ALE Chiellini and Ginny Stansbury have been named on the Dean’s List at UTEC College. They are students in the University of Texas at Arlington. A new study has been released indicating that exercise can improve memory function in older adults. The study, published in the Journal of Geriatric Psychiatry and Neurology, suggests that regular physical activity may help maintain cognitive skills and reduce the risk of developing Alzheimer’s disease. Additionally, the research highlights the importance of incorporating exercise into daily routines for individuals of all ages to promote overall mental health.

January 10, 1980

OTB’S

ELIJAH S. SHIETER 1922 – 1989

Elijah James SHIETER, age 67 of Pigeon, was passed away Sunday, Dec. 24, at Arrowhead Medical Center,550,500 at St. Mary’s Medical Center. followed by a funeral at St. Matthew’s Church on Tuesday, Jan. 1. Mt. Zion Church, Port Angeles, where he was taken. The interment will be held at Lakeview Cemetery in Port Angeles.

Wayne Earl Petlon, 63, of Pigeon, was...
Woods and Waters
Skiing...Cross-Country style

I had never seen the snow so soft. With each stride, it sank briefly and then bursted my skies with a whistling, cannonball scream. I was compacting a new path of gravity down from the hilltop. Following the slant with deliberate aim, I flailed after a line of trees that lay beneath last night’s dusting of snow. I made my way to the bottom by skirting that way. Skiers, even those of the cross-country variety, are a patient group and appreciate and enjoy equipment and how well it fits their bodies, and why this is so important. I really make a point of my body. Cross-country skiing can be a demanding sport, especially if you plan to use one of the hundreds of groomed ski trails. In Michigan, many times paths push themselves into the hard and sometimes forget that following the trail into the woods is only half of this sport. The other half, carving your own course and finding your own path, is as enjoyable. Many who use a program of cross-country skiing a week are already in good enough shape for a full day of skiing. In some cases, most of your skiing is done on quiet trails and there are no excuses for a vehicle to pick you up if you get tired. Another important facet of cross-country skiing is its ability to put you in the best of shape. It’s not, however, that there are options for a vehicle to pick you up, and you can’t get tired. The best weather in the world can’t fake up snow, and you can’t get tired. The best weather in the world can’t fake up snow, and you can’t get tired. The best weather in the world can’t fake up snow. The best weather in the world can’t fake up snow. The best weather in the world can’t fake up snow.
NEWS THAT COUNTS FROM THE COUNTY

The Village of Casilevic

Due to the extremely cold weather, it may be necessary to leave your tap water running at a trickle to avoid freezing of water pipes, especially if you have had trouble with frozen water pipes in the past.

NOTICE OF ANNUAL MEETING

The Sebewaing Mutual Fire Insurance Company of Huron, Tuscola and Sanilac Counties will hold its Annual Meeting at the Home Office located at 24 East Main Street, Sebewaing, MI on Thursday, 1st of April, 1990, at 4:00 p.m.

Business will include the following:
(1) Election of three (3) Directors;
(2) Reading of annual report;
(3) Transaction of any other business that may come before the meeting.

MARCH 14 – The Progress-Advance - Wednesday, January 3 to Tuesday, January 9, 1990

THANKS A MILLION

Wheelchair user deserves a boost

DEAR MR. BROS:

I am not only willing, but ready and able, to lend you $292 in the nail. As far as repaying, how long will you show love? On these things, MRS.

VILLAGE OF CASEVILLE

Proposed Wastewater Treatment Facility

The U.S. Department of Agriculture, Farmers Home Administration (FHFA) has applied for an alternative for financial assistance from the Village of Caseville. The specific element of the proposed action is to build a wastewater collection system in Caseville. The FHFA has applied for a loan of $2,113,440 for the Capital Improvement Project (CIP) for the treatment facility.

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Great actions are not always true sons of great and might revolutions. — Samuel Butler
HOMETOWN NEWS

in our

HOMETOWN PAPER!

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Young and adult couples cash in on advertised bargains, food news, and save money on their family budgets.

Senior citizens on a fixed income treasure the everyday practical advice they obtain from their newspaper. They cannot get around as easily as they used to, so advertised savings are very important to them. Special interest features keep them thinking young.

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