

The Newsweekly's: Fall Sports Round-Up

Lakers set school point record

By JIM JAWORSKI
The Lady Lakers put together two of their best games of the year this past week and at the same time upped their overall record to 11-4. Against Mayville, and in front of a home crowd, the Green Team did what no other Laker team has done in the past. They scored a school-record 84 points, with the previous record at 78, taking the game easily with an 84-44 victory.

The game started very slowly for both teams as defense dominated play. But with the score tied at four halfway through the first quarter, Jenny Smith canned three big baskets and the Lakers never looked back. With the home team on top 16-8 starting the second stanza, they put the game away early, scoring 17 unanswered points. Seven different players scored, with Nicole Kolar and Jenny Murdoch leading the way with five points each in the quarter. Fronda Ashmore did the

most damage, banging the basket for nine points and the rest of the bench contributed with 11 more points to set the Laker record. "This was the best game we've played this year," Laker Coach Paul Beachy said. "We pushed the ball very well, played great defense and everybody contributed in their own way. The bench also played well when they were in there." Smith led all scorers with 17 points and seven rebounds. Sturm had 13 points and nine boards, Ashmore added 11 points, Kolar and Darlene Jaworski chipped in with nine points and Bollenbacher had eight.

Playing the last of four straight home games, the Lakers trailed only once, 2-0, and blitzed the Reese Rockets 78-37 last week. Smith, on fire in the opening eight minutes, almost outscored Reese, swishing 11 points as the Green Team led 22-12. Bollenbacher also added three buckets and played well defensively with several steals. Two different players took charge in the second quarter with Sturm canning seven points and Michelle Bolde contributing five points in her limited time on the court. By halftime, the Lakers had more than doubled the Rockets' output, 42-20. In the third quarter, more stingy Laker defense and a balanced scoring attack had the Lakers in range to possibly break 80 for the second straight game, 65-26 with eight minutes to go. The bench played hard and muscled in 13 points while holding Reese to 11 points, making the final score 78-37.

Pats continue the fight

By AMY HEIDEN
The Lady Patriots matched up with two Thumb C Conference foes last week — and although they failed to win either game, they proved to their opponents that they just won't roll over and give up the game without a fight. "It's amazing the level of improvement in our players," Assistant Coach Todd Cramer said.



"They're starting to attack the press and scoring against us and that's making the other teams play halfcourt ball against us." "Our girls are playing well together and keeping their spirits high." The Pats first faced league-leading Uby on Tuesday, and came home with a 58-40 loss. In their previous meeting, the Bearcats had blown out the Pats with a 33-point win, but this time the pickings weren't so easy. The Bearcats led by only two points at halftime, a situation the Patriots haven't faced all year, Cramer said. "We were really playing ball with them the first half and they didn't like that," he said.

So the 'Cats regrouped during the halftime break and came out in the third period to outscore the Patriots 22-9. That run, coupled with a 16-13 fourth quarter, gave Uby the win—but not an easy win. "It was really a heck of a game for our girls," Cramer said. "Uby was expecting to really blow us out and they didn't." Melissa Fuerst, who is the Patriots' leading scorer averaging 10.7 points per game, paced her team with 17 points and eight rebounds. Leah Collon, playing her second varsity game, chipped in with 10, while Angie Gremel grabbed nine rebounds.

Thursday's Patriot-Harbor Beach contest was one of the toughest of the season for the Patriots and for the first time all season they led at various points in the game. But they fell short in the fourth quarter and the Patriots got a 40-33 win. The Lady Pats came out strong in the first period and outscored the Pirates 11-8 and led 20-19 at halftime. And at the beginning of the fourth quarter, the Patriots were still clinging to a slim lead. But a couple of key Patriot turnovers and five-of-eight free throw shooting by Harbor Beach took the win from the Patriots.

"Those free throw points really hurt us," Cramer said. "We were always in the game but then we had the turnovers and they made their free throws." Fuerst again led the Patriots with 13 points and 12 re-

bounds, and Jamie Collon added eight. Chris Doud, playing a great game, pulled down eight rebounds. "Chris is one of our big players and splits the point guard position with Jamie Collon and Janelle Keyser," Cramer said. "She does a great job that doesn't show up in the box score." The Patriots will be on the road this week, traveling to meet Mayville on Tuesday and Lakers on Thursday evening.

JUNIOR VARSITY: USA's JV team lost two games last week. On Tuesday, Uby defeated the Pats 54-31. Jessica Bennette paced the Pats with nine points, and Heather Lentner scored eight. Laura Sokol grabbed seven rebounds. On Thursday, the Harbor Beach Pirates handed the Pats a 70-25 loss. Lentner led the Patriots with eight points.

Thumb C Conference	
Reese	5
Deckerville	4
Unionville - Sebawaing	3
Harbor Beach	3
Uby	2
Sandusky	2
Mayville	1

Lakers	6
Bad Axe	2
Mass City	3
Marquette	0

USA's CHRIS DOUD gets off a shot over a Harbor Beach defender, in Thursday's game. **AARON GROTH PHOTO**

LAKER NICOLE KOLAR passes off to a teammate, while under defensive pressure from a Mayville player. **AMY HEIDEN PHOTO**

Good Laker cross-country showing
The Laker cross-country runners made a good showing at the Thumb Meet of Champs in Caro Saturday, even though they couldn't field an entire team. Sarah Krebs had the best Laker finish, coming in 9th with a time of 20:47. For the boys, Leonard Young was 12th in 17:18, Shawn Diebel was 34th with a personal best time of 17:59 and Ben Sturm was 45th in a personal best time of 18:23. Three JV runners medaled, with Travis Funk in 13th place in 19:31, Brian Koehler in 17th place in 19:38, and Bryce Haley finishing in a time of 20:18. Joshua Talaski ran in 22:40 and Chrissie Helmutz finished in 29:37. Junior High runners competing included Jason Young in 3rd place (11:44), Nathan Gulash in 6th place (12:11), Joel Maust (12:47), Mike Klosowski (13:27), Kevin Burk (17:57), Reid Kilgus (19:57), Peter Eichler (22:16), Joel Helmutz (19:57), and for the girls, Tiffany Burk in 4th place (14:17), Erin Gulash (18:08), and Melissa Raymond (20:09). The final competition will be the regional finals Saturday at Bird Creek Golf Course in Port Austin at 11 a.m.

Owen-Gage nearly upsets Port Hope
The Lady Bulldogs came close to pulling an upset over the Port Hope Blue Stars last week, but a 10-0 run late in the game allowed the Stars to take home the 37-24 win. The 'Dogs' trailed 19-8 at halftime, but came up with a 11-6 third quarter to stage a comeback. Then the Stars used that 10-0 run to pull away and outscored O-G 12-5 in the final quarter for the win.

Lakers put away Hatchets, in 34-6 league win
By AMY HEIDEN
The last time the Lakers and the Bad Axe Hatchets met, the Hatchets came in fired up and managed to keep the score close for much of the game. But their second meeting of the year was much different on Friday, as the Lakers took control right away and never relented and never gave the Hatchets much opportunity to score. The Lakers won the Blue Bay Conference with this final conference contest by defeating the Hatchets decisively 34-6. "We played a little better this time and they didn't play as good as game," Laker Coach Bill McLellan said. "We drove the ball real good on our first possession and that helped to get off to a good start." Schember added another six points on a short four-yard run with less than a minute left in the quarter. The two-point try failed, but the Lakers had a big 20-0 lead with three quarters left. Bad Axe got their only TD of the night after recovering a Laker fumble at the 29-yard line. Four plays later, quarterback Jeremy London kept the ball and ran for the score, and the PAT attempt failed. The Lakers' next possession was fruitful, and they drove nearly the length of the field with Gebauer and Schember gaining plenty of yards. Schember then grabbed Gebauer's bullet in the end zone and the Lakers ended the half up 26-6. "Schember's a good pass receiver," McLellan said. "It's an advantage to have a big kid that runs the ball, blocks for you and still catches the football." Matt Pauly took a 29-yard Gebauer pass to the 15-yard line, setting up the next TD.

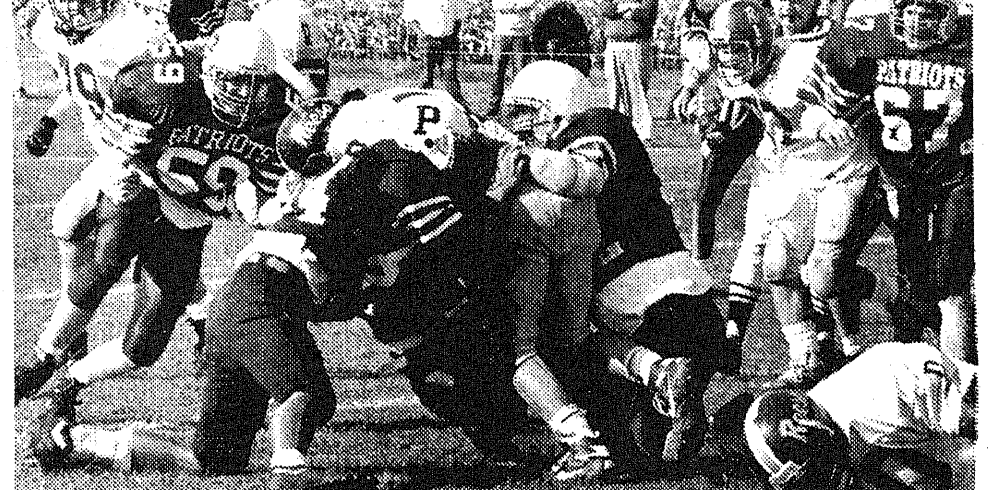
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USA challenges Reese

By AMY HEIDEN
The USA Patriots put up the good fight on Saturday against Thumb C Conference-leading, undefeated Reese, but ended up with a 34-22 loss. "Reese came in expecting a blowout, but we certainly didn't embarrass ourselves," Coach Tim Travis said. "They had too many weapons. We'd look good for awhile then they'd change what they were doing. I wish we'd played better defense but it was tough to stop them."

Reese started off the scoring in the first quarter with an 11-yd. TD run by Jason Sierocki, then Eric Kettlbut kicked the extra point. They got lucky on their next score by forcing a USA fumble, and scored on a 30-yd. pass to Mike Hein. The Patriots got on the scoreboard early in the second quarter, when the Pats stopped Reese cold and took over on their eight-yard line. Jeff Ertman crashed through the line on a short run and Greg Eremia added the two-

point conversion. But Reese took advantage of a bad Patriot snap on a punt and took control on the Patriots' six-yard line with five seconds left in the half. Quarterback Brent Lynch added six more points on a three-yard run, and Kettlbut added the kick for the 21-8 lead. "That was the key time for us, because then we were done by two touchdowns going into the half instead of just one," Travis said. After the break, the Patriots scored on their first possession with a 35-yd. run by Ertman, who then added the two points. But Reese refused to give up, adding another touchdown, this one by Lynch on a 16-yd. run. Kettlbut added yet another point. Sierocki scooted 30 yards for Reese's final score of the night, but Kettlbut missed the kick.



THE REESE RUNNER didn't gain much ground on this play, as a host of Patriot defenders swarmed over him during Saturday's game. **AARON GROTH PHOTO**

The Patriots have gone through the season playing on heart, and that tough heart got them to the end zone again, as Eremia rushed 23 yards for the score. The two-point conversion try failed. "We hung in there for awhile but once we got down by two touchdowns, we stayed there," Travis said. Ertman led the Patriots' ground game with 88 yards in 15 carries, and Eremia had 51 yards in 10 carries. Quarterback Tony Sokol completed five of his 10 passes for 55 yards, and Jody Nitz caught four of those passes for 50 yards. Tim Beringer led the defense with 16 tackles, and Chuck Drier had nine. Wade Kohl, Larry Smith and Justin Fritz each had six tackles, and Kohl grabbed an interception. The loss brought the Patriots' record to 3-5 overall, 3-3 in the TCC, tied for third place. They'll be meeting Carrollton in their season finale at home Saturday at 2 p.m. Carrollton sports a 5-3 record, and the Patriots are hoping to end the season on a high note. **JUNIOR VARSITY:** Reese's JV team barely squeaked out

a victory over USA, scoring in the last two minutes of the game for an 8-7 win. The loss dropped the Patriots' record to 6-2 for the season and knocked them out of the league championship. Danny Sweetman com-

pleted four of eight passes and initiated the Pats' only TD, with a flea-flicker play. He passed to Jason Martens and Martens passed off to Paul Mitchell, who scampered 40 yards for the TD. Mitchell carried 11 times for 55 yards, and Dave Scharich carried five times for 30 yards. Shawn Gainforth kicked the extra point for the Patriots. Scott Jahr led the defense with 13 tackles and Shawn Gainforth had eight.

Lakers put away Hatchets, in 34-6 league win

By AMY HEIDEN
The Lady Eagles knew it was only a matter of time before another win came their way, and it finally arrived last week in the form of a 30-24 victory over Kingston. Defense carried the game for the Eagles as they held Kingston to only six points in the first quarter. And after leading at the half 19-15, Caseville allowed the Cardinals to score only nine points in the final half. "We did an excellent job of shutting them down." **MAUST** led the offense with 75 yards in 10 carries, and Schember racked up 58 yards in nine carries. Gebauer had 53 yards in 13 carries and completed three of six passes for 74 yards. On defense, Matt Koefler had an impressive 15 tackles, while Maust had 12 and Schember had eight. The Lakers meet up with Harbor Beach (3-5) this Friday at the Pirates' home field in the season finale. **JUNIOR VARSITY:** The Laker JV football team got its second straight victory with a win over Bad Axe 48-6. Eric Gardy started the scoring with a 36-yard TD run, his first of three for the night. Bad Axe came back to tie the score.



LAKER RUNNING BACK ERIC MAUST hurdles the crowd, on the way to his team's first TD of the night, in Friday's victory over Bad Axe. **AMY HEIDEN PHOTO**

The Lakers then took control, with Gardy striking paydirt twice more, first on a run of 14 yds. then a 65-yd. run. Zac King rounded out the scoring in the first half, hauling in a Nate Gotts pass for 15 yards. Second half TDs came from Joel Tate on a one-yard run, Gots on a 36-yd. run and Jason Fritz on a 48-yd. romp. Gardy was the leading rusher with 165 yards in 13 carries.

Lady Eagles win!

By AMY HEIDEN
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Terri LaFontaine led the Eagles with 12 points, while Jamie Jensen scored six points and had eight rebounds. Amy Stahl added four points and Celeste Leach had eight rebounds and three points and Amie Cieslinski got eight rebounds. On Thursday, the Eagles dropped a game to conference foes North Huron 44-28. Leach led the Eagles with 11 points. The Eagles' record is now 1-9 in the league, 2-11 overall.

Eagles' Soccer Team splits two games in week
The Caseville Eagles' Soccer Team ended their regular season with a split last week and now are looking forward to the district playoffs. They'll meet Genesee Christian Tuesday (today) in hopes of moving on. Last week, the Eagles took a decisive 5-1 win over the Laker Soccer Club. Ian Starr scored two goals for his team, while Kris Samborsky, August Jones and Mike Tilkins each netted a goal. Al McLean had three assists, and goalie Jason Maust had five saves while allowing only one goal. Coach Mike Remar said Ryan Lackie and Jeremy Jensen showed good hustle on the field, while Tyler Williams and Tim Gaertner were key defensive players. The tables were turned on Wednesday night when Bay City John Glenn shut out the Eagles 6-0. "Sure, they were good, but we just weren't ready to play tonight," Remar said. "We really got a taste of what real soccer is all about. This was probably our toughest game all season." Kevin Gettel, Lackie and Tilkins showed some great moves on the field but to no avail, Remar said.



Unionville Sebewaing Area Schools

Comparative Balance Sheet June 30, 1992 and 1993

	1992	1993
ASSETS:		
Cash on hand and in banks	\$ 104,132	\$ 214,885
Investments	1,597,904	346,597
Accounts receivable	25,954	26,778
Due from other funds	12,646	7,500
Prepaid expenses	3,275	3,275
Deferred expenditures	13,221	
TOTAL ASSETS	\$1,757,132	\$ 599,035
LIABILITIES AND FUND BALANCE:		
Accounts payable	\$ 39,787	\$ 30,999
Tax anticipation notes payable	1,620,074	450,000
Due to other funds	55	299
Payroll deductions and withholdings	35,690	12,450
Salaries payable	12,199	63,430
Deferred revenue		4,628
TOTAL LIABILITIES	1,707,805	561,816
FUND BALANCE	49,327	37,219
TOTAL LIABILITIES AND FUND BALANCE	\$1,757,132	\$ 599,035

	1992	1993
REVENUE:		
Local	\$3,717,074	\$3,731,477
State	154,563	135,646
Federal	127,888	137,773
Incoming transfers and other transactions	12,359	3,218
TOTAL REVENUE	4,011,884	4,008,114
EXPENDITURES:		
Instruction	2,241,773	2,341,214
Support services	1,432,297	1,473,543
Capital outlay	37,060	46,008
Outgoing transfers and other transactions	210,618	159,457
TOTAL EXPENDITURES	3,912,748	4,020,222
EXCESS (DEFICIT) OF REVENUE OVER EXPENDITURES	99,136	(12,108)
FUND BALANCE (DEFICIT) - BEGINNING OF YEAR	(49,809)	49,327
FUND BALANCE - END OF YEAR	\$ 49,327	\$ 37,219

	1992	1993
ASSETS:		
Cash	\$ 40,260	\$ 3,522
Investments	92,552	180,270
Due from other funds	55	55
TOTAL ASSETS	\$131,867	\$183,847
FUND BALANCE	\$131,867	\$183,847

	1992	1993
REVENUE:		
Local	\$418,226	\$419,311
Investment income	4,721	3,886
TOTAL REVENUE	422,947	423,197
EXPENDITURES:		
Redemption of principal	175,000	175,000
Interest on bonds	204,344	195,418
Dues and fees	631	789
TOTAL EXPENDITURES	379,975	371,217
EXCESS OF REVENUE OVER EXPENDITURES	42,972	51,980
FUND BALANCE - BEGINNING OF YEAR	88,895	131,867
FUND BALANCE - END OF YEAR	\$131,867	\$183,847

	1992	1993
ASSETS:		
Cash	\$20,288	\$19,662
Due from other funds		244
TOTAL ASSETS	\$20,288	\$19,906
LIABILITIES AND FUND BALANCE:		
Due to other funds	\$12,646	\$ 7,500
TOTAL LIABILITIES	12,646	7,500
FUND BALANCE	7,642	12,406
TOTAL LIABILITIES AND FUND BALANCE	\$20,288	\$19,906

	1992	1993
REVENUE:		
Food services:		
Local	\$ 99,790	\$108,338
Federal	74,107	78,028
Total food services	173,897	186,366
Athletic activities:		
Local	20,728	32,857
Incoming transfers	79,180	82,853
Total athletic activities	99,908	115,710
TOTAL REVENUE	273,805	302,076
EXPENDITURES:		
Food services:		
Food	79,990	89,186
Salaries	52,444	51,424
Employee benefits	15,785	11,681
Capital outlay	379	15,617
Supplies, materials and other expenses	8,188	7,893
Total food services	156,786	175,801
Athletic activities:		
Salaries	67,297	73,275
Employee benefits	3,639	4,949
Capital outlay		7,500
Supplies, materials and other expenses	29,321	35,787
Total athletic activities	100,257	121,511
TOTAL EXPENDITURES	257,043	297,312
EXCESS OF REVENUE OVER EXPENDITURES	16,762	4,764
FUND BALANCE (DEFICIT) - BEGINNING OF YEAR	(9,120)	7,642
FUND BALANCE - END OF YEAR	\$ 7,642	\$ 12,406

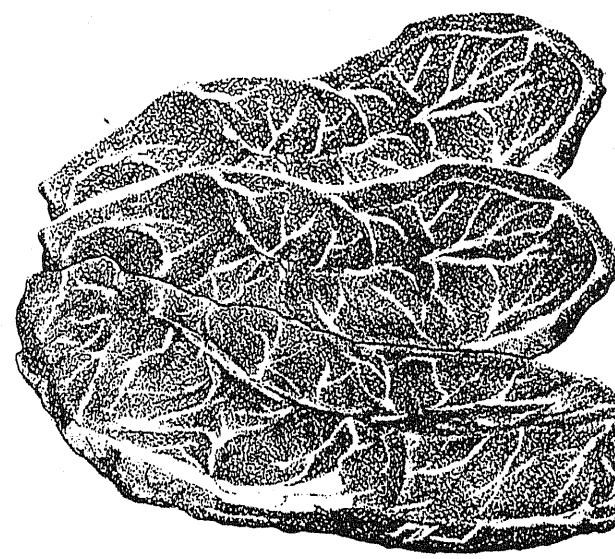
	1992	1993
ASSETS:		
Cash	\$22,012	\$26,028
FUND BALANCE	\$22,012	\$26,028

	1992	1993
BEGINNING BALANCE	\$14,484	\$ 22,012
Add: Total receipts	77,869	97,417
Total	92,353	119,429
Less: Total disbursements	70,341	93,401
ENDING BALANCE	\$22,012	\$ 26,028

	1992	1993
RESOURCES TO PAY LONG-TERM DEBT:		
Amount available in the Debt Retirement Fund	\$ 131,867	\$ 183,847
Amounts to be provided for the payment of bonds	3,393,133	3,166,153
Amounts to be provided for the payment of loans	77,944	93,621
TOTAL RESOURCES TO PAY LONG-TERM DEBT	\$3,602,944	\$3,443,621

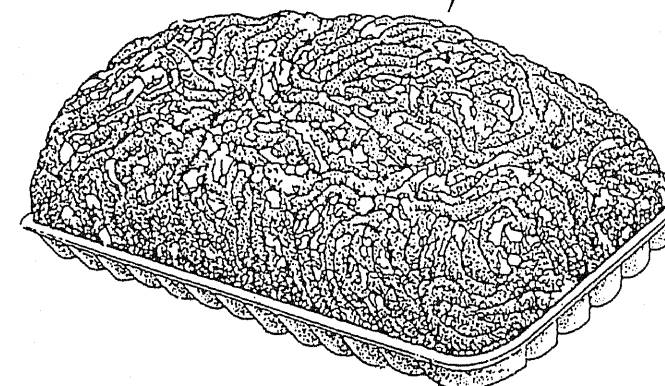
Value of equipment	\$ 971,000
Number of buildings	54
Number of classrooms	54
Number of fulltime resident pupils	939
Number of fulltime nonresident pupils	1
Teachers salaries:	
BA/BS	\$23,034
MA/MS	\$25,278
Minimum	38,138
Maximum	41,781
Total funds spent for salaries of classroom teachers	\$1,763,030
Number of fulltime equated classroom teachers	53.5
Ratio of pupils to employees holding valid Michigan teacher certificates	17.57

Halloween



**Family Pak
Pork Steak**

99¢
LB.



**Fresh Lean
All Beef
Hamburger**

\$1.18
LB.



**Lean Fresh
Picnic Pork Roast**

94¢
LB.

Regular, Thick, Low Salt, Sliced
Spartan Bacon

99¢
1 LB. PKG.

**Produce
Values**

Golden Ripe
Bananas
88¢
4 LBS.

**U.S.D.A. Choice Boneless
Sirloin Steak** \$2.18

**U.S.D.A. Whole
Beef Shortloin** \$2.58

**Koegel's
Large Bologna** \$1.48

**Koegel's
Braunschweiger** \$1.68

**Luke's
Beer Salami** \$1.98

**Luke's
Bulk Pork Sausage** \$1.18

**On-Cor Redi-Serve
Breaded Veal Patties** \$1.98

**Deer Processing
\$30.00**

**Farmer Peet's
Dutch Loaf** \$1.78

**Farmer Peet's
Lean Cooked Ham** \$1.88

**William's
Mozzarella Cheese** \$1.98

**Leon's Country Style
Potato Salad** 98¢

**Bill Mar
Smoked Turkey Breast** \$2.48

WE MAKE ALL KINDS OF DEER SAUSAGES!

**Washington Premium
Red & Golden
Delicious Apples** 78¢

**Fresh
Apple Cider** \$1.98

**Fresh
Green Cabbage** 18¢

**California (X-Large)
Green Peppers** 2/88¢

**Fresh
Pineapples** \$1.58

LUKE'S SUPERMARKET

M-25 • Sebewaing - In Luke's Shopping Center AD PRICES IN EFFECT MONDAY, OCT. 25 - SUNDAY, OCT. 31, 1993
WE CARRY LIQUOR, WINE & BEER • IN-STORE BAKERY • THE LARGEST MEAT COUNTER IN THE THUMB • COMPLETE SELECTION OF SAVE RITE PRODUCTS
OPEN: MON. - SAT. 8 AM - 8 PM • FRI. NIGHT 'TILL 9 PM • SUN. 10 AM - 6 PM - NOT RESPONSIBLE FOR ERRORS IN PRINTING OR ILLUSTRATION. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

The Newsweekly's Thumb-Area CALENDAR

Oct. 25-31 - National Immunization Week

Hills and Dales Hospital, Cass City, offers "Pneumonia Pinckout" during National Adult Immunization Week, with shots and seminars offered. Details: 872-2121, ext. 226.

Tuesday, Oct. 26 - Thumb Reading Council dinner

"Reading-Writing Connection" is the theme for the dinner and program beginning at 4:30 p.m. at Mayville High School. Sue Whitney of the Wright Group and Diane Paquin from Ginn Publishers are featured, and both will illustrate the connection between writing and reading. Activities will be featured for both small and whole group instruction. All interested people are invited. Details: Jackie Lewtschany, 673-5375.

Wednesday, Oct. 27 - Sebewaing Post Office invites...

The Sebewaing Postal Service Office invites customers to stop in for refreshments all day, to celebrate Customer Service Week.

Thursday, Oct. 28 - Pumpkin entry deadline

Deadline to enter the second annual Decorated Pumpkin-Squash Showcase sponsored by the Lake Huron Community Arts Council. Bring decorated pumpkins to the Heidelberg Gallery, Downton Sebewaing, between 3:30 and 5 p.m. Details: Angela Pitcher, 883-9013.

Friday, Oct. 29 - Trick-or-treaters parade in Unionville

USA Elementary School will host a Halloween Parade 2:10 p.m. at the school in Unionville.

Friday, Oct. 29 - Popcorn sales start

Lake Huron Area Council Thumb Boy Scouts of America District will conduct a popcorn sale in the Thumb from Friday, Oct. 29 to Sunday, Nov. 21. Proceeds from the drive will go to each pack or troop to raise funds to finance their Scouting program.

Friday, Oct. 29 - Thumb Circuit LWMS Rally

The Fall Rally of the Lutheran Women's Missionary Society's Thumb Circuit will be at St. James Lutheran Church, North Branch, at 7 p.m. with registration at 6:30 p.m. Speaker will be Linda Phillips, a nurse from the Medical Mission in Africa.

Fri.-Sat.-Sun, Oct. 29, 30, 31

and Nov. 5, 6, 7 - "Guys and Dolls" at Port Austin

The Port Austin Community Players will play "Guys & Dolls." Curtain time is 8 p.m. Friday and Sunday and 2 p.m. Sunday. Details: 738-5217.

Saturday, Oct. 30 - Bay Port UM Bazaar

Bay Port United Methodist Church's Bazaar, Bake Sale and Luncheon runs 10 a.m. to 2 p.m. at the church. Served will be chicken noodle soup, chicken salad, chicken and biscuits, egg rolls, desserts. Bazaar tables are available for rent. Details: Sue at 453-3638 or Marilyn at 656-2151.

Sat.-Sun., Oct. 30 and 31 - Pumpkins on display

Second annual Decorated Pumpkin-Squash Showcase at the Heidelberg Gallery, Downton Sebewaing, 1 to 7 p.m. Saturday and 1 to 4 p.m. Sunday

Saturday, Oct. 31 - Sebewaing Halloween Party

Sebewaing Chamber of Commerce sponsors a party from 3 to 4:30 p.m. at the Sebewaing Fire Hall.

Sunday, Oct. 31 - Set clocks back (Fall back...)

Halloween and Daylight Savings Time ends.

Monday, Nov. 1 - Sugar Festival meeting

Michigan Sugar Festival Committee will hold an organizational meeting and slide show 7 p.m. at the SugarCreek Restaurant in Downton Sebewaing. All interested people are welcome to attend.

Monday, Nov 1 - T-shirt design deadline

Deadline for the 1994 Michigan Sugar Festival T-shirt design and festival theme contest.

Tuesday, Nov. 2 - La Leche meets in Caro

Monthly meeting of the Caro La Leche League is 9:30 a.m. at 904 Ryan Road, Caro. The informal meeting is open to all women interested in breast-feeding. Babies are always welcome. Details: Penny at 673-8460 or Jean at 674-2676.

Thursday, Nov. 4 - USA volunteers sought

USA Elementary School is looking for volunteers to be a friend to a child at least one-half hour a week. There is an organizational and informational meeting 10:30 a.m. at the elementary library in Unionville.

Friday, Nov. 5 - K of C Fish Fry

Unionville-Sebewaing Knights of Columbus will host an all-you-can eat fish fry from 4:30 to 8 p.m. at USA High School cafeteria, and the public's invited.

Saturday, Nov. 6 - CCAC taps big band toes

Caseville Community Arts Council will sponsor a "Big Band Revue" for dancing and listening 7 to 11 p.m. at Hersel's by the Bay. Details: 856-2171, 856-4535, 856-4636.

Saturday, Nov. 6 - Elkton VFW Bingo

Members of the Elkton VFW are planning a Bingo with 21 games and turkey prizes, at 7 p.m. at the Elkton Civic Center.

Saturday, Nov. 6 - Bach bazaar sale and luncheon

St. Peter Lutheran Ladies Aid of Bach will host its annual bazaar sale - luncheon 10:30 a.m. in the church basement.

Sunday, Nov. 7 - TLM "Miracle Hymn Sing"

A "Miracle Hymn Sing" to raise money for Top-of-the-

Thumb Leisure Ministries is 7 p.m. at the Pigeon River Mennonite Church. Donations may also be sent to TTLM at P.O. Box 546, Pigeon, MI 48755, for those unable to attend the program.

Monday, Nov. 8 - Unionville Village Council meets

Regular monthly meeting of Unionville Council will meet at 7 p.m. rather than on Nov. 15 due to deer hunting season.

Nov.-Dec. holidays - Secretary of State closures

All 180 Secretary of State branch offices will close in observance of holidays on these dates: Thursday, Nov. 11 for Veterans Day; Thursday-Friday, Nov. 25-26 for Thanksgiving; Thursday-Friday, Dec. 23-24 for Christmas, and Thursday-Friday Dec. 30-31 for New Year's. Motorists whose driver license or plates expire soon should renew early.

**Newsweekly Calendar Deadline:
Thursday at 5:00 p.m.**



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ACTIVITIES: Euchre: Monday, 10:30 a.m.
Bingo: Tuesday, 10:30 a.m.

Wednesday, Oct. 27: Pork Steak w/ Sauerkraut, squash, Waldorf salad, roll, rice pudding.

Thursday, Oct. 28: CLOSED

Friday, Oct. 29: Beef Stew w/Carrot,

Potatoes & Onions, stewed tomatoes, biscuit, fresh banana

Monday, Nov. 1: Pepper Steak w/Rice, oriental blend vegetables, hot roll, tapioca pudding.

Tuesday, Nov. 2: Baked Cod, broccoli w/cheese sauce, cucumbers & sour cream, whole wheat bread, fresh orange.

Autumn - 1993

To Your Good Health!



SEVEN-YEAR-OLD James Urick of Caseville gets a little TLC — and a cast — for his broken fingers from Dr. Mary Morden at Scheurer Hospital, Pigeon. AMY HEIDEN PHOTO

Dr. Mary Morden enjoys being 'back home...'

By AMY HEIDEN

Caseville youngster James Urick watches intently as Dr. Mary Morden expertly applies a cast to his arm and hand, showing not the slightest bit of discomfort — and happily chatting with his mother and the doctor.

Dr. Morden warns the seven-year-old not to put coins into his cast, telling him "this is not a bank," and further cautions him not to use it as a weapon.

The differences between treating an accidental injury like James' in a small hospital like Scheurer Hospital, and a trauma injury in a large teaching hospital like Johns Hopkins in Baltimore, Maryland, finally brought Mary Morden back to her home-

town over a year ago.

Originally from Bad Axe, and the granddaughter of local physical Dr. Charles Morden, the orthopaedist is now practicing from her office in Bad Axe, with privileges at Scheurer, Huron Memorial and Harbor Beach Community Hospitals.

Urick's reaction to his new cast and his broken fingers proves what Dr. Morden says about her new patients in the Thumb, contrasted to patients in a city as large as Baltimore.

"People here seem to be tougher, even the children," Dr. Morden says. "They seem to work a lot harder."

"If I had to set a broken arm there, a kid in the city would be crying, but kids here want

to watch and they're pretty quiet about it."

Dr. Morden returned to her home county after spending over 13 years practicing in Baltimore. She earned her medical degree from the University of Michigan and completed her internship and residency at the Ochsner Clinic in New Orleans. It was at Ochsner that she made up her mind that orthopaedics would be her specialty.

"At that time there weren't many women going into orthopaedics," she says. "I started picking up orthopaedic journals and found they were much more interesting than regular medical journals."

Please turn to Page 26

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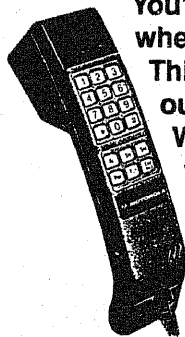
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To Your Good Health!

Health News & Information Round-Up...

More fast facts about effects of Cholesterol...

- Cholesterol is a soft, fatty substance that the body needs—in small amounts
- Cholesterol is made up of HDL's (High Density Lipoproteins) and LDL's (Low Density Lipoproteins.) When overall cholesterol levels are measured in the bloodstream, the percentage of HDL's and LDL's is now often determined.
- LDL's seem to promote cholesterol deposits on the artery walls. HDL's, however, help move cholesterol back to the liver.
- High blood cholesterol levels contribute greatly to the development of coronary heart disease—America's number one killer which claims about 550,000 lives every year.
- Millions of adults have cholesterol levels of 200 or higher, placing them at increased risk of heart disease and heart attack.
- Most people can lower cholesterol to less than 200, a "desirable" level, with diet and exercise. Make sure you carefully follow your doctor's instructions about any change in eating habits or exercise routine.
- Stop smoking. Lose weight if your doctor advises

you to.
• If the above measures aren't adequate, your doctor

may prescribe a prescription medication to help lower cholesterol levels.

Letters from our Readers...

Reader discusses health system

By BONNIE ADAMS Caseville

How fortunate we are here in Huron County with a population of about 35,000 residents to have three community hospitals. I have used two of them throughout the years and have been very glad to have used them with very good results.

My question is, why is it so hard to get admitted to the emergency room if you do not happen to possess the magic ECBS card, or some sort of free-ride card?

I have a condition that can be very scary, especially when you've been to the doctor's office twice in the previous 72 hours and spent nearly \$300 in office calls and drugs, and yet I still cannot breathe without a lot of pain.

I used to work for veterinarian Dr. Miller and he is used to getting up in the middle of the night for house calls.

His patients do not have ECBS cards and as far as I know, none of them can converse, not many of them reach age 54 and can relay any of their symptoms or

previous action taken by another doctor (he's a veterinarian!). After all, I had a different doctor each time I went in.

I felt that my life must be worth the \$150 it cost each time.

Many people would think nothing of buying a gun, camera or other gadget for their own pleasure. I myself would rather put that money towards a computer for my business, but what good would that be if I was brain dead?

I am still kicking as I sit here in much pain from trying to breathe, but tough cookies do not crumble. How about the less fortunate?

I'm glad I live in a free country where we are able to express our words, even if most people may not understand what I am trying to say.

I guess I will call my therapeutic massage gal. She usually can knock this out of me with no drugs. I go to her regularly and my chiropractor, twice last week for another \$54 for three visits.

Maybe I just had a bad week. Hopefully this new one will be better.

100 years of public health nursing is observed...

Public Health Nursing celebrates its 100th anniversary this year. It was founded in New York by Lillian Wald in 1893.

It was conceived to respond to the needs of the populations at greatest risk in our society by nursing the sick of all ages in their homes and providing instructions to reduce illness and promote health.

Over this century, Public Health Nurses have been highly effective in contributing to the rising infant well being and reduction in in-

fectious disease.

The Tuscola, Huron and Sanilac Associated Health Departments would like to recognize the talent, hard work and dedication of the Public Health Nurses in our community of this century of caring, said Joanne Sopko, home care director.

RK surgical technique is gaining ground...

Radial keratotomy, a surgery to improve the vision of people who are nearsighted, is growing in popularity.

While 30,000 such operations were performed in 1988, 250,000 were done last year, says G. Emery Wilson of Great Lakes Eye Ophthalmology group of Saginaw.

Radial keratotomy, or RK, was conceived in the 1930s in Japan and has been practiced in the U.S. since 1978.

Nearsightedness, or myopia, occurs when the eye focuses on images in front of the retina instead of directly on it. The usual cause is excessive curvature of the cornea or lens.

In RK, an ophthalmologist makes radial incisions on the cornea. The cornea then flattens and, as a result, the image falls on the retina rather than in front of it.

The surgery generally is more successful with moderately myopic eyes and with older patients, experts say.

The most common complications of the surgery are under-correction or over-correction, problems with glare and fluctuation in visual clarity.

To Your Good Health!

Help available for senior citizen drug assistance...

Senior citizens can get assistance in purchasing prescription drugs under a new plan, as announced by Human Development Commission.

- Eligible applicants may receive up to two months of free prescriptions if they meet the following requirements:
- are 65 years of age or older;
- have a maximum monthly income of \$1,149 (couple) or \$851 (single), from which the cost of medical insurance premiums may be deducted;
- have current monthly prescription expenses equaling 10 percent of household income.

Those who qualify will

need to present unfilled new prescriptions or authorized refills for prescriptions.

For more information, call Sandra Rieck or Bonnie Phelps at 1-800 843-6394 or 673-4121.

Radon, the unfriendly lurking ghost...

Do your kids ask you to check under the bed for lurking ghosts before bedtime? Do you then look under the bed and tell them not to worry?

You may be wrong — radon could be lurking around your house and under your bed, says the American Lung Association of Michigan.

Radon is the nation's second-leading cause of lung cancer and is the leading cause among non-smokers. Radon exposure is esti-

mated to be responsible for thousands of deaths each year. It is projected that 12 percent of Michigan residents have potential radon problems, the group says.

Radon is a naturally-occurring, colorless and odorless gas. It can enter your home through cracks in the foundation floor, walls and drains.

Exposure to high levels of radon can lead to an increased risk of lung cancer.

The ALA of Michigan urges you to protect yourself and your family from lung cancer by testing your home for radon.

Radon testing is easy and inexpensive. Like a ghost, you cannot see or hear radon, the experts say.

Don't let radon haunt your house — test for radon.

Gov. John Engler declared the week of Oct. 17-23 as Radon Action Week in Michigan. For additional information about radon, call the

ALA of Michigan at (800) 543-LUNG.

Programs such as Radon Action Week are funded, in part, by donations to Christmas Seals.

Parent helpers are sought by DDS...

Huron County Department of Social Services is looking for volunteers to participate in their new Parent Aid Program.

Parent aides spend three to five hours a week as a caring friend to parents who are at risk of abusing or neglecting their children.

Aides will work with a family for a minimum of six months to assist the parent or parents in meeting their parental obligations as well as developing on-going home-making skills.

Supervision is provided by the DSS. For details, call Mike Sutherland at 269-9201.

HDC assault prevention speakers are available...

The Thumb Area Assault Crisis Center has speakers available for local groups and organizations in Huron, Tuscola, Lapeer and Sanilac Counties.

Topics can include sexual assault, date rape, power and control issues, domestic violence and its effect on families, physical needs of the shelter, volunteer involvement and services available.

The Assault Crisis Center is a program of the Human Development Commission, which provides safety, support and prevention services to victims of sexual and do-

mestic violence.

Service includes a 24-hour crisis phone line (1-800-292-3666), 24-hour emergency shelter, counseling, advocacy and education.

Workshop for teens set for December...

Tuscola County MSU Extension Service is looking for interested teens — 14 years or older — and adults to attend a Peer Plus, Group Dynamic and Youth Experimenting Action workshop at Kettunen Center in Tustin Friday-Sunday, Dec. 3-5.

Training is for individuals interested in learning more about themselves and others by participating in self-awareness, group interaction and community service.

Anyone interested in registering, or desiring more information, is invited to call Kris Swartzendrubler at 673-5999, Ext. 228.

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To Your Good Health!

Regular mammogram aids cancer detection

By MARY DRIER
Mammograms are proven life-savers... and breast-savers.

A mammogram—or breast x-ray—can detect a budding cancer about two years before a manual breast exam can put a finger on it, experts say.

A 48-year-old Sebewaing woman who wished to remain anonymous is a firm believer in having mammogram examinations done regularly.

Earlier this year, the mammogram she had done at Scheurer Hospital in Pigeon showed a lump the size of a pea in her left breast.

After the lump was discovered, she got a second opinion with the use of ultrasound equipment at Bay Diagnostic Center, Bay City, which confirmed there was a lump in the breast that hadn't been there before.

The next step was a lumpectomy—removal of the lump to determine whether it is cancerous. Fortunately, her lump wasn't.

Nitrate sampling is offered by County Extension Service

Michigan State University Cooperative Extension offices in Huron and Tuscola Counties now offer nitrate soil analysis for a small charge per sample.

Nitrate-nitrogen levels will vary from year to year and field to field depending on rainfall, crop rotation, fertilization and manure.

Place dry samples in a paper bag before taking to the Extension office.

For more information, call Ag Agents Dennis Stein in Caro at 673-5999 ext. 228 or Jim LeCureux in Bad Axe at 269-9949.

The lumpectomy left a three-inch scar which she considers much better than breast removal.

She has had a mammogram done each year since she was 40 years old, and says the test is a small price to pay for good health.

According to the National Cancer Institute, women would benefit greatly from having a mammogram, but more than 30% of the female population have never had one done.

Fear is the number one excuse given not to have the test done.

"Having a mammogram is a necessity for women even if they don't have a family history of cancer," she said, noting there is some slight discomfort in having a mammogram.

"It is best to stay on top of the situation for early detection."

Mammogram background...

The National Cancer Institute and the American Cancer Society endorse the following guidelines:

*If you're age 50 or older, have a mammogram and a manual breast exam done by a doctor each year.

*If you're between the ages of 40 and 49, have breasts examined by a qualified doctor once a year and have a mammogram every one to two years.

*If you are under the age of 40, have a clinical breast examination at least every three years.

Other considerations include - having the first child when you were over the age of 30, or not having had any children at all, starting period before the age of 12, and beginning menopause after age 55.

*All women should practice monthly breast self-examinations.

tion. "Early detection saves lives."

Less than 20% of breast lumps detected by mammograms are cancerous. In most cases, an "abnormal" spot on a mammogram is just

a fluid-filled cyst, a bit of tissue that's a little different, a clump of calcium or a fibroid tumor, which are all harmless.

However, if the spot does happen to be cancer it is better to have caught it early.

When breast cancer is diagnosed and treated in the earliest stages, before it's begun to spread, there's a 91% chance for a full recovery and usually can be achieved without removing the entire breast, experts say.

However, no medical exam is 100% perfect. There is always the possibility that something was missed, but it is about 10 times more accurate at detecting early-stage cancer than an exam done by hand.

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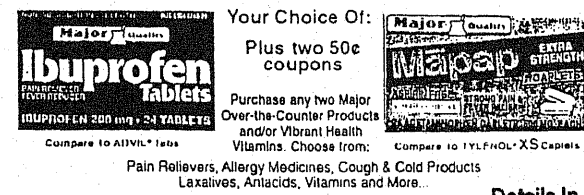
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To Your Good Health!

High medical expenses can bring tax deductions

The increasing costs of health care—combined with high insurance deductibles—means that you may have to shell out more money each year for medical expenses.

However, the Michigan Association of CPAs points out you can still deduct unreimbursed medical expenses to the extent that they exceed 7.5% of your adjusted gross income for that year.

Although you need to incur substantial expenses to reach the 7.5% threshold, you may be surprised at the number and variety of qualified medical expenses that can enable you to exceed this threshold.

Upcoming Red Cross blood drives

Blood drives in the Western Thumb during November have been announced.

"Now, more than ever, the American Red Cross, Wolverine Blood Region needs support in its blood drives. Every season in Michigan brings a tremendous need for blood and blood products," said Teri Benner, PR director for Wolverine Region.

Here is the schedule:
BAD AXE: Greene Elementary School, WEDNESDAY, NOV. 3, from 2-7:45 p.m.
PORT AUSTIN: North Huron Middle School, MONDAY, NOV. 8, from 3-7:45 p.m.
ELKTON: Civic Center, WEDNESDAY, NOV. 10, from 1-6:45 p.m.
CASEVILLE: American Legion Hall, THURSDAY, NOV. 11, from 2-6:45 p.m.

When tallying up your medical expenses for this year, keep in mind that you may deduct the payment of medical bills for you, your spouse, and your children—even if you are divorced and your former spouse is entitled to claim the children as dependents, the CPAs say.

Generally, you may also include the medical expenses you pay for any person you can claim as a dependent.

This can include not only your children, but also other relatives such as parents, grandparents, and brothers and sisters, as long as you provide more than half of their support and meet other requirements.

Qualified medical and dental expenses include any amounts paid for the diagnosis, cure and treatment or prevention of disease. Generally, you cannot deduct expenses incurred for your general health improvement, such as vitamins and health club fees.

What's more, you cannot deduct costs for surgery that is strictly cosmetic. You may, however, deduct cosmetic or plastic surgery necessary to correct a personal injury or treat a disease.

In addition to the more obvious expenses, such as doctor, dentist and hospital bills, you may deduct the cost of transportation to and from the doctor, hospital or pharmacy; special items like eyeglasses, contact lenses, dentures and hearing aids; health, hospitalization and Medicare insurance premiums; wages paid for nursing services; and prescription drugs and insulin.

You may also deduct the cost of certain home improvements necessitated by a medical problem and recommended or prescribed by a physician for a specific medical condition.

For example, the cost of a swimming pool might be deductible if it is specifically required for a person who has polio.

CPAs point out that generally you can take a medical deduction only to the extent that the cost of the improvement exceeds the increase in the value of the property.

So, for example, if a swimming pool costs \$10,000 but adds \$4,000 to the value of the property, only \$6,000 would be tax-deductible.

If you make a medically

related capital improvement to your home, be sure to obtain a written appraisal from a real estate appraiser or a valuation expert so you can prove the extent to which the improvement affected the value of your property.

Calculating your medical expenses is an important year-end tax-planning task. Since medical bills are deductible in the year you pay them, you may be able to maximize your deduction by controlling the timing of your payment.

If you are close to or over the 7.5% threshold, you may want to step up some medical appointments for this

year and make the payments before year-end.

If you pay by check, the day you deliver or mail the payment is considered the payment date regardless of when the check is cashed.

If it appears that your medical deductions for the year will not reach the 7.5% threshold, try to delay paying outstanding medical bills until 1994.

Deferring payment of medical bills until next year may also be a good idea when you suspect that your adjusted gross income will be lower next year, therefore putting you in a better position to meet the threshold.

Keep in mind, too, that if you are married, and one spouse has substantially higher medical expenses and a lower taxable income than the other, it may make sense to file separate tax returns.

Although married individuals filing separate tax returns are generally subject to higher tax rates, by filing separately, the 7.5% floor applies to the individual's adjusted gross income—not to your higher point income.

As a result, you or your spouse may qualify for the medical deduction. Calculate your taxes this way to determine if the strategy will pay off for you, the CPAs say.

It's a girl!

Born to Mike and Lisa (Layher) Gremel of Unionville, a daughter, **Jessica Renae**, on Friday, Oct. 15, 1993, weighing 8 lbs., 8 oz., at Bay Medical Center.

Grandparents are Ken and Nancy Layher and Jim and Judy Gremel, all of Sebewaing.

Great-grandparents are Linda Louis, Unionville; Arnold and Leona Layher, and Esther Gremel, all of Sebewaing, and Howard and Garnet Kabat, Reese.

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IF YOU'RE OVER 35 IT'S ONE REASON TO LOOK INTO YOUR EYES.

Glaucoma is a condition which can result in progressive deterioration of vision due to an improper balance of fluid in the eye. The first symptoms of glaucoma, as well as other vision impairing ailments, often begin to appear in persons thirty-five and older. Early detection is important. Call to schedule an eye examination today.

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To Your Good Health!

Here's a healthy brownie...

Parents are increasingly concerned about nutrition and reducing fat in their children's diets.

Here's a snack idea featuring the ever-loved brownie, but with very low fat, when juicy sweet fresh USA Bartlett pears are substituted for the traditional fat. Serve them after school along with slices of fresh Bartlett pears.

Chevy Pear Brownies are a simple, made-from-scratch dessert or snack, cutting the usual fat with a fresh pear puree. Lowfat yogurt replaces eggs in the mixture.

The end result is a chewy moist brownie that kids will love, and at the same time,

parents can be assured they are helping in healthy choices for their children.

You may use either red or yellow Bartlett pears for Chevy Pear Brownies. Bartletts are excellent for purees, retaining their mellow juicy quality.

For best results use ripe pears. Red Bartletts should be a bright crimson color when ripe and yellow Bartletts turn bright yellow when mature. Both varieties are in good supply August through December.

For more healthy and easy-to-prepare snacks and recipes especially for children, send for Children's Snacks

from the PearBear Pantry. Mail a stamped, self-addressed No. 10 business-size envelope to:

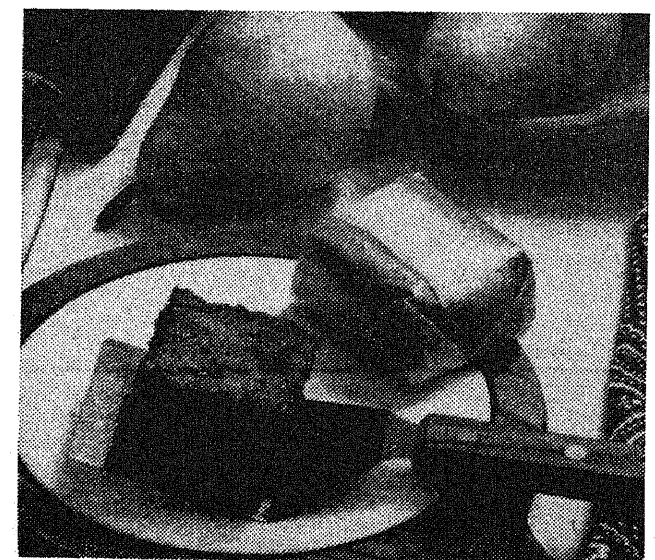
Oregon Washington California Pear Bureau Studio PB-1
813 SW Alder, Suite 601
Portland, OR 97205-3182

Chevy Pear Brownies
3/4 cup each, flour and sugar
1/3 cup unsweetened cocoa
2 tablespoons chopped walnuts
1 teaspoon baking powder
1/4 teaspoon salt
1 cup pared, cored and diced Bartlett pears
1/2 cup pared, cored and pureed Bartlett pears
1/2 cup plain lowfat yogurt
1 teaspoon vanilla

Combine flour, sugar, cocoa, walnuts, baking powder and salt. Add diced pears and toss to coat. Add puree to yogurt and vanilla and add to flour mixture. Mix only until flour is evenly moistened and batter is smooth.

Pour into greased 9-inch square baking pan. Bake at 350°F 30 to 35 minutes or until wooden pick inserted near center comes out clean. Cool and cut into squares. Makes 16 brownies.

Nutritional Analysis Per Serving: 81 Cal., 1.5 g pro., 1.2 g fat (12% Cal. from fat), 17.7 g carb., 0 mg chol., 1.1 g fiber and 76 mg sodium.



CHEWY PEAR BROWNIES are nutritious and tasty.

Learn about durable power of attorney

The Michigan Legislature recently authorized the use of a Durable Power of Attorney for Health Care in our state.

By creating a Durable Power of Attorney for Health Care, you can appoint another individual to make decisions concerning your care, custody, and medical treatment when you are unable to participate in medical treatment decisions.

Health care and legal groups urge every Michigan resident over 18 years old to complete a Durable Power of Attorney for Health Care Designation Form.

The forms were developed and approved by the Michigan State Medical Society, the State Bar of Michigan, the Michigan Hospital Association and the Michigan Association of Osteopathic Physicians and Surgeons.

Creation of a durable power of attorney for health care is simple. A patient appoints another person to act as the patient's advocate by filling out a Designation of Patient Advocate Form, a written document.

When a patient is unable to participate in medical treatment decisions, a patient advocate is authorized to make any care, custody and medical treatment decisions that a patient could make on his or her own behalf, subject to limitations set forth in the patient's Designation Form and as limited by law.

A patient's designation form is then made a part of the patient's medical records. If and when necessary, the patient's attending physician along with another physician determine whether the patient is able to participate in

medical treatment decisions. While the patient is unable to participate in medical treatment decisions, the physician obtains informed consent from the patient advocate.

The durable power of attorney form does have limitations. A patient must be 18 years of age or older and of sound mind to designate an advocate. Also, a patient advocate's powers become effective only while a patient is unable to participate in medical treatment decisions.

A patient advocate may decide to withhold or withdraw life-sustaining treatment, but only if a patient has expressly authorized this in a clear and convincing manner and has acknowledged that death could result.

Please turn to Page 35

Huron beef producers promote food safety

Fresh meat and poultry products will soon display safe food handling instructions.

The new instructions were developed by USDA to help consumers better understand proper preparation and storage of meat and poultry as part of an effort to reduce the potential of food-borne illness, says the Michigan Beef Industry Commission.

"The beef industry has a long-standing commitment to providing consumers with nutritious, healthful products and to helping them understand the importance of safe food handling," says Kathleen Hawkins, MBIC

executive director.

"Over the years, checkoff dollars invested by local cattle producers have been used to fund research in pathogen reduction and to develop educational programs designed to help consumers understand safe food handling and cooking techniques.

"With the introduction of the new instructions, the beef industry will continue its effort through a broad-scale educational campaign that teaches the relationship between safe food handling procedures and reduction of food-borne illness."

Statistics from the Centers for Disease Control show that 97% of reported food-borne illnesses could have been prevented by proper cooking and handling procedures.

"This is why it is so important for consumers to understand the new instructions and why the beef industry will continue to invest checkoff dollars to increase awareness of safe food storage and preparation techniques," explains Hawkins.

Addressing four important facets of proper food handling, the new instructions feature helpful visual elements and encourage con-

sumers to:

• "Keep refrigerated or frozen. Thaw in refrigerator or microwave."

• "Keep raw meats and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry."

• "Cook thoroughly."

• "Keep hot foods hot. Refrigerate leftovers immediately or discard."

Meat and poultry processors, distributors and retailers will be responsible for providing the instructions which will appear on all raw

and partially-cooked meat and poultry products destined for use in households or food service establishments such as hotels, restaurants and hospitals.

Over the past three years, farmers and ranchers have invested nearly \$1.5 million in checkoff funds to support research on food-borne pathogens.

In fiscal year 1994, the beef industry will invest additional checkoff funds in total of \$1.1 million for food

safety research and \$200,000 for consumer education.

Projects and programs dedicated to advancing food safety are funded in part by local cattle producers through the beef checkoff, a \$1-per-animal investment collected each time cattle change hands.

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Durable powers

Continued from Page 34

This power is always subject to a patient's current desire to be provided life sustaining treatment.

Even if a patient is unable to participate in medical treatment decisions, the patient may still revoke the designation at any time and in any manner by which a patient is able to communicate an intent to revoke.

Every patient has the option to appoint a patient advocate but cannot be required to do so. Physicians and other health care providers cannot require a patient to appoint a patient advocate as a pre-condition to providing health care services.

A designation form is not a "living will" or a "medical

directive." Both a "living will" and a "medical directive" permit patients to state their wishes not to receive life-sustaining treatment if they are terminally ill and the treatment would only artificially prolong the dying process.

However, Michigan statutory law does not recognize the so-called "living will" or "medical directive," and they thus provide little assurance that the patient's wishes will be carried out.

A properly completed designation form under Michigan law can be followed by physicians.

Unlike either the "living will" or "medical directive," the durable power of attorney for health care applies in all situations in which a patient is unable to make health care decisions for themselves, not just when they are terminally ill.

It allows the patient to state any desires they may have concerning care, custody and medical treatment decisions, including a desire that they receive maximum treatment when they are terminally ill or desires concerning health matters unrelated to terminal illness.

To obtain a Designation of Patient Advocate Form(s), or for more information, call the Michigan State Medical Society at 337-1351.



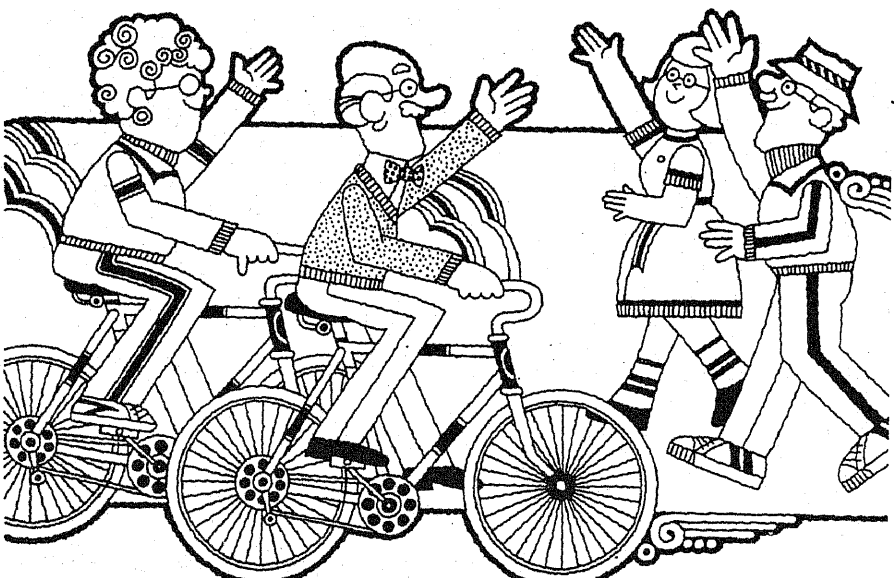
AUXILIARY DONATION: The Scheurer Hospital Auxiliary recently donated funds to the hospital to purchase arthroscopic instruments for use in orthopaedic surgery, and a special temperature-controlled blood bank refrigerator for the laboratory.

An orthopaedic surgeon can use the arthroscopic instruments in knee, ankle, or shoulder surgery without completely opening the joint and risking infection, said orthopaedist Dr. Mary Morden. The instruments cost \$2,800, according to Scheurer Auxiliary President Gloria Lewis.

The special refrigerator will be used to store blood products for use in emergency transfusions, said Scheurer Lab manager Susan McFarland.

PICTURED ARE, from left, McFarland, Dr. Morden, auxiliary President Lewis, and Scheurer Hospital Administrator Dwight Gascho. AMY HEIDEN PHOTO

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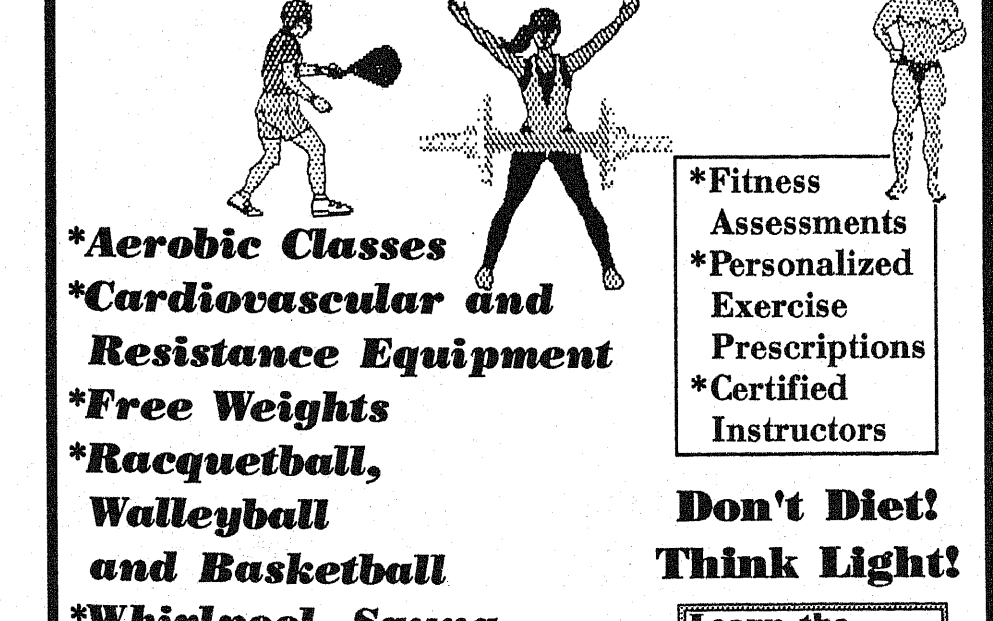


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2. Trick-or-Treaters should be accompanied by an adult or responsible teenager.
3. Kids should carry a flashlight after dark.
4. Masks must be adjusted so that children can see adequately.
5. Tell your children not to eat any treats until you have examined them.
6. Check candy wrappers for tampering
7. Trick-or-Treat only in familiar neighborhoods.



8. Buy flame resistant costumes or make them from flame resistant materials.
9. Props, such as guns or swords, should be made of styrofoam or cardboard.
10. Reflectorized patches or strips should be added to costumes and treat bags.
11. Be sure that wigs and hats are worn well off the face and securely fastened so they will not slip over eyes.
12. Have fun, collect loads of treats, but stay alert to traffic and remember to look both ways TWICE before you cross the street.

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