



## Island Ellerby: The Go-To Resource for College-Bound Students



Stockbridge High School college adviser Island Ellerby is in her second year helping students with college applications. Ellerby helps students pick the college that will help them succeed the best. Photo credit Patrice Johnson

by Patrice Johnson

Tuesdays and Thursdays a slender brunette strides into her cubby-hole office at Stockbridge High School. Felt pendants bearing names like Alma and Wayne State line her walls, and college handbooks mound her desk. Clearing space, she fires up her computer and scrolls through email messages from students in need of assistance.

College Adviser Island Ellerby is on the job. Her mission, thanks to a grant from the Stockbridge Area Educational Foundation and collaboration between school administrators and the MSU College Advising Corps, consists of helping seniors scale Denali-sized obstacles that threaten to block their passage from high school to college.

The first challenge: How to select the right university? "Be honest with yourself," Ellerby suggests. "Are you applying because it's popular or because you will thrive there? Is the fit right? Will you be challenged academically and socially?"

Too often, she cautions, students choose a school because it is trendy. To succeed and excel, people must feel comfortable in their environment and enjoy what they are studying. "Ask yourself what am I drawn to? What will I be interested in studying? If you think you want to cultivate those interests, join groups, volunteer in areas of interest."

Ellerby urges students to check out websites, Big

Future College Board and the Capital Area College Access Network.

A 2015 graduate of Michigan State University with double majors in Psychology and Economics, Ellerby fashioned an internship program for herself, working in East Lansing's Sexual Assault and Rape Crisis center. "After that, a career in education seemed the natural choice." Now she is in her second year of splitting her time between Stockbridge and Webberville High Schools.

Another north face seniors encounter is the cost of higher education. This, too, is surmountable. According to High School Principal Rick Cook, "Ms. Ellerby ensures that a majority of students apply to college and for their FAFSA."

The Free Application for Federal Student Aid is the first step toward financial assistance. Filing is free and easier than ever, and this year FASFAs were accepted as early as Oct. 2 and applicants were allowed to use last years tax information.

Ellerby stresses the form's importance. "Colleges assess the information to determine what they can do for each applicant. Thresholds vary, and federal loans may be available at better interest rates. Besides, those who complete their FASFAs are more likely to go to college."

"Last year," Principal Cook noted with pride, "we saw a significant growth in students applying to colleges, and a 20% growth in applying for financial aid. Ms. Ellerby also gives presentations to all grades to help prepare for senior year." According to records, last year 76 percent of SHS seniors applied for admission to college.

"Do the work first, and the money will come later." Ellerby draws an important distinction between grants and scholarships, which are gifts, and loans that must be repaid. "There's a 92% chance of getting grant or scholarship funding," she says, "and a zero percent chance of having to pay the money back."

A student knocks, and Ellerby sets off to Sherpa another young mind toward a promising future. She can be reached at [ellerbyi@panthernet.net](mailto:ellerbyi@panthernet.net).

See also, "The Clock Ticks Down for College and Trade School Applicants" at [stockbridgecommunitynews.com](http://stockbridgecommunitynews.com).

Many grants and scholarships go unawarded. The odds of receiving funds increase the closer to home. Consider applying to the American Legion, Lions Club, and Stockbridge Area Educational Foundation.

## Chief Torres Brings "No Senior without Christmas" to Community



Chief Johnnie Torres shares a moment of Christmas spirit in 2015.



Chief Russell Stowe, SAESA Fire Department serves seniors in 2013.

### A letter from Chief Johnnie Torres:

Citizens and friends of Stockbridge,

The holiday season is upon us once again, and as in previous years I want to highlight a wonderful and much-needed program that benefits our Stockbridge senior citizens.

Tri-County TRIAD is a partnership among Law Enforcement Agencies, Fire Personnel, Senior Citizens (60+) and Community Members that promotes elder quality of life through advocacy, assistance, education and training. Last year six seniors in Stockbridge took advantage of this program, but I know there are others who could benefit from the program as well. That is why I am asking for your help.

The 2016 Tri-County TRIAD "No Senior without Christmas" campaign is in full swing and needs your support. Below are this year's referral form and letter. If you know of someone who needs this service or you just want to donate to this worthy cause, please contact the TRIAD. (See forms for details.)

No community should forget its seniors but often that is just what happens due to the hustle and bustle of life. I always enjoy delivering these packages to our seniors and visiting with them, even if just for a few minutes, because I value them as community treasures.

Ask anyone involved in similar programs, and they will tell you how much the seniors appreciate the fact that they are not forgotten by their community, and also how much their spirit is lifted when they see the look of appreciation on the senior faces. This is certainly true for me.

Please consider donating or referring someone for this program.

Thank you,

Chief Torres

## SAVE THE DATE 14th Annual Festival of Tables



The Stockbridge Area Educational Foundation (SAEF) is busy planning its fundraiser, the 14th annual Festival of Tables. The event will be held at the Heritage Elementary School on Saturday, March 25, 2017. All the proceeds raised at the festival will be invested back into our community via scholarships and grants during the coming year.

The evening will include a strolling buffet catered by Chelsea Hospital, decadent desserts by Laura O'Brien Sweets & Treats, and table decorating competition. Highlights of the evening are auctions, both live and silent, and a raffle offering a TV or \$500 cash, a 50/50 raffle, and a "Heads or Tails" game.

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## Who We Are

The Stockbridge Community News is a Michigan nonprofit organization operated by an unpaid, volunteer board of directors. Our print newsletter is free to all members of the community and available to the general public. Any proceeds beyond one year's operating expenses will be donated to a charity of the Board's choice.

## Our Mission

To promote the common good and general welfare of residents in the local Stockbridge, Munith, Gregory and Fitchburg community through the collection and dissemination of local educational news and social-benefit information.

## Our Board of Directors:

Molly Howlett Vice President	Patrice Johnson, President
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## THANK YOU CHARTER SPONSORS

We are grateful for the encouragement and support of all who have helped bring the Stockbridge Community News to light. While those who have contributed their time and effort are too numerous to mention here, the News gratefully wishes to recognize our Charter Sponsors for their monetary donations.

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**[www.stockbridgecommunitynews.com](http://www.stockbridgecommunitynews.com)**

# Hardwork Pays Off, Literally: The Masons of Stockbridge Donate to the Uncaged Student News Staff



The Uncaged student news staff members who will be attending the trip were presented with a check by the Masons of Stockbridge, Richard Ramsdill, Ron Miller, John Beck, Randy Griffith, Dan Wilson, and Greg Uihlein on October 12. The funds given to them will help them attend the NSPA/JEA Fall conference in Indianapolis.

## by Zabrina Yannella

On October 12, four editors on the Uncaged News staff presented to the Masons of Stockbridge to ask for help with funding to go on their trip to Indianapolis, Indiana for the Fall National Scholastic Press Association (NSPA) Conference to receive their Pacemaker Finalist award and have the potential of winning the actual Pacemaker award.

The Masons were overwhelmingly interested in the accomplishments and goals that the Uncaged news staff wants to reach this year, and they ended up donating \$1,000 to the publication to be distributed amongst the students going on the trip this fall, which was greatly appreciated.

The staff has had other various donations from school staff members and people who live in the area who support the program, such as the American Legion, Mackinder-Glenn Post No. 510, located in Stockbridge.

While at the NSPA Conference, students will attend breakout sessions to better their journalism skills and meet other journalists from all across the nation that they can collaborate with.

Over the past year, Uncaged has won both national and state awards.

In April they received the coveted Spartan Award, the highest award for journalism in the state. The judges left commentary like, "the newspaper excels at showing how the lives of SHS connect to the real world," and "superior design puts paper in a league of its own."

Uncaged traveled to Los Angeles in June to receive the Pacemaker Finalist Award for its online news presence. According to NSPA to receive a Pacemaker Finalist award, "Entries are judged by teams of professionals based on the following criteria: coverage and content, quality of writing and reporting, leadership, design, photography and graphics."

During the trip they had the opportunity to have their website critiqued by staffers at the LA Times and BuzzFeed.

Eleven students from the staff and their adviser Elizabeth Cyr will be going to the NSPA Fall Conference, to receive their Pacemaker Finalist award for their print news publication.

The Uncaged staff also just found out that they are Columbia Scholastic Press Association Crown Finalists as well, which is the second national award they have received this year and have the possibility of going to the Spring Conference held in New York City.

# COMMUNITY CALENDAR

**Dec. 3** - 5th Annual Beverly Penix Toy Drive Party, 7 pm at Back Street Bar and Family Restaurant.

**Dec. 3** - Boy Scout Troop 425 Christmas Tree Sale, 10 am to 4 pm at the Stockbridge American Legion Hall.

**Dec. 8** - Stockbridge Library Rooftop Landing Reindeer, 3:30 to 5 pm at the Capital Area District Library - Stockbridge.

**Dec. 9** - Senior Lunch - Stockbridge, 11 am to 3 pm in the Stockbridge Town Hall basement.

**Dec. 10** - Stuff a Bus, 10 am to 2 pm at the Stockbridge Town Hall.

**Dec. 10** - Boy Scout Troop 425 Christmas Tree Sale, 10 am to 4 pm at the Stockbridge American Legion Hall.

**Dec. 10** - Stockbridge Lions Club's Sundaes with Santa, noon at the Stockbridge Town Hall.

**Dec. 11** - Boy Scout Troop 425 Christmas Tree Sale, 11 am to 4 pm at the Stockbridge American Legion Hall.

**Dec. 11** - Capital Area District Library - Stockbridge Holiday Open House, 1 to 3 pm.

**Dec. 11** - A Christmas Classic, 6 pm at Jeruel Baptist Church in Munith.

**Dec. 14** - Stockbridge 6th to 12th grade Winter Band Concert, in the Stockbridge High School Cafeteria.

**Dec. 18** - Christmas Cantata Church Choir Performance, 11 am at Jeruel Baptist Church in Munith.

**Dec. 19** - Stockbridge Township Board Meeting, 7:30 to 9 pm at the Stockbridge Town Hall.

**Dec. 24** - Christmas Eve Service, 5 pm at Jeruel Baptist Church in Munith.

**Dec. 31** - Stockbridge Stompers' New Year's Eve Dance.

**Dec. 31** - SRSly Stockbridge's New Year's Eve Family Party (see ad).

**Jan. 3** - Stockbridge School District's First Day Back.

**Jan. 5** - SRSly Coalition Meeting, 6-7 pm in room 108 of the old middle school.

**For more visit [www.stockbridgecommunitynews.com](http://www.stockbridgecommunitynews.com)**

## A New Take on Children's Ministry

by Angie Stolarz, Director of Children's Ministry at Crossroads Community Church

Children's ministry is an art form made up of two opposing forces, fun and growth. It's very hard to capture kids' attention these days with all the technology in the world. Only one thing gets kids attention, and that one thing is FUN!

All kids like to have fun, so why not make learning about Jesus fun? At Crossroads Community Church you will not find a classroom with desks. Instead, you will find a giant tree in the center of the room with animals in it, a stage that looks like a boat, messy games, yummy snacks, and good stories. Kids can't wait to see what we are doing next.

Hopefully this type of learning will raise up a next generation to worship our Lord. Jesus has been the same, but the way we teach about him needs to be fun and relevant to keep kids' attention and help them understand.

I have been blessed to watch these little hearts grow in their faith. Sometimes instead of a craft, we do service projects, and the kids love praying and helping someone in need. One kid brought in all of his birthday money to help someone less fortunate than him.

Those moments are why we do what we do: changing hearts, changing lives, and making Sunday the best hour of a child's week!

## Who is the Stockbridge Area Wellness Coalition?

by Ashley Tomasi

The SAWC is a volunteer group made up of community leaders and residents that are dedicated to improving the health and wellness of their community. SAWC works in partnership with the 5 Healthy Towns Foundation to create a yearly Comprehensive Wellness Plan that satisfies the community's health needs.

Each year the coalition is given around \$75,000 to go toward its plan, composed of eight to 12 programs and projects that center around four focus areas: Eat Better, Move More, Connect with Others, and Avoid Unhealthy Substances.

The coalition has created five plans and is currently working on its sixth that will be submitted in August 2017. In total, the coalition has dedicated over \$638,000 toward wellness programs and projects in Stockbridge. Past projects and programs include the greenhouse and pavilion between Heritage and Smith Elementary Schools, the Community Read, and the Open Air Market to name a few.

Included as one of the programs in the Year 5 Comprehensive Wellness Plan, the coalition has wrapped up its first ever Healthy Heroes Contest! The contest which accepted nominations from October – November will recognize four Healthy Heroes who serve as role models for wellness in the Stockbridge Community School District.

Winners will be chosen for each of the four focus areas (Eat Better, Move More, Connect with Others, and Avoid Unhealthy Substances). Both the winning nominees and their nominators will be able to direct a \$100 donation toward the non-profit of their choosing and will receive a t-shirt and other prizes.

In order to continue to create and maintain a culture of wellness in the community, SAWC needs your help. The coalition is currently accepting proposals for new program and project ideas for their Year 6 Comprehensive Wellness Plan. Anyone with an idea for a project or program is welcome to join the coalition at one of its meetings.

SAWC meets the third Thursday of the month at 6pm in room 108 of the old Middle School/administration building (305 W Elizabeth Street).

## Take the Positively Chiropractic Sugar Sweet Challenge

by Dr. Erin Clifton

Right now we are in the midst of the holiday season. Halloween, followed by Thanksgiving, followed by Christmas means celebration and FOOD. Lots of food, especially sugary desserts and treats. Here in America, we have a notoriously huge sweet tooth. The average American consumes about 130 pounds of added sugar per year (the size of a small adult!). Almost 50% of those added sugar grams come from soda, juice, energy drinks, and tea. Indeed, the maximum intake for men should be 36 grams of sugar per day, women 24 grams and children 16 grams per day (side note: 4 grams of sugar = 1 tsp). However, we are currently consuming a whopping 88 grams of added sugar per day as adults and a mind-blowing 128 grams of added sugar per day as children!

Where does this sugar come from? Drinks are the worst culprit. Sodas, juices for kids, chocolate milk... All of these either have a ridiculous amount of sugar, or it's fruit sugar without the fiber of the whole fruit – which is just as bad as plain sugar. Other places that sugar hides and we don't pay attention are: breakfast cereals, yogurts, granola bars, dried fruits and coffee creamers to name a few.

We've long known that added sugar found in drinks, desserts and processed foods aren't good for our health. It holds absolutely no nutritional value, contributes no vitamins, minerals, enzymes or fiber. So why do we continue to eat so much of it? Well, it tastes so darn good! Recent research has shed light of sugar's possible highly addictive nature, lighting up the same pleasure areas of the brain as drugs like cocaine. Which explains why we crave it and when we cut it out of our diets withdrawal symptoms happens.

This is why we created the annual Sugar Sweet Challenge at Positively Chiropractic. Studies show that we are more likely to succeed in our quests if we have other teammates that hold us accountable. We figured that starting January 1st was a great time to reset the body and detox from sugar for the entire month. We invite you to join us!

Here are the rules:

1. Keep your sugar intake below the recommended maximum every day, for the entire month of January... Men are allowed 36 g/day, Women 24g/day and Children 16 g/day.
2. Natural sugars found in whole, fresh fruit or raw honey do not count. So if you really need a sugar fix, reach for a wholesome apple or banana. Top a pancake with sliced strawberries or drink water with lemons in it.
3. If it's listed on a nutrition label it counts. So milk sugar, fruit juices, etc. do count!
4. DO NOT use sugar substitutes. The whole point is to practice healthy eating by reducing your reliance on sugar. The body rarely responds well when you try to trick it.
5. There are 4 grams of sugar in every teaspoon.

Enroll friends and family members in this challenge! Start the year off healthy!



**NEW YEAR'S  
EVE PARTY**  
**12/31/16, 4-8pm**  
Beach Middle School (Chelsea)

- Swimming
- Video games
- Team games
- LIVE MUSIC
- Sports in the gym
- Arts & crafts activities
- PIZZA & beverages
- Cookie decorating
- Chocolate fountain
- Chili cook-off
- And cool prizes

[srslycoalition.org](http://srslycoalition.org)

**\$R\$LY**



## 5th Annual Festival of Lights Comes to Stockbridge



Dr. Erin Clifton, Stockbridge Chamber of Commerce Secretary helps to organize the line of children visiting Santa at the Festival of Lights. *Photo Credit Hope Salyer*



Gingerbread houses were on display at the Stockbridge Town Hall for the public to view. More than twice as many houses were entered than previous years. *Photo Credit Hope Salyer*

### by Hope Salyer

The sound of horses' hooves travels through the crisp winter air at the Stockbridge Township Hall. Stockbridge Native Steve Opp leads his horse drawn carriage around the square, offering free rides to all who wish to participate.

As darkness sets in, and Kenny Roger's "Here Comes Santa Clause" plays in the background, Stockbridge residents line Main Street, awaiting the fifth annual Festival of Lights on Saturday, November 27.

Emcee Gordie Kunzelman's voice boomed over the speakers as parade entries flooded the street, covered in Christmas lights and inflatable yard decorations. Categories for the light parade entries winners were: Best Equipment, going to Gordy's Power Equipment; Most Original, Watters and Sons; Most Creative, SAESA Fire; Most Detailed Granger; Most Comical Caskey Wild Sanitation; and Best Effort, Lack of Interest Fire Department.

The Festival of Lights celebration offered many activities to attendees other than the light parade including horse drawn carriage rides, visits with Santa Claus, arts and crafts at Adiska

Family Dental, a gingerbread decorating contest, Christmas music, free hot chocolate provided by Stockbridge State Bank, and an adopt-a-family signup from Stockbridge Community Outreach.

Gingerbread house decorating contest categories were Most Creative, Most Realistic, Most Festive, Best use of Materials, Most Comical, and Most Appetizing.

Light parade winners were awarded a \$100 cash prize. Gingerbread house winners each received a \$50 cash prize. The Stockbridge Downtown Development Authority sponsored the Festival of Lights prizes.

Stockbridge Chamber of Commerce Treasurer Kristi Brewster said the event was started four years ago when two gentlemen approached the Chamber with the idea of having a light parade but were unsure of how to get started.

The chamber took the idea and ran with it.

"The parade grew this year to 15 entries, and the Gingerbread House Decorating Contest had 16 entries," Brewster said. "We love seeing this event grow and thank everyone for supporting it and spreading the word."

## Many Hands Deck the Hall and Square

by Patrice Johnson

Step downstairs to the Township Offices or cruise through the village, and chances are you'll gaze in appreciation at the Stockbridge Town Hall and Square. This year, you may have noticed holiday decorations materialized early. The machinations of Santa's elves?

Of a sort. Monday, November 7, volunteers from the Stockbridge Area Garden Club and the Township Board converged to work their wonders.

Ron Hodder, then Township Supervisor Paul Risner, and friends braved tall stepladders to spiral garland around lampposts.

Twenty-plus garden club members hauled tubs of decorations from the hall's basement and scalloped a hundred feet of garland across the balcony. They hung snowflakes and lights on the hall's Victorian windows and nestled wreaths on and around the stage.

Housed in the gazebo outside, a tall and stout Norway pine wafted in a warm breeze. The evergreen, the latest in a long succession of Christmas trees donated from the Howlett Tree Farm, stood like a lady in waiting.

"This is the best one ever!" Garden Club member Jean Bliss noted. "Beautiful," came in reply. "Really lush."

Dorothy Craft and Molly Howlett attached red and gold ribbons as Julia and Colin Neuhaus tested a string of glowing white LEDs. Then lights wound up and around, and the tree glowed to life.

With ground help feeding her supplies, Laura Morehouse topped a stepladder to encircle the gazebo's roof in apron lights. Then she draped the columns in evergreen swags, also crafted and donated by Molly Howlett.

Satisfied with their efforts, members sat down to enjoy a potluck meeting in the hall basement.

Meanwhile, elves Rick and Molly Howlett moved a 12-foot ladder from lamppost to lamppost, taking down spent flower pots that had waved colorful greetings to residents and passersby throughout spring and summer.



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