

Ballard leaving Laker High for state schools' job

Laker High School Principal James Ballard will be leaving that job on July 1, to accept a position as Assistant Director for the Michigan Association of Secondary School Principals, based in Ann Arbor.

Ballard, 43, will coordinate the legislative and administrative actions of the MASSP, whose 1800

members represent more than 80% of the state's secondary school leaders. Ballard has not formally accepted the new job, but plans to in coming weeks.

NEW DUTIES: The educator, who came to the Elkton - Pigeon - Bay Port School District in 1973, will represent school principals before the legislature, state Depart-

ment of Education, similar administrative associations and other school groups.

He will share information among school districts through in-person contacts, seminars, student council coordination, newsletters and lobbying work and will be functioning between MASSP offices in Ann Arbor

and Michigan's capital of Lansing.

Ballard was chosen from 15 finalist candidates and is replacing Bob Rodda of the University of Michigan, who is retiring from the post.

BACKGROUND: Ballard graduated from Minot State College and earned his master's degree from North Dakota State, prior to com-

ing to the Thumb Area. He earned his Education Specialist's degree from Central Michigan University and was named Principal at Elkton and Pigeon Elementary Schools in 1973.

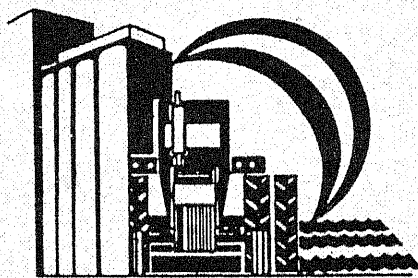
He was Laker Junior High Principal in 1974 and became Laker High Principal in 1979, replacing Duane Guenther.



JAMES BALLARD

He and his wife Nancy reside in Caseville and have two children, Sara, 13, an eighth grader, and Paul, 11, a sixth grader, both at Caseville Public School.

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SERVING THE THUMB SINCE 1897.

VOL. 90, NO. 41 20 PAGES Pigeon, Elkton, Caseville, Bay Port and Owendale, Michigan

WEDNESDAY, APRIL 6, 1988
THROUGH TUESDAY, APRIL 12, 1988



'DON'T ROCK THE BOAT,' a three-act comedy about a converted gunboat cruise ship named "Vengeance," will appear on the Caseville High School stage this Thursday for a student matinee at 9 a.m. and Friday at 7:30 for the general public.

Pictured here are two little old ladies saying "This ship is weird," played by Kirsten Hermanson and Teri Cassada.

The cast consists of 29 high school students and a crew of 15 junior high and high school students. Mary K. Quinn is director.

AMY HEIDEN PHOTO

Historical Society sets local films for April 17

The Pigeon Historical Society will sponsor a showing of movies taken by Charlie and Don Sturm during the years 1930 through 1960, in a special showing on Sunday, April 17 at 2 p.m. in the community room of the Pigeon District Library.

This event coincides with the beginning of National Library Week.

The movies will show farming methods and implements, farmers working in the fields, Pigeon street scenes and buildings, pictures of the Golden Jubilee parade and area businessmen on hunting expeditions.

The films are owned by Don C. Sturm and will be projected by Terry Sturm, who spliced and edited the series.

Refreshments will be served following the movies, and the public is invited to attend.



HAPPY EASTER CHICKS! Jeanne Swartzendruber's kindergarten class at Pigeon Elementary had their annual Easter Chick Hunt last Thursday. The knitted chicks, which cover a plastic egg filled with candy, were made by Swartzendruber's mother, Verda Bixler of Elkton.

Bixler has made the knitted chicks for the kindergarten class for the last nine years, and also sends them to another daughter, Joyce VanBruaene, in Indiana to give to her kindergarten students. Bixler says that she makes about five dozen of the chicks a year.

HERE, Mrs. Swartzendruber's kindergarteners display their Easter gifts.

AMY HEIDEN PHOTO

Regina Fluegge headed to national DECA tournament!

Regina Fluegge of Laker High School and Brenda Rutkowski of Harbor Beach High School will be traveling to Salt Lake City, Utah, to compete in national competition of the Distributive Education Clubs of America (DECA) on April 27-May 1.

Fluegge earned a second place win in Entrepreneurship and Rutkowski placed second with a Free Enterprise Project in DECA state competition at the Hyatt Regency, Dearborn on March 11-13. Over 1500 students who had been

regional winners took part in this state competition, with approximately 75 of them qualifying for the nationals. Ten students from the Huron Area Skill Center DECA chapter competed in the state contest.

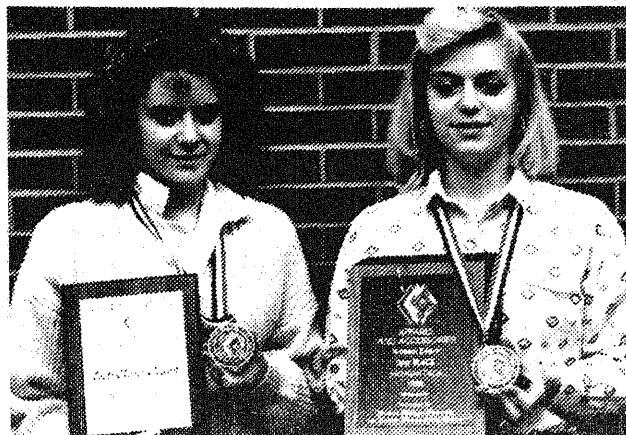
Other Huron Area Skill Center DECA students who received recognition at the state level by scoring in the top eight include: Colleen Kopack of Caseville High School, third place, Free Enterprise Project; Tricia Kubacki, Ubyly High School, fourth place overall,

Hotel/Motel Management; Sharon Klee, Ubyly High School and Kristie Wehner, Harbor Beach High School, both placed in Top 8, General Merchandising.

Regina is the daughter of Otto and Loraine Fluegge of Elkton.

Huron Area Skill Center DECA Chapter Advisor is Joe Keena.

WINNERS: Brenda Rutkowski, left, and Regina Fluegge of Elkton display state awards in DECA competition.



Duane Guenther talks about the second steelheader opener... See "Woods and Waters" on Page 11

INSIDE: If you don't see our paper every week, YOU SHOULD! Call 453-2331 to subscribe!

As We See It...EDITORIALY

Eating our way to an early grave...

Our American diet is terrible, and friends, neighbors and family members are dying because of it.

That conclusion by the National Cancer Institute sums up briefly what the group's long-term study shows. Deep down, we all know our daily diet isn't what it should be. Now, these researchers prove what we're eating -- and not eating -- may just help kill us.

Americans need to dramatically change the way we eat, says one of the scientists who studied more than 11,000 persons in the survey. If we ate better, we could reduce the amount of cancer we have, plus live better AND LONGER.

On a typical day, for instance, the NCI study shows 40 percent of American's do not eat a single fruit. Not even one. And, 20 percent have no vegetable of any kind, either.

Fewer than half -- about 48 percent -- of Americans include "garden vegetables" (vegetables other than potatoes or salad) in their daily diets. And, when the poor dietary habits are concentrated in a few persons, trouble is there for the taking.

If you're in the 40 percent who don't eat fruit AND in the 20 percent who don't eat a vegetable daily, you're more than doubling up your potential for problems. And, isn't that how

many people eat? Too much fast food, too many beers or sugary soft drinks. The french fries and deep-fried fats we soak with ketchup and devour can't be overdone. They have to be eaten in moderation, or great health problems may result -- with cancer, heart, lung and other problems.

And there's more bad news from the NCI study.

We're eating about HALF of the whole grains we need. Eating enough whole grains helps reduce the risk of excess cholesterol and cuts cancer's potential. A typical adult's daily fiber intake averaged about 11 grams in the study. That's gotten from whole grains or from vegetables such as corn, peas and -- locally-grown -- beans.

But, the recommended amount is 20 to 30 grams per day. We've got a LONG way to go to health, to be sure.

And, how about the things we SHOULDN'T eat?

More than 40 percent of persons surveyed eat at least one serving of lunch meat or bacon daily. These are processed foods -- high in fat and salt. They may be smoked or cured with nitrates, possible cancer-causing substances. Once again, we're choosing what tastes good, or what's fast or what's fashionable or what's easy.

We're NOT choosing what's GOOD for us... and we'll suffer more and more the less and less we eat.

It's not as though we don't know better. We're forgetting the lessons we learned as children at the family dining table. Our mothers used to say "Eat your vegetables and fruits." But we don't do it, often enough.

If we eat as our mommies told us to, we'd live longer. Because, as the study shows, our diet can contribute to about 35 percent of all cancer deaths. That's obviously more than one in three -- yet we don't DO anything about it!

Cancer is America's second leading killer, behind heart disease. About 950,000 new cases of cancer are reported each year, and 483,000 people died from cancer last year... or one every 65 seconds.

The right foods help us prevent cancers in the stomach, colon, rectum, breast, mouth and esophagus. And, the rise in cancer incidence in each of these places coincides with our diet downfall. How can we change such habits? It's not hard.

People should add an apple or orange or some cole slaw to a typical fast-food meal. It'll make a difference. We should eat whole-grain breads, high-fiber cereals and take better care of ourselves. It's as simple as that, yet we generally go on our merry -- yet unhealthy -- way. And that unhealthy course will kill many more of us than it should...

Bay Port Chamber sign is recovered!

There was good news for members of the Bay Port Chamber of Commerce when they came to Tuesday evening's meeting.

And it's important news in the town where two languages are spoken -- English and "fish."

Chamber officials have learned the green highway sign stolen in early March -- the sign that designated Bay Port as "Home of the Bay Port Fish Sandwich Festival" -- has been found, to be returned for placement in its original location along M-25 at the east end.

No one's officially talking, but it appears the sign is safely in the hands of

Fair Haven Police Officer Larry Scheuerlein.

When the sign was first stolen, Bay Port Chamber offered a \$100 reward, but for weeks there was no response.

Officer Scheuerlein was contacted by someone who claims he knew where the sign was located. The person vowed no one would ever locate the sign without his help, and he insisted there had to be a pledge of immunity -- no questions, no tricks, no charges.

"Just get me the reward money and you'll get the sign."

That's agreeable to Chamber members.

the **Progress Advance**
USPS 6046-8000
Sally Ann Rummel, Publisher
Published every Wednesday morning by Thumb Publications, Inc., to serve Pigeon, Elkton, Caseville, Bay Port, Owendale and Michigan's Western Thumb Area. Entered as Second Class Matter at the Post Office, Pigeon, Huron County, MI 48755, under the Act of March 3, 1879.
Our address is 7237 E. Michigan Ave., Pigeon, and our telephone number is (517) 453-2331. Our office hours are 8:30 a.m. to 5 p.m., Monday through Friday.
We also offer fine printing for all your needs. Ask us for price estimates! Use our Dupli-Kwik Instant Printing Service and ship your parcels via UPS and other methods every day.
SUBSCRIPTIONS: \$14.00 for 52 issues (one year) in Huron, Tuscola & Sanilac Counties; \$20.00 anywhere else in the U.S.A.
NEWS & ADVERTISING DEADLINE: 9 A.M. MONDAYS

RECOLLECTIONS
Of By-Gone Days
BY GEORGE KEIM

EDITOR'S NOTE: The Progress-Advance is running a column of George Keim's from April 29, 1986, as Keim is out of town.

DEAR EDITOR: In the last few articles I've written, I've talked about things that were just happening in the last few weeks, as well as some things that happened long ago.

Well, I'll have to keep on doing that because my mind just can't always go 'way back and bring up something.

Some people ask me how I can remember all those things from long ago. Well, I was born in the time when one of the wise sayings was "Children should be seen and not heard." Years ago, people under age 15 didn't join in a conversation when older people were talking, unless they were invited to.

They weren't supposed to know anything. So I learned to listen.

Once I was at our neighbor's place playing with some kids my age. There were some older people visiting and they were talking about something they didn't know anything about. So I told them the right thing, and one of the men told me I had a big mouth!

We had one old neighbor who, whenever my father would send me over to tell him something, always came over to ask my father if it was true! My father asked him once why he didn't believe me and he said, "You've got to check on children because they always tell lies."

Well, Dad told him that he had 10 children and he always taught them to tell the truth. And the old fellow said his children often lied to him, so he was just checking up.

When I was going to school, my kindergarten

teacher got after me once for something. I told her the truth, but she didn't believe me and she had me so mixed up I didn't know what to say! She told me to go home and ask my parents the truth -- and if she didn't get the truth, she'd use her rubber hose on me!

Well, I was scared of that rubber hose because she had tried it out on me I knew it burned. So I went home and got my mother to write down the whole story, just as it was -- and it came out just as I told her the first time.

And the teacher told me she had a notion to use the rubber hose on me anyway!

Well, I found out that if you always tell the truth, you need not worry. Last week, I went to an auction and bought a few small things.

When they came to the big things, the auctioneer asked me if I couldn't use a big machinery trailer. Well, I just told him the truth -- I didn't have any use for such a big trailer!

Last Sunday, the students of our church Bible School gave a program at our church. It was very good and the leader was my nephew, the son of Orin Kaufman and my sister, Erma. Both of them have passed away and when the program was over, a very pretty girl came up to me and I found out I was her great uncle.

Well, I've always liked to sing and I like to go to programs where there is good singing. You used to hear my father sing to his horses, mostly German hymns.

In Psalms it says, "Sing unto God ye kingdoms of the earth, oh sing praises unto the Lord." When I was at the World Conference in Strasburg, France, I heard people speak in four languages, but I'm sure the Lord understood them all!

SINCERELY YOURS,
GEORGE KEIM

Laker musicians score well in state events

Laker High School musicians competing in state solo and ensemble competition at the University of Michigan, Flint won several honors on Saturday, March 26.

Top, first division ratings were won by: Beth Ann Henry, piano proficiency 2, Phil Robison, trumpet proficiency 3 and Jill Kasserman, flute proficiency 1.

Achievements...



LLOYD ZIEL stars in lead role in CMU's production of "Bye-Bye Birdie."

Lloyd D. Ziel of Pigeon, a Central Michigan University senior, played the part of "Conrad Birdie" in CMU's musical theater production of "Bye-Bye Birdie" recently.

Ziel, the son of Donna and Lloyd W. Ziel of Pigeon, is studying broadcasting and theater at CMU.

The Aeries and Auxiliary of the Caseville Fraternal Order of Eagles #3690 marked the first anniversary of the REAC Club with a meeting and party.

Cards were played following the meeting. Members served hor d'oeuvres and an anniversary cake made by Mary Keena. The cake was decorated in a St. Patrick's Day theme.

Six Huron County students have been nominated by their high schools to attend the Summer Institutes for the Arts and Sciences.

Six local youngsters have won honors at the 1988 State 4-H Youth Rabbit and Cavy

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-20 YEARS	\$1,885	\$2,902	\$4,571	\$7,334	

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