



## Stockbridge Bond Update from Superintendent Karl Heidrich

Dear Parents:

We continue to be very pleased with the progress of our new addition. Most of the masonry walls have been completed. The new gymnasium and locker room now have a roof on them and the gymnasium is being prepared to pour a cement foundation. The science classrooms, new academic entry and fitness facility are almost completed with masonry walls, and a roof will shortly follow. Further, we have started to remodel the new office area within the existing school building.

We also want to inform and remind you that on Thursday February 9th and Friday February 10th we will be hosting a two-day Safe Schools Program. The program will consist of employee professional development during the Thursday February 9th late start, and grade level assemblies throughout the day for students in grades 6-9 on February 10th. A parent and community forum is scheduled for the evening of Thursday February 9th at the Heritage School cafeteria with desserts and refreshments available.

On March 30th we will hold a community and parent forum to review the K-12 grade configurations for the 2017-2018 school year. We will be reviewing building grade configurations and schedules for Smith, Heritage, and the Junior/Senior High. Reminders of this event will be sent out in early March. Further, Kindergarten and Young 5's Roundup is scheduled for Tuesday March 21st at Smith Elementary.

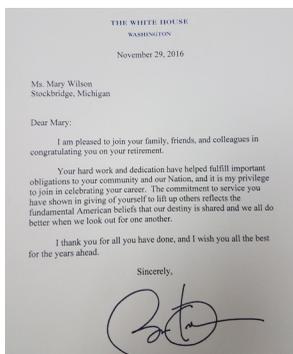
Please do not hesitate to call, stop in, or email if you need additional information about any of our construction projects or information regarding grade configurations for next school year.

Sincerely,  
Karl Heidrich  
Superintendent  
Stockbridge Community Schools (517) 851-7188 heidrick@panthernet.net

## Mary Wilson Recognized by President Barack Obama for Her Service to the Community

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A copy of President Obama's letter to Wilson.  
*Photo Credit: Lucinda Reames*

in giving of yourself to lift up others reflects the fundamental American beliefs that our destiny is shared and we all do better when we look out for one another," President Obama wrote.

Wilson was elected as the Stockbridge Township Clerk for five, four year terms. After serving the township for 20 years, Wilson decided not to run for reelection last November.

Current Township Clerk Becky Muraf said Wilson is always available to help her.

"Mary is a wonderful, willing helper," Muraf said. "She knows everything there is to know about the township and township government."

Former Township Supervisor Paul Risner said, "Mary was very dedicated to her position and always kept the community's best in mind when making decisions."

by Hope Salyer

Mary Wilson was recognized at the Feb. 20, 2017 Stockbridge Township Board Meeting with a letter from President Barack Obama. President Obama's letter recognized Wilson for her service to the Stockbridge Community as Stockbridge Township Clerk.

"I am pleased to join your family, friends, and colleagues in congratulating you on your retirement," the letter reads in part.

"Your hard work and dedication have helped fulfill important obligations to your community and our Nation, and it is my privilege to join in celebrating your career. The commitment to service you have shown

## Three Locals Compete at 2017 DN Iceboat World Championship



2017 World Champion Karol Jablonski rounding the leeward mark in 1st place. *Photo Credit Bruce Brown.*



Fifty Gold Cup Racers on the starting line. *Photo Credit Bruce Brown.*

by Bruce Brown

The 2017 DN Iceboat World Championship was held on January 23, in Madison, Wis., and three local residents participated. The World Championship, also called the Gold Cup, was first sailed in 1973 and alternates between sites in Europe and North America each winter.

The flag raising ceremony included sailors from Sweden, Poland, Germany, Russia, Finland, Canada, Holland, Estonia, and the USA. On the starting line, representing our area of Michigan, were three local sailors: Peter Johanson of Dexter, Glen Betzoldt of Sand Lake, and Bruce Brown of Stockbridge.

This year 108 sailors competed in the 2017 Gold Cup, representing 12 states in America and 9 countries.

"This is my third year racing DN iceboats and my first at the World Championships," Dexter sailor Peter Johanson said. "What a great experience! I don't know of any other sport where one can participate at this level and race against the best in the world after only 3 years of racing."

The regatta was held on Lake Kegonsa in a steady six to eight knot northwesterly on 14 inches of mostly snow-free ice. The temperature at race time hovered a few degrees above freezing, which made the ice slick and the race course fast. Karol Jablonski, a veteran ice sailor from Poland, won the regatta with a first in each of the three races. Second place went to Matt Struble from Bay City, Michigan, and third place went to Michael Burczynski, also from Poland.

There are several different classes or designs of iceboats. Most common is the DN iceboat, seen on lakes during the winter. The DN class derives its name from the Detroit News, where the plans were first published in the Home Workshop section in 1937. The DN has since grown to become the most popular iceboat class with thousands of DN's being sailed worldwide. More about the world of ice sailing and the DN iceboat can be found at <http://na.idniyra.org/>. Those interested in sailing a DN are welcome to contact Bruce Brown at [dn1610b@gmail.com](mailto:dn1610b@gmail.com).

## Daddy Daughter Dance at Heritage Elementary School



Mikailah Fletcher attended the Daddy Daughter Dance. *Photo Credit Roberta Ludtke*



Gianna Watts attended the Daddy Daughter Dance. *Photo Credit Roberta Ludtke*



Kyla Gerish attended the Daddy Daughter Dance. *Photo Credit Roberta Ludtke*

### Who We Are

The Stockbridge Community News is a Michigan nonprofit organization, (#C4-4001565), 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:

Patrice Johnson, President	Rose Bev Glynn
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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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Visit our Website:

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

Interested in Volunteering for the Stockbridge  
Community News Paper?

Want to write, take photos or volunteer for the Stockbridge  
Community News? Stockbridge Community News is looking for  
volunteers to fill these needs. Contact any Board of Directors  
Member or email us at:

[stockbridgecommunitynews@gmail.com](mailto:stockbridgecommunitynews@gmail.com)

# COMMUNITY CALENDAR

**Mar. 1** - Breaking Silence, 7 to 9 pm, Millville United Methodist Church 1932 M 52 Stockbridge.

**Mar. 2** - SRSly Stockbridge Coalition Meeting, 6 to 7 pm in Room 108 of the Old Middle School Building.

**Mar. 9** - Late Start for Stockbridge School District.

**Mar. 12** - 2nd Sunday Concert Film Series, 2 to 4 pm, Stockbridge Library.

**Mar. 16** - Business After Hours, Time and Place TBD, Contact Stockbridge Library for more information.

**Mar. 17** - Mom and Son Fun Night, Grades K-6, 7 to 8:30 pm at Heritage Elementary School.

**Mar. 18** - SRSly Stockbridge 3-on-3 Tournament, Contact SRSly for more information.

**Mar. 18** - Open Air Market Community Center of Stockbridge, 11 am to 3 pm at the First Presbyterian Church.

**Mar. 24** - 4th Friday - Fishes and Loaves - Free Community Dinner, 5:30 to 7 pm at the First Presbyterian Church.

**Mar. 25** - Festival of Tables, 6 to 11 pm at Heritage Elementary School

For more visit:

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

## Stockbridge Choir Italy Trip Openings

by Hope Salyer

The Stockbridge School District Choir teacher Carol Hatch is looking for 10-12 additional trip participants to complete the trip list to Italy June 20-29, made of both singers and non singers, of all ages. The trip is open to anyone interested in going, hailing from any location! Singers must attend weekly rehearsals that are currently held at 147 E. Michigan Avenue in Jackson on Sunday evenings from 6:00-7:00 p.m. Non singers have no prior rehearsal commitment.

The choir is a singing/music listening group of people who want to travel for 10 days to Rome, Florence, Montecatini, Venice, Milan and more. Singers will be performing a selection of repertoire under the direction of Dr. Z. Randall Stroope once in Rome. The choir will join an international choir of about 200 members once in Rome, to sing at an afternoon Mass at St. Peter's Basilica and at a publicized concert at the Santa Maria Sopra Minerva Basilica next to the Pantheon in Rome.

The cost of our trip is approximately \$4,278. A passport must be secured. Additional trip information may be found at [carolhatchmusic.com](http://carolhatchmusic.com) There is a contact form on the site or one may call her @ 517-392-1533.

Hatch was fortunate enough to experience a similar trip last June, 2016 on the Director's Preview Tour. The tour company MCI (who actually transports the famous Mormon Tabernacle Choir) is fantastic. Touring as part of a very safe and friendly Italian culture was life changing. History, art and architecture are enough to draw anyone's interest and the music, shopping, fine Italian cuisine with gelato available on every street corner is absolutely wonderful! From Ancient Rome to the Vatican State, the beautiful countryside of Tuscany and much more, our trip is rich in beauty and historical significance.

As director of the Rome Festival Choir Tour, Hatch is excited to share an adventure of a life-time. Please consider joining the choir trip. There is a March 1st signing deadline.

## 2017 Pinewood Derby Pack 768



Pack 768 Photo Credit Bev Glynn.



First through fifth place winners were presented with trophies.  
Photo Credit Bev Glynn.

by Bev Glynn

The Stockbridge Cub Scout Pack #768 held their annual Pinewood Derby at Stockbridge High School February 11, 2017.

Several eventful races took place during the afternoon ending with trophy presentations for first through fifth places: 1st place Caydin Stoffer, 2nd place Aidin Schipul, 3rd place Steven Karowich, 4th place Jason Mergler, 5th place Lucas Fletcher.

Other prizes include winners for most creative, most colorful, most unique, most original and Cubmaster's choice award.

"It's been a great eight years watching the kids compete, but also learn sportsmanship, and to watch them cheer on their peers," Cubmaster Jennifer Schipul, said. "I've been involved with the cub scouts for eight years and I really enjoy it."

# The Effects of Sugar

by Dr. Erin Clifton

Every January the Sugar Sweet Challenge encourages people to become aware of how they are treating their bodies, including what you eat. Every lifestyle choice you make is either bringing you closer to health, or away from it... If you make enough choices that negatively affect your health you are going to end up with lifestyle diseases like heart disease, type 2 diabetes and so on.

With the Sugar Sweet Challenge, the first step is to inform people what the recommended guidelines are for added sugar intake. For male adults, it's 36 grams per day (9 tsp); adult women 24 grams per day (6 tsp) and children 16 grams per day (4 tsp). For teenage boys I would encourage the limit to be 32 grams per day and for teenage girls 20 grams per day.

As soon as sugar contacts the tongue's taste buds there is a chemical response that occurs within the body. What happens in the brain is this... nerves from the tongue transmit a signal to the brain that you ingested something sweet. The part of your brain that "lights up" from sugar is linked to the reward pathway of the brain and a surge of dopamine (the feel-good hormone) is released.

Now in MODERATION this is perfectly acceptable, but rarely do we consume sugar in moderation. In fact, teenagers consume up to 100 grams of added sugar every single day! Frequent overuse causes the same symptoms you'll see with other addictive substances like nicotine, alcohol and drugs – cravings, withdrawal symptoms and increased tolerance levels (meaning your brain needs more and more to experience that "feel-good high").

At the end of the day the more you know, the more you know better. I get how hard it can be to break the sugar habit. I have a mom and sister who are amazing bakers and I can fall into a cycle of rewarding myself with food. It's not about cutting it out of your life completely, it's about finding that moderation.

Dr. Erin Clifton attended Life University in Georgia where she studied Exercise Science and Chiropractic. She graduated in 2011 and has been in the chiropractic profession for 6 years.

## Open Market Features Homemade Goods, A Home-cooked Meal and Music



Suzi Greenway (right) and a customer oversee Great Lakes Bakery goods. Photo Credit Patrice Johnson.



Denise Brayzmusik and son Eli add warm smiles to Samuel's Soaps and Candles. Photo Credit Patrice Johnson.



Ms. Lentine invites attendees to enjoy cookies, brownie cakes and sweet treats large and small. Photo Credit Patrice Johnson.

### Stockbridge Community Schools

#### Kindergarten & Young 5's Roundup Information

When: **Tuesday, March 21, 2017**

Where: Emma L. Smith Elementary, 100 Price Ave., Stockbridge, MI, 49285

To Register: **Please call the Smith office at 517-851-7735 EXT. 0, to place your child's name on our Round-Up list.**

#### Registration Guidelines:

Kindergarten: If your child will be 5 on or before September 1, 2017, they will be eligible for Kindergarten the 2017/18 school year.

Young 5's: If your child will be 5 between September 1, 2017 and December 1, 2017 they will be eligible for our Young 5's program.

\* If your child's birthday is between the September 1, 2017 and December 1, 2017 dates and you would like them to attend Kindergarten, please send an email to Mr. Edwards, Principal at Smith Elementary at [bedwards@panthernet.net](mailto:bedwards@panthernet.net), explaining specifically that you would like for your child to be considered for Kindergarten and list any reasons that would help inform the school. Mr. Edwards will contact your further with registration instructions.

**Items Needed For Registration:** To complete registration, parents/guardians **must** provide the following documentation during their round-up session on March 21, 2017.

· *A State Birth Certificate (Hospital birth certificates cannot be accepted) & · Proof of Residence (any current piece of mail with a Parent/Guardian name and physical address) & · Up-to-Date Immunization Record & · Smith Elementary School Enrollment Packet (available at Round Up) & · Custody Paperwork (if applicable).*

An enrollment packet will be sent in **March** to parents/guardians **who contact** the school to pre-register by returning this form to Emma L. Smith Elementary, 100 Price Ave., Stockbridge, MI 49285.



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Festival of Tables is March 18, 2017!

It's not too late to join the community in the annual Stockbridge Area Educational Foundation fundraiser, Festival of Tables. Reservations are due by March 18. Registration forms are available at [www.panthernet.net](http://www.panthernet.net), or register by phone at 517-851-8087 or email Chuck Wisman at [chuckwisman@yahoo.com](mailto:chuckwisman@yahoo.com).

# TAKE BACK MEDS

## Return

The **TAKE BACK MEDS** Program is a joint effort between local pharmacies, law enforcement, as well as government agencies to provide residents with safe, convenient access to proper medicine disposal. Don't flush, toss, share or save for later. Please visit [takebackmeds.org](http://takebackmeds.org) for more information.

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NEEDLES

Dispose of your medications at one of the locations listed below. No questions asked.

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Stockbridge, MI, 49285  
Phone: 517-851-7575

**Village of Stockbridge Police Department**  
305 W. Elizabeth St., Rm. 106  
Stockbridge, MI, 49285  
Phone: 517-851-7435

SRSly

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

# St. Joseph Mercy Chelsea to Host Second Agriculture Fair, Register Residents to Receive Weekly Food Boxes

by Stephanie Willette

CHELSEA, Mich. – St. Joseph Mercy Chelsea and 5 Healthy Towns will host a Community Supported Agriculture (CSA) Fair on Thursday, March 23, from 11:30 am. to 1:30 pm, inside St Joseph Mercy Chelsea’s cafeteria. Attendees will have an opportunity to meet and speak with local farmers, as well as sign up for summer CSA memberships, which include access to weekly boxes of in-season produce.

A CSA membership is a subscription-like service to a local farm’s produce, which can include vegetables, fruit, humanely raised meats, organic options, or more, depending on the farm. At the fair, potential CSA members will have the opportunity to browse tables and meet with local farmers and producers. Attendees can ask questions and learn about which CSA options are best for them, based on the food options, pickup times and locations, and price of each farm. Once signed up, CSA members will have access to weekly boxes of fresh, locally produced food.

“Signing up for a CSA membership is an affordable way to access local, sustainable food, and gives a vote of confidence to local farmers,” said Stephanie Willette, manager of the Chelsea Farmers Market. “A membership also challenges consumers to eat seasonally and to expand their dietary knowledge. Additionally, supporting small-scale, family-owned and diversified CSA farms is good for the environment. These farms build soil health, protect water quality, support biodiversity and offer a habitat for pollinators.”

Memberships to CSA farms are available in the communities of Grass Lake, Stockbridge, Manchester, Chelsea and Dexter, often with pickup locations at the town’s farmers market.

A directory containing information about all CSA farms within the 5 Healthy Towns area will be made available prior to markets opening in May. Please e-mail all questions about this program to the Chelsea Farmers Market at [coordinator@chelseafarmersmkt.org](mailto:coordinator@chelseafarmersmkt.org).

# Stockbridge Community Outreach Hosts Chris Young at Fundraiser



Comedian Chris Young has the crowd in stitches. Photo Credit Jackie Scheller.

by Karen Smith

Local comedian Chris Young entertained a standing room only crowd to benefit Stockbridge Community Outreach and the Tide Me Over backpack program at the Backstreet Bar & Family Restaurant on Saturday, February 4. In addition to Young’s comedy, Carol Hatch provided pre-show music and Tara Stoffel for warmed up the crowd with her humor.

The fundraiser was Young’s idea, and was enthusiastically embraced by Backstreet owner and Outreach board member Jackie Scheller. Tickets were \$10 in advance, \$12 at the door (or \$10 with food donation). One hundred percent of ticket sales were donated, raising just shy of \$2000, and around 100 pounds of food was collected.

Congratulations to 50/50 winner, Nick Plennert, and gift certificate winners Sherry Austin, Rose Prinz, and Karen Ullman.

Thanks to all who entertained, organized, contributed, and attended this fun night to benefit Outreach and the Tide Me Over program!

# Sweet Sixteen: The Senior Portfolio Continues

by Jessica Martell

For the sixteenth year, first semester seniors presented their portfolio projects to panels of educators and other community members last week. In this presentation assignment, seniors are asked to reflect on the significant learning experiences of their previous four years and consider how those experiences have prepared them for the future.

Each presentation is based on a unifying theme, which might be concrete and career-based or abstract and artistic, but the presentations are as varied as the students themselves. While students compose their speeches as a major part of their senior-level English class, they actually begin preparing for the project as early as eighth grade, when they start compiling their work on their own websites.

When asked about the Senior Portfolio Project, Advanced Placement Language and Composition teacher Elizabeth Cyr explained, “I knew that senior portfolio fulfilled its purpose this semester when one of my AP Language students told me during his post-experience conference with me that although it was an extremely difficult task, he was thankful for the entire experience because now he understood ‘why high school mattered.’ I don’t know many teenagers who know that.”

Additionally, Senior English teacher Alaina Feliks reported, “Most of the class wants to help out afterwards and give advice to other seniors. I think they think it’s a good experience when they’re done.”

When asked if she thought it was a beneficial assignment for students, Stockbridge High School Senior Destiny Allard, who presented this week, also responded positively, saying, “I think it’s going to prepare them for interviews and when they go and look for jobs.”

The success of this project has attracted attention across the county. More than once, educators from the Ingham County Intermediate School District have served as panelists, and last year, Cyr and Feliks hosted a school-day workshop for Webberville High School seniors and teacher, Ben Woodcock, so they could learn more about the process of taking one student’s classroom memories and turning them into an insightful digital presentation that narrates the journey of a high school education.

Part of what makes this project unique for students is its evaluation by an authentic audience. Unlike many assignments assessed solely by the teacher, this project is evaluated by a panel composed of one English teacher and two or three community members. Because the presentations include art, insight, emotion, and the earnest effort of a young person on the edge of adulthood, being a panelist is an intensely captivating experience.

Veteran panelist Beth Kruger said, “This is something I look forward to every year since I’ve been here for 14 years. Many of these students I’ve had since they were in kindergarten, and I always love to see their growth and their maturity and find out what their goals are.”

The school will be looking for volunteers in May when the second semester seniors present their portfolios. Anyone interested in serving as a panelist should contact high school principal Rick Cook for details.

As bond construction continues, and the high school technology is updated to meet the needs of our 21st century learners, the future of senior portfolio is one of limitless possibilities.

## Donation Form

**We Need Your Help!**

If you have enjoyed receiving this print newsletter, please consider making a donation or sponsoring an advertisement.

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