am-12:00pm

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 *Colonial Villages *Knick Knacks
 *Games, Books, Magazines & Sweet Treats

M.A.R.C. to begin aerobics for senior

Starting June 28, Michigan Athletic and Rehabilitation Center (M.A.R.C.), in Cass City, will be starting a senior aerobic class. Classes will take place Monday and Wednesday mornings for an eight week session. Please contact M.A.R.C. by calling (517) 872-2084. Class size is limited.

Education Department offering 'Safe Sitter' classes

Hills & Dales General Hospital's Education Department will soon offer "Safe Sitter" classes for girls and boys ages 11-13. Safe sitters learn basic child care skills, how to handle emergencies and how to entertain children and keep them safe. If you are interested in this program, please contact Laura LaJoie / Community Education Coordinator, at 517-872-5476 X215 for further information.

YOUR DONATION CAN SAVE!

The American Red Cross invites you to donate blood on **Tuesday, June 8, and Tuesday, August 17, 1999** from 1-7 pm at **Hills & Dales General Hospital**

Did You Know?

- 1 in 3 caucasian women over the age of 50 has osteoporosis -
- Osteoporosis is a debilitating disease that affects millions of people every year -
- Early detection can lead to effective treatment -

How can you find out if you're at risk? Ask your physician about the new service, **BONE DENSITOMETRY** now offered at **Hills & Dales General Hospital Cass City**

The exam is comfortable, quick, safe and precise. Call 517-872-5476 X295 to schedule an appointment

Local and National Health Observances and Recognition Days

JUNE

- 1-30 National Hernia Awareness Day
- National Safety Month
- National Scleroderma Awareness Month
- Vision Research Month
- Fireworks Safety Month
- 1 Stand For Children
- 3-10 Nursing Assistants' Week
- 6-12 National Aphasia Awareness Week
- 8 **Cass City American Red Cross Blood Drive**
- National Headache Awareness Week
- National Hug Holiday Week
- 14-20 National Men's Health Week
- 17 **Huron County Senior Health Fair**
- 19 **Sebewaing Sugar Festival Parade**
- 20-26 Helen Keller Deaf-Blind Awareness Week
- 22 **Cystic Fibrosis Walk**
- 25 **Sanilac County Senior Health Fair**
- 27 National HIV Testing Day

- 10-11 **Bad Axe American Cancer Society Relay For Life**
- 11-17 National Therapeutic Recreation Week
- 15 **Tuscola County Senior Health Fair**
- 18 **Uby Homecoming Parade**
- 18-25 **Tuscola County Fair**
- 21 **Kingston Parade**

AUGUST

- 1-31 National Spinal Muscular Atrophy Awareness Month
- 1-7 World Breastfeeding Week
- 7-12 Certified Registered Nurse Anesthetist (CRNA) Week
- 17 **Cass City American Red Cross Blood Drive**

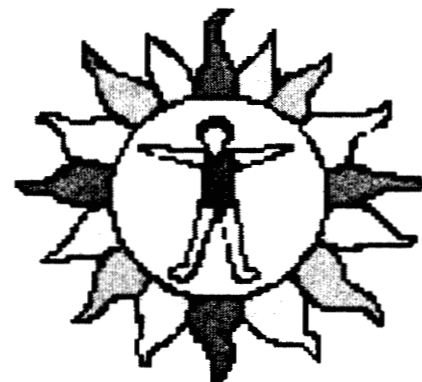
Cancer support group at H.D.G. H.

Submitted by Kerry Brown/Social Worker
 Have you or a loved one been diagnosed with cancer? Are you having a difficult time coping with it? Have you considered attending a support group but are just a little unsure about making that initial step? If so, you can contact Kerry Brown at Hills & Dales General Hospital at (517) 872-5476 X319 for information on a support group for cancer patients, their families and friends. There is no cost. The support group meets on the first and third Wednesdays of each month at 4 p.m., and we would love to have you join us.

SUMMER HEALTH

Submitted by Jeff Schember / Athletic Trainer
 Now that summer is right around the corner, it is time to start some healthy habits. Here are some helpful hints to have a healthier summer.

1. With good weather conditions, why stay inside! Try to get out.
2. Walk, bike, or perform some type of cardiovascular exercise 3-5 times a week for a duration of 30 minutes to an hour or more.
3. To help prevent overindulging, drink one or two glasses of water before eating meals.
4. Following evening meals go for a 30 minute walk rather than watching television or taking a nap.
5. To decrease extra unwanted calories, limit condiments such as mayonnaise and high fat salad dressings. You can replace these with light dressings, spices, etc.
6. Spread your meals throughout the day and eat on a schedule, if possible. Example: Breakfast at 7:30 am, a snack at 10 am, lunch at noon, a snack at 2 pm, dinner at 5:30 pm and a snack later in the night. Snacks should be healthy, such as fruits or vegetables.
7. Avoid eating after 9 pm or late at night.
8. Replace soda and beverages that are high in sugar and calories with water, tea, and fruit juices. Be careful when choosing fruit juices as some are very high in sugar.
9. Drink plenty of water through out the day and have extra water when exercising.
10. Stretch before and after exercising or at least two times a week for at least 15 minutes per session.
11. Get plenty of rest. Try to get at least 7-8 hours of sleep a night.



Bringing you up-to-date

◆ A poster contest was sponsored by Hills & Dales General Hospital for Poison Prevention Week from March 21-27, 1999, at Cass City and Deford, for third graders.

◆ Thanks to the School-To-Work Program for sponsoring the Tuscola County Career Expo V. This event gave over 1,000 students career exposure and preparation for their future.

◆ Hills & Dales General Hospital participated in the Kids Fun Fair at the Tuscola Technology Center in Caro on April 17, 1999. What fun!!

◆ We would like to take this opportunity to thank everyone who came out for the successful grand opening of our new Medical Arts And Rehabilitation Center in Cass City last March.

The following are the winners of

◆ In February



In February, Hills & Dales General Hospital participated in the Jump For Heart at Uby Community School by offering blood pressure checks, fat analysis, healthy foods and a bicycle safety helmet drawing. Pictured left to right: Pat Bolde-Jump For Heart Coordinator, drawing winners: Tracy Laming, Michael Simerson and Tammy Laurie-FHA Advisor.

◆ During Easter



During the Easter period, Hills & Dales General Hospital participated in the WLEW Easter Bunny Drawing. Drawing boxes were stationed at our medical clinics in Unionville, Uby, and Kingston, and Thumb Pediatric & Pediatric Cardiology office. Pictured is Evan Block, son of Richard and Laurie Block, the winner from the Uby Medical Clinic.

Poised for the camera after the recent Bicycle Safety Poster Contest are right, Mary Ventline-Uby Community Schools second grade teacher; Ken Sweeney-Elementary School Principal; and the "Judges Choice" Award winner Robert Pollum, front.



Pictured at the recent Bicycle Safety Poster Contest are right, Tonya Errer, Uby Community School second grade teacher and the "Judges Choice" Award winner- Cara Booms, left.



In May Cass City High School's Life Skills class made numerous "Comfort Critters" for patients of all ages at Hills & Dales General Hospital. Pictured are front row (left to right) Kari Lowe, Dolly Scollon, Life Skills teacher, and Emma Witkovsky. Back row (left to right) Louise Pederson and Sara Homakie.

May you dedicate yourself...
 Not only to strive for the goals you have set, but to meet them and set more...
Congratulations & Best of luck to our employees...

Becky Oesch

Amanda Board

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 Wed - 9:00 am-5:00 pm

Phone: 517-658-9191 / 2254 Main Street, Uby -
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A Division of Hills & Dales General Hospital

Make a difference in the lives of those with CF!

The symptoms of CF are diverse, vary in severity, and are often confused with pneumonia or asthma. The sweat test diagnoses CF by measuring the amount of salt in the sweat. An abnormally high salt level indicates that a person has CF.



Cystic fibrosis (CF) is the number one genetic killer of children and young adults in the United States today. CF causes the body to produce a thick, sticky mucus which clogs the lungs. This abnormal mucus leads to chronic lung infections, fatal lung damage, and also interferes with digestion.

The symptoms of CF are diverse, vary in severity, and are often confused with pneumonia or asthma. The sweat test diagnoses CF by measuring the amount of salt in the sweat. An abnormally high salt level indicates that a person has CF.

Approximately 30,000 people in the United States have CF. An individual must inherit two defective CF genes—one from each parent—to be born with CF. Ten million Americans (one in 29) are symptomless carriers of the defective CF gene.

When the Cystic Fibrosis Foundation was founded in 1955, few children with CF lived to attend elementary school. Today, the median age of survival for an individual with CF is 31 years—still however, an unacceptable fact.

PROGRESS TOWARD A CURE

When scientists supported by the Foundation discovered the CF gene in 1989, they began a new era in our campaign to defeat this deadly disease. Now that the gene was identified, they now had the "tool" in hand to develop ways to treat the root cause of CF and not just the symptoms. By quickly translating what is learned about the

CF gene and CF cells in the laboratory, researchers are developing promising new treatments.

Currently, the CF Foundation supports landmark human gene therapy studies which are evaluating several gene delivery strategies in people with CF. Much work, however, is still needed to refine this innovative technology.

In addition to conducting gene therapy studies, many clinical trials on new drug treatments are being conducted. These trials will determine the best treatments to alleviate CF related problems and improve the length and quality of life for people with CF. Meanwhile, scientists are connecting new clues between defective CF cells and chronic lung infections and a naturally occurring, antibiotic like substance which malfunctions in CF. Their discoveries will lead to drugs that could eliminate fatal lung infections.

HOW YOUR DOLLARS ARE SPENT

The Cystic Fibrosis Foundation was recently ranked as one of the nation's top ten "charities you can trust" in SmartMoney, the magazine of The Wall Street Journal. In other words, we put your money to work as efficiently as possible to support:

☐ A network of multidisciplinary research and gene therapy centers at major universities across the United States.

☐ Research grants for top investigators; fellowships for basic research and clinical research;

☐ A nationwide network of 113 specialty care centers dedicated to treating CF.

WE NEED YOU!

Every day, approximately three babies are born with CF in this country; every day we continue to lose people to CF. Your help is urgently needed to ensure that the rapid pace of CF research continues. The cost of this research escalates as new technology must be developed to save precious lives.

By investing in CF research, you are investing in the lives of those with the disease. Working together, we can give the children and adults with CF the quality of life and the future they deserve.

How can you help? Participate with Hills & Dales Hospital in the 1999 "Great Strides" Walk for a cure on June 22 in any of the following ways:

- Register a Walk Team—Family members/friends/relatives/co-workers.
 - Can't walk? Register "ghost walkers"—while collecting donations and being eligible for prizes their "special spirits" will touch the life of each child and young adult living with CF.
 - KILOMETER SPONSOR—for a donation of \$50 you can have a sign with your logo and name along the walk route.
 - SELL "LUNGS" AT YOUR LOCATION OF BUSINESS FOR \$1 and post them around to show your and others' support for finding a cure!
- For more information, call Dawn Maust, R.N., Great Strides Chairperson, at 517-872-5476 X342

June is "National Dairy Month"

Submitted by Kim Handley/Dietician

Good sources of calcium include: dairy products, canned fish with bones, almonds, kale, broccoli, beet greens, fortified breads, cereals and tofu. Of course, dairy products are the best sources of calcium D, and since June is National Dairy Month it is an excellent time to start choosing more calcium rich foods. Calcium requirements vary with different age groups, according to the National Academy of Sciences the following levels are recommended for maximum retention of body calcium:

Age	Calcium Goal (mg/day)
1-3 yrs	500
4-8 yrs	800
9-18 yrs	1300
19-50 yrs	1,000
51 + yrs	1,200
Pregnant/lactating	
< 18 yrs	1,300
9-50 yrs	1,000

One cup of milk, yogurt or 1 oz. of cheese is equal to approximately 300 mg. of calcium. Most adults, can easily meet their calcium requirements by incorporating three servings from the milk group daily.

Since bone growth and density occurs until about the age of 30, build a strong foundation starting in childhood and continuing into adulthood. Try making hot cereal with milk instead of water, have yogurt for a snack, drink milk at your meals instead of other beverages, sprinkle nonfat cheese on your salads or cooked vegetables; or have low-fat frozen yogurt cone for dessert.

Dairy products can be high in saturated fat, however, low fat dairy products can easily work into any healthy diet. So be kind to your bones and drink milk. "Got Milk", You bet!!

Is Water Exercise for you?

By Jeanne Putman / M.A.R.C. Caro

Physically, water exercise can improve strength and flexibility, improve muscular endurance and balance, help strengthen your heart muscle, increase circulation, help rehabilitation injuries and healing muscles (with your physician's okay), and help control and maintain weight.

Socially, water exercise is a lot of fun, a great way to make friends and is safe for all ages. Psychologically water exercise encourages a positive attitude, helps increase your energy level, and reduces tension and stress.

You don't have to know how to swim or work fancy machines to enjoy the benefits of water exercising. Michigan Athletic & Rehabilitation Center in Caro, has a range of water exercise programs. For more information call 517-673- 4999 for dates and times of the next aquatic class.


UBLY MEDICAL CLINIC

2254 Main St., Uby
517-658-9191

Kais Rayes, M.D.
Specializing in Internal Medicine

Office Hours: Monday, Thursday & Friday 9a.m.-5p.m.
Tuesday 7a.m.-3p.m.
Wednesday 11a.m.-7p.m.

A Division of Hills & Dales General Hospital



Uby Medical Clinic Staff (left to right)
Cathy Czekai, Kais Rayes, M.D.,
Tammy Bechtel and Sue Osminski.

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The Tuscola Tracker

Tuscola County Health Department

Tammy Roamin, R.N.
Public Health Nurse

Monthly Communicable Disease Update

Volume III, Issue V
May 1999

FOODBORNE ILLNESS

Foodborne illness often shows itself as flu-like symptoms such as nausea, vomiting, diarrhea, or fever, so many people may not recognize the illness is caused by bacteria or other pathogens on food.

Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example, some bacteria are used beneficially in making cheese and yogurt.

Bacteria that cause disease are called "pathogens." When certain pathogens enter the food supply, they can cause foodborne illness. Only a few types cause millions of cases of foodborne illness each year, most of which can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk than others, no matter what type of bacteria is implicated. Infants, pregnant women, the elderly, and people with compromised immune systems are at greatest risk from any pathogens. Some persons may become ill after ingesting only a few harmful bacteria; others may remain symptom free after ingesting thousands.

Bacteria may be present on products when you purchase them. Plastic wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Neither is produce such as lettuce, tomatoes, sprouts, and melons.

Food, including safely cooked, ready-to-eat foods, can become cross-contaminated with bacteria transferred from raw products, meat juices or other contaminated products,

or poor personal hygiene.

Bacteria multiply rapidly between 40 and 140 degrees fahrenheit. To keep food out of this "danger zone," **keep cold food cold and hot food hot.**

Cooking food to the proper temperature kills harmful bacteria. You should cook your food as follows:

GROUND PRODUCTS (hamburger, beef, veal, lamb, pork): 160-165°F.

BEEF, VEAL, LAMB ROASTS AND STEAKS: Medium-rare 145°F, medium 160°F, well-done 170°F.

PORK (chops, roasts, ribs): Medium 160°F, well-done 170°F. Pork ham or pork sausage, fresh 160°F.

POULTRY (chicken, duck, turkey): 180°F.

EGGS: Fried or poached: yolk and white should be firm.

EGG CASSEROLE: 160°F; Eggs in sauces, custards: 160°F.

An important way to prevent foodborne illnesses is to **wash:** Wash hands, cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food. Launder dish cloths and towels frequently, or use paper towels.

A little trivia: A survey of 6,333 adults in public restrooms in New York, Chicago, Atlanta, New Orleans and

San Francisco found that only **68%** of adults washed their hands after using the bathroom.

A study of 305 Detroit school children found that youngsters who washed their hands four times a day had 24% fewer sick days due to respiratory illness, and 51% fewer days lost because of upset stomach.

IMMUNIZATION UPDATE

During the month of April, 326 children received a total of 817 immunizations at the health department.

COMMUNICABLE DISEASE UPDATE

In the month of April, two cases of giardiasis, one case of hepatitis C and one case of pertussis were reported to the health department.

APRIL SCHOOL REPORTS

Bronchitis	3	Chicken Pox	4
Fifth Disease	3	Flu	103
Head Lice	28	Impetigo	3
Pinkeye	5	Scabies	2
Scarlet Fever	10	Shingles	1
Strep Throat	13	These diagnoses are not always made by a doctor or health care professional	



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AEROBICS SCHEDULE - M.A.R.C. CARO LOCATION

MONDAY

- 6 a.m.—Step aerobic intervals
- 6:45 a.m.—Abs & pushups
- 9 a.m.—Advanced aerobic conditioning
- 10:15 a.m.—Straight up sculpt
- 3:15 p.m.—Basic step aerobics
- 4 p.m.—Abs-N-More
- 5:45 p.m.—Box aerobics
- 7:15 p.m.—Shape up
- 8 p.m.—Abs, Buns & Thighs of Steel

TUESDAY

- 6 a.m.—Step & Sculpt
- 6:45 a.m.—Abs & pushups
- 8:15 a.m.—EZ Does It
- 9 a.m.—Abs-N-More
- 6:15 p.m.—Step-N-Sweat
- 7:15 p.m.—Abs-N-More
- 7:30 p.m.—Yoga

WEDNESDAY

- 6 a.m.—Step aerobic intervals
- 6:45 a.m.—Abs & Pushups
- 9 a.m.—Box aerobics
- 10:30 a.m.—Straight Up Sculpt
- 3:15 p.m.—Circuit Challenge
- 5:45 p.m.—Circuit Challenge
- 6:45 p.m.—Abs-Muscle Mania
- 7:15 p.m.—Shape up
- 8 p.m.—Abs, Buns & Thighs of Steel



THURSDAY

- 6 a.m.—Circuit Challenge
- 6:45 a.m.—Abs & Pushups
- 8:15 a.m.—EZ Does It
- 9 a.m.—Abs-N-More
- 6:15 p.m.—Step-N-Sweat
- 7:30 p.m.—Yoga

FRIDAY

- 6 a.m.—All out step aerobics
- 6:45 a.m.—Abs & pushups
- 9 a.m.—Advanced aerobic conditioning
- 10:15 a.m.—Straight up sculpt
- 3:15 p.m.—Instructors choice
- 4 p.m.—Abs-N-More

SATURDAY

- 9 a.m.—Let's go cardio

Schedules are subject to change. M.A.R.C. Caro is located at 1186 Cleaver Road, Caro. For more information call (517) 673-4999

Michigan Athletic & Rehabilitation Center

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Cass City, Mi.
517-872-2084

1186 Cleaver Road
Caro, Mi.
517-673-4999

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- Occupational Therapy
- Speech • Fitness

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EVERY YEAR ...
Once Is Not Enough.

The Huron County Health Department, in cooperation with Hills & Dales General Hospital, offers a **FREE Breast and Cervical Cancer Screening** for women age 40 to 64, who qualify.*

Included in the exam: mammogram, breast examination, pelvic examination, pap smear

Call 517-269-9721 x165 for an appointment

*Eligibility is based on household income.

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PROTECT YOUR CHILD!

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AQUATIC SCHEDULE- CARO LOCATION

MONDAY

- 10 a.m.—ABC Aquatic Body Challenge
- 4 p.m.—Anything goes

TUESDAY

- 10 a.m.—Splash dance
- 11 a.m.—Arthritic happy hour
- 4 p.m.—Water boxing
- 5 p.m.—Hydro aerobic rigorous training

WEDNESDAY

- 10 a.m.—Seniors in motion
- 4:30 p.m.—All wet fitness

THURSDAY

- 10 a.m.—Pumping H2O
- 11 a.m.—Arthritic happy hour
- 4 p.m.—Water
- 5 p.m.—Hydro aerobic rigorous training

FRIDAY

- 10 a.m.—Potpourri

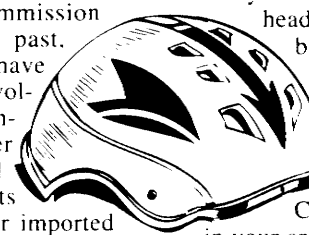
SATURDAY

- 9 a.m.—Week-end warrior
- 10 a.m.—Arthritic happy hour

What's new about bicycle helmets?

Information from U.S. Consumer Product Safety Commission

For the first time ever, all bicycle helmets must meet a uniform mandatory safety standard issued by the U.S. Consumer Product Safety Commission (CPSC.) In the past, bicycle helmets have met one or more voluntary safety standards, but after March 1999, all bicycle helmets manufactured in or imported to the United States must comply with the new Federal standard. Some manufacturers are likely to offer helmets meeting the CPSC safety standard before the effective date. After March 1999, consumers need only to look for a label or sticker that says the helmet meets the CPSC safety standard. This label or sticker ensures that the helmet will provide a high degree of head protection when biking.



Q. Why do we need a new U.S. Consumer Product Safety Commission bicycle helmet safety standard?

A. The new standard ensures that bicycle helmets provide excellent head protection and that the chin straps are strong enough to keep a helmet on the head and in place during a fall or collision.

Q. Will bicycle helmets meeting CPSC's bicycle helmet safety standard protect young children?

A. Young children on bicycles suffer a higher proportion of head injuries than older cyclists. Under CPSC's new standard, bicycle helmets for children ages 1-5 cover a larger portion of the head than helmets for older persons, thus providing additional protection. All young children should wear a bicycle helmet, whether they are riding bicycles, tricycles or are passengers on a parent's bicycle. Never carry a child under age 1 on your bicycle.

Q. Do I really need to wear a bicycle helmet?

A. Yes. Each year, bicycle-related deaths number about 900 and United States hospital emergency

rooms treat more than 500,000 people for bicycle related injuries. More children, ages 5-14 go to United States hospital emergency rooms for injuries associated with bicycles than any other sport. Many of these injuries involve the head. If you do not wear a bicycle helmet, you are risking your life. In addition, many states and local jurisdictions have laws requiring bicycle helmet use. Check if you have a law in your area.



Strategies for staying health smart

HEALTH SMART

- Good Health is Your #1 Priority
- Plan positive changes to improve your health, support family and friends who are also making changes.
- Schedule annual check-ups and recommended screenings.
- Eat Nutritious foods, maintaining a diet low in fat and high in fruits, vegetables and whole grains.
- Manage stress, control blood pressure, cholesterol, diabetes and your weight to help protect your heart so you'll live a healthier lifestyle.
- If you smoke - QUIT!

News That'll Do Your Heart Good!



Hills & Dales General Hospital is joining forces with Michigan Cardio Vascular Institute, one of the country's most respected teams of cardiac specialists, to offer advances in cardiac care closer to home. A new Cardiology Clinic will be located at 6190 Hospital Drive, staffed by MCVI cardiologists Drs. John Collins and Jeffrey Carney.

MCVI has more than a 35 year heritage of promoting heart health, and Hills & Dales General Hospital has served your family for generations. The clinic will provide the same compassionate, personalized care you've come to expect, plus enhanced benefits for cardiac patients including:

- Convenient location
- Comprehensive medical cardiology services
- Leading edge technology

That's great news for cardiac patients in Cass City and the surrounding area!

Ask your doctor about a referral to the Michigan Cardio Vascular Institute, or call (517) 792-4872 or toll free (877) 735-MCVI (6284) for more information.



John F. Collins, M.D., F.A.C.C.



Jeffrey W. Carney, M.D., F.A.C.C.

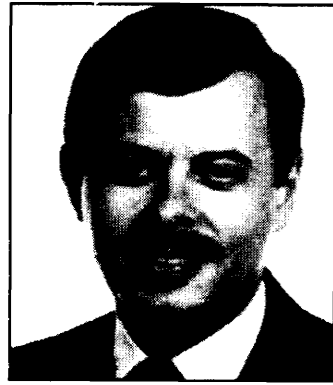
- General follow-up and consultations



MCVI Cardiology Clinic
6190 Hospital Drive
Cass City, Mi 48726

Taking Healthcare to Heart

Cataract treatment more successful today than 25 years ago



Submitted by James A. Knupp, MD

Are you having blurred vision with driving? Are you having glare with the headlights at night? Are you having more and more problems trying to read in slightly dim light?

You may be suffering from cataracts. This is a condition that frightens many people because in the past it has meant blindness. Some can remember their parent or grandparents having to go through cataract surgery and staying in the hospital a week with sand bags. Actually the treatment of cataracts has changed dramatically over the past 25 years making it much more successful than it was previously.

What is a cataract? A cataract is the loss of transparency of the normal lens within the eye. The lens is the focusing mechanism of the eye and is positioned just behind the pupil (the small black opening in the center of the iris).

What causes cataracts? Most cataracts are due to age. The tendency toward cataracts is often inherited and may affect some persons at a much earlier age than others. Severe injuries sometimes damage the lens enough to cause cataracts. Other less common causes include diabetes, medications, viral infections before birth, etc.

What symptoms characterize a cataract? A person realizes he has a cataract because of a gradual and progressive blurring of vision. Cataracts do not cause pain, or watering of the eye. Most types of cataracts scatter light within the eye, resulting in an unpleasant glare when there is bright light. This glare

The prognosis for vision after cataract removal or after the laser are both quite good. The vast majority of patients will experience an improvement in their sight, presuming that there are no other diseases of the eye.

is somewhat similar to the glare of the morning sun on a frosty windshield. Irregular clouding of the lens may cause distortions of sight or even double vision. In some patients, cataracts even cause an optical change making reading without glasses progressively better.

Loss of sight from cataracts is slow. The rate of cataract growth is impossible to predict accurately, although some types develop faster than others. During the early stages of a cataract, a change of glasses may restore useful vision. Later, when the cataract is more dense, new glasses will not help. Characteristically, cataracts usually affect both eyes, but often one eye is worse than the other.

Other conditions besides cataracts can cause gradual loss of vision in an older person. The most dangerous is glaucoma, from which visual loss cannot be restored. Serious general diseases such as diabetes, high blood pressure, and tumors can also gradually damage eyesight. Because the patient themselves with failing vision cannot tell whether they have a cataract or a more serious disease, loss of vision in the older person requires a medical eye examination.

When is the proper time for cataract surgery? It is determined by the patient's eyesight, occupation, general health, personal wishes, and convenience. In general, the cataract should be operated when the patient is dissatisfied with the vision in their normal lifestyles and when it meets surgical criteria. Until vision is impaired, cataract surgery is of no benefit. A cataract is not like cancer, which should be removed immedi-

ately simply because it exists.

How is a cataract removed? It is usually performed with a local anesthetic, as an outpatient. The patient is awake but drowsy during the operation but does not feel pain.

A small opening is made either in the clear cornea or in the junction between the cornea and the white sclera. The lens is either mechanically removed, or fragmented with the help of an ultrasound. Because the lens is so important in the focusing mechanism of the eye, it must be replaced, and an intraocular lens is usually chosen. This is a small plastic or silicone structure, approximately the size of an eraser on the head of a pencil, that is allowed to sit in the "bed" of the cataract. This bed or capsule can occasionally become cloudy after the surgery and a laser may be required to make a small opening.

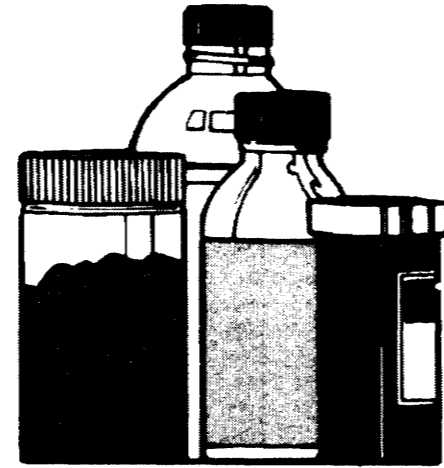
Many people ask if their cataract can be removed by laser. Unfortunately, that is not technically possible at this time. The laser is used after surgery on some patients to open the capsule holding the implant, but not to remove the lens itself.

The prognosis for vision after cataract removal or after the laser are both quite good. The vast majority of patients will experience an improvement in their sight, presuming that there are no other diseases of the eye. Only your doctor can help you decide about your risks and prognosis after surgery. After complete healing and fitting with glasses, the patient can look forward to full normal activities with no restrictions.

Danger is often hard to recognize

Submitted By Charlotte Kish, RN / Community Education Coordinator

Two dangerous drugs have hit the streets and our neighborhoods. Gamma Hydroxy Butyrate (GHB) and Flunitrazepam (Rohypnol) are being slipped into drinks in social settings unknowingly to victims, often resulting in a sexual assault situation. Of late, the reality of the situation hits right here in the Thumb and should not be taken lightly.



The drug GHB is hard to recognize or identify because it simply looks like water. It is often transported in water bottles, or colored to look like other liquids. Rohypnol may come in a pill, liquid, or powder form. It is ten times more powerful than Valium in terms of its sedative powers.

be prosecuted. This can happen to you, and there are several others that your assailant will victimize as well. It is important to take action. Be alert and be aware.

Some common street or slang names for GHB are: G, Liquid X, Liquid Ecstasy, Grievous Bodily Harm, Georgia, Home Boy, Scoop, Great Hormones at Bedtime, Water, Everclear and Aminos. Rohypnol also has its fair share of slang references as well: Rophies, roofies, ropes, roach-2, rib, forget pill, date rape drug, trip and fall, mind eraser, dulcitas (candy), whiteys, pappas (potatoes), rocha, ruffies, and roaches.

This is a criminal act and can

MY SON HAS A HEART MURMUR!



Submitted by: Ashraf Aly, M.D., Ph.D., FAAP Pediatrician and Pediatric Cardiologist

Suzy brought her son, Mike, to our office and was terrified. "My son has a heart murmur" she said. "Is he going to be okay?" "Does he have a heart disease?" "My father had a heart attack last month, will Mike inherit the bad heart from his grandfather?" "No one ever told me that Mike has a heart murmur before, how can he get it now?"

I tried to calm Suzy down to learn Mike's story. Mike is a 5-year-old boy who went to his family doctor last week for a school physical examination for Kindergarten. The doctor told Suzy that Mike has a heart murmur. She got anxious and insisted on seeing a pediatric cardiologist. When I examined Mike I found that he indeed has a heart murmur, but I felt that it falls into the category of heart murmurs that are called "functional" or "innocent".

I asked Suzy if she was familiar with these terms. She said "no." I told her that there are a large number of children who have heart murmurs that we know from experience are not related to heart disease or a heart defect. These murmurs are called "functional" or "innocent" murmurs, because they have no relationship to any defect of the structure of the heart but rather are related to the function of the working of the heart. These murmurs are

due to vibration of the heart muscle itself rather than to the turbulence of blood flow related to a defect such as a hole between two of the chambers and/or an abnormality of one of the valves in the heart.

There is a considerable and lengthy experience in following patients with "functional" and "innocent" murmurs. It has been shown by long-term follow-up studies that patients with "functional" or "innocent" murmurs do not have any higher incidence of heart disease than patients without such murmurs, even after they are observed for 20 or 30 years. Therefore, you can be certain that this murmur will not turn into something else in the future. It is not the beginning of some other condition that will be a problem later on.

I think it would be a good idea to do a routine survey of your child's heart to gain even more reassurance that the murmur is of no importance. I think that we should do an EKG and a chest X-ray getting further information that Mike's heart is normal. If the results of these studies are normal then I do not think there is any need to pursue this method further. If the results of these studies are normal which I expect they will be, the accuracy of diagnosis is extremely high approaching 100% in the presence of a murmur of this character.

Both of the tests, the EKG and the chest x-ray, are entirely normal so everything seems to fit together, the physical examination and the studies. There are a few things that I want to be sure you understand about "functional" and "innocent" murmurs. First and foremost, there is nothing anatomically wrong with Mike's heart. He can be on the football team. This murmur does not mean that he has any structural defects or disease of his heart. The second point I want to make is this; although it is true that approximately 90% of these murmurs disappear when the child is around 10 to 14

there are a large number of children who have heart murmurs that we know from experience are not related to heart disease or a heart defect. These murmurs are called "functional" or "innocent" murmurs, because they have no relationship to any defect of the structure of the heart but rather are related to the function of the working of the heart.

years of age, not 100% of them disappear. However, it makes no difference whether the murmur disappears or not, as far as the future cardiac health of Mike is concerned. For this reason it is not necessary to have any follow-up examination in children with "functional" or "innocent" murmurs. It is important to identify the murmur, but there is no need to continue to examine the child until the murmur is no longer audible. That will not contribute anything to the future health of your child. The identification of the murmur is what we are doing today, and it is clear that the murmur is a "functional" or "innocent" one.

The third point I want to make is that you may indeed hear about this murmur again. These "functional" or "innocent" murmurs are variable in how loud they sound on different occasions. They are made to sound louder by any condition that increases the work of the heart. Thus, if a child has a fever, is anemic or perhaps is apprehensive about something, these murmurs will sound very loud to the listeners.

Sometimes when the murmurs are quite loud, they are interpreted by the person who is examining the child as being more important and significant than they really are. In

this way you may hear about the presence of a loud murmur, particularly at a time when the heart is working hard. Clinical settings in which this scenario may occur, would be a school physical examination or during a family trip when the child develops an illness or fever. A physician who does not know the child from previous examinations may mention to you - under these circumstances - that a loud heart murmur is present and advise further evaluation. You must remember not to push the panic button because the murmur will almost certainly be the same murmur present today, but will be accentuated by fever or apprehension.

The last point I want to make is that this murmur has nothing to do with the future development of any heart disease. Also, it does not mean that Mike inherited the bad heart from his grandfather. Finally, I told Suzy if she has any further questions to write them up and I will be glad to answer all of them at her convenience.

If you have any questions regarding this topic or any other topic in Pediatrics or Pediatric Cardiology, please make a visit to our office - Thumb Pediatrics & Pediatric Cardiology in Cass City or give us a call at 517-872-8503.

Hills & Dales celebrated National Senior Health & Fitness Day

Hills & Dales General Hospital recognized National Senior Health & Fitness Day by sponsoring a celebration at both of their Michigan Athletic & Rehabilitation Center (M.A.R.C.) locations. This event promoted involvement in physical activity for older adults.

At our M.A.R.C.- Cass City location, 6190 Hospital Drive, free activities included Senior Aerobic demonstrations, grip strength analysis, blood pressure checks and nutritional advice.

The M.A.R.C.- Caro location, 1186 Cleaver Road, offered these free activities: guest membership for the day, senior aquatic class, arthritic aquatic class, body fat & grip strength analysis, cardiac information and nutritional advice.

We hope you enjoyed yourself!



Community Health Clinic

"The next best thing when your Doctor's office is closed!"

Our CHC is Staffed by Physicians, RN's and LPN's
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James A. Knupp, M.D., 4624 Hill Street, Cass City.....872-3800

"RELAY FOR LIFE"
Returns

Relay time is approaching! Once again, Hills & Dales General Hospital is sponsoring a team for the American Cancer Society Relay For Life on July 10-11, 1999. It is our hope to raise the awareness level and increase the funds available in the fight against cancer. This event was very successful and meaningful to all of our participants. One of the highlights was the lighting of the luminarias for each person who was touched by cancer. Anyone wishing information or who would like to make a donation is invited to call Laura LaJoie / Community Education Coordinator, at 517-872-5476 X215.

VOLUNTEERS
make the difference at Hills & Dales!

Are you looking for a way to make a real difference, in your life and in someone else's?

The Hills & Dales General Hospital Auxiliary Volunteer Program is the way to make it happen!

Contact Kerry Brown / Volunteer Coordinator at 517-872-5476 x319
for information on becoming an Auxiliary Volunteer.

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Enter at your participating Dodge dealer for a chance to win the use of 1 of 3 great vehicles for 3 years.

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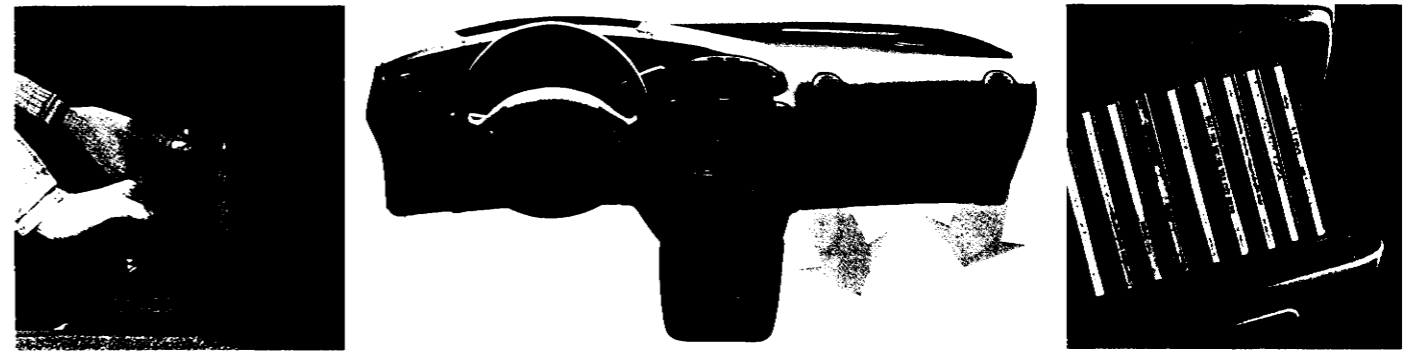
Evening phone:

Dealership:

Vehicle currently driving:

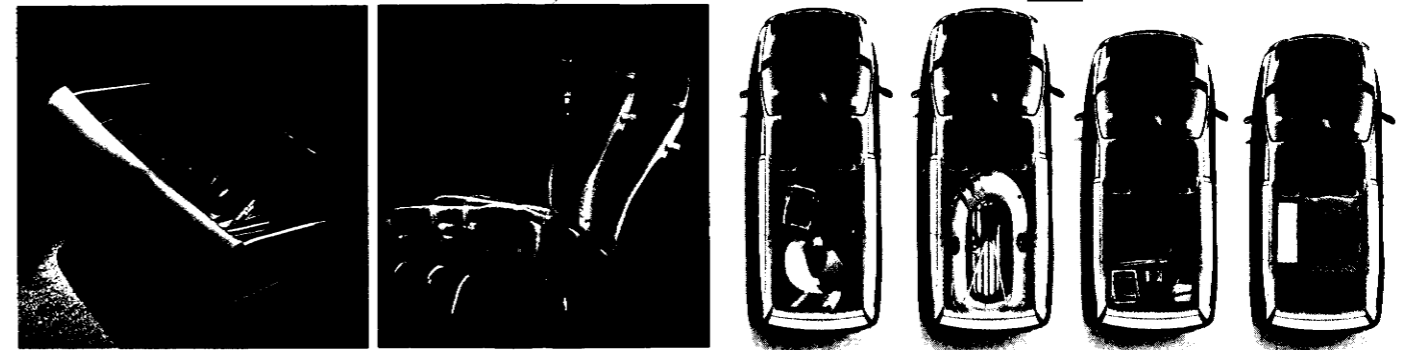
No purchase necessary. One entry per licensed driver, 21 or older. You must deposit a completely filled-out entry in person only at a participating Dodge dealer by July 6, 1999. You may also enter and receive a copy of the official rules by hand-printing your name, address, city, state, zip code, and day and evening telephone numbers, and "Win a three-year lease of a Dodge" on a 3x5 card and mailing it (to be received by 7/6/99), with proper postage affixed, to: "Dodge Sweepstakes," Media Resources, 206 Sycamore Drive, North Canton, Ohio 44720. See complete rules at participating dealer.

1. Fill out the entry form.
2. Use the information inside to decide what vehicle you want to drive for the next 3 years.
3. Drop the entry form at your Dodge dealer.



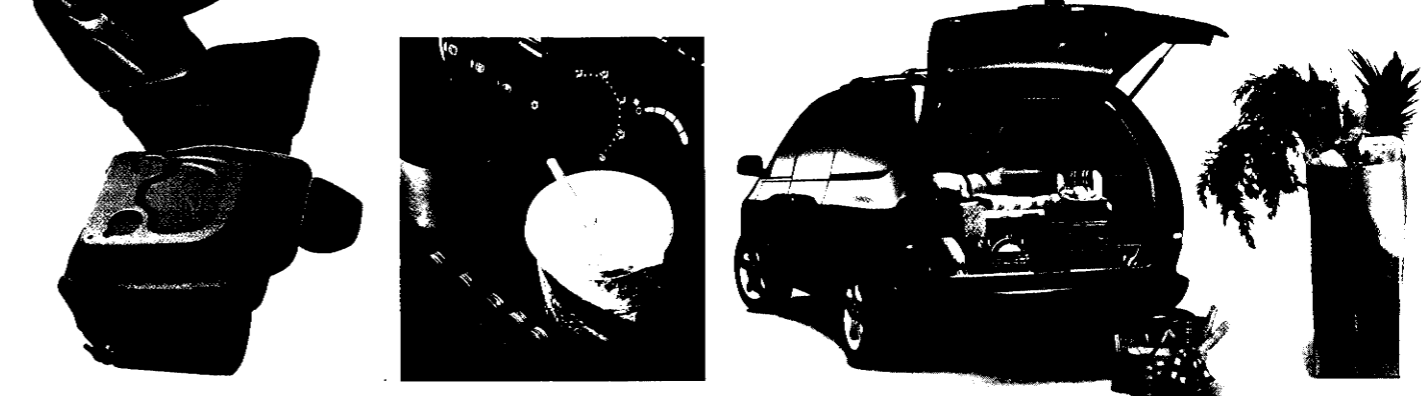
It was the first of its kind. And the kind of original that continues to inspire original thinking. Like

There's no place



Or a thousand cupholders, or so it seems. Or a de-icer that helps prevent your wipers from getting

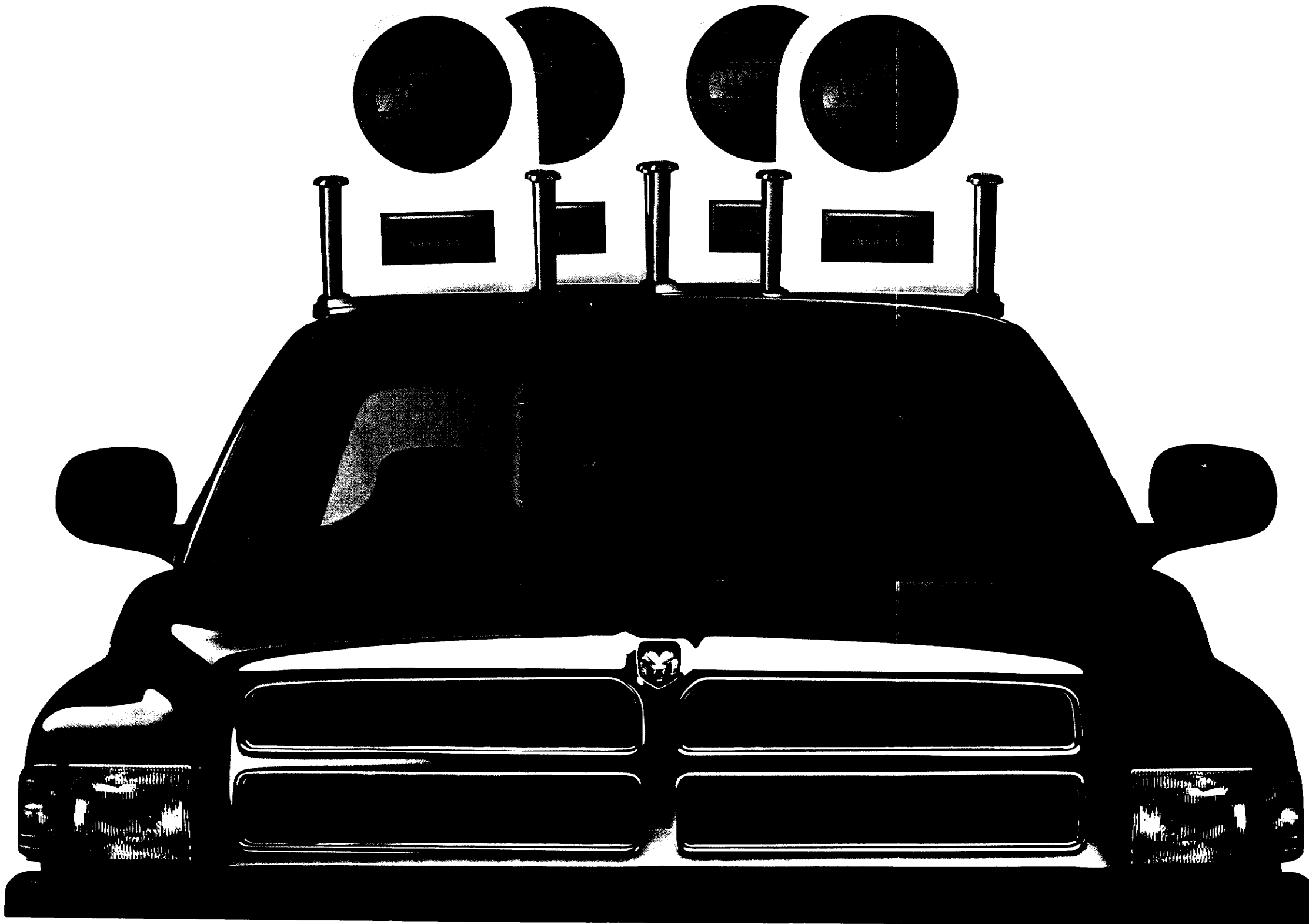
There's no place



the ES model. But no matter how you choose to furnish yours, it's Caravan, sweet Caravan. And there's

There's no place

Trophy rack is standard.

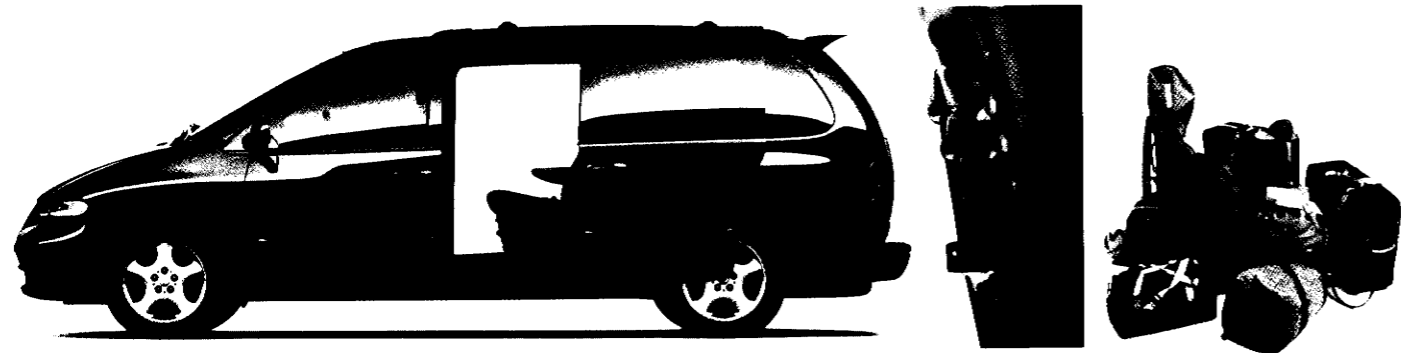


*It seems that while Dodge Ram has been busy changing the rules, some things haven't changed. Year after year, Rams are the most powerful overall line of pickups on the planet, with a choice of two available Magnum® V-8s, and an awesome 310 horsepower V-10 option. Give Ram high grades for "staying power," too; they're the longest-lasting full-size pickups on the road.** And for the fourth consecutive year, J.D. Power and Associates has ranked Ram the "Most Appealing Full-Size Pickup Truck."† Change is good. But in this case, no change is good, as well.*

Lease a Ram 5.2L V-8 SLT Regular Cab for \$249 a month for 36 months, with \$2,107 due at signing (plus tax, title, and lic.).*

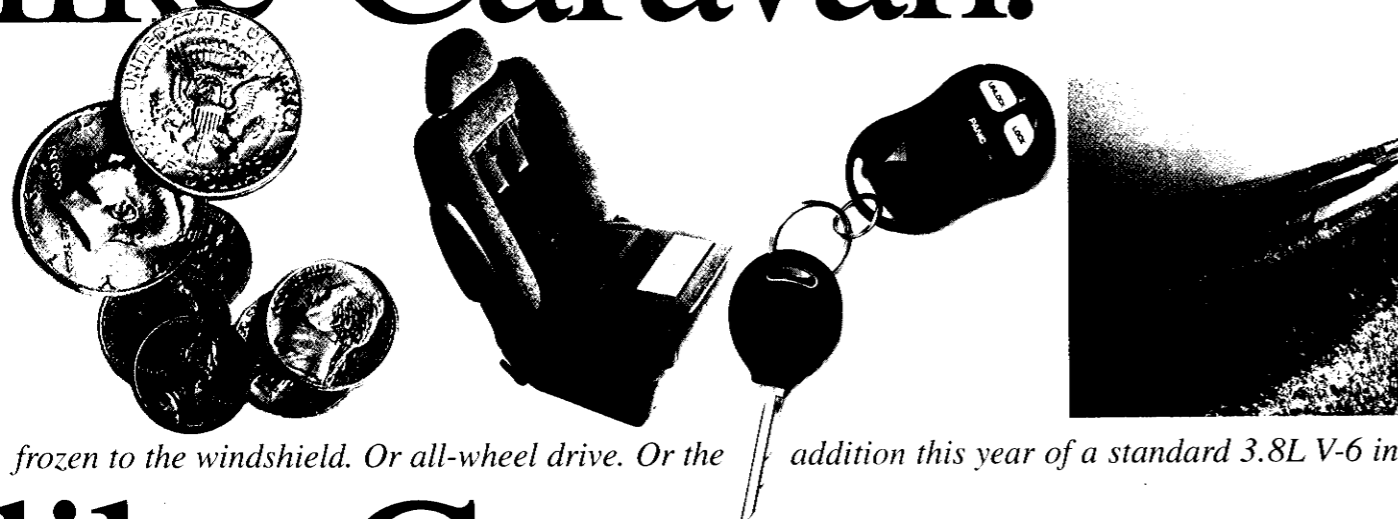
*See lease details on back page of this insert.

**Based on percentage of 7/89-7/98 new pickup registrations still registered on 7/1/98. Data source: The Polk Company. †J.D. Power and Associates 1995-1998 Automotive Performance, Execution, and Layout (APEAL) Studies.™ 1998 study based on 97,907 consumer responses. www.jdpower.com



sliding doors on both sides. Or Easy Out Roller Seats® that make reconfiguration an easy exercise.

like Caravan.



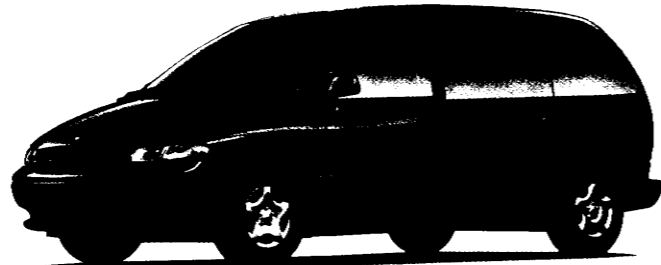
frozen to the windshield. Or all-wheel drive. Or the addition this year of a standard 3.8L V-6 in

like Caravan.



still nothing quite like it.

*Get a great lease deal on a base Caravan
(Caravan ES shown above).*

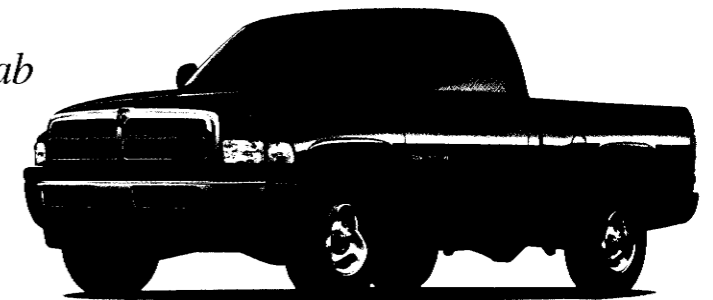


like Caravan.

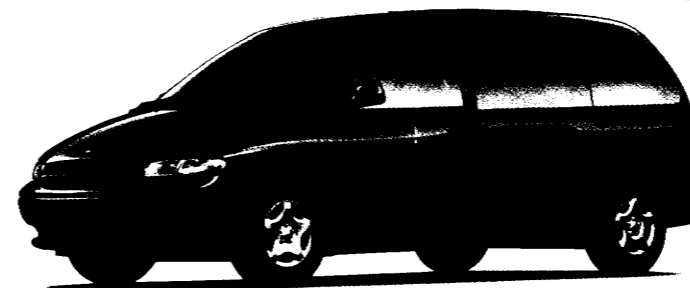
A useful guide to leasing a Dodge.

See your Dodge dealer by July 6 to lease any one of these three vehicles for just \$249 a month for 36 months.

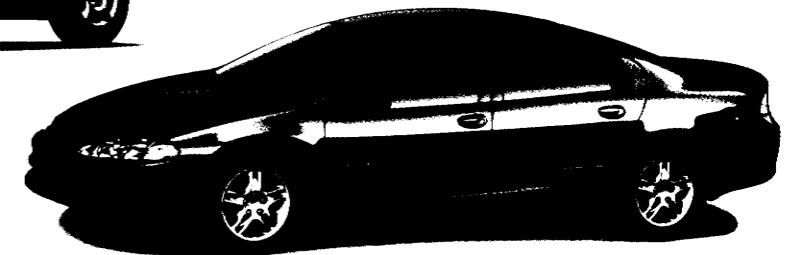
*Dodge Ram 5.2L V-8 SLT Regular Cab
\$2,107 due at signing
(plus tax, title and lic.)**



*Dodge Caravan Base
\$1,674 due at signing
(plus tax, title and lic.)**



*Dodge Intrepid
\$1,889 due at signing
(net of \$500 cash allowance
- plus tax, title and lic.)**



Your chance to win the use of a Dodge for 3 years ends July 6, so drop off the entry form at your participating Dodge dealer today. While you're there, check out all the great deals during the tent event.



The New Dodge

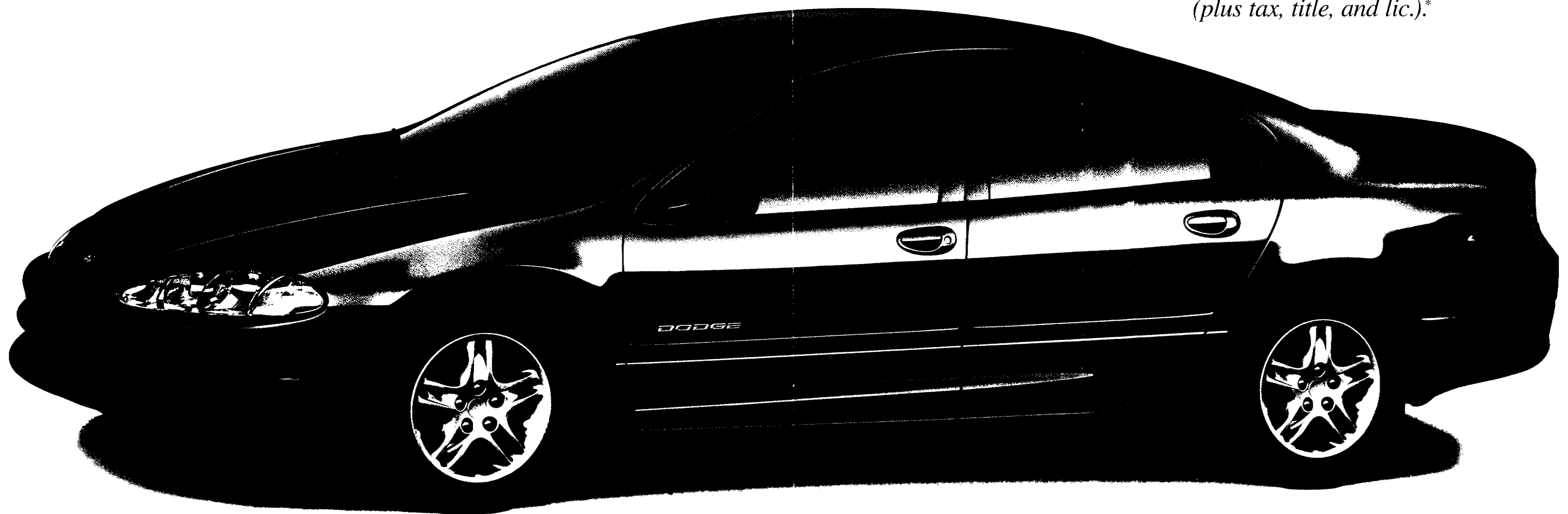
See The Friendly Dodge Dealer Near You

*These lease examples are for qualified lessees and are based on MSRPs (for a 1999 Ram 5.2L V-8 SLT Regular Cab with a 24G pkg.; a 1999 base Caravan with a 22T pkg.; and a 1999 base Intrepid with a 22C pkg.) plus a \$495 acquisition fee, and assume a dealer contribution, which may affect final price. Option to buy at lease end at pre-negotiated price. 15¢ per mile for miles over 12,000 per year and charge for excess wear. Tax, title, license, first month's payment, down payment, and refundable security deposit (\$250 for Intrepid and Ram; no security deposit for qualified Caravan lessees) due in advance. Lease offers end July 6, 1999.

Paradox:

It's tough to categorize the 1999 Dodge Intrepid. Intrepid offers so much interior space that it's officially recognized as a large car by the EPA. Its standard aluminum engine delivers a stingy EPA estimated m.p.g. of 21 city, 30 highway, yet it generates a stout 200 horsepower. That's more power per liter than any regular fuel V-6 engine available today. And while Intrepid's ride is supple, its handling is crisp and controlled. Large car, mid-size car, family car, luxury car, sports sedan. That's not a paradox, it's an Intrepid. Dodge Intrepid. We're changing everything. Again.

Lease an Intrepid for \$249 a month for 36 months, with \$1,889 due at signing (plus tax, title, and lic.).*



*See lease details on back page of this insert