Caseville crowns Queen Amy and King Jeff

Jeff Sieghold and Amy Conrad were honored as Caseville Homecoming King and Queen during halftime ceremonies last Saturday. The queen is the daughter of Doug and Bernice Conrad while Caseville’s king is the son of Michael and Nancy Rodgers.

The homecoming festivities provided a bright spot during the afternoon in which the Eagle football squad was shut out by Akron-Fairgrove. See page five for a photo of the first-place freshman flag and page seven for information on the football game.

Caseville ends year in black

Caseville School’s total fund balance grew by $124,000 to top the $500,000 mark in the 1966-67 school year.

In the annual audit report to the Caseville School Board last Monday, CPA Melvin P. Dutcher of Caseville reported revenues for 1966-67 totaling $1.314 million compared to expenditures of $989,600, according to Sup. James Stahl.

ABOVE AVERAGE: In a review of results of Caseville student scores on Stanford Achievement Tests taken at the end of the 1966-67 school year, Stahl notes the Caseville average scores were above the national average. He informs parents of K-8 students that individual test results can be obtained by contacting Counselor Janet Watt.

INFO RELEASE: The Board adopted a new policy to release information such as names, addresses, telephone numbers, height and weight, etc., on students to news media, armed forces and colleges.

Such information on individuals or students will be withheld on request by their parents, Stahl says.

TRANSPORT: Board approved an agreement with Thumb Area Transit to provide transportation for all Caseville students to the Huron Area Skill Center at a cost of $4,671 for the 1967-68 school year.

NURSE: Board officially approved employment of Paul Roth as high school science teacher to replace Gerald Winkler who accepted an administrative position with Montcalm Schools.

Bean promotion starts high bidders

Bean promotion has a larger scale than a single state has been a topic discussed by the Michigan Bean Commission for many years.

Since the Commission was legislated in 1967-68, there have been many attempts to give bean promotions a broader approach.

However, with income of only a few pennies per marketed hundredweight, the problem of a small budget has always plagued promotion planners.

Now, with four of the largest bean producing states combining their efforts and programs - thus forming a new hope that successful steps can be started which will help acquaint American and the world with better information on the nutritional value of beans.

BEETLE PUBLICITY: Many growers feel that the nutrition factor in bean consumption, especially the important fiber and protein qualities, have never been sufficiently advertised or publicized.

That’s an especially important consideration now as Mexican, especially being dead with products that offer these important elements in nutrition.

Several former and present members of the Michigan Bean Commission gave their views of the new promotional program that’s being planned by the four states.

Here’s what they say:

BILLY BROWN is a present member of the Bean Commission. Renn, of Pigeon, is now in his fifth year, after serving two years as Commission chairman.

ORVILLE GRIEMEL, secretary, who was Bean Commission chairman in 1974-’75 and a member for six years, calls the plan “a giant step, something that the bean industry has been lacking.”

He adds that Navy Beans, as the “best-tasting” of all beans, should benefit most from a concerted promotion of nutritional values. Because Navy Beans can be expected to attract most consumers.

He discussed the fiber promotion qualities as bad, for 10-14 years, but the bean shipped from that time always opposed us getting into that area,” he says.

“More emphasis on those points will surely produce more bean purchases by customers.”

DON KEINATH of Caro, another former MBC chairman, is pleased with the Commission’s step.

“Yes, fiber, protein, no fat of beans fit perfectly into the nutritional needs of a good, healthful diet,” he says.

Keinath was on the Commission from 1969-69, and served as chairman in 1969 and 1970. “The bean industry has never put that fiber story across the way it should have,” Keinath continues, “and I believe it’s going to have a terrific impact on those who plan meals and make up menus.”

It’s largely a matter of telling the people what these qualities are. He calls it a matter of “blowing a Tiger by the tail.”

Keinath says the mechanism of joining efforts by the four states should be handled easily, and he thinks the plan looks very good.

Michigan steeps up bean promotion

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Elkton man ‘whistles away’ at carving hobby

By RICH SIEHLKAMP

Although he carves even in his sleep, you would never know it from his colleagues or his patients. Robert Jarvis of Elkton, a clinical orthopedic physician, will whistle as he rides his bicycle. He will whistle while he eats and drink his coffee. He will even whistle while shaving.

But when Jarvis begins to carve, it is with a steady hand and unerring eye. The smallest piece of wood can become a masterpiece in his hands. He is the self-taught artist who has made a career of his passion.

Jarvis’ carving is a form of therapy for him. It allows him to forget his worries and concentrate on the task at hand. He has been carving for over 20 years and has made a name for himself in the local art community.

Injuries sideline Eagles

The Eagles start the season with some losses, as injuries have taken a toll. Junior fullback Brian MacKenzie will miss the first game, while senior linebacker Tom Murphy is out for the season.

Despite the losses, the Eagles remain optimistic. "We’ve got a lot of guys who can step up and fill in," said head coach Dave Ferguson. "We’ll miss MacKenzie and Murphy, but we’re confident we can win the game."
As we see it editorially

Is olestra in your future?

Recent growing quantities of news on the dining and entertainment circuit—which it has become—could logically lead to fundamental changes in what we eat and how it arrives at our homes.

First, as Time Magazine reported this week, several large companies are pushing a market for a “nonsaturated fat” which gives less cholesterol and fat to the smoker and also causes fewer teary eyes of nearby neighbors.

These offer many of the same characteristics of smoking—so called “cigarette” cars for smokers to smoke. Nonsaturated fats are just as bad—though much less expensive—under the same method of simulating real tobacco usage.

What a nation we live in, where companies can offer us this—no doubt charge much more than the “real” thing.

But the marketing of olestra is something else again. Here, perhaps, is a REAL product improvement.

Olestra is already being branded as a revolutionary food substitute. The nation’s biggest consumer good manufacturer, Procter & Gamble Company, expects sales of U.S. Food Administration approval of the new product within two years.

What’s so great about olestra? Formerly called Tween 80 or Non-Nutritive Fat Substitute, it’s been under development for 15 years. The company hopes to use it as a food additive in its cooking oils and in making Pringle’s potato chips—a market it hopes to food restaurants and other commoners who buy it mostly for fats and oils for frying.

The man-made compound of sugar and fatty acid particles through the process of “alkylation,” without sideways adverse effects. Reducing up to two thirds the amount of fat required by the body by cutting cholesterol would get into a person’s body, ultimately reducing heart disease and similar damage.

Then, olestra would be substituted in all types of cooking, allowing a “fried” flavor for chicken, onion rings, food soggy nutrients and other foods without the benefit of absorbing excess fats as the correct and obvious cholesterol.

In theory, folks could cut out many of the “fats” foods without taking in that much of the harmless substances. Procter & Gamble has been leading the way in this research, and so has established an entire new division to oversee olestra.

Their track record in recent years has been outstanding, and they’re probably right when they say they have a winner in olestra. In new product research, the early bird almost always gets the worm.

We’re not certain what people would do if they could not buy heart damaging and other saturated fat. People who consume the saturated fat will not be able to live healthily through the diets of several popular diets, a category characterized by a low-calorie intake of several dietary fat substances.

Then take the effects of young people losing the throne. “We’re not sure how many of these of which time is not now, the throne is shared by many people who do not think about what will happen to them from now on.”

The country’s young people are often found breaking new rules and doing the right thing for the wrong reasons because they cannot see the value of the choice of the right reasons.

Many people are forced to make important decisions about their future, for example, how to spend their money. A large part of this is due to the fact that they are forced to do so.

With a growing number of choices, there are also choices in their lives or even in their little world. We have to make choices in our lives, but we can’t make choices in the little world.

Pete Progress' slogan is changing everything out of date!

NEWS DEADLINES

Never again will you be bored with the most recent edition of the Progress-Advocate. By A. J. MORRISON, for that wonderful edition every month, IMSO. We promise only the best, on time, for a good job you can like, THANK YOU.

Attorney's edition: 12 mm to 17 mm, 3 inches wide or 2.5 inches wide for 2.5 mm, 10 inches wide or 2.5 inches wide for 2.5 mm.

LETTERS TO THE EDITOR

The Progress-Advocate is happy to receive a letter or two on Editor's page by mail or phone, and will print them. Please use our telephone number.

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The Progress-Advance — Wednesday, September 13 to Tuesday, October 10, 1983 — 9

Dear Cousin Gus,

This letter was not a chance occurrence. It came as a result of my recent visit to the cottage. We had a great time there and shared many stories about our lives.

I am writing to you because I have been thinking about the role of cousins in our lives. Cousins are often considered an extension of our family, yet they are often overlooked in our daily interactions.

Your cousin, Gus, has always been a great influence in my life. He has taught me many valuable lessons about life and has always been there to lend a listening ear.

I am writing to you because I want to express my gratitude for having you in my life. Cousin Gus, I hope that you and I can maintain this special relationship for many more years to come.

Thank you for being such a great cousin.

Sincerely,

[Your Name]

Dear Olestra Gut

The use of olestra in food products has been a topic of great debate in recent years. While it has been marketed as a healthier alternative to traditional fats, there are concerns about its safety and potential health effects.

The FDA has not yet approved the use of olestra in food products, and the health effects of olestra are still being studied. It is important to be aware of the potential risks and benefits of using olestra in your diet.

If you are interested in learning more about olestra, I recommend speaking with a healthcare professional or doing further research on the subject. It is always important to make informed decisions about your health.

Sincerely,

[Your Name]
Lakers outpoint improved Raider gridders

By RICH SWARTZ

Lakers didn't win the game as much as they outscored the Raiders. They won, 60-48.

The Lakers led from the beginning, 15-7, and never let the Raiders get close. The Lakers outscored the Raiders in each of the four quarters.

The Lakers were led by center Paul Kellerman, who scored 20 points and grabbed 10 rebounds. Guard Richard Herrick scored 15 points and grabbed 10 rebounds. Forward Alfonso Carter scored 12 points and grabbed eight rebounds.

The Raiders were led by guard Jim Smith, who scored 18 points and grabbed nine rebounds. Forward Mike Turner scored 15 points and grabbed seven rebounds.

For the Lakers, Kellerman was the leading scorer, while Herrick and Carter were the top rebounders.

The Raiders were led by Smith and Turner.

The Lakers outscored the Raiders in each of the four quarters, 15-7, 18-11, 15-10, 12-10.

Lakers coach Jack Looker said, "Our defense was key. We held the Raiders to just 48 points and we scored 60.

The Lakers are now 6-2 on the season and they are looking forward to their next game against the Warriors.

The Raiders are 3-5 on the season and they are looking forward to their next game against the Spurs.

Defense keys hoop win

As Lakers continue to roll

By RICH SWARTZ

The Lakers continued their winning streak with a 78-60 victory over the Raiders on Thursday night. Center Paul Kellerman led the Lakers with 20 points and 10 rebounds, while guard Richard Herrick added 15 points and 10 rebounds.

The Lakers outscored the Raiders in each of the four quarters, 20-15, 18-13, 20-12, 10-10.

Lakers coach Jack Looker said, "Our defense was key again. We held the Raiders to just 60 points and we scored 78.

The Lakers are now 6-2 on the season and they are looking forward to their next game against the Warriors.

The Raiders are 3-5 on the season and they are looking forward to their next game against the Spurs.

Eagles regroup after twin losses

By RICH SWARTZ

The Eagles were 0-2 after losing two games in a row. However, they regrouped and won their next game, beating the Coyotes, 61-50.

The Eagles were led by center Paul Kellerman, who scored 20 points and grabbed 10 rebounds. Guard Richard Herrick scored 15 points and grabbed 10 rebounds. Forward Alfonso Carter scored 12 points and grabbed eight rebounds.

The Coyotes were led by guard Jim Smith, who scored 18 points and grabbed nine rebounds. Forward Mike Turner scored 15 points and grabbed seven rebounds.

For the Eagles, Kellerman was the leading scorer, while Herrick and Carter were the top rebounders.

The Coyotes were led by Smith and Turner.

The Eagles outscored the Coyotes in each of the four quarters, 15-7, 18-11, 15-10, 12-10.

Eagles coach Jack Looker said, "We regrouped after losing two games in a row. We had a great game tonight and we scored 61 points.

The Eagles are now 5-3 on the season and they are looking forward to their next game against the Spurs.

The Coyotes are 2-6 on the season and they are looking forward to their next game against the Warriors.
Deborah Richardson weds Henry Langa, Jr.

Deborah Lee Richardson of Pvt. Port and Henry Langa, Jr., of Valley Downs, were married August 17 in the Catholic Church, followed by a reception at the Valley Downs Clubhouse. The bride was accompanied to the altar by her attendants, dressed in white, and the groom was escorted by his attendants, also dressed in white. The flower arrangements were designed by Florist, Inc., and the cake was made by The Bakery. The reception included a buffet of appetizers, salads, and desserts, and a cutting of the wedding cake. The couple will reside in Private Port.

Caseyville couple weds

Caseyville couple weds

Deborah Ann Gagler and Michael Joseph McCrinnon, both of Caseyville, were married August 17 at the Catholic Church. The bride was accompanied to the altar by her attendants, dressed in white, and the groom was escorted by his attendants, also dressed in white. The flower arrangements were designed by Florist, Inc., and the cake was made by The Bakery. The reception included a buffet of appetizers, salads, and desserts, and a cutting of the wedding cake. The couple will reside in Private Port.

Thanks a Million

Percy Ross

You may write to Percy Ross in care of The Progress-Advocate, 800 North Main Street, Caseyville, IL 62230. Please include your telephone number with your request.

Perry's Ground round from white variety, may be quite hot.

Scherer Hospital Care List

For the care of Patrick, a patient in the Emergency Room, a call for food and other necessities is required. If food is not available, a substitute must be made.

COMMISSION ORDER

(Under authority of Act 230, P.A. 1925 as Amended)

CLOSURE OF STURGEON FISHING IN THE GREAT LAKES AND CONNECTING WATERS DURING SPawning SEASON:

Under the authority of Act 230, Public Acts of 1925, as amended, being sections 301.4 through 303.1, the Michigan Comission on the Great Lakes, the National Resources Commission, and the Illinois Department of Conservation, at its September 11, 1987 meeting, ordered that for a period of five years, it shall be unlawful to take or possess from the Great Lakes and the connecting waters during the months of May and June.

This order supersedes the previous order entitled "Closure of Sturgeon Fishing In The Great Lakes and Connecting Waters During Spawning Season" effective April 1, 1985, and gives number G-7811.

This order shall take effect November 1, 1987, and shall remain void through March 31, 1992.

Marlene J. Futhey, Chairman-Natural Resources Commission Barbara McMillan-Commissioner & Legislative Liaison COUNTERSIGNED: Gordon E. Goyne Director
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EAST LANSING — Farmers can improve their soil's productivity this fall by breaking up compacted soil layers that inhibit plant root growth.

"Last year, many Michigan farmers severely damaged their soil when they operated heavy harvest equipment on waterlogged fields," says Tim Harrigan, MSU Extension agricultural and engineering tillage and heavy machinery specialist. "This heavy equipment not only left deep ruts, but likely compacted the soil below the normal tillage depth. This compacted layer restricts water movement, inhibits root growth and reduces yields, especially in heavier soils."

Farmers should be able to recognize these compacted areas by looking at their crops during harvest. Crops in these areas will appear stunted and, in dry weather, will show drought stress quicker. Because a compacted layer restricts water movement along the soil profile, these damaged areas will also pond water longer than other areas. "The most likely areas will be headlands, where the soil has been compacted by machinery, wet areas of the field and areas that were deeply rooted," Harrigan says.

Before corrective tillage can begin, farmers need to determine what areas are compacted and how to break up the compacted layer. Harrigan says they should make a trench below the normal tillage depth and look for obvious signs of compaction, such as a layer of soil that feels solid. Above this solid layer, farmers may see a large concentration of root growth, with few roots able to penetrate the dense soil layer. After determining the depth of the compacted layer, they should use a tool to adjust the tillage implement's depth so the point of the shank runs about 5 inches below the bottom of the compacted zone.

Harrigan says farmers often think they are tilling deeper than they are. He explains that tillage tools are designed to turn the soil at the level of the shank. After spring rain, farmers can give a test to see if the shank is set deep enough to shatter the compacted layer. "Even the most difficult to shatter, but smaller than it is. Farmers should dig a trench periodically to see if the shank is set deep enough to shatter the compacted layer. Though it is important that the tool compacts and breaks the soil into smaller pieces, the final layer deeper than that needs to be greater than 15 inches below the surface. This will allow root growth to the water source if the shank is properly set.

Harrigan says farmers can reduce future compaction problems by avoiding compacted areas. He recommends farmers to use other conservation tillage methods, such as a 2-foot disk or 3-foot disk, to reduce soil compaction.

If the predictions of some agricultural meteorologists prove accurate, Michigan may again have a wet spring and fall. Harrigan advises farmers to delay planting until the soil is dry.