To Your Good Health!

Special Supplement to The Newsweekly

Tuesday, October 24, 1995

71 years young... and she really ROLLS!

By SALLY RUMMEL

Flora Mae Cooper, 71 years young of East Lansing, has always been a role model for her 11 children, 29 great-grandchildren and two-greatgrandchildren.

You really can call her a "roll model" — as this young-thinking, active Great-Grandma takes to the streets on roller street skates seven days a week!

The mother of Caseville resident Jo Champagne, Cooper skated in the Pigeon Farmers' Festival Parade this past summer, where we were lucky to get her to slow down long enough to snap this photo. She's pictured here with daughter Jo and another daughter, Jackie Viola.

"As long as I can remember, Mom always liked staying fit with (early fitness guru) Jack LaLane on TV," says Champagne.

"I think we all have tried to incorporate some of her thinking into our own mothering," she adds, herself a mother of two and grandmother of one.

Flora Mae and her husband John, do have some Thumb roots of their own. An employe of Detroit Edison throughout his professional life, John moved his family up to Bad Axe in the early 1970s, after having spent the majority of their years in Port Huron.

Jo, who was 20 at the time, stayed here, where she met her husband Joe, and now they have raised their family here.

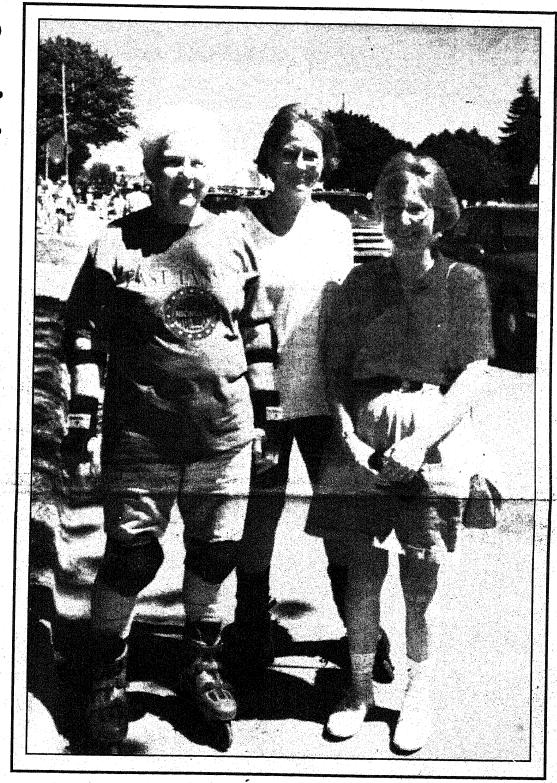
Jo works as Human Resource Director for Scheurer Hospital in Pigeon and credits much of her professional success to her mother.

"Where I am today is because of her," she says of her mother. "When I was growing up, it was always like the story 'The Little Engine That Could.' Mom and Dad always stressed what we could do, not what we couldn't do."

Home for the Coopers is a subdivision is East Lansing, where they enjoy being around all the college "action." While Flora Mae dons her rollerblades, husband John can be found next to her on his wheels — bicycle wheels, that is. He prefers more quiet pursuits, like his "Better Homes and Garden"-style garden and woodcrafts, but he has also caught the "fitness bug" from Flora Mae.

When inclement weather hits, this rollerblading Great-Grandma doesn't hang up her skates. She skates within the more comfortable confines of a local school gymnasium.

Flora Mae Cooper is a shining example of living life to the fullest — at any age.



Thumb Bone Marrow Registry starts Nov. 6

See Page 27

What's new on Chronic Fatigue Syndrome?

See Page 29

Hunting season may mean Lyme Disease from ticks

See Page 30

Percy Ross thanks Red Cross volunteers

See Page 35

Advocacy for Seniors and Physically Challenged

Caseville near the tip of Michigan's Thumb Area, views the world from her unique per-spective — from her wheelchair.

Contact her by writing: Toni Watterworth 6150 State St. Caseville, MI 48725

Groups are growing in the United States to fight for and protect the rights of Seniors and the Physically Challenged. These two parties are basically striving for the same things, even though Physically Challenged individuals often haven't had opportunifriends or government. ties to set up some of the

same resources. It takes time, as well as surance is cut so much we physical ability, to obtain can't maintain our health, ways to support yourself two things most of our Handi-

capped citizens lack! Our congressmen are now proposing laws to cut Medion a list won't help most of us care benefits, while raising the cost of Medicare so much how to deal with. that many of us won't even

be able to pay for it. At the same time, they're trying to find a way to figure out the cost-of-living raises, so they're smaller! These also attend this event, as same congressmen are afraid many of the same laws perof all the protests from all the tain to us and this day has a groups advocating for our profound effect on our legis-

Maybe Robin Hood had the passed. right idea — robbing from the rich and giving to the poor. At least they can afford

24

Hour

On

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conditions

institutional care

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My View From Here By Toni Watterworth

Don't our congressmen realize they may be seriously impeding our efforts to be independent? The cutbacks they want to make at our expense are going to cost someone else in the long run, depending on who we have to fall back on — our families,

Besides, if our medical inwe'll have even more prob-

Another proposal to make us sign up for certain doctors with specialized problems that very few doctors know

All Seniors should participate in "Senior Power Day" ifatall possible. Many Physically Challenged individuals lature and what laws get

We've started attending any meetings we can possibly get to, concerning handicapper rights. On May 12, 1995, we

of the abuses of Physically Challenged people our society is still condoning! Even more amazing is the ignorance of our legislature!

> Next I joined CATCs (Community Assistive Technology

was amazing to find out some the TECH 2000 Project. Volunteers comprise this organization that provides information about AT (Assistive Technology) devices, services and funding in the area. CATCs also help bring about changes to increase access to AT. Right now, there are 20

ing Huron Behavioral Health

Services, 1108 S. Van Dyke,

Bad Axe, MI 48413 or call

517-269-9293 (TDD 517-269-

In case of emergency, the

crisis number 1-800-356-

On Sept. 5-7, 1995, we went to the second annual All-CATCs Conference at the Treetops Sylvan Resort in Gaylord. All the CATCs groups are expected to be represented by at least one member, since a lot of information about marketing, education, team-building, leadership, recruitment, outreach, networking, changes, stress-reduction and funding is dis-

was held in Lansing. There were many booths with information on all subjects that could interest Physically Challenged people. The speakers made you feel as they they've had some of the same problems you've had. We need to support the Dis-

ability Rights Coalition be-

cause this group will con-

tinue to fight for laws to help

make our lives easier.



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Huron Behavioral Health Services is new agency name

If You Need Help At Home...

Huron County Community Mental Health Services Board adopted a name change at its September board meeting, taking effect Oct. 30.

A committee made up of both board members and staff recommended the name change to "Huron Behavioral Health Services."

The term behavioral health is a generic term which includes mental health, counseling, substance abuse or other social and psychological health services, members say. This term is now used universally by managed care health organizations as well as federal and state funding

Details are available by writ-

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Project spearheaded by Pigeon resident Chris Wineman

Thumb Bone Marrow Registry Drive starts Nov. 6

Pigeon underwent a life-save essarily mean that a person ing bone marrow transplant on Dec. 28, 1994 to cure Aplastic Anemia, his mother Chris Wineman made a decision to help others in need of transplants when her son recovered.

Now 10 months later, nineyear-old Mike has returned to the classroom at Pigeon Elementary School as a fourth grader, and mom Chris has set out to form the area's first Thumb Area Bone Marrow Registry Drive.

Set for Monday, Nov. 6 from 2 to 7 p.m. at St. Francis Borgia Parish Hall in Pigeon, this Registry Drive is intended for interested community people who would like to help others — such as the 28-year-old man in Europe who donated bone marrow for Mike.

"If you're between the ages of 18 and 55 and are willing to donate bone marrow to anyone who needs it and matches your marrow, come and join the National Bone formed, and many of the Marrow Registry," invites Wineman's family, friends Chris Wineman, who is organizing the drive with the help and community supporters have expressed interest in of funds from the Elkton and Pigeon Lions Club.

'All you need is a commitment to help others and have nate. three tubes of your blood drawn for analysis.'

When Mike Wineman of join the Registry doesn't necwill be called to donate bone marrow, according to the National Marrow Donor Program. The odds of matching a patient vary widely, depending upon the rarity of

> However, if a person is identified as a matched donor, they be the only person who can provide lifesaving marrow for that patient,.

the patient's tissue type.

The actual procedure for entering the Registry is much like that for donating blood, according to Wineman, who is also a Registered Nurse.

In addition to help from local RNs who will do the blood testing, other community helpers will include members of the Scheurer Hospital Auxiliary, who will label tubes and provide refreshments. "The whole procedure should take less than an hour," she adds.

This is the first time that a Thumb Area Bone Marrow Registry Drive has been seeing it become a reality. There's another way people

who want to help can do-Because it costs \$40.00 to have each person tested for

MIKE WINEMAN His mother starts registry

blood compatibility, funds are also needed to cover the cost of the testing, organizers

Right now, there are enough funds to cover the cost of 150 people to be tested. Any additional funds that are collected beyond the number of people who turn out to be tested will be sent directly to the National Registry to be used for other blood drives that need funding.

Donations of money may be made out to the National Bone Marrow Registry and sent to P.O. Box 374, Pigeon, MI 48755.

Mike's bone marrow transplant came almost 10 months a very rare, potentially fatal

disease called Aplastic Ane- we can contact Mike's donor Aplastic Anemia are reported bone marrow to produce blood cells. It results in anemia, serious infections and bleeding and its only cure afterdrugtherapy which may the first year, the National or may not be effective — is a Marrow Donor Program cobone marrow transplant.

and the recipient, but after

"We are still waiting for the first year to be completed so Only 5 to 6,000 cases of

mia, which is the failure of in Europe," says Wineman. is done anonymously for the protection of both the donor

> ordinators will assist patients and donors who wish to meet.

each year in the U.S. and its The transplant procedure cause is unknown, although mental factors may be related. For more information on this drive, contact the American Red Cross at 1-800-968-4283, ext. 330 or 338, or call the Wineman family at 517-

Keep Dec. 18 open for the

winter cookout. Watch for

453-2336 after 4 p.m.

Help 'clean up' Huron Nature Center this Saturday

Help prepare "your" Huron County Nature Center for the winter, volunteers invite. Join in for a few hours this Saturday, Oct. 28 to help spruce up the Nature Center rom 9 a.m. to noon.

Interested persons should meet at the Nature Center parking lot on Loosemore Road, 1/2 mile south of Oak Beach, just south of M-25 between Caseville and Port

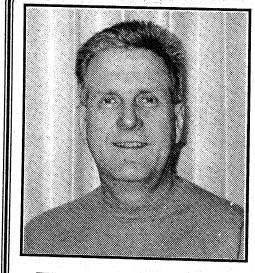
Bring along a rake, shovel and a five-gallon plastic pail and organizers will provide anything of a speciality nature. Workers will be working on some of the exisiting after he was diagnosed with trails and facililites and helping prepare the new acces

sible trail for completion this youth and adult organiza-

The group will break at noon for abowl of Marie Leipprandt's homemade chili. Drinks and dessert will also be provided. Men, women,

more details to come





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Strange symptoms were studied nationally

What's the latest on Chronic Fatigue here?

It's been nearly three years since the National Centers for Disease Control made a splash in Huron County with a survey about Chronic Fa-

tigue Syndrome.

But CDC investigators haven't returned for a follow-up - and that has left many wondering what that survey found.

In 1992, doctors in the county reportedly were hearing an unusually large number of complaints about fatiguing illnesses. Some patients complained about extreme fatigue as well as headaches and body aches.

Chronic Fatigue Syndrome, or Chronic Fatigue Immune Dysfunction Syndrome (CFIDS,) as health officials have begun to call it, begins with a pronounced fatigue that comes on suddenly and is relentless.

Sufferers sometimes relapse after feeling well for a time. Most times, there is no apparent reason for the person to feel exhausted.

It has been compared to the fog of a serious hangover, but unlike a hangover, CFS doesn't go away with a few good nights of sleep. It tends to steal a person's

vigor over a period of months and sometimes years, medical experts say.

fatigue and weakness, muscle ability to concentrate. Those

but flu goes away while CFS It has been found in people

econonomic backgrounds in by 18.4% of those respondseveral countries around the ing, CDC figures show. The

At the urging of Dr. Carol clustering of cases in any Wyse, D.O, formerly associtown. ated with Scheurer Hospital of Pigeon, the Huron County Health Department and the State Health Department brought in the CDC and a survey was sent to 3,100 people in four towns, including Pigeon and nearby Ubly.

According to the CDC, 1,783 58%) were returned, and of those surveys returned, 7.7% of the respondents reported out of keeping with other fatiguing illnesses lasting at least six months.

Prolonged fatigue, lasting a outbreak or a cluster," he said

report could not verify any

The report sums up by saying that fatiguing illnesses were common in the community's rural population.

Dr. Keiji Fukada of the CDC's National Center for Infectious Diseases in Atlanta, Ga., and an author of the original report, said that the incidence of fatiguing illnesses, including CFS, is not parts of the country.

"There's no evidence of an

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pattern of outbreak.

"If there had been indications of an outbreak, there would have been more people up there studying it." But others believe that CFS and a related disease, fibromyalgia, which features

widespread pain in the fibrous tissues connecting muscles and the skeleton, are more common that the CDC Shannon Fauver, leader of the Saginaw FM/CFIDS Support Group, has written let-

done to determine the exact Please turn to Page 30

ters to the CDC and others

asking that more studies be



DR. CAROL WYSE, D.O., shown at work during 1992 Chronic Fatigue Syndrome exam time.

ache, tender lymph nodes, are also the symptoms of flu, and joint aches, and an in- persist or recur frequently.

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Lupus is common, but often unknown, too

Although lupus is not as eryindividual differently, its ing lupus, new research local communities with a ral services and free up-towell known as some other effects range from mild to brings unexpected findings range of patient services indiseases, it is more common that AIDS, cerebral palsy, multiple sclerosis, sickle-cell anemia and cystic fibrosis combined.

Lupus is a chronic autoimmune disease that affects 1.4 to 2 million people in the U.S. — that's two of every 185 Americans, volunteers

Lupus is a chronic autoimmune disease that can affect virtually any organ in the body. The immune system of a person with lupus produces antibodies that attack healthy tissue instead of protecting it against foreign invaders such as infection and viruses.

According to the Lupus Foundation of America, Inc. (LFA), lupus affects 1.4 to 2 million people in the U.S. The majority of those affected by the debilitating disease are adult women. Lupus is more commonthan AIDS, cebebral palsy, multiple sclerosis, sickle-cell anemia and cystic fibrosis combined, and numbers are greater among African-Americans and Latinos.

It is believed that many more people have lupus without knowing it. The symptoms sometimes mimic other diseases and may not be diagnosed as lupus. The most common symptoms include achy and/or swollen joints, fever, prolonged fatigue, skin rashes and anemia.

Although lupus affects ev-

life-threatening and thousands of Americans die from lupus complications each

While medical science has not discovered the cause nor developed a method of cur-

Sebewaing Senior Meal-Site menu

Sebewaing Senior Meal-Site, 970 Union St., welcomes all Seniors, 60 years and older and their spouses. It is open 10 a.m. to 2 p.m. Monday, Tuesday, Wednesday and

For reservations call 883-9411 from 8:15 to 8:45 a.m. ACTIVITIES: Euchre: Monday & Friday, 10:30 a.m.

Bingo: Tuesday, 10:30 a.m. Flu Shots: Wednesday, Oct. 25, 1 to 3 p.m. (Fee) Halloween Party: Tuesday,

MENU: Wednesday, Oct. 25: Spaghetti w/Meat Balls, green beans Parisians, salad bar, garlic bread, fresh banana; Friday, Oct. 27: Hot Turkey,

augratin potatoes, carrot & raisin salad, variety bread, cottage pudding; Monday, Oct. 30: Macaroni & Cheese, salad bar, buttered com,

Tuesday, Oct. 31: Pork Chops, mashed potatoes, marinated cukes & tomatoes, biscuit, peach

and increased hope each year.

Increased professional awareness and improved diagnostic techniques and evaluation methods are contributing to the early diagnosis and treatment of lupus. The key to controlling the disease is early detection and

The Lupus Foundation of America is the largest voluntary organization in the world dedicated to providing patient services and support lupus education and research to find the cause of and cure

The 91 chapters throughout the country provide their

Listen" is a seven-week

Neuman is facilitator for the

series, sponsored by MSU

Extension - Huron County, to

Parenting class

Conference Room, 104 269-9949 for details.

starts Oct. 25

to start Nov. 1 in Caro Applications are now be- 1; Friday-Saturday, Nov. 3-4 call Charlotte at 1-800-292ing accepted for fall volun- at the Human Development 3666 by Oct. 27. Limited

cluding monthly support

group meetings, community

outreach and public educa-

tion programs, patient refer-

Training will be conducted evenings of Wednesday, Nov.

teer training classes for the Commission, 429 Montague Thumb Area Assault Crisis Ave., Caro. All volunteers are urged to complete the fall training, organizers say, since classes

date medical information.

Crisis Center training

The LFA and its chapters

The ACC provides safety, support and prevention services to victims of domestic violence and sexual assault. are conducted only twice a It uses a 24-hour emergency shelter as well as a 24-hour To volunteer or to register, crisis phone line.

To Your Good Health! - Page 4

also raise money for lupus 1-800-558-0121, or (301) 670-

call the Michigan Lupus

Foundation at 1-800-705-

6677, or the national office at

Red Cross plans merger

Local blood drives and other American Red Cross efforts would not be affected by the proposed merging of two of Michigan's three Red Cross regions — which could save the

agency up to \$500,000 in the first year.

The Flint-based Wolverine Region, which serves the Thumb These classes are especial-Area, and the Lansing-based Great Lakes Region will merge between November and early January, says Red Cross spokesman Jim Rummel in Lansing. Additional cost savings are expected in succeeding years, but no exact amount is known.

The merger will not affect blood donations or processing or the agency's disaster relief work, Rummel says. "It should child of alienating him/her. give us a chance to operate as effectively and efficiently as we Registration fee covers cost of book and materials. Class size is limited and registra-

be in the MSU Extension tion is necessary. Call 517-

ly helpful for parents with parenting series to begin children ages 3 to 12, she Wednesday, Oct. 25, with says. They will teach parents classes from 7 to 9 p.m. in to get their children to cooperate as well as hot to disci-Huron County Extension Home Economist Barbara pline without hurting the

can," Rummel says. "We will continue to operate as we have for 50 years in Michigan."

Trimming the duplication of services could result in eliminating a dozen of the 374 workers in the two regions.

The Newsweekly

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CFS update

Continued from

extent of the illness in Michigan and the rest of the coun- I still have neck pain and

"We have a support group that has over 100 members and we only started in June," Fauver said. "Out of population of 212,000 in Saginaw County, that's an awful lot of

Fauverand her group hopes to have a symposium on the disease next spring in the Saginaw Area, to focus more attention on CFS.

Professor Leonard Jason of the Pyschology Department of DePaul University, was recently awarded a \$2.5 million grant from the National Institutes of Allergy and Infectious Diseases to conduct a four-and-a-half-year study to determine the prevalence of the disease.

He believes the CDC study done in Huron County was flawed on a number of counts, especially since no followup studies were done.

"One thing is clear: if you use mail or telephone questions, it can give you baseline data. But if you really want to diagnose CFS, it's essential to look at people closer," Jason said, who also said his study will be the first to have a completely random sample.

Medical and pyschological tests have to be run on patients to make sure they are diagnosed correctly, Jason explained, because there are many reasons a person can complain of fatigue.

A definite diagnosis often means a process of exclusion, eliminating other causes of fatigue and narrowing the focus to CFS alone.

In one small study Jason conducted, people were asked questions on the telephone about CFS and over 2% met the criteria for the disease. But when those people had medical workups, the percentage fell to 0.2%.

"Medical authorities are beginning to change their estimates on the prevalence of the disease," Jason said.

Pigeon resident Connie Smeader, who was off her job for five months with CFS, says she hasn't heard from the CDC since the survey was

"I'm still dealing with it and with names and remember-

Smeader was also diagnosed with mitral valve prolapse in her heart and that heart attack-like chest pains lowest point with CFS.

"It felt like a heart attack but I was told that that was all a part of it," she said. "Since then I've had a more thor-

Smeader's CFS began after a bout with bronchitis. She said she was never quite able to shake off the bronchitis, and doing the simplest chore left her exhausted.

Even getting up and getting dressed in the morning took every ounce of strength her body could muster.

After five long months of coping with the worst of her illness. Smeader was finally able to return to work.

Her son then came down with CFS, but because of his young age, he was much better equipped to handle the symptoms, she says. He has made a full recovery, Smeader said.

FOR MORE INFORMATION on the Saginaw FM/CFIDS Support Group, call Shannon Fauver at (517) 777-5315. The group meets every Wednesday of the month at 6 p.m. at Child and Family Services, 2806 Davenport i Saginaw, just west of Bay Rd., across from Davenport Manor. There are no dues or fees, only a small charge to defray the cost of photocopying printed materials.
FOR MORE INFORMATION on

ciation of America, Inc., P.O. Box 220398, Charlotte, NC 28222-0398, or call 1-800-442-3437.

Here's the number for Sebewaing AA meetings Wednesdays

The Sebewaing Wednesday Night Alcoholics Anonymous meeting is held at 649 Eighth Street from 8 to 9 p.m. For more information, the

phone number is 517-647-

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Lyme Disease - is it a fact or a fallacy? Evidence says: FACT

By DUANE GUENTHER fatigue and I have trouble Several years ago my wife ing stuff," Smeader said. "I and I traveled to Arkansas to pit ourselves against the take vitamins now and thywhite-water rapids of the roid medication." Buffalo River.

On the first day of our trip we found the river's flow to could have contributed to the be a little more than we had bargained for, and welcomed she felt when she was at her a lunch break, partly to escape the river's punishment, and partly to seek out an alluring waterfall somewhere

Dressed in shorts, to accommodate the constant spray coming over the gunwales, we plunged undaunted into the waist-high grass in search of our destination. We found beautiful scenery, an abandon home site, and plenty of limestone cliffs, but no wa-

Upon returning to the canoe, and inspecting our uncovered legs we soon discovered we had found something

Ticks are a way of life in The ticks which harbor and Arkansas and other southern transmits Lyme Disease in states, but unknown to many, they are also present in each and every state in our union.

While ticks in themselves are nothing more than a nuisance, certain diseases carried by some can cause humans serious problems. The disease most associated with ticks is Lyme Disease, so called for the vicinity (Lyme, Conn.) where it was first dis-

Lyme Disease is an infection caused by a bacteria called Borrelia Burgdorferi which can be transferred to humans by the bite of certain species of ticks. The disease usually starts as a skin rash and can progress to more serious stages which involves damage to joints, nerves and heart tissue. Antibiotics have been found to be effective when used during the early stages of the disease. .

our region is the Ixodes which is known commonly as the black-legged tick, or "Deer" tick. These should not be confused with the Dermacentor, or "Dog" tick which is larger then the "Deer" tick and does not transmit the Lyme Dis-

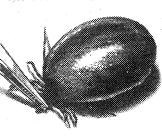
Deer ticks can be found spring, summer and fall in a variety of habitats, principally woodlands, and brushy areas where they perch on leaves or grass stems in order to hitch a ride and consequently feed on a variety of wild animals such as birds, mice and deer. Domestic animals like cats, dogs, horses and cows can also carry the

ease-causing spirochetes.

People who frequent these same woodland or brush areas are more likely to encounter the "Deer" tick than those who stay out of them. If you pick up a tick,



ABOVE, an enlarged view of a tick at work. BELOW, ticks should be removed with a fine-point tweezers, where its mouth enters the skin.



you will probably not feel it bite or draw blood from your

Continues next page

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Con't. from previous page

If left undisturbed, it will feed for two to four days and then, engorged with blood, drop off. If the tick happens to be a carrier of Borrelia spirochetes, it may transmit them to your body during this time.

Once in your body, the spirochetes can multiply causing the disease to spread more rapidly. Not all ticks carry spirochetes, and even if it does, every bite does not result in the development of LymeDisease, even if the tick

Prompt tick removal is important for those who seek recreation in these grassy, brushy areas. The tick must feed for 24 hours in order to transmit Lyme Disease. So, if you find ticks wandering, or embedded in your skin, the sooner you remove them, the

While hunters are getting

their gear ready for the duck

beneath your skin.

Don't forget pets...

and pheasant seasons, they shouldn't forget about their area, preferably one that contains DEET or permethrin. trusty hunting partners when it comes to preventing lyme

A dog can get lyme disease in the same manner as his human partner, from the bite

The tick, a species of hard tick called Ixodes, is very small and can be difficult to identify. The tick transmits the bacteria among people, deer, mice, horses and birds.

of a tick.

People and dogs are thought to be infected when infected ticks bite them, but people can also get the disease by crushing the tick between their unprotected fingers.

Veterinarians say the disease has three main stages fever, poor appetite and acute painful arthritis. Some dogs may also show signs such as enlarged lymph nodes, kidney disease, or even heart Unfortunately, proving a

dog has lyme disease can be tricky. He may show symptoms, but the blood test used can be confusing. A dog may test positive because he has been exposed to the bacteria that causes lyme disease, or a vaccination for lyme may cause a positive blood test. But if a vet believes old Rover has lyme, he will order a regimen of antibiotics such as tetracyclines or penicil-

It's important that the treatment begin as soon as possible, so if you suspect Rover has picked up the disease, take him to the vet as soon as possible. There is a vaccine avail-

able called LymeVax from Fort Dodge Laboratories. It has conditional approval for use for a year, meaning that studies are still underway to assess its effectiveness.

The vaccination won't harm the dog if he's not been previously exposed, but some vets aren't sure that it actually protect the dog.

So the best way of preventing your dog from contracting lyme disease is

less chance you have for in-

If the tick has not embedded itself, you can simply flick it off. However, once the properly if you must go into barbed mouthparts sink beneath the skin's surface, care must be taken in its removal.

Do not squeeze the body

when trying to remove a tick.

Most old-timers hold a match or lighted cigarette to the tick and it will release itself. The best way is to use fine pointed tweezers and grasp the tick's mouthparts and tug gently and repeatedly until it releases its hold by withdrawing its barbed mouth from your skin. Above all, be patient or you will jerk the head off and leave the

If you don't like the idea of removing ticks, you may want

dangerous part of the tick still

tick repellants to your dog before entering a tick-infected

After a day's hunting, carefully check Rover all over for the tiny ticks.

before going on your next outing. This can be accomplished two ways. Either you avoid tick habitats, or dress

When you go into the woods, make sure you wear shoes, a hat, long-sleeved shirt, and long pants tucked into socks. You may also spray on a tick repellent to

the outside of your clothing. Before coming indoors, brush off your clothing and then remove your clothing and inspect for ticks. Family members can help each other with such an inspection.

Since pets spend a lot of time outdoors, one should check them carefully before allowing them access to the inside of your house. This may present a problem, as the the size of some ticks is not much larger than the period at the end of this sentence. You can buy a tick collar for your dog or cat, but they are not 100% reliable.

If you manage to get a tick bite and that tick does transmit the spirochete into your blood stream a typical symptom will be a slowly expanding red rash at the spot of the bite. Some of them take on a "bull's-eye" appearance. It

to practice a little prevention months, for the rash to ap- In some cases the joint pain technical portion of this arpear if in fact it does. Other symptoms to look for

> are flu-like and include fatigue, headache, neck stiffness, jaw discomfort, pain or stiffness in muscles or joints, fever, swollen glands and a reddening of the eyes.

If untreated, Lyme Disease can progress to more serious stages. In these later stages, is usually curative and will the joints, the heart, and the prevent the serious complicentral nervous system can cations that can follow. be affected.

and swelling can be so severe it is referred to as "Lyme Arveloped by Pfizer Central

Symptoms of "summerflu,"

They list four simple steps especially if they follow a to the prevention of Lyme tick bite within one to three weeks, should be brought to Avoid tick habitats; the attention of a doctor.

Early detection, and the into a tick habitat; 3. Check for and remove any administration of antibiotics ticks on you or family members as soon as possible after leaving

a tick habitat, and

4. Check pets for ticks and use A pamphlet from which the tick-control pet products.



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As The Holidays Approach...

No one plans on getting sick or suffering from a minor injury. But these things can happen.

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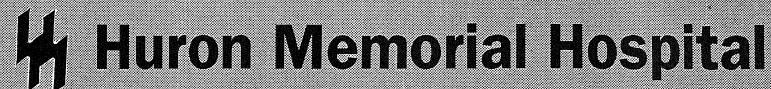


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New Ambulatory Care offered at Scheurer

It's been a while since a baby was born in the maternity ward at Scheurer Hospital in Pigeon, as more and more pregnant women travel as far as Bay City and Saginaw for their baby's delivery.

With an entire ward sitting empty, Scheurer officicals decided to make good use of that unused space and opened an ambulatory surgery unit. The ward is situated perfectly for such a use, says Ambulatory Care Nurse Kitty Brautigam, R.N., B.A.

"The surgical suites and the recovery room are directly connected to this ward," she says. "We haven't had to do any renovation or move any

And because the ward's entrance doors are right next to the lobby, patients can leave with some degree of privacy, Brautigam says.

Scheurer Hospital joins a

growing trend in hospitals opening beds for ambulatory care. Only one in five surgical patients will require an overnight stay in an acute care bed, statistics show, while many surgeries can be

done on an outpatient basis. That's where the "ambulatory" part comes in, as patients undergoing outpatient day, barring complications. "The trend is to keep patients for a shorter time,"

A patient about to have surgery will visit the hospital a few days before to have lab work done and to fill out admission papers.

On the day of the surgery, he or she will check into the ambulatory care unit for a pre-operative assessment by Brautigam. She'll check the patient's blood pressure and temperature and make sure the patient is actually well enough to undergo the op-

The nurse-anethestist also calls on the patient for a pre-

At Scheurer Hospital, some of the outpatient surgical procedures include carpal tunnel release, cataract surgery, arthroscopy, lesion removal and breast biopsies, among

Most importantly, the ambulatory, or "walking," pa-tient gets the same level of care as a patient staying overnight or longer, Brautigam

"Because the operating room is so close, the operating room staff can back me up in case of complications,

guidelines for discharge and if a patient can't go home for some reason, we would transfer them to acute care."

After discharge, Brautigam follows up in a day or two with a phone call to check on the patient.

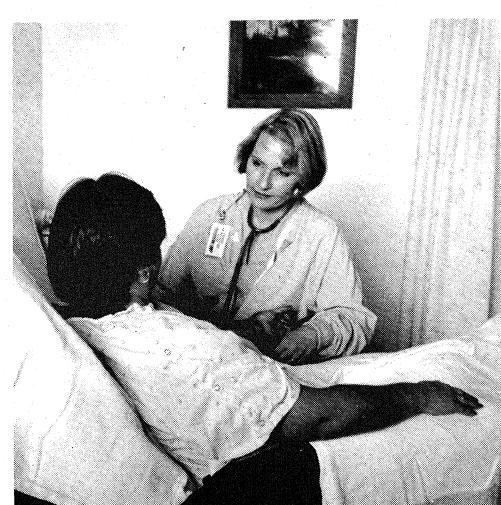
"It's like a nurse's visit on the phone and it's very helpful in answering questions,"

The new ambulatory care unit is quite a plus for Scheurer Hospital, Brautigam

"We took an existing part of the building and used it for a new purpose," she says. "It was a smart move and it's an efficient way to staff the hos-

> To Your Good Health! is presented by The

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AMBULATORY CARE Nurse Kitty Brautigam checks the blood pressure on a patient about to undergo outpatient surgery at Scheurer Hospital of Pigeon. AMY HEIDEN PHOTO

New Image Aerobics 6 week session starts: Nov. 2, 1995

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Page 9 - To Your Good Health!

Henry Engelhard helps preserve history

Making sure an integral part of Bay Port's history isn't lost, Henry Engelhard recently put his memories on tape.

He was interviewed as part of the 4-H Folkpatterns Maritime Folklife Workshop Oct. 7, which sought to allow 4-H leaders, teachers and other eductors to document and preserve traditional arts and artists in maritime commu-

Unofficial Bay Port historian and former owner of the Bay Port Fish Company, which is celebrating its 100th anniversary this year, Engelhard recalled his life in Bay Port and with the Fish

Engelhard began work-1927 and later became an

subject was meeting local historians and experts, dealing with the topic of "MARITIME FOLKLIFE." Seven teams met with local experts to talk about boat building charter boats, commercial fishing, knot-tying, recreational fishing and waterfowling, to preserve local stories for the future.

He sold the company in

1978 to current owners Dennis Root and Tod and Forrest "It was the hand of God,

bringing in three college boys who had never fished before ing for the Fish Company in but who wanted to buy the company," Engelhard said. He also recalled the days

when he and his late wife Edna sold fish sandwiches from a stand outside his home on M-25 to help pay college costs for his daughters.

Michigan State 4-H Folkpatterns conducted a workshop for

4-H leaders, teachers and other educators on Oct. 6, 7 & 8

based through the Port Austin Conservation Club. The local

The secret recipe he used for the sandwiches is still used today at the Bay Port Fish Sandwich Festival, the largest eating event in the Thumb, held every August.

honored by Gov. John Engler, State Rep. Mike Green and State Sen. Joel Gougeon with a Special Tribute, for his part in the 100-year success of the Bay Port Fish Co. The proclamation says in part, "...the original own-

ers would be proud to see Bay Port Fish Company today." AMY HEIDEN PHOTO





THE LIVING ROOM of Henry Engelhard's home in Bay Port became a "classroom" on Oct. 7, as several teachers and 4-H leaders recorded his comments on the commercial fishing business in the Thumb, in which he has worked since 1927.

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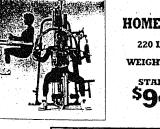






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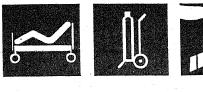
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Marysville Sandusky



Woods & Waters

By Duane

Sweetwife and I were having

dinner with some friends.

After the meal, the gals began

to clean up and the men re-

tired to the TV room (what

The "men," amounted to

me, my friend and his 13-

vear-old son. After flipping

through the channels and not

finding anything worth

watching the conversation

ran the normal gauntlet until it came to hunting, and shoot-

a hunter, he had given up the

sport and would be apprecia-

tive if I could find the time to

take his son hunting during

the upcoming season. I agreed on one condition — that the

son and I would make sev-

eral trips to the gun club

where I could determine if

the son was ready for such a

The smile on the 13-year-

old's face told me he was

Hunting, of which shooting

is a part, is a learned social

behavior. In other words, no

one is born with the desire to

hunt, but it must be passed

down from generation to gen-

eration with the older teach-

I have had the pleasure of

sharing my love of the out-of-

doors with my two sons, and

am anxiously waiting for my

But, here was an chance to

share my expertise and expe-

side of my family and per-

hans instill the desire to shoot

and/or hunt in a young boy

who may otherwise not have

the opportunity. It was seri-

ous business, and I did not

grandsons to come of age.

totally in favor of the idea.

serious adventure.

ing the younger.

else) for some "man talk."

Revitalization

many other recreational endeavors, tend to get a little boring for some older participants. As they reach their "golden" years, they drop out of their hobbies and leave them for the younger genera-

Excuses abound. Some say they have done it all, and there are no more challenges

Others indicate the outdoor sports are too strenuous and their bodies can no longer take the punishment of a day afield or the long trudge to the duck blind.

And still others simply lose interest with the growing up of their children and the passing of their longtime hunting and fishing pals.

Those of us who really love the sports have a hard time watching our colleagues "give up the ghost."

The other day, I acciden-

tally ran into a great revital-"I just finished my ization plan for those seniors hunter's safety course in who are beginning to lose school," the boy muttered interest in their favorite outwhimsically, staring at the door pastime. And, what's TV's glare. "Sure would like better, is the plan not only to shoot a gun once." helps you get revitalized but His Dad interrupted and offers a great service to the explained that although once

sport as well. A couple of weeks ago,

New hours for HDC programs

mission as announced its new hours for its Commodity Supplemental Food Program (CSFP) and the Elderly Food Program (EFP) distribution.

Beginning Nov. 1, all Thumb Area distribution sites will operate 10 a.m. to 2 p.m. on their designated days. The four-county monthly schedule is as follows:

Tuesday, Nov. 7 - Huron County, Fairgrounds, Soper Rd., Bad Axe Tuesday, Nov. 14 - Tuscola

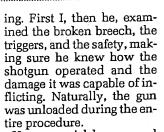
County, 165 Butler St., Caro Tuesday, Nov. 21 - Sanilac County, Civic Center, S. Elk St., Tuesday, Nov. 28, Lapeer

County, County Center Building The CSFP is designed to supplement the nutritional needs of families with children up to age six or pregnant and post-partum mothers.

The EFP supplements the nutritional needs of senioors. Each month the participant receives approximately \$50 worth of food which includes items such as fruit and juices, vegetables, meat, cereal, pea-The boy's dad owned a 20-gauge, but I decided it would be better for him to use my nut butter, beans and rice,

butter and dairy products. For more information call 1-800-843-6394.

12-gauge over/under. It has a CSFP and EFP are programs short trigger pull, an equally of the Human Development short barrel, and with a recoil Commission serving Huron, pad and some short-brass Lapeer, Sanilac and Tuscola shells it would produce little Counties and are sponsored punishment to his uninitiby US Department of Agriated shoulder. culture, Michigan Depart-At the range I allowed the ment of Education and Michiboy to become familiar with gan Department of Labor. the gun he would be shoot-



He was a quick learner, and paid close attention to every detail I discussed. He was anxious to begin shooting, but not too anxious, and I could readily tell he was enjoying the entire experience and too be honest so was I.

I threw a few clay pigeons so he could see what their flight would be like. During this time, he went through the motions of loading the gun, mounting it properly and practicing with the safety and trigger pull, all with the gun still unloaded.

Finally the time arrived. I handed him a live shell, he loaded it carefully and posi-tioned himself ready for the

I tossed the bird high and straightaway, it flutter momentarily in the strong wind and then sailed towards the

The guns report was sharp and as it reverberated across the empty club's grounds and the clay bird shattered into a dozen pieces.

The boy's smile told me he was pleased, and I secretly smiled to myself.

I think on this day, another hunter may be developed, and I was happy I could be a part of his rite to manhood....

Funds are offered for good ideas

Funding is available for cardiovascular disease prevention, and your group could receive up to \$1,000 for a local study.

That's the word from Huron County Health Department's WCHP Coordinator Mitzi Koroleski, R.N.

If your organization has an idea that may reduce incidence of cardiovascular disease for any age group, you sist you, Koroleski says.

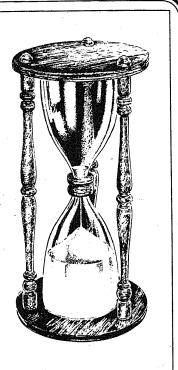
Types of projects which may be funded include nutrition education, blood pressure control, weight management, physical fitness and smoking cessation, she says.

take my calling lightly. Several weeks later I made Funding is available from a contact with the lad and the Huron County Health after checking with his dad Department and the Healthy and loading my truck with Michigan Fund, through the the necessary paraphernalia state, to be awarded on a comfor a trap shoot, we headed petitive basis up to \$1,000.

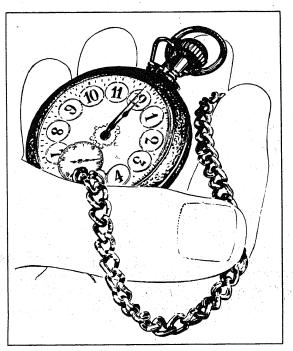
Limited funding is available, so application forms should be returned to her as soon as possible, and before Dec. 15.

Her address is Mitzi Koroleski, R.N., HCHD, 1142 S. Van Dyke, Bad Axe, MI 48413. Or, call 1-800-833-

Time is running out... but you can still save!



To Your Good Health! - Page 10



For the first time in more than five years, Newsweekly subscription rates are going up.

SUBSCRIPTION PRICES ARE RISING NOV. 15 — ADD A YEAR AT THE OLD PRICE, now 'til Nov. 15

Postage costs and paper costs have risen several times since The Newsweekly last raised its subscription prices in June, 1990 — but we're forced to do so now. As of Nov. 15, 1995, the one-year (52 issue) rate for Huron and Tuscola County residents will be \$21. The one-year rate for anywhere else in the U.S. will be \$31.

However, our current subscribers may add one year to their existing subscription by delivering or sending payment at the current rates (\$18 local or \$26 elsewhere), so we receive your payment before Wednesday, Nov. 15.

These new rates will help us continue bringing you the quality hometown paper published since 1890.



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PIGEON OFFICE 7232 E. Michigan Ave. 517-453-3100

Thanks A Million!

Red Cross workers are appreciated...

On two occasions within the last month, one of our Red Cross volunteers has brought in a clipping of your syndicated column. She is a faithful reader of yours and has encouraged me to

Judy is a 10-year veteran volunteer. She, along with hundreds of other volunteers, donate time and talent to our American Red Cross chapter. Judy is painfully aware of the fact that volunteer effort, although tremendous, does not offset operating expenses.

My request is very simple: we need \$500 to offset the cost of honoring our volunteers. Small tokens of appreciation like key rings or calendars go a long way in encouraging continuing volunteerism.

Over the past five years, 75,000 hours of service have been given by volunteers. Tangible thank-yous are appreciated by all. Your \$500 contribution

can go a very long way. You

By Percy

can make a difference.

who have given their time."

DEAR MS. Y:

People who make contributions to a charitable cause generally want to see it spent directly helping victims of a tragedy. Seldom do you hear of a person taking his or her hard-earned bucks and saying "Please see that these funds are used to acknowledge the many volunteers

Well, allow me to go to the head of the class with my \$500 contribution to acknowledge the tremendous

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staunch reader, Judy, is

DEAR MR. ROSS:

I'm a family man and father of two. I work a regular job. I'm able to pay all my wife's pride and joy. bills, but just manage to live week to week.

This year my wife needed an emergency hysterectomy. I will be able to pay this bill also, over time.

Three years ago, my pets wet the kitchen carpet. I'm a "do-it-yourselfer" and in order to get the odor out, I used bleach on a dark blue carpet. This made white blotches. I then tried to re-

can guess, the carpet is now

Last year I was going to replace it, but we had to redrill the well. With this year's operation, the carpet will be put off-for two more years. The kitchen is my

The cost of the carpet and installing is \$400. If you could see your way to lend me \$400, I don't know when I could pay you back, but I will. I have always paid my bills. — Mr. C.M.

This is one bill you're not going to repay because I won't let you. I'm sending you \$400 with the contingency you

replace your kitchen carpet, but if you ever try to repay me directly, bad karma will fol-

See, I still believe in a "free lunch," and if you're an opportunist, you will, too.

work and band together to

I'm enclosing the small

help our fellowman.

DEAR MR. M: I appreciate the \$1 and the \$\$\$\$\$\$ sentiment behind your send-

DEAR MR. ROSS: I'm writing for a different reason than most. I'm hoping to issue a challenge to

I have always earned the each of your readers - with money I give away and I will a good response. continue to if given the op-I understand that you will portunity. It's up to the pubbe broke soon if additional lishers in this country to deincome doesn't come in. I termine if my column is to say it's time people quit allowing you to do all of the

I hope to make the column self-sustaining... and it's look-

sum of \$1 (to prove a point)

and ask that every reader

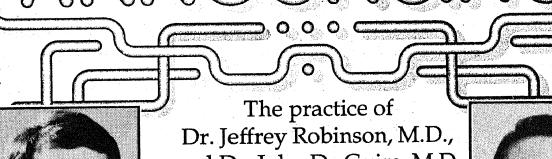
do the same. Let's see what

people working together can accomplish. — Mr. C.M.

ing it. However, I would never

solicit funds from my read-

ers to keep my philanthropy



and Dr. John De Guire, M.D has opened in Caro, at Caro Community Hospital's Health Services Building at 705 E. Frank Street

in Caro.

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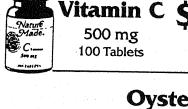
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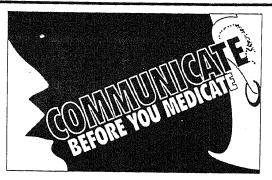
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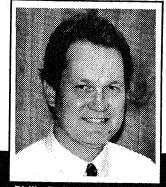
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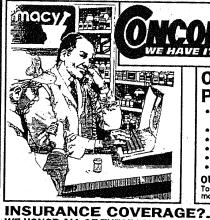
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