

To Your Good Health!

Special Supplement To The Newsweekly • Tuesday, April 26, 1994

Someone's In The Kitchen With The Pittengers of Caseville...

who have adopted a
low fat lifestyle and
lost over 100 lbs.!!!

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Moms and Babies are Happy and Healthy...

with a breastfeeding
support group and
parenting network

in Pigeon

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Sebewaing
Man Has
"Nine Lives" ...

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Support
Upcoming
Blood Drives...

Polio hasn't crippled Marie Finkbeiner's life

By MARY DRIER

A disease that left its victims paralyzed few decades ago has faded into the background.

The mention of poliomyelitis (polio) struck fear in the hearts of parents 30 and more years ago. Polio, an infectious virus of the central nervous system, was also known as "infantile paralysis" and afflicted children as well as adults.

Marie Finkbeiner of Sebewaing was already a 30-year-old adult — and a young mother — when she contracted the virus which left her paralyzed.

"It started as a terrific headache. It was the worst one I had ever had," said Finkbeiner.

"I was the only one in this area to come down with it. I can't understand how it could just hit me, but it did."

She spent three months in an Ann Arbor hospital where she shared a room with a woman who was in an iron lung because of the same illness.

The disease left Finkbeiner paralyzed from the waist down — and facing an uphill challenge of raising two sons, a five-year-old and an 18-month-old.

"The boys both did their share of the chores and my husband was a good helper," said Finkbeiner. "When something needs doing, you find a way to do it."

Finkbeiner, now 80, came

down with polio in 1944.

Dr. Jonas Salk developed the vaccine to defeat polio barely 10 years later — and Finkbeiner made sure she and her family were among the first in line to receive it.

"I asked the doctor about my taking the vaccine, and he said lightning doesn't strike twice, but to go ahead and take it anyway," she recalled.

Her husband and helpmate George Finkbeiner died in 1951.

By then their older son Robert was 12 years old, and he took over as head of the house, as eight-year-old George pitched in, too.

Raising two boys alone from a wheelchair wasn't easy.

"You learn to live with it. Make up your mind you can do it, and with the Lord's help I did," said Finkbeiner, with quiet dignity.

Robert Finkbeiner worked in law enforcement for several years and served as Huron County Undersheriff before he passed away in 1990.

His widow Neva of Sebewaing and granddaughter Janice McClain of Bay City help take care of the octogenarian, although she requires very little care. She does her own cooking and doesn't require any professional assistance.

Her son George now lives in Kansas.

Her favorite pastime is watching people walk by her home, and observing the birds that gather in a feeder outside her window.

Her husband and helpmate, George Finkbeiner, died in 1951. By then, their older son Robert was 12 years old and he took over as head of the house, as eight-year-old George pitched in. Raising two boys alone from a wheelchair wasn't easy...

Poliomyelitis was first described in 1840 by the German orthopedist Jacob von Heine.

Polio control was made possible in 1949 when American bacteriologist John Franklin Enders discovered a method of growing the viruses on tissue in the laboratory.

Applying this technique, the American physician and epidemiologist Jonas Salk developed a vaccine prepared from inactivated poliomyelitis viruses.

Mass inoculations with Salk's vaccine began in 1954. Photos of youngsters getting needle shots in their arm dominated newspaper pages for months.

And, American virologist Albert Sabin subsequently developed an oral vaccine, again easing the dosage method.

Infantile paralysis was so named because doctors had

thought only children could catch it. However, they soon came to realize that it could affect persons of any age — like Finkbeiner — and they learned the disease doesn't always cause paralysis.

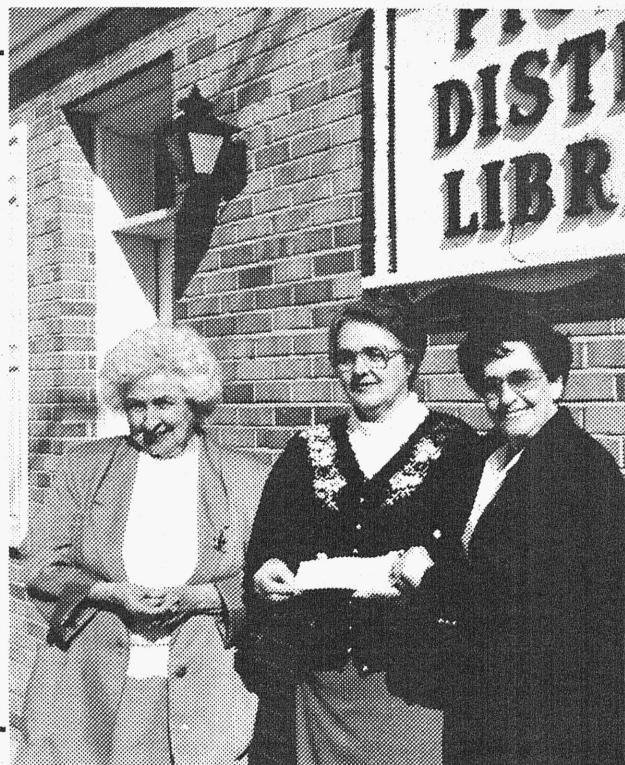
In 1952, 57,879 cases of polio were reported in the United States. As a result of mass inoculations, there hasn't been a reported case of polio in the Western Hemisphere in several years.

Finkbeiner is a strong supporter of immunizations.

LARGE PRINT BOOK GIFT: The Pigeon District Library will be home to lots more large print books, thanks to a \$500 donation by the Caseville F.O.E. Ladies Auxiliary #3690.

The donation was made possible by a grant from the Golden Eagle Fund, a national endowment that provides funds for local community projects.

HERE, Librarian Naomi Jantzi, center, accepts a check from Marion Kirsch, left, and Marion Grunow, representatives of the Auxiliary. SALLY RUMMEL PHOTO



Pittengers enjoy 'low fat...' lose 100 lbs.!

By SALLY RUMMEL

The old adage goes, "The family that prays together stays together."

For the Al and Peggy Pittenger Family of Caseville, they've added another new saying, "The family that eats low-fat together loses weight together."

In less than a year's time, the Pittengers together have lost over 100 pounds and have earned new eating and exercise habits that have changed their family forever.

"We don't feel like we've missed a thing," insists Peggy, who changed her cooking habits to help her family on their new mission.

"Instead of ice cream, it's frozen yogurt, pretzels instead of potato chips, chicken instead of beef, LOTS of chicken," she says with a laugh.

It all started June 30, 1993, when Al Pittenger and former Caseville School Principal Paul Ellinger made a commitment to visit the world-renowned Burns Clinic in Petoskey for an all-day physical.

"Cancer is very prevalent in my family," explains Al, 47, who was told about the benefits of this physical by Bud McCormick, with whom he works at Peoples' Oil & Gas in Pigeon.

"It's an all-day physical, beginning at 8:30 a.m. and lasting until 3 p.m. It includes just about every kind of test you can think of."

Luckily for Al, his cholesterol measured in well below

200 and all his fears about cancer were put to rest with a number of tests.

He wasn't so lucky, however, when he climbed on the scale, with the doctor telling him he needed to trim off about 93 lbs., plus give up the salt shaker.

The doctor encouraged him to adopt a low-fat lifestyle instead of going on a diet, so that it could be a lifestyle change he could live with forever.

The Pittengers, including daughter Kim, an Alma College sophomore this year and Karla, now a Caseville High School sophomore, went "low-fat" last summer with missionary zeal — scrutinizing food labels at the grocery store, eliminating almost all red meat, and revising their snack favorites from potato chips to popcorn and Dairy Queen sundaes to their fat-free frozen treats.

While Peggy didn't have much weight to lose, as she has always been a self-confessed "weight watcher," — hopping on the scale daily — she also dropped about 15 pounds, just by making these lifestyle changes.

"When we first started this 'lifestyle,' every time Al said he was going to 'cheat' just a little, I'd say, 'how can you cheat when you're not on a diet?'" says Peggy.

The Pittengers admit they've relaxed their standards a little since last summer, enjoying a very infrequent pizza or Chinese dinner out. "Last summer, we practically went 'no

fat,'" admits Peggy.

While exercise has been advised as a very important lifestyle change, Al has lost close to 40 pounds without much extra exercise, mostly because of a bad knee.

"I think I could lose weight more easily if I exercised more," admits Al, noting that daughter Karla has lost over 45 pounds, helped along by a lot of physical activity as an active member of most of Caseville's team sports.

The Pittengers agree that probably the most positive changes in their family have taken place in their younger daughter, who has changed her appearance so dramatically that even close relatives didn't recognize her at Christmas time.

Karla admits that many of the changes have taken place inside as well, as she feels more confident about herself, has made more friends and has a much more positive outlook on life.

"I'm a much happier person now that I 'like myself' better," says Karla. "I think most of my friends at school would agree I have changed a lot."

She has also enjoyed shopping for new clothes, now that she can comfortably fit in sleek junior sizes.

While 20-year-old Kim is away at college, she has found it a little more difficult to stick to a low-fat lifestyle while living with her peers.

But she, too, is much more knowledgeable about her own eating habits and joins in actively walking with her

mom when she is home in the summer from Alma College.

Right now Kim is spending this semester studying in Spain, and the Pittengers faced a true test of their new resolve when they traveled overseas to visit her March 21-April 2.

"Karla and Al actually lost weight while we were in Spain," says Peggy with a hint of jealousy.

"I just 'thought' about some of those Spanish pastries and a put a few pounds on," she says with a chuckle.

The Pittengers give most of the credit of their weight-loss success to the fact it's something they're doing as a family.

"I don't even crave a hamburger anymore," says Karla, who says she likes turkey burgers a lot better because they aren't so "greasy."

Al still admits to missing a steak once in awhile, but feels what he has "gained" in losing weight is far better than what he has "lost."

The Pittengers' Favorite Hawaiian Haystacks

Ingredients:

- 1 lb. uncooked chicken breast, cubed
- 3 to 4 Bouillon Cubes
- Cooked Rice
- Soy Sauce

Simmer with water until chicken is cooked. Thicken with mixture of cornstarch and water.

TOPPINGS: (use as many as you like)

- Green Pepper, chopped
- Pineapple chunks
- Tomatoes, chopped
- Low or no-fat cheese, grated
- Green onions, chopped
- Coconut, optional
- Chow mein noodles, optional

TO ASSEMBLE:

- Place cooked rice on serving plate.
- Top with chicken and sauce.

- Put as many toppings on as you like.
- Season with soy sauce.

Delicious!

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Brown Bag Medication Review <i>Sponsored by Scheurer Family Pharmacy</i> (Visitors May pick-up a bag & make an appointment)	Lab Screening: Cost \$5 8:00 a.m. - 12:00 p.m. • Fasting Glucose* • Cholesterol • Hemoglobin Analysis (In coordination with the Huron County Health Dept.)	Dietary: Bake Sale/All Day Nanci Nutritional Seminar 1:00 - 8:00 p.m. Brown Bag Medication Review <i>Sponsored by Scheurer Family Pharmacy</i> (Visitors May pick-up a bag & make an appointment)	Brown Bag Medication Review <i>Sponsored by Scheurer Family Pharmacy</i> (Visitors May pick-up a bag & make an appointment)
Hospice spokesperson 10:00 a.m. - 2:00 p.m.		Hospice Spokesperson Lab Screening: Cost \$5 10:00 a.m. - 2:00 p.m. • Fasting Glucose* • Cholesterol • Hemoglobin Analysis (In coordination with the Huron County Health Dept.)	Dr. Reddy/Tour 9:00 a.m. - 10:00 a.m. 11:00 a.m. - 12:00 p.m.
Nanci Nutritional Seminar 12:00 - 6:00 p.m.			CT Scan & Diagnostic Imaging Department Tours 1:00 p.m. - 3:00 p.m.
Scheurer Weight Management: Body Composition Analysis - \$8 12:00 p.m. - 6:00 p.m.			
Lab Screening: Cost \$5 1:00 p.m. - 5:00 p.m. • Fasting Glucose* • Cholesterol • Hemoglobin Analysis (In coordination with the Huron County Health Dept.)			

* For lab testing, you must have fasted 6-12 hours prior to testing

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Sebewaing man gets home help

By WALT RUMMEL

Arnold Schlemmer, retired Sebewaing farmer, says that sometimes he feels a kinship with the cat that had nine lives.

"I think I've used up six or seven lives," he laughs, "so I'd better be mighty careful from here on."

When he was 21 he fell off the feeder table of a threshing machine while it was in action, dropping him to the barn threshing floor. That gave him a limp and the start of years of pain and lost mobility.

He had a number of surgeries to relieve his condition, he's had spinal punctures, countless tests and various treatments.

He's been to Ford Hospital where it was diagnosed as muscular dystrophy. At another hospital he was told it was multiple sclerosis. He underwent cat scans, three MRIs—Magnetic Resonance Imaging—spinal taps and a multitude of other procedures.

He "doctored" in Saginaw, Bay City and Midland, and underwent surgery of the spine at University Hospital, Ann Arbor. Their diagnosis was syringomyelia—degeneration of the spine and muscles.

It was, specialists told him, something he "would have to live with."

Six years ago because of his crippled fingers he lost his grip while going down the stairs at his farm home.

In falling, his arm caught between the wall and the railing, breaking the arm above the wrist. He hung suspended throughout the night.

Unable to free himself he was still there 13 hours later, when his across-the-road neighbors, John and Martha Dronsella, saw that his stairway light was still on. Investigating, they found him and called the ambulance and medical help.

Besides the broken arm, spinal bruises and hip injuries, he also developed an ulcerated ankle in his vain attempts to raise his body and free his arm during the ordeal.

Although he has had several skin grafts, that ulcer has not healed.

Two years ago he escaped

"I think I've used up six or seven lives, so I'd better be mighty careful from here on..."

Arnold Schlemmer, Sebewaing

unhurt in a wrenching car crash near Cass City.

Yet despite his injuries and disabilities, Schlemmer, now 75, is coping well and adapting to his several weaknesses.

The only child of the late Fred and Clara Schlemmer, the family lived on the centennial farm his great-grandfather homesteaded shortly after the middle of the 19th century.

As a student in Immanuel Lutheran School, Sebewaing, young Arnold was envied for his precise penmanship and drawing abilities.

"That's all past now," Schlemmer says, as he can barely hold a pen or pencil in his crippled hands and fingers.

He can half-raise his arms and hands for washing and combing, but shaving with an electric shaver is a tedious job.

It's very difficult for him to rise from a chair onto his weak knees, and in walking he must use a cane or a walker.

HOW THE SCHLEMMERS LIVED

After his father died in 1963 — the same week President Kennedy was assassinated — Arnold continued to operate the farm, which he named "Schlemmer Platz" (Schlemmer's Site or Place).

Starting in 1983, he rented out the farmland, but still helped with a few farming operations he could perform on his tractor. Arnold followed family tradition and kept the huge lawn and plantings picture-perfect.

Arnold had worked at his seasonal job in the Sebewaing Plant of the Michigan Sugar

Company for many years.

Shortly after he began in 1938 he was transferred to the weigh-scales, which suited his physical condition as he could work in close quarters between the two banks of scales. He continued for 40 years until his retirement in 1978.

His mother Clara continued to keep the scrupulously-clean-and-neat 125-year-old farm home and she was an active gardener.

Life remained much the same, year after year for the Schlemmers, until 1986 when Mrs. Schlemmer suffered a stroke one summer evening and died in the hospital a few hours later. She was 90.

Arnold had never married, and suddenly he found himself alone in the big house and on the farm.

He might have made it for a few more years, until that night he fell down the stairs and became disabled.

Neighbors, relatives and friends helped him and for some months housekeepers worked in shifts while his broken arm healed and he recuperated.

IMPORTANT LADY IN HIS LIFE

One of those ladies changed his entire life for him, and on Christmas Day, 1991, Edla Eriel became Mrs. Arnold Schlemmer.

With her assistance and encouragement Arnold has experimented with many health care devices and products in the Schlemmer home and on the car.

Besides his familiar cane and walker, he now uses a wheel

chair. There is a left-foot gas pedal on the car, and in the bathroom there's a tub chair and a whirlpool which he uses each morning.

But best of all — and most expensive, too — is the new attached garage and breezeway with the prize product of them all — an elevator that whisks Arnold and his wheelchair from ground level and up to the kitchen.

That piece of equipment spares Arnold from going up and down those six stairs from which he fell that fateful night in January, 1988.

Arnold still has the pain and discomfort of crippled fingers and weak knees, and he still needs his walker when moving around in the house or on visits.

But Arnold and Edla aren't content to stay confined. They enjoy traveling, and they tried a "short trip" first, traveling around Lake Superior, taking turns at driving.

Then they traveled to the West Coast in their car.

Last year, when they decided to go to Alaska, they yielded by going on a bus tour, taking along his cane, walker and wheelchair.

They had a wonderful time, they agree, and while there may be more MRIs and scans ahead, maybe even some surgeries, they know they're well-acquainted with ways of handling their problems and they're confident they can do it.



ARNOLD SCHLEMMER of Sebewaing gets help from wife Edla and their family dog, in using the wheelchair elevator at their home. WALT RUMMEL PHOTO

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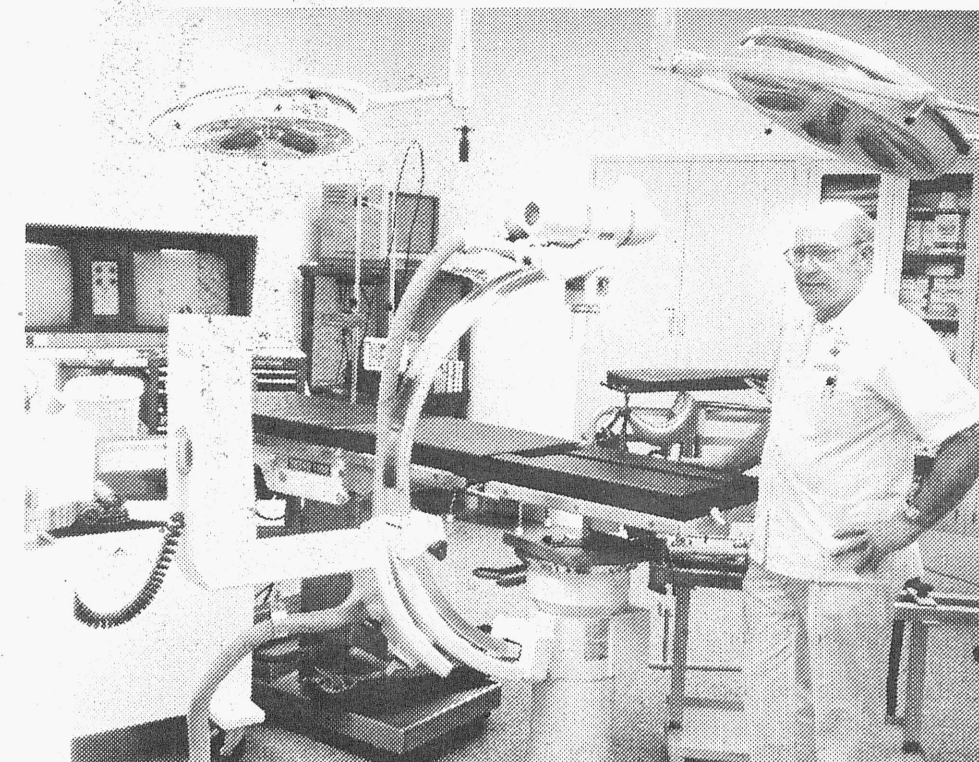
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New equipment helps patient diagnosis at Scheurer Hospital in Pigeon



AN ORTHOPAEDIST SETTING a bad fracture often needs immediate, multiple x-rays in order to set the bone properly, and with Scheurer Hospital's new C-Arm mobile x-ray system, that's exactly what the doctor will get.

The C-Arm is used to make high-resolution radiographic and fluoroscopic images during routine diagnostic procedures and surgery. The machine is capable of creating and storing images to be recalled as needed during a procedure. The C-Arm is used not only in orthopaedic procedures, but in emergency rooms and coronary care units.

Scheurer Hospital's operating room also features a special orthopaedic table that is compatible with the C-Arm x-ray machine, allowing the orthopaedic surgeon to immediately check on broken bones as they're being set.

HERE, X-ray Supervisor Norris Diebel stands by the C-Arm machine and the special orthopaedic table. AMY HEIDEN PHOTO



DIAGNOSING ILLNESS with ultrasound has become fairly routine in recent years, and Scheurer Hospital of Pigeon has one of the latest ultrasound models. Able to show doctors a picture of internal organs in black and white or color, the ultrasound is used to give doctors a "real-time" look at early-developing fetuses, and is also used for prostate biopsies.

Scheurer Hospital's two ultrasound technicians, Kim Delpiere and Donna Thede, have taken extra training to use the machine to its full potential. HERE, Delpiere shows the hospital's state-of-the-art machine. AMY HEIDEN PHOTO

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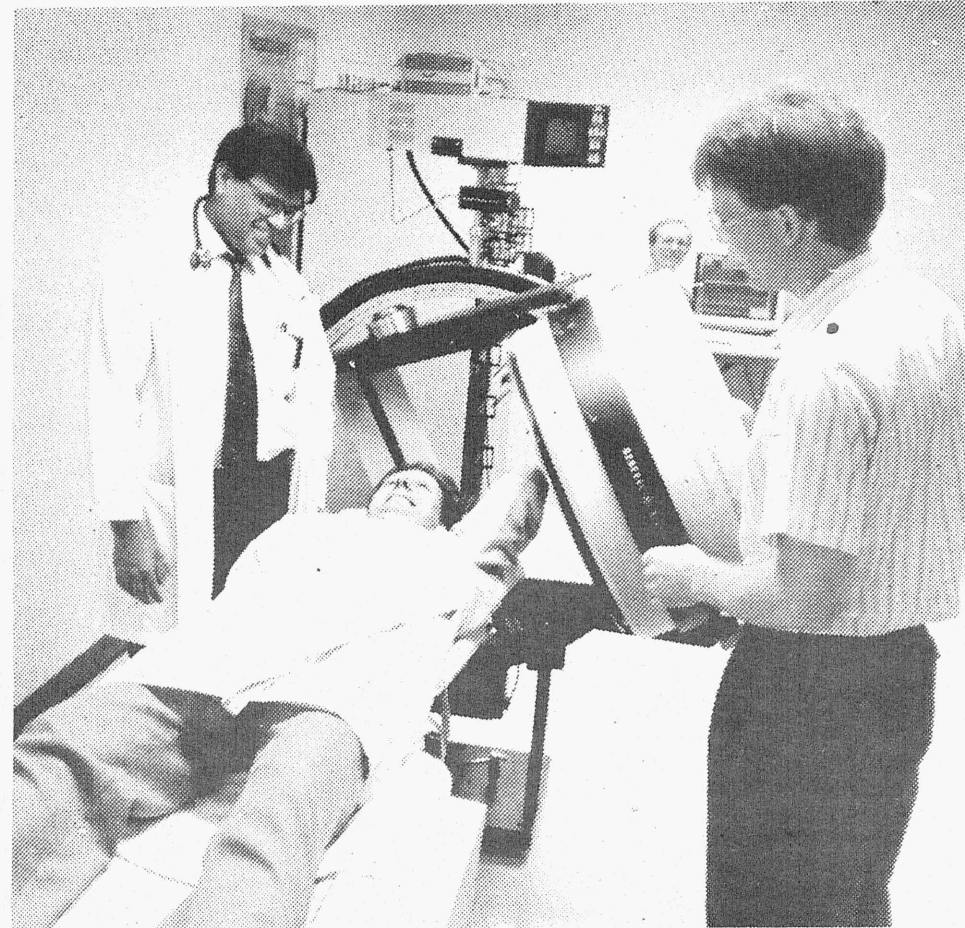
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'Photographing' a patient shows experts how organs work...



WHEN DOCTORS NEED an assessment of organ function, they might order a scan by the nuclear medicine departments' gamma camera. The camera not only gives a view of a particular organ's anatomy, but also tells how it's functioning. A radioactive tracer is injected into the patient, traveling by the bloodstream to the affected organ. After a short waiting period, the camera is used to detect the gamma rays emitted by the tracer substance and the information received is used to make complete pictures of the affected organ. The tracer is taken up by normal cells, so any blanks in the picture mean there are "sick" cells present. There's no radiation from the camera itself, according to Scheurer Hospital's nuclear medicine technician Joe Siemen. HERE, Siemen and Dr. Ali Khan watch as a patient is "photographed" by the gamma camera. AMY HEIDEN PHOTO

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My View from Here:

Experiencing death

By TONI WATTERWORTH

As we grow older, each one of us has more occasions to deal with the death of a loved one. Each time is a different experience, with new combinations of emotions and/or feelings.

Bereaved people handle death in a variety of ways. Some feel a greater sense of loss than expected. Because the one who passed away had a terminal illness, they knew death was pending.

Others thought they were prepared because their loved one was "getting up there" in age, but the actual event still came as a shock. There's no way to be completely prepared for someone passing away, as we are all human beings, mere mortals in the Lord's scheme of things.

The ways people sympathize and respond to your bereavement contributes to your adjustment after your friend or relative's passing. Sympathy cards and/or notes, telephone calls and words of condolence all help the grieving person bear his feelings of loss and loneliness.

Remarks about the way the dead person lived or where he lived that you didn't approve of aren't consoling or comforting at this time.

Reconcile yourself to the fact that the deceased chose his or her lifestyle for various reasons. No one wants to hear about someone being better

off dead, no matter what the circumstances.

Making pleasant remarks or remembering pleasant things about the deceased contribute greatly to the well-being of the survivors.

There are many things people can do to make their own preparations for death. The decision must be made, whether to be buried in a casket, cremated or to leave one's body to science.

If you decide to be buried in a casket, you can plan your funeral and choose a casket, cemetery, plot and headstone, paying for all of it now.

Cremation is cheaper, and all arrangements can also be taken care of in advance.

Donating your body to science can be the cheapest way to go, plus it does the most for humanity. You can donate all or part of your body, and have science harvests it, have the remains buried or cremated and buried. It can be even cheaper when science buries the remains.

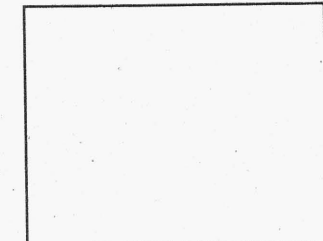
This is all simple to do — just sign a paper on the back of your driver's license. You can also sign papers for a particular university if you want it donated for research.

When you go to a funeral home or graveside, remember that you're there for the survivors. The deceased is not there.

Give love and compassion to those present and pray the Lord helps time heal wounds.

(EDITOR'S NOTE: Toni Watterworth of Caseville is an occasional Newsweekly columnist, offering a unique viewpoint on life from her wheelchair.)

This column explains some of her feelings following the recent death of her father.)



Tutor training starts May 7

The Tuscola Literacy Council will present Tutor Training Seminars Saturdays, May 7 and May 21 from 9 a.m. to 3 p.m., at the Indianfields Library, Caro.

The 10-hour, two-day seminar includes empathy training, comprehension techniques and an introduction to the Laubach Method of Teaching Reading.

Those who complete the course will receive a certificate. Pre-register by calling 872-5406.

Farm health depends on chemical disposal

Disposal of outdated and unusable farm chemicals is underway through a program underwritten by a grant from the state Department of Agriculture.

"Farms can submit an inventory of farm-stored chemicals that they would like to dispose of," said Dennis Stein, Tuscola County Extension agriculture agent.

Deadline to take part in the disposal is May 1, Stein added.

Through the program, the farmer can dispose of un-

wanted farm chemicals for little or no cost.

Last year the program took in more than 5 tons of chemicals at no cost to growers.

If you have old chemicals stored on the farm and would like to get rid of them properly, call 673-5999, Ext. 228, and ask for Kevin or Dennis. To make arrangements for the disposal, calls must be made by May 1, but farmers are reminded that Friday, April 29, is the last prior day when the Extension Office is open.

To make arrangements for disposal, call Dennis Stein by May 1...

Country Bay Village hires staff members

EIGHT NEW Country Bay Village staff members underwent 32 hours of training last week, in preparation for the assisted living complex's opening in May.

Sharon Risser of Kolb and Associates, the consulting firm that assists Scheurer Hospital officials in managing the complex, conducted the training, covering such topics as residents' rights, policies and procedures, job descriptions, communication, first aid and normal aging.

HERE, Risser leads the group in a discussion of various Country Bay Village policies. AMY HEIDEN PHOTO



SPRING CROP PLANTING is in full swing. Matt Prime of Unionville in the background had to make equipment adjustments as he worked up the ground for his father, Larry Prime, to plant. The Prime family farms about 650 acres southeast of Unionville. MARY DRIER PHOTO



Bay Med earns accreditation

Bay Medical Center has earned a three-year accreditation from the Joint Commission on Accreditation of Health-care Organizations as a result of meeting nationally recognized health care standards. "National standards mandate that attention to quality be an activity that permeates the entire organization," said Kenneth Hermann, vice president for accreditation surveys at the Joint Commission.

"Accreditation means that an organization is focusing on the most challenging goal—to continuously raise quality to higher levels."

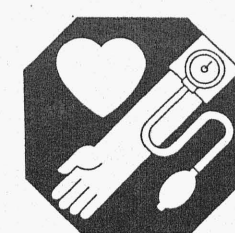
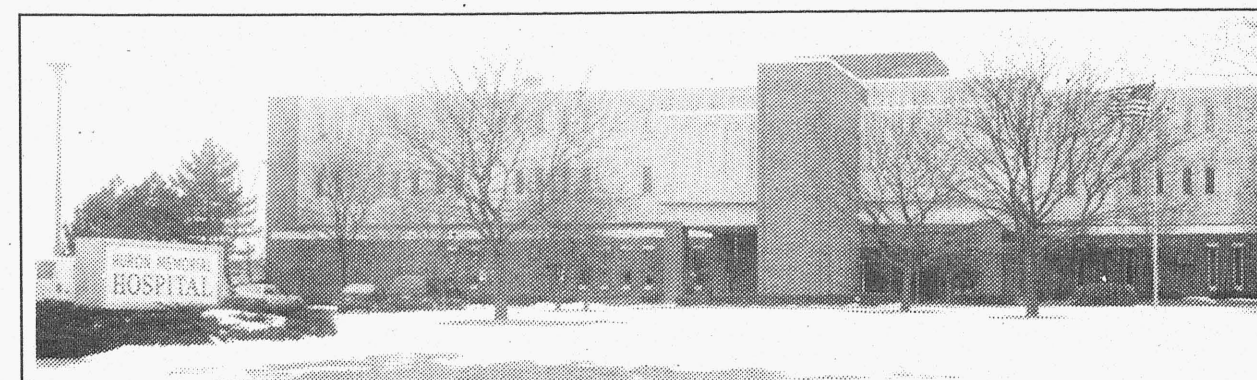
On health cover:

Karla, Al and Peggy Pittenger spend time in their kitchen, using lots of low-fat products to prepare healthy meals.

New mom Marla (Elenbaum) Shagena, visiting from Virginia, enjoys a playful moment with 9-month-old daughter Pamela, at a recent LaLeche meeting.

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A one time \$10.00 fee covers both sessions and student textbook. Call 269-9521 for registration information.

Huron Memorial Hospital

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Eagles take over Caseville Blood Drive

By AMY HEIDEN

After 30 years, Caseville's American Legion Auxiliary is stepping down as sponsor of the village's community American Legion Blood Drive.

They're handing over responsibility for the drive to the Caseville Eagles Club, headed by President John Durocher.

Auxiliary member Norma Farver, who's been coordinating the blood drive since 1986, says Auxiliary members found that they weren't able to give the blood drive the time and energy it deserved.

The Eagles Club has a larger membership to draw helpers from, she noted.

"The Eagles Club has never sponsored a Blood Drive, but if enthusiasm is the key to success, they'll do just fine," Farver said.

Donors will also be donating at a new site, at the Caseville Eagles Club, 7017 E. Park Street in Caseville.

The Eagles will sponsor their first blood drive on Thursday, May 12 from 2 - 6:45 p.m. And Durocher hopes that more donors will come out to "give the gift of life."

This is week for kids' shots...

Monday, April 23 to Friday, April 29 is National Infant Immunization Week—when the importance of immunizing young children is emphasized.

It takes about five visits to a clinic or doctor, to properly immunize a baby or toddler against nine serious diseases.

Thumb Area health departments offer a variety of immunization clinics.

For details, call the Huron County Health Department in Bad Axe at 269-9721 or the Tuscola County Health Department in Caro at 673-8114.



JOHN DUROCHER, Caseville Eagles Club president, and Norma Farver, American Legion Auxiliary blood drive coordinator, stand in front of the Caseville Eagles Club, where American Red Cross blood drives will take place.

AMY HEIDEN PHOTO

Walk to help TI

Thumb Industries, Inc. will host their annual walk-a-thon on Saturday, May 21 to raise funds for pre-vocational and vocational programs for the disabled in Huron County.

Walkers will begin the five-mile route at 10 a.m., beginning and completing the walk at Thumb Industries, east of Bad Axe at 1263 Sand Beach Rd.

Walkers must collect donations before the walk-a-thon, according to organizers. Refreshments will be provided along the route and lunch will be served upon completion of the hike.

Buckley Shoes of Bad Axe will donate a free pair of walking shoes to the top funds collector and all participants will receive a \$10 off coupon toward the purchase of walking shoes at Buckley's. Participants raising \$50 or more will also receive a free Thumb Industries t-shirt.

Thumb Industries, Inc. served about 170 individuals in 1993 with a variety of programs in the areas of: work activity, vocational evaluation, work adjustment, sup-

ported employment and sheltered employment.

For more information, call 269-9229.

Lamaze training starts May 5 at HMH

Lamaze childbirth education classes will be available at Huron Memorial Hospital, Bad Axe, beginning Tuesday, May 5, for women who will have a baby by the end of August.

Some of the issues addressed include: nutrition, labor, birth, cesarean birth, post partum, breast-feeding, newborn care, breathing, and relaxation and visualization exercises.

Registered Nurse Laurie Roggenbuck, who has a childbirth certificate from the International Childbirth Educator's Association, will teach the class.

Pre-registration is necessary. For details, call Roggenbuck at 864-3165.

Next combined Blood Drive is May 2 in Pigeon

Residents and students of the Elktion, Pigeon and Bay Port Areas of the Laker School District are invited to join in for the second time in a combined Red Cross Blood Drive on Monday, May 2 from 2 to 6:45 p.m. at the Pigeon VFW Hall.

For the second time, these sponsoring groups are combining their efforts to encourage everyone from the area to donate blood.

"At our last blood drive at Laker High School, blood donors responded to the need so we are joining forces again, and plan on making this drive just as successful," says John Champagne, coordinator of the Elktion Blood Drive.

"A successful blood drive depends upon the combined efforts of the community and volunteer blood donors and our community responds generously to the need."

"With a goal of 70 pints of

blood, we depend on each individual to support this blood drive," encourages Eleanora Trost, Pigeon coordinator.

To be eligible as a blood donor, persons need to be at least 17 years old, weigh at least 110 pounds and enjoy good health.

"It's a relatively painless process and only takes about an hour of time to possibly save the life of another," says Trost.



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Not everyone stays current with family inoculations

America offers some of the best health care available, but millions of residents fail to take advantage of its bounty.

In a recent survey, America ranked second from the bottom in percentage of children under two years who are immunized.

This shocking fact has prompted several Western Thumb civic organizations to take action.

Sebewaing and Pigeon Rotary Clubs and the Caseville Kiwanis Club are working with the Huron County Health Department to make the public aware of the necessity of immunization.

Special immunization clinics will be conducted in the Western Thumb, with schedules to be announced in the near future.

Fortunately, the percentage of children of immunized increases as the child gets ready to start school and state regulations come into play.

"As a nation, we have kind of taken our health for granted. With polio and those kinds of diseases having been nearly eradicated, but the fact remains that the possibility is still out there and we need to get on the ball in getting kids immunized," said Sebe-

waing Rotary member Brian Reinhardt.

"Rotary International was one of the leading forces in getting the polio vaccine around the world."

"We did a great job elsewhere and forgot about home. We took it for granted that our people would take advantage of immunizations."

Area health officials are also concerned over the low percentage of children under the age of two who are immunized — which is less than 50% nationwide, said Sharon Hanson, Huron Health Department's public health nurse supervisor.

"I think the reason is because at that age level children have a lot of minor illnesses and fall behind schedule in getting shots," said Hanson.

"And, parents get busy and keep putting off their children's shots. It is hard to get caught up."

By the time children are school age, the number jumps to about 90% immunization, because state law requires children attending school to have all needed shots.

"Delays can also happen because parents don't like to see their children cry from getting a shot, and some are

worried about side effects," Hanson says.

But side effects are rare, and would be less harmful than the diseases they're preventing.

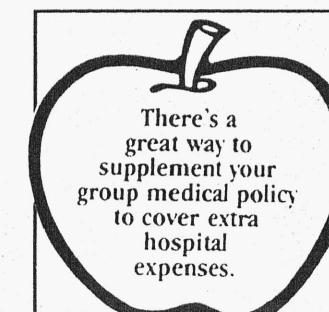
"To my knowledge, there hasn't been a case of naturally-occurring polio in the Western Hemisphere for several years, and there was some talk about declaring the Western Hemisphere polio-free."

Despite this encouraging statistic, Hanson still strongly recommends having immunizations and keeping on schedule.

"Polio isn't completely eradicated from the world at this point. It is a small world and people do travel. I feel it is vital to keep immunization current," said Hanson.

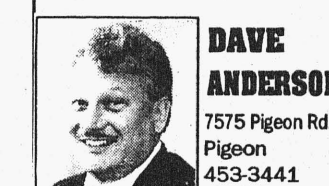
Even after having completed childhood immunizations, it is recommended everyone have booster shots for tetanus and diphtheria every 10 years, Hanson said.

For details, call 269-9721 or 673-8114.



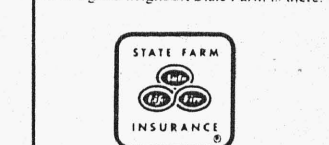
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What do you do until the ambulance arrives?

That's the question a class entitled "The First Minutes: What To Do Until the Ambulance Arrives" will answer when it is held on Tuesday, May 17 and May 24 from 6 to 10 p.m. at Huron Memorial Hospital.

"This program is designed to teach ordinary people what they really need to know and do, until the ambulance or other health care professionals get there," explains Dave Raftery, respiratory therapist and paramedic, who will teach the course.

The first four-hour session will cover Basic Life Support, CPR and obstructed airway for adult, child and infant. The second unit will teach about other common traumas and medical emergencies.

There is a small fee for the program. Details: 269-9521.

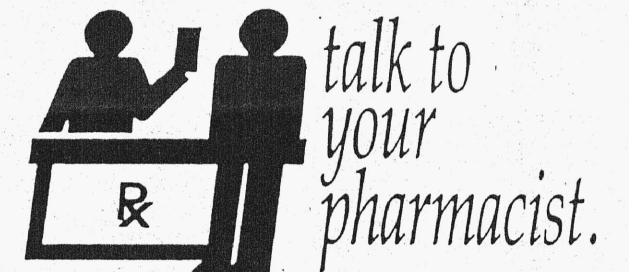
Pigeon Chat 'n' Chew makes 'healthy' cancer donation



CHAT 'N' CHEW HOPES DONATION WILL SAVE LIVES: The Pigeon Chat 'n' Chew Study Group made a donation to the Huron County Health Department, to help fund programs such as the breast cancer screening program. Pictured here, Judy Asher, R.N., program coordinator of the breast cancer screening program, receives a check from Study Club President Marge Stevenson.

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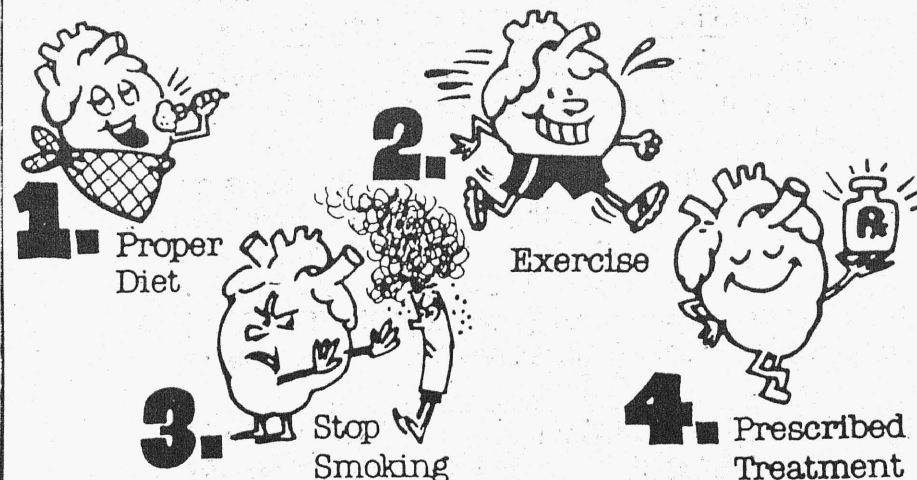
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LaLeche League helps bond families

By SALLY RUMMEL

When visiting the Pigeon meeting of La Leche League International for the first time, what made a first impression on me was the informal fun these ladies were having with their babies, toddlers and each other.

It soon became apparent that this breast-feeding support group which started up in Pigeon a year ago, also serves as a parenting network, helping families cope with the ever-changing needs of their children from birth even through their teen years.

Started in Pigeon one year ago by long-time friends Suzanne Gascho, Jean Carpenter and Cheryl Elenbaum, — who share a common parenting philosophy — the Pigeon LaLeche group draws from the wealth of breast-feeding knowledge and expertise available from the international organization, then puts it down-to-earth, shared from mom to mom in a comfortable, informal atmosphere.

While Jean Carpenter serves as the leader of the Pigeon group, in addition to being a district coordinator, much of the information is shared one-on-one.

Many of the mothers at the meeting are presently breast-feeding their children, while other women are expecting their first child soon and plan to breastfeed and still other women are there to lend support to other breast-feeding women.

While the meeting itself runs for about an hour — held the third Wednesday of each month in the lower level of Salem United Methodist Church — many of the women and their children stay for lunch and informal visiting and children's play time.

The meeting portion runs as a continuing four-part series based on information found in "The Womanly Art of Breast-feeding," and includes information on:

- The Advantages of Breast-feeding
 - Preparing for Baby, Bringing Baby Home
 - The Art of Breast-feeding and Overcoming Difficulties
 - Starting Solids, Weaning, Family Nutrition
- Other topics, such as Breast-feeding While Employed and Parenting the Toddler, are also included on a semi-regular basis.

Contrary to what many people believe, the La Leche League is not an "all or nothing" group that insists women breastfeed their children through toddlerhood.

What La Leche offers to women, is a variety of suggestions for women to try with their families, and if one thing doesn't work, they can try another.

A full lending library is available at each meeting so moms can take material home and the leader has access to medical information from La Leche League International medical staff.

"I see breast-feeding as a way to start out the parenting process and the start of the relationship between the mother

and baby," explains Jean Carpenter, who is the mother of a 13-year-old, seven-year-old and two-year-old.

"And there's no such thing as successful or unsuccessful nursing," she says.

"Even one time of nursing your baby provides that child with helpful immunity against disease. In other words, there's no right or wrong amount of time to breastfeed. You have to do with what works for your child and your family."

While La Leche League International spoke on this subject over a decade ago, the New England Journal of Medicine just recently came out in support of breast-feeding to increase a woman's protection against breast cancer. The authors speculated that if all women breastfed their babies, there could be a decrease in the risk of breast cancer of 20% or more.

Also speaking out in praise and support of breast-feeding is Marlene Harvey, D.O., a physician who practices in the Scheurer Family Medical Center of Pigeon.

During the birth of her third child, she became disappointed at her lack of success at breast-feeding and frustrated at the lack of advice available from the medical community.

She became involved in the La Leche League and led her last meeting during her first year of medical school.

"I have been an ally and friend of LaLeche ever since," says Dr. Harvey. "It is scientifically based, offers help instead of criticism and I have been continuously impressed with the national organization."

She puts those beliefs into practice in her own practice of medicine, offering LaLeche League information at her office.

Dr. Harvey says it seems ironic that our society sees nothing wrong with giving a toddler a pacifier, but thinks it's "disgraceful" to nurse a toddler.

"Here we have changed the breast from its natural function to a sexual function, and we're all the poorer for it."

Dr. Harvey explained how when society began to change childbirth from a natural function of the family, to a medical function in a hospital.

"I have been an ally and friend of LaLeche ever since... It is scientifically based, offers help instead of criticism and I have been continuously impressed with the national organization..."

— Dr. Marlene Harvey, Scheurer Family Medical Center

tal, women lost their ability to connect with their mothers and grandmothers on how to breastfeed, as doctors demanded babies be fed on a

more regular schedule for their own convenience. That left a generation in the 1950s who hadn't had any experience in breast-feeding,

so the La Leche League was born in 1956 to act as that support. She is pleased to see the birth of a La Leche group in

the Pigeon area and applauds the efforts of women to be supportive to each other in the areas of breast-feeding and parenting.



ONE YEAR-OLD Baylen Brown plays during a recent LaLeche League meeting in Pigeon, while her mother, Melissa Brown, at right, and leader Jean Carpenter and son Jacob watch.

SALLY RUMMEL PHOTO

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2-Cylinder Expo coming in August

Michigan's second Two-Cylinder Expo is planned for Friday, Saturday and Sunday, Aug. 5-7 at the Barry Expo Center, northwest of Hastings. All owners and nostalgic fans of John Deere two-cylinder tractors, implements, stationary engines and memorabilia of the 1837-1959 era will find three days of memories rekindled.

The Expo will include arts and crafts, memorabilia displays, and swap meet. Also included will be tractor parades and speed pulls, an auction, pedal tractor pull for kids, a regular tractor pull, a tractor rodeo and a plowing demo.

A new attraction will be the thrills of a tractor "Teeter-Totter."

The Thumb Two-Cylinder Club will join the efforts of nine other Michigan clubs to make this the biggest two-cylinder meeting in the state of Michigan.

Details: (616)796-2133.

day, Saturday and Sunday, April 29 to May 1 and May 6 to 8.

Featured will be nine-pin no-tap doubles of any combination. Even if you don't bowl you can use a "house average," while regular bowlers will use their average.

Shift play begins at 3, 5, 7 and 9 p.m.

For details, call Sebewaing Lanes at 883-2721.

The event will offer prizes, pay backs and \$500 first place prize based on 150 entries according to bowling alley Owner James Kuhl.

EPBP 'Head Start' sign-up this week

Applications will be taken this Tuesday and Wednesday, April 26 and 27 for the 1994-95 Head Start program year at Pigeon Elementary School between 9 a.m. and 3 p.m.

Head Start is a free, comprehensive child development preschool program for children age three to five who meet certain eligibility requirements.

Children do not need to attend registration, according to coordinator Luci Posada. Parents need to bring proof of 1993 and 1994 income, social security numbers, child's immunization card/Medicaid card/health insurance card, food stamp card, name and address of child's doctor and dentist.

Details: 375-2725.

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CASEVILLE TOWNSHIP Huron County, Michigan NOTICE OF PUBLIC HEARING on the SPECIAL ASSESSMENT ROLL for SANDY ISLES SPECIAL ASSESSMENT DISTRICT NO. 2

To the residents and property owners of Caseville Township, Huron County, Michigan, the owners of land within the Sandy Isles Special Assessment District No. 2 and any other interested persons:

PLEASE TAKE NOTICE that the supervisor and assessing officer of the township has reported to the township board and filed in the office of the township clerk for public examination a special assessment roll prepared by him covering all properties within the Sandy Isles Special Assessment District No. 2 benefited by the proposed road improvement project. Said assessment roll has been prepared for the purpose of assessing a portion of the costs of the construction of road resurfacing and work incidental thereto within the foreclosed road assessment district as more particularly shown on the plans of the township engineers on file with the township clerk at 6767 Main Street, Caseville, Michigan within the township, which assessment is in the total amount of \$49,429.30.

PLEASE TAKE FURTHER NOTICE that the assessing officer has further reported that the assessment against each parcel of land within said district is such relative portion of the whole sum levied against all parcels of land in said district as the benefit to such parcels bears to the total benefit to all parcels of land in said district.

PLEASE TAKE FURTHER NOTICE that the township board will meet at the Caseville Township Hall, 6767 Main Street, Caseville, Michigan on May 11, 1994 at 7:30 p.m. for the purpose of reviewing said special assessment roll and hearing any objections thereto. Said roll may be examined at the office of the township clerk during regular business hours of regular business days until the time of said hearing and may further be examined at said hearing. Appearance and protest at the hearing held to confirm the special assessment roll is required in order to appeal the amount of the special assessment to the state tax tribunal.

An owner, or party in interest, or his or her agent may appear in person at the hearing to protest the special assessment, or shall be permitted to file his or her appearance or protest by letter and his or her personal appearance shall not be required. (The owner or any person having an interest in the real property who protests in person or in writing at the hearing may file a written appeal of the special assessment with the state tax tribunal within 30 days after the confirmation of the special assessment roll.)

Rose Marie Spies,
Township Clerk
6767 Main Street Caseville, Michigan 48725
Telephone: 517-856-3053

CASEVILLE TOWNSHIP Huron County, Michigan NOTICE OF PUBLIC HEARING on the SPECIAL ASSESSMENT ROLL for BEACH HEIGHTS SPECIAL ASSESSMENT DISTRICT NO. 1

To the residents and property owners of Caseville Township, Huron County, Michigan, the owners of land within the Beach Heights Special Assessment District No. 1 and any other interested persons:

PLEASE TAKE NOTICE that the supervisor and assessing officer of the township has reported to the township board and filed in the office of the township clerk for public examination a special assessment roll prepared by him covering all properties within the Beach Heights Special Assessment District No. 1 benefited by the proposed road improvement project. Said assessment roll has been prepared for the purpose of assessing a portion of the costs of the construction of road resurfacing and work incidental thereto within the foreclosed road assessment district as more particularly shown on the plans of the township engineers on file with the township clerk at 6767 Main Street, Caseville, Michigan within the township, which assessment is in the total amount of \$103,117.26.

PLEASE TAKE FURTHER NOTICE that the assessing officer has further reported that the assessment against each parcel of land within said district is such relative portion of the whole sum levied against all parcels of land in said district as the benefit to such parcels bears to the total benefit to all parcels of land in said district.

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The Newsweekly

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Bay Shore Camp ready to begin busy 84th year

By PENNY HARRISON

Bay Shore Camp is racing to ready facilities and programming for its 84th consecutive season of Christian camping in the Western Thumb.

Gates officially open to the public with the fourth Annual Father-Son Catfishing Tournament on Friday, May 6. The two-day event is open to all fathers and sons regardless of age, and offers a variety of activities designed to produce warm family memories.

Improvements greeting

1994 Bay Shore campers include two new large duplex housing cabins and an addition to the camp Dining Hall. Both facilities will provide crucial room for housing and feeding additional campers.

Another change is the addition of Walt Latimer to the camp staff as Buildings and Grounds Supervisor.

A licensed builder in the Unionville Area, Latimer is regarded as "a man who knows how to get things done." He is the camp's second full-time employee.

According to Executive Director Lew Tibbits, camp staff expects 1994 summer programs to serve more than 1,200 campers and hundreds of families throughout the most intense 13 weeks of the season.

A variety of retreats and special events such as the 14th Annual Benefit Auction bring hundreds more youngsters and adults into the campground.

Bay Shore's 1994 calendar was the camp's first-ever Couples Retreat, held off-site in mid-February at Bay Valley Resort Hotel.

The weekend event attracted 26 couples from a variety of Michigan locations and was pronounced as "a good investment" by many attending.

Another recent addition to the Camp is a "55 & UPWARD! Weekend" for adults at least 55 years of age and their spouses.

Now in its third year, the event is scheduled for Friday and Saturday, May 20-21, and will attract up to 75 people.



WALT LATIMER

Speaker is recently retired Rev. John Grenfell, Jr. of Port Huron and campers may bring their own RV housing for this event. The cost includes all meals, housing and program materials.

Bay Shore Camp 1994 Season

Couples Retreat.....	Feb. 11-13
Kick-Off Rally	April 23
Father-Son Catfish Tournament	May 6-7
55 & UPWARD!	May 20-21
Family Fun Days	June 10-11
Primary Camp I (grades 3-4)	June 12-15
Primary Camp II (grades 3-4)	June 15-18
Co-ed Basketball Camp I (grades 6-7)	June 19-24
Co-ed Basketball Camp II (grades 8-10)	June 19-24
Co-ed Soccer Camp (grades 4-7)	June 26-July 1
Co-ed Tennis Camp (grades 5-8)	June 26-July 1
Junior High Camp (grades 7-8)	July 3-9
Junior Music Camp (grades 4-7)	July 10-16
Senior Music Camp (grades 8-12)	July 17-23
Senior High Camp (grades 9-12)	July 24-30
Family Assembly	July 30-Aug. 7
Beef/Pork Barbecue	July 30
begins Assembly	July 30
Missionary Day	Aug. 4
Junior Camp (grades 5-6)	Aug. 7-12
Singles Retreat	Sept. 9-11
Weekend	Sept. 9-11
14th Annual Benefit Auction	Sept. 17
Senior High Youth Retreat	Sept. 24-25

Registrations for Bay Shore's 11 children's and youth camps are pouring in at a steady rate, according to the Detroit Conference United Methodist Camping Office. Co-ed Basketball II (grades 8-10) is already filled to capacity and Co-ed Basketball I (grades 6-7) is nearly full.

All other camps are filling at a pace slightly ahead of the camp's record-breaking 1993. Parents are advised to register their children as soon as possible.

Family Assembly, scheduled for July 30 - Aug. 7, is expected to fill all camp facilities to capacity.

Keynote speaker this year is Dr. J. Ellsworth Kalas of Asbury Seminary. Bible studies will be led by Dr. Kalas, Dr. Stanley Beach of Leesburg, FL and certified social



HERE'S the new Bay Shore Camp duplex, ready for occupancy this camping year.

worker Judy Darlington of Brighton.

Assembly children's programming will be headlined by "Out of the Box" Ministries of Colorado, and will offer graded sessions and activity programs for all youngsters from age two through 12th grade.

Free infant and toddler childcare is available during all worship and Bible study sessions.

A variety of concerts will be presented throughout the nine day encampment, featuring Christian music artists such as Living Truth, and

Devin and Yvette Chisholm of Shepherd's Ministries. The public is invited to attend.

Brochures are available on all of Bay Shore Camp's 1994 offerings by writing or calling: Bay Shore Camp, P.O. Box 624, Sebawaing, MI 48759 or calling 883-2501.

Pigeon District Library Corner

PRESCHOOL STORY HOUR

"May is Michigan Month" will be the theme of Preschool Story Hour during the entire month of May. Children will learn about trees, agriculture, snakes, mammals, birds, fables, folklore and they'll have a chance to taste some Michigan-shaped cookies.

Stories for Tuesday, May 3 will include "Michigan From the Eye of the Eagle" and "I Am Michigan."

Story Hour consists of stories, fingerplays, flannelgraph activities and creative movement. Sessions are appropriate for independent listeners age three to five and are held at 9 and 10:30 a.m.

ADA EQUIPMENT

The White Pine Library Cooperative was awarded LSCA Title I grant for Adaptive Technology to make libraries more accessible to physically challenged patrons, especially those with visual and auditory handicaps.

The library is very proud of its new computer for the visually impaired, which enlarges the screen print.

BOOKS GO UP!

Like everything else, the cost of books has gone up tremendously the last several years. Doesn't it make you stop to think about how much the library means to you in terms of good value for your money?

Currently, 23 books are overdue and that's not including

books from this year. The cost to replace these books will be \$253.50, if they are still in print.

The library encourages patrons to return all books so that the next patron can have a chance to read them. Remember, books are virtually FREE entertainment, except when they are returned late.

TAKE A POETRY BREAK

Experts tell us that regular reading aloud strengthens a child's reading, writing and speaking abilities. One of the main ways a child learns is by imitation.

By the time a child is two years old, his vocabulary includes 300 words. The parent is the primary role model

for the learning of language. To help your child build language skills:

■ Read to them while they are young.

■ Avoid dull moments. Make messages sparkle.

■ Make the reading brief enough to whet the appetite.

How does poetry fit in? Poetry must be heard to be fully savored. Poems make you laugh, tell stories, send messages, share feelings and start you wondering.

Parents have long known the value of Mother Goose rhymes and lullabies. There is no better way to introduce language to your child!

Repetition is begged for. As the child grows, longer verses can be introduced. Dr. Seuss delights in rhymes.

So make poetry a regular part of your read-aloud time.

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