To Your Good Health!

Special Supplement To The Newsweekly • Tuesday, April 26, 1994

Someone's In The Kitchen With The Pittengers of Caseville...
who have adopted a low fat lifestyle and lost over 100 lbs.!!!

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Moms and Babies are Happy and Healthy...
with a breastfeeding support group and parenting network in Pigeon

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Polio Hasn't Crippled Her Spirits...

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New Equipment at Scheurer Hospital...

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Support Upcoming Blood Drives...
Pittengers enjoy 'low fat... lose 100 lbs!'

The Pittengers' Favorite Hawaiian Haystacks

Ingredients:
1. Baked chicken breast, baked in 3 to 4 hours. Cut into cubes.
2. Canned rice
3. Soy Sauce
4. Canned water with salsa and cilantro

Toppings (use as many as you like):
1. Shredded cabbage
2. Pineapple chunks
3. Salsa
4. Crumbled tortilla chips

Coconut, cashews, cilantro, onion, etc.

Assemble:
1. Place cooked rice on a serving plate. Top with chicken and salsa. Put as many toppings as you like. Serve with soy sauce.
2. Say “Wow!”
3. Season with salt and pepper.
4. Delicious!

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Dental Health Awareness

Regular check-ups at the dentist and careful home care of your teeth are essential. Make sure your teeth and gums are healthy and you'll enjoy them for a lifetime.

New Patients Welcome.
Pigeon & Sebeavina Family Dental Centers
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Dalton P. Cee DDS
Phone: 453-3014
Sebeavina 808-3580

Glaucoma is a condition that can result in progressive and irreversible loss of vision. The symptoms of glaucoma are often masked by other conditions. If you are over 40 and have uncontrolled high blood pressure, you are at risk for glaucoma.

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

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GLAUCOMA: IF YOU'RE OVER 35 IT'S ONE REASON TO LOOK INTO YOUR EYES.
Sebewaing man gets home help

By WALT FRIEMER

Sebewaing man got home help in choosing Orr's Drug store for over 75 years

"I think I've used up six or seven lives, so I'd better be mighty careful from here on..."

Alden Schlemmer, Sebewaing

"I think I've used up six or seven lives," he laugh, "so I'd better be mighty careful from here on..."

Alden Schlemmer, 78, is full of stories of the days of old, when the local doctors and druggists ran the paint on the walls of his Sebewaing home, and the prices and treatments were not what one would call modern. He's been to that place where it was a common practice to prescribe medicine in the form of so-called "home remedies," which were a mixture of various herbs and other natural substances.

He's known for his stories and his wit, and his family and friends often gather around to hear his tales of past days. "I think I've used up six or seven lives," he said with a laugh, "so I'd better be mighty careful from here on..."

New equipment helps patient diagnosis at Scheurer Hospital in Pigeon

New equipment helps patient diagnosis at Scheurer Hospital in Pigeon

A NEW ORTHOPAEDIST SETTING has a brand new, state-of-the-art, high-resolution CT scanner in its emergency department. The scanner is used to perform CT scans of patients' brains and spines, and it is available to all patients, regardless of their insurance status.

Mark Rhee, M.D., a neurosurgeon and chief of the department of neurosurgery at Scheurer Hospital, said the new scanner is a significant improvement over the previous model, which was retired last year. "It's a huge upgrade," he said. "We're able to get much higher-quality images with the new scanner, which allows us to make more accurate diagnoses and plan treatments more effectively."

The new scanner also includes a new feature called virtual reality imaging, which allows doctors to create 3D models of patients' brains and spines. This feature is particularly useful for patients with complex conditions, such as those with brain tumors or spinal cord injuries.

Rhee said the new scanner is part of Scheurer Hospital's ongoing commitment to providing the best possible care for its patients. "We're always looking for ways to improve our services and our technology, and this new scanner is a great example of that," he said. "We're proud to offer this state-of-the-art technology to our patients, and we're confident it will make a big difference in their care."
'Photographing' a patient shows experts how organs work.

By TOM MATTICKSMITH

As you grow older, each one of your organs must cope with the death of a loved one. Each time in a different experience, with new combinations of emotions and thoughts. Someone’s heart beats in a steady rhythm. Someone’s breath comes evenly. Someone’s hair turns gray. And then their heart stops beating. After a while, someone else’s organ will be transplanted. Someone else’s heart will beat. Someone else will breathe. Someone else will live.

Many people handle these losses in a variety of ways. Some feel a greater sense of loss than others. They hurt. They’re angry. They’re sad. They’re confused. They don’t know what to do. They don’t know how to cope.

The View from Here: Experiencing death

By MARY M. HARTWICH

Disposal of and eventual disposal of organs is underway through a program underwritten by a grant from the State Department of Agriculture. This program, called "Organ Donation," is designed to make sure organs are not wasted. The program’s goal is to ensure that once you’re dead, your heart can beat for someone else's life.

Donors must be 18 years of age or older and must not have any conditions that would prevent them from donating organs. This includes having a heart that has not been damaged by a stroke or had a heart attack.

Tutor training starts May 1

The Tutor Training Center will open in May. Tutor training for the first session will begin on May 1. The training will last for six weeks.

On health cover:

Kathi Al and Peggy Pittenger spent time in their kitchen, using lots of fresh ingredients to prepare healthy meals.

Country Bay Village hires staff members

COUNTRY Bay Village staff members underwent 32 hours of training last week. In preparation for the scheduled opening, on May 15, Sharon Rees of Key and Associates, a consulting firm that advises on reimbursement strategies, is managing the process.

To make arrangements for disposal, call Dennis Stein by May 1...

Farm health depends on chemical disposal

The need for proper disposal of animal waste is crucial for maintaining a healthy environment. Proper disposal helps prevent the spread of diseases and ensures a safe and clean environment for both animals and people.

Bay Med earns accreditation

The Medical Center received the Joint Commission on Accreditation of Healthcare Organizations accreditation for meeting national standards for quality care. "This is a sign of our organization's commitment to providing quality care to our patients," said a spokesperson from the hospital.

Celebrating National Hospital Week

Building A Healthy Tomorrow - TODAY!

Look Mom... NO CAVITIES!

You child's picture can join Julie Howard's on the "Perfect Smile Wall of Fame" at Dr. Pagano's Family Dentistry Office.

Huron Memorial Hospital

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Eagles take over Caseville Blood Drive

By AMY HEDEN

After 60 years, Caseville’s American Legion Auxiliary is stepping up to host its first American Legion Blood Drive.

“This has been around for so long that we’re very excited to see if we can have it,” said Auxiliary member Nona Pierce, who has coordi- nated the blood drive since 1986, said she attended an Auxiliary meeting where they talked about giving the blood drive a fresh look.

Caseville’s new blood drive will be held from 10 a.m. to 4 p.m. at the Caseville Eagles Club.

“Blood is our lives, and it’s wonderful that they’re doing it for the community,” said Auxiliary member Jerri Moscoso.

OXBROOKER, Caseville Eagles Club president, and Norma Fowler, American Legion Auxiliary blood drive headquarters, stood in front of the Caseville Eagles Club, where American Red Cross blood drive will take place.

Walk to help TI

Travel Industr, Inc., will be hosting a walk-a-thon on Saturday, May 25 to raise funds for specific programs. The walk is open to the public. The walk will begin at 10 a.m. and last until 2 p.m.

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The Sorethcher Hospital Auxiliary presents “Brides & Memories” Spring Fashion Show & Luncheon

Wednesday, May 10, 1994 at 1500 or 1600 p.m.

The Sorethcher Hospital Auxiliary presents “Brides & Memories” Spring Fashion Show & Luncheon

Wednesday, May 18, 1994 at 1500 or 1600 p.m.

The Sorethcher Hospital Auxiliary presents “Brides & Memories” Spring Fashion Show & Luncheon

Wednesday, May 25, 1994 at 1500 or 1600 p.m.

The Sorethcher Hospital Auxiliary presents “Brides & Memories” Spring Fashion Show & Luncheon

Wednesday, June 1, 1994 at 1500 or 1600 p.m.

The Sorethcher Hospital Auxiliary presents “Brides & Memories” Spring Fashion Show & Luncheon

Wednesday, June 22, 1994 at 1500 or 1600 p.m.
LaLeche League helps bond families

By SALLY HUMEL

When writing the “Fugitive” for The Newswomen International Federation, the author was on the move herself; her home was a temporary, two-year-old car.

And there’s no such thing as an inaccessible or unapproachable “mama.”

“Even once one is learning each other’s body systems, each other’s ways of reacting to the same disease. In other words, there’s always something to learn about each other’s way of dealing, about what works for your partner’s baby and not for yours.”

In this manner, the La Leche League promotes a bond of love, as well as trust, between parents. The League’s goal is to assist mothers throughout their pregnancies and to help them to establish successful infant-nursing habits. All parents are encouraged to attend the meetings where they can share their experiences and concerns, as well as learn from others.

The League offers support groups in which mothers can talk about their experiences and receive encouragement from others who are going through similar situations. They also provide educational materials and resources to help parents make informed decisions about their child’s care.

11521

CASEVILLE TOWNSHIP

Huron County, Michigan

NOTICE OF PUBLIC HEARING ON THE SPECIAL ASSESSMENT FOR BEACH HEIGHTS SPECIAL ASSESSMENT DISTRICT NO. 2

For the purpose of providing funds to finance the construction costs of the Beach Heights Special Assessment District No. 2, the Board of Trustees of the Beach Heights Special Assessment District No. 2, has determined that it is necessary to levy a special assessment to provide the funds for the construction of certain improvements. The public hearing for the purpose of assessing a portion of the cost of the construction of Beach Heights Special Assessment District No. 2, will be held on Wednesday, April 26, 2023, at 9:00 a.m., at the Beach Heights Special Assessment District No. 2, located at 201 Beach Heights Road, Caseville, Michigan.

The purpose of the proposed project is to improve Beach Heights Special Assessment District No. 2 by constructing certain improvements, including but not limited to the construction of a new fire station, public restrooms, and a new water supply system.

The special assessment will be levied against all properties located within Beach Heights Special Assessment District No. 2. The amount of the special assessment will be determined based on the fair market value of each property.

Anyone may attend the public hearing to present testimony or to have their questions answered regarding the proposed project. Written objections to the proposed special assessment may be submitted in writing to the Treasurer of the Beach Heights Special Assessment District No. 2 at least 10 days prior to the public hearing.

The maximum special assessment rate is determined by the Board of Trustees and is based on the estimated cost of the project and the assessment base. The assessment base includes all properties located within Beach Heights Special Assessment District No. 2.

The special assessment will be levied over a period of time determined by the Board of Trustees. The Board of Trustees will determine the actual amount of the special assessment and the payment schedule for each property.
Pigeon District Library Corner

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