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Stockbridge FFA Chapter donates fresh eggs to Community Outreach



Stockbridge FFA President Clarissa Hill delivers a donation of 17 dozen fresh eggs to Gwen Reid, the program director for Stockbridge Community Outreach. Photo provided by FFA advisor Bob Richards

Information provided by FFA advisor Bob Richards

The Stockbridge Community Outreach is a nonprofit organization that helps low-income Stockbridge families receive food and other necessities. They offer assistance with food, housing, transportation, prescription medications, utilities, clothing and household goods. Outreach serves more than 70 families per month.

Even with all of these resources,

Outreach still lacks fresh, wholesome foods. Farmers frequently donate their leftover goods, but there's often not enough fresh food for these families. This past summer, the Stockbridge FFA decided to fill that need.

See FFA donation on page 4.

Local pianist to perform free concert at historic Stockbridge Township Hall



Adam Knight

Information provided by Stockbridge Area Arts Council

Rarely do you find the WOW factor in music, but that is exactly what you are in for at a performance by Adam Knight. Fasten your seat belt.

Knight is a 21-year-old classical pianist and classical music aficionado. He started piano at the age of 8, when he began lessons with Carol Hatch, a local piano and choir teacher. At 16, he realized he best speaks his voice through music and started practicing many hours a day out of his love of the classical repertoire.

In his performances, Knight aims to expose people to the different musical eras so they can experience the contrast among the great composers.

He is currently working toward a cybersecurity degree at Eastern Michigan University and enjoys pursuing both passions. He now studies piano with Juilliard alumnus Lisa Spector and recently began private studies at the University of Michigan as well under Dr. Eunyoung Lee. In the future, Knight aspires to obtain a degree in piano performance from the University of Michigan. He intensely wishes to keep music throughout his whole life, sharing his performances both online and in person.

Knight will be performing next on Oct. 15, at 3 p.m. at the Historic Stockbridge Township Hall. The performance is underwritten by the Stockbridge Area Arts Council and is free to the public.

Local small business owners host Vendors in the Square

by Joan Tucker

On Sunday, Aug. 27, the skies were blue and the temperature was a perfect 68 degrees for local vendors to gather on the Stockbridge Town Square.

Sheldyn Wildeman, of Linked Jewelry, called a small group of local vendors to display their creative wares.

Wildeman states, "This was an impromptu gathering, and we hope to gather these vendors for other fall events and do it again next year."

Local vendors included:



Sheldyn Wildeman, of Linked Jewelry, gives local resident Tammy Salyer a permanent necklace at the Vendors in the Square event on Aug. 27. Photo credit Joan Tucker

Linked Jewelry, Victoria's Tshirts and Sweatshirts, Salyer Design Co., Farm Wright Freeze Drying, and more.

Such a great way to shop local and get a jump on your Christmas shopping.

Celebrating International Men's Day close to home. Nominate someone by Oct. 8!



Photo credit Tim Marshall via Unsplash.com

Nov. 19 is International Men's Day, and Stockbridge Community News would like to include a special feature in our November issue to highlight a few notable men who make our corner of the world a better place to

live. If you know of a man in the Stockbridge area you'd like to nominate for this feature, please send along his name, how he makes a difference in this area, and contact information we can use to reach out to you and him. You can email the information to stockbridgecommunitynews@gmail.com or mail it to Stockbridge Community News, PO Box 83, Gregory, MI 48137. The top three or four nominees will be featured in our November edition. **Nominations are due to us by Oct. 8.**

Rural Perspectives: Monarch butterflies produce four generations per year



Diane Gray Constable

by Diane Constable

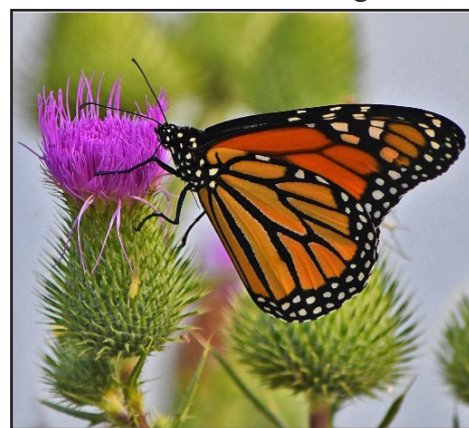
The beautiful monarch butterfly (*Danaus plexippus*) was given its common name by the early European settlers who named it in honor of the Dutch King William II, formally titled the Prince of Orange.

This butterfly has four generations per year and only lays eggs on the milkweed plant species. She will lay up to 500 eggs that will hatch in about four days. Two weeks later, the 3-inch-long caterpillar with white, yellow and black bands forms a cocoon. In 10-14 days, it emerges as an adult butterfly with a wingspan of up to 4.5 inches.

You can tell the gender of this butterfly by looking for a dark spot, which is a scent gland on the mid-lower part of its back wings. This dark spot only appears on the male.

Adults live four to five weeks. They can be found in fields and gardens and feed on nectar. Some of their favorite flowers are sunflowers, thistle, milkweed, coneflowers, goldenrod, zinnia, petunia and salvia.

The monarch is one of few butterflies to migrate seasonally. In the early autumn, the fourth generation of the year travels up to 3,000 miles to overwinter in Southern California and Mexico. With a wing beat of up to 720 times per minute, they will fly about 100 miles per day and use the sun and an internal magnetic compass to stay the course. The cooler



The monarch butterfly will travel up to 3,000 miles in early autumn to spend the winter in Southern California and Mexico. Photo credit Diane Constable

winter temperatures at their wintering grounds make them less active and keep them from maturing fully until the following spring. Unlike the others, this generation will live up to eight months.

In the spring, this fourth generation heads north. They lay the year's first generation of eggs in the southern USA and their journey ends. Once mature, the first generation of adults continues the trip north, eventually reaching their northern breeding areas.

Fun Fact: Milkweed contains a poisonous sap, which makes the monarch caterpillars taste bad to birds. The bright orange of the adult also warns off birds. Other butterflies that mimic the bright orange color, but are not poisonous, have the same protection.

Diane Constable is an avid photographer. She serves on the Unadilla Township Planning Commission and is a member of the township's Parks and Recreation Committee. Diane also enjoys her dogs and gardening.

Community Resource Guide coming in SCN's February 2024 print edition

by Kayla Fletcher

For the seventh year, the Stockbridge Community News is planning a Community Resource Guide for groups and resources in the Stockbridge area. It will appear in the February 2024 print edition and sometime in late December on SCN's webpage at stockbridgecommunitynews.com.

Now is your chance to edit or alter the information previously printed about your organization (see stockbridgecommunitynews.com/groups-and-resources-that-enrich-our-community-3 for last year's guide). Please send changes, corrections, or "OK to print" to one of the following by Dec. 1, 2023.

Email: stockbridgecommunitynews@gmail.com with attention Kayla or CRG in the subject line.

Mail: Information also can be sent to SCN, PO Box 83, Gregory, MI 48137, also indicating attention CRG OR KAYLA.

If you have a civic group or organization providing resources and special services to the community at large, feel free to provide your information for inclusion in next year's guide.

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Brian Friddle

From the Superintendent's Desk Stockbridge schools setting tone for good sportsmanship

Hello Stockbridge Families,

We continue to focus on sportsmanship and are calling on our administration, students, coaches, parents, staff and community to uphold a higher standard of sportsmanship. We recognize that the most concerning issues are created by a few individuals who generate a negative environment. I still believe that we can all improve in the area of sportsmanship and in doing so, create an environment that reduces or eliminates unwanted behaviors.

It is important to address sportsmanship from many perspectives, including the administration, student athletes, student fans, parents, community members, coaches, opponents and the officials. Each of these perspectives has a different take on the game and engages in a different way.

As an administrator, I feel it is important to create a positive environment and set a tone for good sportsmanship. This should be apparent in the expectations that we set for the athletic programs, how a venue is set up, and the communications that take place between the participating teams, coaches and the officials. I also believe that it is important to be explicit and set expectations for how all participants conduct themselves when they engage in athletic events. Please come out to support our student athletes and look for ways to encourage them while setting the tone for a positive environment.

Throughout the year, we will continue to evaluate our sportsmanship expectations and find ways that we can integrate acts of positive sportsmanship in our programs. We strive to have a school community that embodies the attributes of good sportsmanship. I hope this is noticeable to you when you come to our athletic events and that you will support the initiatives that we put in place.

A good rule of thumb in promoting sportsmanship in our school and community is to be edifying, while building our student athletes up and showing them encouragement. Focus on the positive. I appreciate your support and look forward to cheering with you in the future.

Thank you, Go Panthers!

Brian Friddle

Superintendent of Schools

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We have lots of new and exciting things this year!

Annual Munith Halloween Parade to be held on Saturday, Oct. 28, at 1 p.m. in downtown Munith



Information provided by Waterloo Township

The parade will line up on First Street at 12:30 p.m. on Saturday, Oct. 28. It will begin a route through Munith on Main Street at 1 p.m. There will be free popcorn, cider, doughnuts and candy for the kids at the Munith Methodist Church on the corner of Main and Seventh streets.

Let's join in and make this a great Halloween parade for everyone to enjoy. Have the kids dress up and join in the parade through Munith. There will be costume prizes for first, second, and third place each for kids' costumes, ages 5 and younger, 6 – 11, and 12 and older, plus a first-place award for floats. Everyone be ready. There will be lots of prizes.

Sponsored by Waterloo and Henrietta townships and local businesses.

We are in need of the following:

- Entries in the parade—decorated tractors, floats, bicycles, cars, horses.

If you have any questions, please call Jan Kitley at Waterloo Township, 517-596-8400 or email at clerk@waterlootwpmi.gov.

We want to make this memorable again for 2023, so please come and enjoy.



Clyde Whitaker

Clyde's Corner

Michigan high school coaches welcome basketball coach Phil Hora to association's Hall of Fame

by Clyde Whitaker

Hello again, everyone! I have some GREAT news to share with all of you. On Sept. 17, basketball coach Phil Hora was inducted into the Michigan High School Coaches Association Hall of Fame!

The induction ceremony was held in the Bovee Center on the campus of Central Michigan University in Mount Pleasant, Michigan.

As a captain on the 1973 team, I can tell you that all of us who played for Coach Hora knew he was one of the best coaches ever!

Coach Hora coached from 1967-1989—21 years—all at Stockbridge High School. He compiled a record of 354-117, which is a 75% winning percentage, unbelievable!

His accomplishments include: 10 League Championships, nine District Championships, five Regional Championships, three Final Four appearances and one State Finals appearance runner-up.

Coach Hora coached many fine players over the years. Perhaps one of the best was Jesse Campbell, a two-time All-American.

Other highlights of his career include:

- Seven-time Coach of the Year in Ingham County.
- (1971) Detroit Free Press Dream Team Coach of the Year.
- (1971) Detroit News Coach of the Year.
- (1976) Lansing State Journal Coach of the Year.
- (1978) Michigan High School Coaches Association of Michigan Regional Coach of the Year.

- (1986) Honored by the Basketball Coaches Association of Michigan for 300 wins.

- (2023) Michigan High School Coaches Association of Michigan—inducted into Hall of Fame.

It was a thrill and an honor to be there at the induction ceremony to see Coach receive his long overdue recognition for a fabulous career. He will never be forgotten. He put Stockbridge basketball on the map. What a run, Coach!

Clyde Whitaker is a 1973 Stockbridge graduate. He and his wife, Mary, raised four children in Stockbridge, and they still reside in the Stockbridge area.

All photos provided by Clyde Whitaker. Additional photos available at www.stockbridgecommunitynews.com.

FFA donation page 1

In the past, the Stockbridge FFA would sell its fresh eggs to faculty members. Even with selling its fresh eggs, the Stockbridge FFA still had a surplus. With a need to serve the community, and excess eggs, Clarissa Hill, Stockbridge FFA chapter president, decided that the best course of action would be to give back to the community.

After coordinating with the Stockbridge Community Outreach, Hill set up a date with the Outreach's program director, Gwen Reid, to donate eggs. On Aug. 30, the Stockbridge FFA Chapter donated 17 dozen eggs to the Stockbridge Community Outreach program. These eggs will be used by more than 70 families in desperate need of fresh, whole foods.

The Stockbridge FFA Chapter also is donating fresh produce such as tomatoes and peppers to Stockbridge Community Outreach. The students have raised the produce from seed as part of their plant science curriculum. The plants have been grown in raised beds outside of their classroom. The FFA students hope to continue providing produce in the winter by using their hydroponic systems and artificial lighting.

For more information about the Stockbridge FFA, contact Bob Richards, the Stockbridge FFA advisor and agriculture teacher, at richardsr@panethernet.net or 517-851-7770, ext. 6204.



1970s-era Stockbridge basketball coach Phil Hora is inducted into the Michigan High School Coaches Association Hall of Fame on Sept. 17.



Top row, far right: Coach Hora pictured with seven of the 13 total 2023 Hall of Fame coaches on Sept. 17.



Coach Hora poses with some of his players from back in the day. Pictured (l-r): Todd Dickinson, Tom Dickinson, Clyde Whitaker, Coach Hora, Shannon Curtis, Brian White, and Charlie Curtis.

Waterloo Area Historical Society Presents

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Published in Uncaged, April 2023

A plastic ocean: The impact ocean pollution has and how it affects marine wildlife

by Staff, *Uncaged* Reporters

This article is being published as it appeared in the April 2023 edition of Uncaged Student News.

From the peak of Mount Everest to the deepest trough in the Mariana Trench, plastic has been emerging throughout the world, and we're to blame. There are over 30 billion tons of plastic in the ocean, a great source of that coming from the Great Pacific garbage patch—now twice the size of Texas—which carries more than 1 trillion pieces of plastic. It's unbelievable, not to mention embarrassing, that we have destroyed the planet in the way that we have.

The consumption of plastic by these creatures result in suffocation, starvation, drowning, entanglement, infection and indigestion, which leads to death in most cases. It's one thing to destroy our planet, but it's another thing to kill the innocent animals living amongst it.

Marine life such as turtles, tropical fish, seabirds and whales are the most impacted by plastic and microplastics in the ocean; however they're not the only ones being impacted by plastic pollution. Hermit crabs, octopuses, seals, plankton and even fish larvae are deeply impacted by humanity's disregard for the life of others.

Too many individuals refuse to accept that plastic pollution affects us in a detrimental way. For example, many of us alike enjoy eating seafood, but the majority of crustaceans (shrimp, crab, lobster), mollusks (clam, oyster, mussel) and fish are drowning in microplastics that we then consume into our bodies and bloodstream, which can lead to damage in human cells, inflammation of the body and oxidative stress, confirms the Plastic Health Coalition. The coalition also mentions that the average American consumes 74,000 microplastics per year.

See *Uncaged* on page 10.

From CADL Stockbridge

Native plant garden coming to library

by Head Librarian Sherri McConnell

When you drive past the Stockbridge Library, you will see a heap of straw where grass used to be. Believe it or not, this is my dream and folks from a group called Stewarding Stockbridge are helping me achieve it. I want to give a big shout-out to Kateri Fahey and Shelley Demerath-Shanti for helping me lay down the cardboard and spread the straw, and Laura Walsh for providing



A native plant garden, highlighting the beauty of Michigan plants, will soon be on display at the Stockbridge Library. Photo provided by CADL

the straw.

We are establishing a native plant garden to highlight the beauty of Michigan plants and the ease of caring for native perennials once they are established. This will provide food and shelter to pollinators crucial to the health of crops and blooms alike.

According to the U.S. Forest Service, almost 80% of food and plant-based products worldwide require pollination. The Xerces Society, dedicated to conserving endangered pollinators, says that 28% of bumblebee species are in decline. Monarch butterfly populations east and west of the Rocky Mountains also have experienced a 74-80% decline. Monarchs, once a sign of summer, have become a rare sight in many gardens. With our new garden, the library will be doing its part to help these species, and many more.

This is not a quick process. All you're going to see for months is straw. But this fall and next spring, we will be planting a variety of native flowers and grasses such as sky blue aster, nodding onion, purple coneflower, little bluestem and the delightfully named rattlesnake master. Once established, they will bloom and provide color throughout the growing season. Gradually other features will be added to the area such as steppingstones, mulch and educational signs.

In the meantime, enjoy the bright orange flowers of the tithonia, or Mexican sunflower, growing in the planter near the book drop. It will attract bees and butterflies until frost. We are gathering seeds from it, so if you would like some, come inside and ask at the service desk.

Capital Area District Libraries' Stockbridge Branch is located at 200 Wood St. For more information, call 517-851-7810 or visit cadl.org.

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Who We Are

Founded in 2016, the Stockbridge Community News is a Michigan nonprofit organization, IRS-licensed to operate as a 501(c)(4) organization (# C4-4001565).

An unpaid, volunteer board of directors oversees all SCN operations.

Our monthly, printed newspaper is free and mailed at no-cost to members of the local community. Complementary printed copies are also made available at strategic locations in the community. Print subscriptions are available for a fee to those outside SCN's postal distribution boundaries.

Articles are posted online throughout the month and are available to view for free at stockbridgecommunitynews.com

Our Mission

To promote the common good and shared well-being of residents in the greater Stockbridge area through the collection and publication of local news and useful community information.

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Our Writers

Stockbridge Community News depends on our team of talented, local writers who regularly volunteer their time to ensure we deliver newsworthy content each month. Writer names are reflected in the bylines that appear with each story.

Editor-in-Chief Emeritus

Patrice Johnson, an SCN founder and first editor-in-chief (2016-2021)

We would love to hear from you!

Please share any article ideas or community events you think SCN readers would be interested in. You are also encouraged to contact us with your advertising questions or for information about volunteering.

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John Robinson

Rock 'n' Roll Trivia Why Eric Clapton was raised by his grandparents

by John Robinson

Q: Did Eric Clapton have a bad childhood?

A: Clapton was the son of unwed parents: 16-year-old Patricia Molly Clapton and 24-year-old Canadian soldier Edward Fryer. Before Eric was born, Fryer was sent to war. Afterward, he returned to Canada, abandoning Eric and his mom. Eric was given his mother's maiden name instead of Fryer's and handed over to his grandparents to raise him while he was still a baby. Therefore, he grew up believing his grandparents were his real parents and that Patricia (his real mother) was his sister. (By the way, his grandparents' last name was Clapp, which led to the misconception that Clapp was Eric's real last name.) Patricia wound up marrying a different Canadian soldier and moved to Canada. Now she had abandoned Eric, but not to his knowledge; he still thought of her as his sister. When Eric was 9 years old, he discovered the secret when Patricia and her 6-year-old son (Eric's half brother) came for a visit. This changed his whole attitude. He began slacking off at school, became shy and lonely and emotionally shut out his family. His first job was as a mailman, but he eventually turned to the guitar for comfort.

Q: I know The Beatles didn't release a single of "Fool On The Hill," but I remember it as a single by someone else. Please tell me who.

A: That would be Sergio Mendes & Brasil '66, who released their version of "Fool On The Hill" (produced by Herb Alpert) in 1968. The Beatles' original 1967 version of "Fool On The Hill" was the last song to be written and recorded for their television film, "Magical Mystery Tour."

Q: I read in some liner notes that Toni Tennille was on Pink Floyd's album "The Wall." Is that the same Tennille from the Captain & Tennille?

A: Yup. Toni not only was busy making hits with the Captain, but she also was a very busy session vocalist. You can hear her voice on records by Elton John, The Beach Boys, Art Garfunkel and many others — including Pink Floyd. In a related story, Toni was attending a Pink Floyd concert in Los Angeles when some snotty kid sitting in front of her turned around and whined, "What are YOU doing here?" She told him she liked Pink Floyd and that she even sang on their "Wall" album. The snotty kid took off to get his friend, who just happened to bring his copy of "The Wall" to the concert (hoping to get it autographed). They both read the liner notes where Toni's name was listed as a vocalist. The kid came back, dropped his snotty attitude and sheepishly asked for her autograph.

Q: Wasn't "Cold Turkey" John Lennon's first solo single?

A: Nope, it was his second. "Cold Turkey" was written by John Lennon and it was supposed to be recorded by The Beatles in 1969, but Paul McCartney refused.

See Rock 'n' Roll on page 11.



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Active Aging

Longtime canning enthusiast shares her secrets

by Mary Schwark



Mary Schwark cans lots of stewed tomatoes because fresh canned tomatoes are always more flavorful than store bought. Photo credit Anshu A at unsplash.com.

End-of-garden canning is one of my favorite things to do. I learned a lot about canning from my mom, Helen King. Then I discovered more on my own as I got older. It is a lot of work, but very rewarding.

I love to give my kids and grandkids my home-canned goods when they come to visit, and I enjoy taking pickles and beets up to the Senior Center to share with my friends there. I love the Stockbridge Area Senior Center and my friends there. I like to give away cans of my apple butter to our members so they can enjoy them at home.

Not everyone is into gardening or canning, so the senior center is a great place for sharing my home-canned goods, fresh vegetables and flowers out of my garden. My neighbors reap the benefits of my favorite pastime, too.

I like to can lots of dill pickles, bread-and-butter pickles, green beans, different varieties of mild and hot salsa, stewed tomatoes, tomato soup, tomato juice, spaghetti sauce, pickled beets, peach jam, grape jelly, apple butter and more. I like to prepare and freeze some fresh fruits and vegetables, too — like corn — and I love to put up strawberry freezer jam.

Where to start

If you're interested in canning and preserving, you'll want to be sure all fruits and vegetables are cleaned properly before you prepare them. If you would like more specific instructions, canning books can be helpful with that. When I need a recipe for canning, I go to the Blue Ball Canning Book. I do many from memory, or I go by taste, especially with things like my spaghetti sauce and pickled beets.

Make sure all jars are sterilized and your lids and rings are sterilized before filling jars. Once filled, I leave them on the counter for four or five days before storing. When I give away my canned goods, I always ask for the jars back to reuse them again — sometimes it happens, and sometimes it doesn't.

More tips from Mary

- Green beans are the easiest things to can. If you are new to canning, it's a good place to start. Remove the string from the beans and break them to the size you prefer. Wash them and pack in jars. Pressure cook them for 30 minutes and let cool.

- For pickles, I wash and quarter my cucumbers.
- Unlike most people, I don't put onions in my bread-and-butter pickles because my grandkids don't like onions. They won't eat bread-and-butter pickles from the store.

- My grandkids only eat their Nannie's salsa! It's fun to make in different varieties for different people. Some like it hot, some do not.

- I like to make lots of stewed tomatoes to have on hand for chili and goulash. Fresh canned tomatoes are always more flavorful than store bought.

- Another great garden reward is zucchini. I make delicious zucchini breads of many varieties. My blueberry and pineapple zucchini breads are favorites.

Why bother?

Growing and tending to my garden is what helps keep me feeling young. Sharing and giving it away is what makes my heart full.

If you'd like to learn more, or just talk about all things gardening, growing, canning and giving, stop by to see me at the Stockbridge Area Senior Center. I work at the Welcome Desk each Tuesday, Wednesday and Thursday from 9 a.m. to 2 p.m. Chances are I have something fresh and tasty for you to try!



Mary Schwark is the volunteer coordinator for the Stockbridge Area Senior Center (SASC), a great place to spend time. Visit stockbridgeareaseniors.org or call 517-480-0353 for information.

Waterloo Township Board Unapproved Meeting Minutes

23 August 2023 7:00 P.M. 9773 Mt. Hope Road Munith, MI 49259

Call to Order and Pledge: 7:00 p.m.

Present: Lance, McAlister, Kitley, Walz, Beck. Also present: 6 residents.

Public Comment: Bill updated us on SB Bills #429, regarding the Township losing any control of the gravel pits and HB 4722 regarding giving the State authority over Short-term Rentals and State management for HB5981 giving State authority for "Qualified Residential Treatment Programs" such as receiving minor children for care, maintenance, and supervision, usually on a 24-hour basis. He gives addresses and phones for: Representative-Sarah Lightner (SB429) Sarah.Lightner@house.mi.gov. (517) 373-1775. and Senator Mike Shirkey (HB5981 & HB4722) <https://www.senatormikeshirkey.com/contact/> (517) 373-5932 if you would like to give them an opinion. They will most likely be meeting in September. He also spoke of the website redesign that is now finished and looks great. We encourage you to check it out.

Consent Agenda: Kitley motioned with support from Walz to accept the consent agenda as presented. Aye/all; no/none. Motion carried. Kitley motioned with support from Walz to pay Post Audit bills in the amount of \$6,019.56. Roll call vote: Yes/Walz, Kitley, Lance, Beck, McAlister. No/none. Motion carried.

Correspondence: Lance spoke of his calls to M-Dot regarding the rumble strips on Mt. Hope and Waterloo Roads that Claire Foley had sent regarding the noise, etc. from the current strips. He said the gentleman at M-Dot basically said there was nothing they could do to change these and that they were legal as is.

Old Business: Walz motioned with support from Kitley to accept the security camera bid from Main Street Computers for \$5,700 plus a possible cost of up to \$450 additional for more required conduit. Roll call vote: Yes/Kitley, Lance, Beck, McAlister, Walz. No/none. Motion carried. We will try to take the cost out of ARPA funds.

New Business:
Parks & Recreation: They talked about the removal of the tires at the Munith Park. It will happen within the next 3 weeks and the tires will be disposed of at our Trash Collection Day on September 17, 11:00 to 3:00. The

Halloween Parade in Munith was discussed. It takes place on Saturday, October 29th at 1:00. They will be taking donations to give as prizes, 1st, 2nd and 3rd place each for children's costumes ages 12 and under, adult costumes, and Floats entered in the parade. Money donations will be greatly appreciated. They are going to assist in the collections of prizes. Waterloo Township Recreation Plan is very close to finish. It's needed to apply for grants, etc. Planning Commission: There was discussion on the need for new updated maps. Beck was given an update on the ordinances to date. No decisions made because the Chairperson, Wesley Schulz was not there.

- Beck motioned with support from McAlister to upgrade Microsoft Word for \$2,429.37 contingent on the Microsoft 365 inclusion voted on last month. Roll call vote: Yes/Lance, Beck, McAlister, Walz, Kitley. No/none. Motion carried.

- We had two bids on the tree removal from our cemetery on Seymour Road: A bid for \$2500 and one for \$7500. Lance motioned with support from Walz to accept the \$2500 bid from Accurate Tree Service. Roll call vote: Yes/Beck, McAlister, Walz, Kitley, Lance. No/none. Motion carried.
- Lance motioned with support from Kitley to approve an award \$25,000 amount to give to SAESA to bring another ambulance into compliance coming from our ARPA fund. Other townships are donating like amounts. Roll call vote: Yes, McAlister, Walz, Kitley, Lance, Beck. No/none. Abstain: Beck. Motion carried.

Other Business That Comes Before the Board: Lance spoke of the tire collection trailer that will be here for our Trash Collection Day.

Public Comment: Cathy Upton had questions regarding the Clear Lake Park. She commended Wendy on her help with the park. She was questioning the fence installation. She also approved of the appearance and usage of the new website.

Adjournment: Walz motioned with support from McAlister to adjourn at 7:40 p.m. Aye/all; no/none. Motion carried. The next Planning Commission meeting will be Tuesday, September 20, 2022 at 7:00 p.m. The next regular board meeting will be on September 27, 2022 at 7:00 p.m. Minutes will be published in the Stockbridge Community News at the end of each month, on our website waterlootwpmi.gov and on our Facebook page at: waterlootownshipmichigan.

Submitted by: Janice Kitley, Clerk

Community Calendar

Mondays beginning Oct. 16 - Self-Guided Fall Color and Sandhill Crane Tour, all day at Eddy Discovery Center

Tuesdays – Stockbridge Farmers Market, 5 to 7 p.m. at Mackinder Glenn Post 510
Tuesdays, Wednesdays and Thursdays – Prepared Meals for Seniors through Stockbridge Area Senior Center, noon to 2 p.m. at the Stockbridge Area Senior Center

Wednesdays – Family Storytime (Ages up to 6), 10 to 10:30 a.m. at the Stockbridge Library

Wednesdays – Pop-up food distribution for anyone in need, 1 to 3 p.m. at Stockbridge Community Outreach

Thursdays – Coffee chats, 10:30 to 11:30 a.m. at the Stockbridge Library

Fridays – Open Air Market, 4 to 7 p.m. on the Stockbridge Town Square

Occasional Fridays (Call Library for dates) – Keep Calm and Carry Yarn, 1 to 2 p.m. at the Stockbridge Library

Oct. 1 - Seven Outdoor Skills Everyone Should Know, 2 to 3:30 p.m. at Eddy Discovery Center

Oct. 3 - Sons of American Legion Monthly Meeting, 7 to 8 p.m. at Stockbridge Post 510

Oct. 8 - Pioneer Day, 10 a.m. to 5 p.m. at Waterloo Farm Museum

Oct. 8 - Michigan Birds of Prey, 2 to 3:30 p.m. at Eddy Discovery Center

Oct. 9 - American Legion Monthly Meeting, 7 to 8 p.m. at Stockbridge Post 510

Oct. 15 - Nature Photography Workshop, 2 to 3:30 p.m. at Eddy Discovery Center

Oct. 15 - Pianist Adam Knight, "Performing the Great Composers," 3 to 4:30 p.m. at Stockbridge Township Hall

Oct. 24 - American Legion Ladies Auxilliary Monthly Meeting, 7 to 8 p.m. at Stockbridge Post 510

Oct. 25 - Halloween Storytime (Ages up to 6, costumes welcome), 10:30 to 11 a.m. at Stockbridge Library

Oct. 29 - Sandhill Crane Tour, 2 to 4 p.m. at Eddy Discovery Center

Oct. 30 to Nov. 13 - Contact Stockbridge Community Outreach to sign up for Thanksgiving Assistance

Oct. 30 to Nov. 27 - Contact Stockbridge Community Outreach to sign up for Christmas Assistance

For more community events visit: www.stockbridgecommunitynews.com.

To add your community events to our free community calendar, email submissions@stockbridgecommunitynews@gmail.com.

UTPD Activity August 1-31, 2023

Tuesday 08/01 - Citizen Assist- Mickey Ln/M36, Subpoena Service- W M36/Katherine Ct., Fraud-Doyle Ct./Doyle Rd.

Wednesday 08/02 - Citizen Assist- Williamsville Rd./Holmes Rd., Suspicious Vehicle- Kathryn Ct./W M36, Assist UTFD- Livermore Rd./E Trebesh Cir., Animal Complaint- Josline Lake Dr./Westbury Dr., Subpoena Service- W M36/Kathryn Ct., Assist EMS-Unadilla Rd./Williamsville Rd.

Thursday 08/03 - Lost/Found Animal-Doyle Rd./Unadilla Rd., Suspicious Situation-Barton Rd./Spears Rd., Welfare Check- Dutton Rd./Deep Valley Rd., Subpoena Service-W M36/Kathryn Ct.

Friday 08/04 - Intimidation/Threats- Doyle Rd./Templar Ave., Assist UTFD-Pleasant Dr./Woodside Dr., Suspicious Situation-Bowdish Rd./Roepke Rd.

Tuesday 08/08 - Suspicious Vehicle-Kathryn Ct./W M36, Ordinance Investigation-Spears Rd./Donohue Rd.

Wednesday 08/09 - Abandoned Vehicle-Hadley Rd./Kaiser Rd., DHS Referral-Roepke Rd./Williamsville Rd., Personal Damage Accident-M 106/Worden Rd., Road Hazard Complaint-Worden Rd./Doyle Rd.

Friday 08/11 - Citizen Assist-Van Syckle Rd./Doyle Rd., Personal Damage Accident-Doyle Rd./Holmes Rd.

Sunday 08/13 - Parking Complaint-Mcgaugh Ct./Orlando Dr., Suspicious Vehicle-San Luray Dr./San Souci Ave., Welfare Check-Pleasant Dr./Woodside Dr.

Monday 08/14 - Public Service-Watson Dr./Channel Dr., Civil Complaint-Watson Dr./Channel Dr., Disturbance/Trouble- W Lakelands Trl./Arnold Rd., Assist EMS-Unadilla Rd./Williamsville Rd., Domestic Verbal- Roepke Rd./Oklahoma Dr.

Tuesday 08/15 - Malicious Destruction of Property-Livermore Rd./Doyle Rd., Assist EMS-Livermore Rd./ W Trebesh Cir.

Wednesday 08/16 - Court Prosecutor Activity-S Highlander Way/W Grand River, Domestic Verbal-San Luray Dr./San Marino Ave., Assist EMS-Doyle Rd./Doyle Ct., Assist UTFD-Bullis

Rd./Church St.

Thursday 08/17 - Fraud-Doyle Rd./Worden Rd., Mental Health Response-Mickey Ln/M36

Friday 08/18 - Public Service-Dexter Trl./Van Syckle Rd., Welfare Check-Iosco Mountain Rd./Hay Rake Hollow

Saturday 08/19 - Public Service-Dexter Trl./Van Syckle Rd., Disturbance-Doyle Rd./Worden Rd.

Sunday 08/20 - Shots Fired-Bullis Rd./Bird Ln, Property Damage Accident- Wasson Rd./Bull Run Rd., Citizen Assist-Bullis Rd./Bird Ln, Citizen Assist-Bird Ln./Bullis Rd., Fireworks-Bullis Rd./Church St.

Monday 08/21 - Vin Inspection-Doyle Rd./Unadilla Rd., Trespassing/Loitering-Bullis Rd./Church St., Assist EMS-Arnold Rd./Spears Rd., DHS Referral-Wasson Rd./Gregory Rd.

Tuesday 08/22 - Medical Alarm-Kane Rd./Doyle Rd.

Wednesday 08/23 - DHS Referral-Doyle Rd./Worden Rd.

Thursday 08/24 - Tree Hazard-Dexter Trl./Van Syckle Rd., Ordinance Investigation-Meadow Park Dr./Raspberry Rdg., Tree Hazard-E M36/Kane Rd., Tree Hazard-Wasson Rd./Bull Run Rd., Tree Hazard-Barton Rd./Spears Rd., Property Damage Accident-Wasson Rd./Bull Run Rd., Tree Hazard-Williamsville Rd./Unadilla Rd., Tree Hazard-Graves Rd./Doyle Rd.

Friday 08/25 - Tree Hazard-Weller Rd./Wasson Rd., Suspicious Situation-Webb St./Church St., Assist EMS-Main St./Dewey Rd., Tree Hazard-Kaiser Rd./Unadilla Rd.

Saturday 08/26 - Domestic Physical in Progress-San Luray Dr./San Marino Ave., Domestic Physical in Progress-Williamsville Rd./Holmes Rd.

Monday 08/27 - Malicious Destruction of Property-Dexter Trl./Deep Valley Rd., Electrical Hazard-Bowdish Rd./Walnut Ln

Wednesday 08/30 - Warrant/Search-Bullis Rd./Bird Ln., Welfare Check-Dutton Rd./Deep Valley Rd., Medical Alert-Kane Rd./Green Rd.

Thursday 08/31 - Trespassing, loitering-Dutton Rd./Dexter Trl., Hazard-Dexter Trl./Dutton Rd.

Chief David S. Russell
Unadilla Township Police Department

STOCKBRIDGE TOWNSHIP

MEETING MINUTES

September 18, 2023

Stockbridge Township Supervisor CG Lantis called the Regular Stockbridge Township Board Meeting to order on September 18, 2023 at 7:31pm at the Stockbridge Township Hall. Members present at the Stockbridge Township Regular Board Meeting; Supervisor CG Lantis, Clerk Becky Muraf, Treasurer James Wireman Trustee Ed Wetherell, Trustee Terry Sommer Member absent None
Pledge of Allegiance
Moment of Silence
Sommer motion to accept the Stockbridge Township Board Regular Meeting agenda for September 18, 2023, as printed
Wetherell Second All in Favor Motion Carried
Citizen's Comments Discussion
Sommer Motion to accept the Stockbridge Township meeting minutes from August 21, 2023, as printed
Wetherell Second All in Favor Motion Carried
Wireman Motion to accept the Stockbridge Township Financial report as printed from April 1, 2023, thru September 18, 2023.
Muraf Second All in favor Motion Carried
Stockbridge Township Planning Commission update discussion
Wireman motion to receive the Stockbridge Township 2022 Audit as presented from Ken Palka Stockbridge Township Auditor
Sommer Second All in Favor Motion Carried
Old Business
Wireman motion to untable Sweep account
Sommer Second All in Favor Motion Carried
Sommer motion to move Stockbridge Township general fund thru The State Bank to a Sweep account thru The State Bank
Wetherell Second Roll Call Vote Wetherell

Yes, Sommer Yes, Wireman Yes, Muraf Yes, Lantis Yes.

Muraf motion to table Stockbridge Township Square Decoration for Holidays
Sommer Second All in Favor Motion Carried

Memorial Wall update Sommer and Wetherell are working on the application for Memorial Plaque

Wireman motion to untable the wave bus
Sommer Second All in Favor Motion Carried

Wireman motion to give Wave \$4,000.00 for the wave bus for Stockbridge Residents to use, Muraf Second Roll Call Muraf Yes, Sommer Yes, Wireman Yes, Wetherell Yes, Lantis Yes All in Favor Motion Carried
New Business

Muraf motion to accept Clyde Whitaker bid for Derby Cemetery for 2024 in the amount of \$1,200.00
Sommer Second All in Favor Motion Carried

Muraf motion to move forward with a table covering for the Stockbridge Township Meeting room table
Wireman Second All in Favor Motion Carried

Wireman motion to approve the Stockbridge Township 4029 form as printed
Wetherell Second All in Favor Motion Carried
Zoning/ Ordinance update given by Katrina Griffith

Sommer motion to pay the Stockbridge Township monthly bills in the amount of \$53,579.16
Wetherell Second All in Favor Motion Carried

Citizen Comments None
Muraf motion to close open session and open closed session
Sommer Second All in Favor Motion Carried

9:15pm Muraf motion to open open session and close close session
Wireman Second All in Favor Motion Carried

Lantis motion to adjourn the Stockbridge Township Monthly meeting at 9:17pm on September 18, 2023, Muraf Second All in Favor Motion Carried

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Mary Jo David

Reading Between the Lines 'Lessons in Chemistry' provides food for thought on women's role in workplace

by Mary Jo David

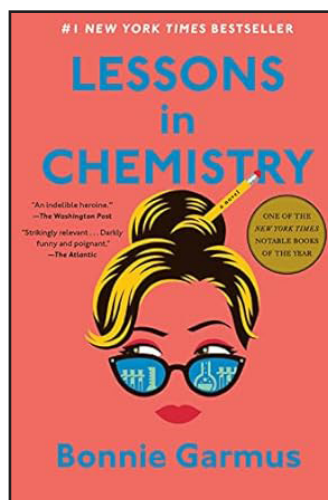
Social norms have changed drastically since the 1950s and 1960s—but have they really? "Lessons in Chemistry," by Bonnie Garmus, is a great read for adults, young and old. The novel takes place in the late 1950 through the 1960s and spans a wide range of emotions, including funny, sad, shocking, perplexing and enlightening. It leaves the reader both entertained and educated.

The main character, Elizabeth Zott (aka: "E.Z." to the men in the lab), is brilliant and beautiful. It's her brilliance she wants people to focus on. But it's her beauty (not to mention her sex) preventing her from being taken seriously in her field at a time when it was an uphill battle for any woman to carve out her niche professionally.

An unexpected love story develops, and as a result, Elizabeth finds herself in the role of "mother," which her extensive education and professional work experience have not prepared her for. The frustration and anger the reader experiences as Garmus shares Elizabeth's challenges with her male co-workers are balanced by the humor, joy, and unexpected tenderness she exhibits as a lover, mother and dog owner.

It was easy to make the leap from Elizabeth as brilliant chemist to Elizabeth as the mom of a prodigy who can read at age 3—a mom who left lunchbox notes for her daughter that said, "Fuel for learning," or "It is not your imagination, people are awful." It might have been a bit harder to recognize the softer Elizabeth who emerges every now and then as Mad's mom later in the book, but Garmus eases us into Elizabeth's gentler, indulgent side gradually, as the story unfolds.

A coincidence that revolves around one of Mad's classmates lays the groundwork for Elizabeth to make the move from brilliant



chemist to popular television host. Garmus manages to take the reader through this unlikely transition with no thought to abandoning "Lessons in Chemistry" out of disbelief. (Kudos to Garmus for pulling that off.) In her new role, Elizabeth strives, successfully, to educate and entertain her audience with her brilliance despite television executives' attempts to turn her into a cookie-cutter 1960s female entertainer. Image credit Amazon.com

chemist to popular television host. Garmus manages to take the reader through this unlikely transition with no thought to abandoning "Lessons in Chemistry" out of disbelief. (Kudos to Garmus for pulling that off.) In her new role, Elizabeth strives, successfully, to educate and entertain her audience with her brilliance despite television executives' attempts to turn her into a cookie-cutter 1960s female entertainer. She stays true to her own style and beliefs, and in doing so, inspires women to be themselves and follow their own passions.

Garmus provides necessary depth when developing main characters like Elizabeth, Calvin, and Mad, relying on stereotypes, yes, but each is peppered with an emotional side that surprises the reader. Even the family dog is a key, secondary character, an intelligent, sensitive member of the family who weighs in occasionally with his own thoughts. And this reader smiled every time she read the dog's name in the book.

"Lessons in Chemistry" manages to weave in some inspirational food for thought quite regularly, including a passage between a minister and Elizabeth's young daughter Mad, who is skeptical about religion.

Mad: "I have faith."

Minister: "Well that's a funny word to hear from you ... because religion is based on faith."

Mad: "But you realize," she said carefully, as if not to embarrass him further, "that faith isn't based on religion. Right?"

Most who read this work of fiction might judge it as only suitable for women, but men can learn from the book's premise as well, especially those who work with women. In the same way that many white Americans believe racism no longer exists while Americans of color beg to differ, "Lessons in Chemistry" can enlighten men who assume that women are always treated equally in today's workplace.

Through her creative storytelling of an extreme example of workplace inequality—and daily misogyny—set more than 50 years ago in time, readers are not left with the feeling the book is lecturing them. But, the truly insightful reader will step away recognizing they have learned something valuable from an enjoyable novel, and will, hopefully, use "Lessons in Chemistry" to improve the workplace for all.

Mary Jo David has put on her book reviewer hat, at least temporarily, to fill in for Shuyler Clark who was the face of "Reading between the Lines" for two years. Stockbridge Community News would like to thank Shuyler for her longtime commitment to our readers, and we wish her well in her future endeavors.

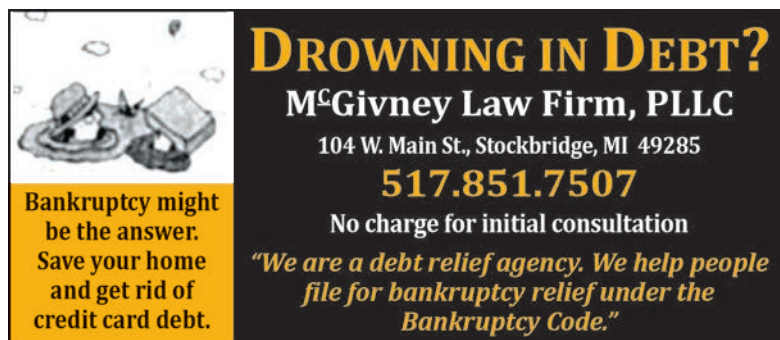


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Uncaged page 5

We're not only hurting sea animals from across the ocean, but also ourselves. We're practically poisoning ourselves because of our own selfishness, and for what? Money? Money won't mean anything when we're all gone because of our greediness and need to control everything.

Debris like plastic bags and fishing nets are perceived by sea turtles as their natural prey, the jellyfish. However, the consumption of these plastic bags leads to many of them floating as the result of trapped gas in their body. Because the gas causes them to float, they become an easier target to predators and don't have a way to get food, so they end up starving.

Plastic pollution is commonly known, but there's also a different form of pollution, and that's water pollution.

The beluga whale is now considered the most toxic marine animal in the world from consuming so many toxins from different pesticides, chemicals and herbicides. Because of this, they have high rates of cancer as well. In North America alone, about 2.7 million gallons of petroleum oil spill in the ocean annually, according to the National Academies. Some of the whales that died are being disposed of and marked as toxic waste because of the high toxicity rates in their bloodstream. However mortifying to grasp, it's not only beluga whales that are at risk from toxin and oil spills. Sea otters and birds, as well as fish and their larvae are also affected from oil spills coming ashore.

Birds are the majority of those impacted by oil spills, as most oil floats on the surface of the water. Birds catching fish also inhale and catch gulps of oil spreading amongst the surface water, which in turn goes into their lungs where they suffer from chronic illnesses via toxic polycyclic aromatic hydrocarbons (PAHs) found in the oil. Types of oil involved include those coming from drilling rigs, according to the Science Direct.

There are ways for us to help stop the spread of plastic in our oceans. Even if it's a small deed, it goes a long way. Reducing, Reusing and Recycling is one very popular way to help decrease the amount of plastic in our oceans. We as a society go through 50 billion plastic bottles in one year alone, so utilizing reusable bags, bottles and clothing can stop the increase of plastic pollution.

At least 80% of all plastic found in the ocean comes from the land we live on. As a result, it's our job to do something about this serious problem evolving more harsher as the years pass by. We're the ones that started this problem, so we need to be the ones to fix it.

For more information about Stockbridge's award-winning student newspaper, go to <https://uncagednews.com>.



Uncaged articles are sponsored by The Stockbridge Area Educational Foundation. SAEF is currently looking for new board members. For more information on SAEF, visit www.panthernet.net/our-district.

Public Hearing Notice—Waterloo Township—Oct. 17 at 7 p.m.

The Waterloo Township Planning Commission will hold a Public Hearing on Tuesday, October 17, 2023 at 7:00 p.m. at the Waterloo Township Offices located at 9773 Mt. Hope Road, Munith, MI 49259. The purpose of the Public Hearing is to receive public comment on a requested Zoning Change on Parcel 000-05-05-400-001-00 from A 1 to A2. The Parcel is located at 12230 Mount Hope Road, Munith, MI 49259 and is owned by Hamlin Farms LLC, 810 Dietz Road, Webberville, MI 48892. A copy of the application and supporting documents may be viewed at the Township Offices during normal business hours.

Written comments should be mailed to: Waterloo Township Offices, 9773 Mt. Hope Rd, Munith, MI 49259 or dropped off at the offices during regular business hours prior to October 16, 2023.

Individuals with special needs requiring auxiliary aids or services should contact the Waterloo Township Board by writing or calling the Clerk's Office, 9773 Mt. Hope Rd, Munith, MI 49259. Phone: 517-596-8400.

Ralph Schumacher
Planning Commission Secretary

Jeff Caskey Brad Caskey

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Obituaries

Linda Schreer Denhof



Linda Schreer Denhof
Oct. 25, 1942 to Aug. 9, 2023

Linda Schreer Denhof, born October 25, 1942 passed away on Wednesday, August 9, 2023.

Sometimes a comet tears across the sky so brightly that it outshines every single star.

That's how our Linda was—the most positive person you'd ever meet, and a devout Christian.

Linda was born in Stockbridge, MI to Gustav and Dorothea Schreer and is survived by her loving husband, Ronnell P. Denhof; her sisters Shirle Warren and Janet Greene (Richard); her sons John and Doug (Carol) Denhof; four grandchildren Nicolas, Lucas, Jacob and Grey Denhof.

Linda studied at Michigan State and almost immediately met the great love of her life, Ron. They were married 58 years and enjoyed a fantastic relationship full of deep love, trust, respect and happy times. Linda and Ron lived half year in Grand Rapids, MI and half year in their beloved Sun City, AZ. Also, they traveled the world with their sons and 'grands.'

Linda was an accomplished artist in many mediums and lovingly shared her awesome art. She was a talented pianist, loved golf, dance and horses!

Her Holy Rosary and Mass of Christian Burial have been celebrated in the Grand Rapids area. Linda's family welcomes messages and memories. Send to: shirlewarren@yahoo.com.

Joan I. Hoffman



Joan I. Hoffman
May 28, 1938 to Sept. 21, 2023

Joan I. Hoffman, of Pleasant Lake, MI, age 85, passed away on September 21, 2023 in Jackson, MI. Joan was born on May 28, 1938 in Evart, MI, the daughter of Stanley and Evelyn (Phelps) Irish. Joan was an elementary teacher from 1960-1968. She received her Master's Degree and then served as an Assistant Professor at Eastern Michigan University in the Biology Department from 1970-1974. She married Ronald H. Hoffman on August 3, 1974 at St. Jacob Evangelical Lutheran Church in Grass Lake, where she was a faithful member for 49 years. Joan loved the outdoors, whether it was hiking or bird watching. She had a special interest in Sandhill Cranes, and she enjoyed writing articles throughout her career, writing for several Audubon

groups in the area. She also published the Addison Newsletter from 1993-2005, and Our Addison Kids in 1996, and presented at the International Addison Conference in Oslo, Norway in 1996. In 2001, she co-authored the anniversary book for St. Jacob Evangelical Church. She was a charter member of the Leslie Area Historical Society and a staff member of the Leslie Area Historical Museum. Besides being a museum guide, she was a curator of the Holling Collection, served as a historian for the Historical Society, and published the Holling Collection News from 2000-2010. Most of all, Joan loved her family. She was a loving wife, mother, and grandmother. In addition to her husband, Ron, Joan is survived by a daughter, Amy (Justin) Hamilton of Farmington Hills, one grandson, Alex Hamilton; and a brother, Dean (Dianne) Irish of East Lansing. She was preceded in death by her parents, and a sister, Janet Poole. The family wishes to express their gratitude to the caring staff at Vista Grande Villa, especially April and Heather, and Careline Hospice, especially Tammy and Mary. A Memorial Service will be held on Saturday, October 28, 2023, 11:00 a.m., at St. Jacob Evangelical Lutheran Church in Grass Lake, MI. The family will receive friends at the church from 10:00 a.m. until the time of service. Memorial contributions may be made to St. Jacob Lutheran Church, the Leslie Area Historical Society, or the Alzheimer's Association. Arrangements by Caskey-Funeral Home, Stockbridge.

Death Notices

If you wish to have a death notice included in a future edition and posted on the SCN website, please contact Stockbridge Community News.

There is no charge for this public service. Full obituaries are available for a fee.

- David Edward Tiffit Sr., of Munith, passed away Aug. 16, 2023
- Curtis Richard Chillison, of Gregory, passed away Aug. 21, 2023
- Emma Chloe Allison, of Stockbridge, passed away Sept. 15, 2023
- Phillip "Kevin" Hamlin, of Stockbridge, passed away Sept. 19, 2023

Rock 'n' Roll page 6

After The Beatles broke up, Lennon released his solo version in 1970. Lennon's first solo single was "Give Peace A Chance" in 1969, with songwriting credits going to Lennon and McCartney. It was recorded live during John and Yoko's "bed-in" for peace in Room 1742, Hotel La Reine, Elisabeth, Montreal, Canada, on June 1, 1969. Backing vocals include Tommy Smothers, Timothy Leary and deejay Murray the K; it also was the first solo single by a Beatle.

Q: I remember hearing a Spanish version of "Come A Little Bit Closer" a long time ago.

A: "Come A Little Bit Closer" was a Jay and the Americans hit single, written by Wes Farrell, Tommy Boyce and Bobby Hart. The Spanish version I played also was by Jay and the Americans. While Jay Black was recording the lead vocals, he was reading them off a sheet of newspaper and only had one chance to sing it before they ran out of studio time. The producers told him that when the group came back from its tour, he could finish the vocals. When Jay came back from his tour, he was listening to the radio and heard the song being played. He angrily called the producers and was yelling "How DARE you release this!" They replied "It's already on the charts" to which Jay responded "Oh – then disregard this call." The song peaked at No. 3 in 1964.

John Robinson grew up in Stockbridge and graduated from Stockbridge High School in 1969. He's been an author, TV host, columnist, actor, producer, emcee and radio broadcaster. Robinson's favorite music of all time includes surf, psychedelia, garage bands, Motown and just plain ol' good-time rock 'n' roll. To read more rock 'n' roll trivia, "Paranormal Michigan" stories, and lots more, check out Robinson's books on his author page at facebook.com/johnrobinsonauthor.

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Situational depression: Correct diagnosis, finding right treatment are key

Article and photo by Tina Cole-Mullins

Depression is one of the most common and shared mental health conditions. In fact, it is reaching epidemic proportions as nearly 10 percent of Americans experience a form of depression, according to a report in the U.S. News & World Report.

Since World Mental Health Day is Oct. 10, this year I would like to bring more awareness about depression, and specifically that of situational depression.

Depression comes in various forms, with the primary types being situational, clinical or chemical. Some experience one or even overlapping forms of the condition.

In some cases, situational depression is created by a trauma or specific stressors and life-altering events such as illness, relationship issues, divorce, loss of job, financial stress, family interpersonal dynamics, death or grief (even ambiguous grief, loss of someone still alive).

Clinical or chemical depression has a biological and psychological source that alters the brain. Postpartum depression, clinical depressive disorder, seasonal depression or bipolar disorder are a few examples.

Treatment styles vary by the type and severity of the condition. I have firsthand experience with both types of depression. For me, recognizing the difference between the two has helped create the most effective plan of treatment. Cognitive behavioral therapy (CBT), a talk-based therapy, was part of the treatment plan when I was in my late 20s and now is part of my ongoing plan.

CBT is a common treatment for clinical and situational depression, both of which can be prompted by triggers. By acknowledging and addressing a situation, one can learn to manage better and cope through depression if they apply skills learned from treatment. I have learned firsthand that CBT works as an effective approach to stability within my mental wellness journey.

By using a personal individualized treatment plan, my clinical depression (bipolar disorder) has been deemed in remission for several years. I am struggling currently with situational depression as my primary focus in my treatment. I use individualized therapy and a special dialectical behavior therapy (DBT) class to help manage day-to-day stress and my triggers. Post-traumatic stress disorder (PTSD), ambiguous grief and family interpersonal dynamics impact day-to-day stressors and primary health concerns.

DBT helps teach core skills in mindfulness, distress tolerance, emotion regulation and interpersonal communication skills on an ongoing basis, and it is covered through insurance.

One skill referenced within DBT is radical acceptance, where one has to radically accept the situation as it is and that it can't be changed. But that does not mean you have to agree, or that the situation is right, it is simply out of your control.

In my mindfulness approach with DBT, one of my various coping skills is music. The band Godsmack has always been a go-to when seeking peace and serenity within my often stressful life. In April 2019, Sully Erna of the band, after losing several friends to suicide, created The Scars Foundation in support of mental health.

See *Depression* on page 15.



Depression is reaching epidemic proportions.



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10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather. Stock your emergency kit with these essentials.

To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.

NIH National Institute on Aging

A disaster or emergency can happen at any time and sometimes without warning. These are some items you should gather to help plan and prepare for your needs in a disaster or emergency. Photo credit National Institute on Aging.

you should gather in order to help plan and prepare for your needs in a disaster or emergency.

Is there someone in your life who needs to get a little more prepared? Are you looking for a place to start? Visit ready.gov/low-and-no-cost for low-cost and no-cost preparedness steps you can take today.

Upcoming conservation event

The Stockbridge Area Wellness Coalition (SAWC) Clean Up Club will work with Legacy Land Conservancy to spruce up Beckwith Preserve, clearing brush and invasive species (autumn olives) on Saturday, Sept. 30, from 10 a.m. to noon. Meet at the parking lot off M-106 on the east side of Stockbridge and bring gloves and water bottles. Also, information will be available about Legacy Land Conservancy and how they work with land owners to preserve farmland or undeveloped land. Email stewardship@legacylandconservancy.org with questions or for more info.

Preparedness references and resources

- Red Cross: bit.ly/3L26WKv and bit.ly/3OYaOwZ
- Ready.gov: ready.gov/older-adults

- American Psychological Association: bit.ly/3EeQsea
- Health in Aging Foundation: bit.ly/3sD7nnW

Bridge to Wellness

Emergency preparedness tips for older adults and an upcoming conservancy event

by Patti Bihn, BSN, RN

September was National Preparedness Month, and this year the focus was on preparing older adults for disaster. Several factors make older adults more vulnerable after disasters, including, but not limited to the following:

- A greater likelihood of suffering from chronic conditions and the need for associated medications.
- A greater reliance on assistive devices, such as walkers or glasses and support from caregivers and others.
- An increased likelihood of social isolation (according to the Red Cross).

A disaster or emergency can happen at any time and sometimes without warning. See the accompanying “10 Essentials for Your Emergency Kit” for information on items



This column is sponsored by the Stockbridge Area Wellness Coalition. Patti Bihn is the Faith Community Nurse Liaison and Diabetes Prevention Program Lifestyle Coach at Chelsea Hospital

Saturday October 28th 1pm
Best Float & Costumes win prizes

HALLOWEEN PARADE 2023

Main Street, Munith
& Costume Contest
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Floats line up at First street @ 12:30pm.
Parade ends @ Munith United Methodist Church 102 7th Street

Costume categories:
5 years old & younger,
6 to 11 years old,
12 years & up.

Join The Grand Marshall Jan Kitley, for the Annual Halloween Parade and make Halloween 2023 a fun and memorable event for the whole community. Watch the parade and catch candy tossed from the floats. Costumed kids are encouraged to follow the parade up Main Street to the church steps for costume judging. Then kids are welcome inside for some treats.

Please donate candy or funds to purchase candy. Notify us if you have a float to enter into the parade:
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PINK October

BREAST CANCER AWARENESS MONTH

Woah Nellie!

Cook up a batch of 'Spiced Cranberries' to fill your home with the aroma of a Yankee Candle

by Mary Jo David

It's always entertaining to see what our grandparents and great-grandparents were cooking way back when. Perusing October issues of the Stockbridge Brief-Sun from 100 years ago did not disappoint. Admittedly, it would have been interesting to try my hand at cooking "Pigeon Pie" or "Stewed Ducks with Turnips" from the Oct. 11, 1923, edition, but alas, my freezer was devoid of pigeons and ducks this month!

However, I did have plenty of cranberries in my freezer. I like to buy them when they go on sale during the holidays so I have them on hand for recipes throughout the year. The Michigan State University Extension has some great online tips for freezing cranberries. Just go to <https://www.canr.msu.edu> and search for "freezing cranberries" to find these. According to the MSU website, when properly frozen, cranberries keep for eight to 12 months.

I decided to try Nellie's Oct. 18, 1923, recipe for "Spiced Cranberries" (see sidebar recipe). To Nellie's credit, this time she remembered to include amounts for every ingredient and her instructions were simple and complete. (Those who follow this column monthly know this isn't always the case.)

The biggest challenge was figuring out how many cranberries to use for this recipe. Nellie suggests two quarts, but I had a bag containing 2 pounds of cranberries. Thanks to Google, I was able to pull up a converter that helped me determine that one quart of cranberries is just shy of 1 pound.

I'm never sure how well we'll like Nellie's recipes, so I decided to cut this recipe in half. Those who are watching their sugar consumption might want to steer clear of "Spiced Cranberries," as this recipe calls for a lot of sugar (3 cups for a half recipe). You also have to love the flavors of cinnamon, cloves and allspice to appreciate these little gems. Upon taste-testing part way through cooking the berries, I decided to add 1-1/2 cups more of the cranberries to help tone down the strong spice flavor. And I'm not exaggerating when I say that, throughout the process of making this recipe, your house will smell like a Yankee Candle factory! (Note: If it's the aroma you're after, lighting a candle is a LOT easier!)

Even half a recipe makes more than an average family would use in the short term. This is likely why Nellie's last instruction is "Seal in glasses." Luckily, I have some jam-making experience under my belt, so I had the supplies and knowledge for how to put up preserves using the water-bath method. When finished, I had one pint jar and three half-pint jars. I'm sure if you don't want to go that route, you could, instead, freeze the cooked cranberries.

While I enjoy a cinnamon/clove/allspice combination when I'm eating pumpkin pie, I cannot say the same for the very powerful combination of spices used in "Spiced Cranberries." My husband (aka: Official Taste-Tester) agreed. However, I did experiment with adding dollops of "Spiced Cranberries" to crackers spread with cream cheese, and that was just the ticket for enjoying the strong fall flavors found in this recipe.

Current photos by Mary Jo David



(© 1923, Western Newspaper Union.)

If you have a word of cheer
That may light the pathway drear
Of a brother pilgrim here,
Let him know.

Show him you appreciate
What he does; and do not wait
Till the heavy hand of Fate
Lay him low.

If your heart contains a thought
That will brighter makes his lot,
Then, in mercy, hide it not;
Tell him so.

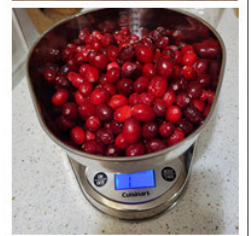
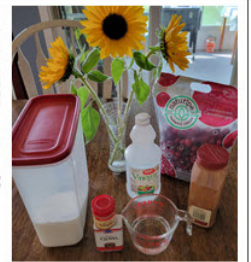
—J. A. Egerton.

Spiced Cranberries.—Take two quarts of cranberries, one and one-third cupfuls of vinegar, two-thirds of a cupful of water, six cupfuls of sugar, two tablespoonfuls of ground cinnamon, one tablespoonful of cloves and the same of ground allspice. Combine all the ingredients, boil gently for forty-five minutes, stirring often. Seal in glasses.

Nellie Maxwell

Stockbridge Brief-Sun • October 18, 1923

"Spiced Cranberries" will fill your home with the spicy aromas of fall, but truth be told, it's easier to light a scented candle! If you love cranberries, cinnamon, and cloves, you'll enjoy this recipe. Great on crackers.



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Depression page 12



Depression can compromise judgement; it's best not to try and tackle mental health problems alone. Photo credit Pexels photos

As an attempt survivor, I know that it's crucial to overcome the stigma of physical scars. But I wear my scars openly in hope others will learn and heal from my experience and reach out for support.

"Scars come in all forms. They are both physical and emotional. They're traumatizing and make us fear what people may think of us," Erna said.

"We are ALL imperfect in some way,

that's what makes us perfect and unique!"

"EVERYONE has something that makes them insecure or embarrassed. Instead of hiding or internalizing them, own them and show them off to the world!" he said. "Let them empower you so you can be a voice for everyone who can't be...No matter what your scars are — abuse, mental illness, disabilities, bullying, addiction — none of them are defects, but a part of your unique story."

Recently, I spoke with a local woman who I will call Joy. She shared her experiences with mental health and depression. Joy said she was diagnosed with complex post-traumatic stress disorder (C-PTSD).

"It is fairly common in people who have suffered prolonged exposure to trauma," she said. "Depression, anxiety, and even disassociation are common symptoms of the condition. It is a combination of nature and nurture. I am genetically predisposed towards mental health issues, but my environment is what directly caused C-PTSD specifically."

She has been in and out of therapy for 20 years. She currently is speaking

with a psychologist, psychiatrist, and pursuing EMDR therapy.

"In my experience, seeking help is a good option, but you must also find the correct therapy and people to help you," Joy said.

One key is getting a good diagnosis, and sometimes it can take years, she added.

"I was diagnosed with a half a dozen disorders until finally being diagnosed with C-PTSD about three years ago. Many disorders can look like others," Joy said. "It can take weeks or months for professionals to figure out exactly what is going on. My advice is to stick with the process."

Now, Joy says, at her best, she is functioning exceptionally well. But at her worst, she appears to have borderline personality disorder or dissociative identity disorder. Joy says sometimes her anxiety is so great that she disassociates, and it is confusing, terrifying and overwhelming.

She advises others not to try and tackle mental health problems on their own. "When we are feeling low, down, unlike ourselves, it's important to remember our judgment is compromised," Joy said.

Resources:

- The Scars Foundation: www.scarsfoundation.org/resources
- DBT Self Help <https://dbtselfhelp.com/>

If you or a loved one is in crisis:

- The National Suicide Prevention organization offers a 24/7 hour crisis line; call 1-800-273-8255. An online chat can be found at www.suicidepreventionlifeline.org.
- U-M's Psychiatric Emergency Services, call 734- 615-1441, or email survivors-of-suicide-group@umich.edu.
- The Listening Ear in Lansing offers a 24-hour crisis line; call 517-337-1717, or email www.theear.org, or reach the Crisis text Line by texting "Start" to 741-741.

Author's Note: Follow me and my journey at Putting the "ME" into Mental Wellness with Tina Cole-Mullins of Facebook.

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STOCKBRIDGE SPORTS

Panthers football team holds Springport scoreless in season opener



Foster Pybus with a tackle against Manchester. Photo credit Mark Rogozinski and 60 yards for the big halftime lead.

The Panther defense got into the act in the third when Zac Rogozinski returned an interception 60 yards for a touchdown and a 35-0 lead.

Joey Ballagh finished off his perfect night kicking with a 22-yard field goal while going 5-5 on extra points. Robinson rushed for 115 yards on nine carries and two scores and caught five passes for 101 yards and two TDs. Jalen Rogozinski was 9-23 passing for 159 yards and two scores, while Zac Rogozinski rushed for 40 yards on 12 carries. Zach Fletcher caught three passes for 45 yards and Shannon Henderson had one catch for 13 yards. Brock Rochow intercepted two passes and had three tackles to lead the defense. Gary Killinger led with six tackles, while Ethan Monaghan was in on five tackles. Zac Rogozinski had three tackles and one interception, Josiah Muzzin had two tackles and an interception, and Foster Pybus had three tackles and a fumble recovery.

Leslie The Panthers had a rough time Aug. 31 against rival Leslie, falling behind 33-0 in the third quarter and dropping a 40-14 decision to the Blackhawks. Jalen Rogozinski connected with Robinson and Zac Rogozinski in the fourth quarter for the Panthers' scores. Jalen Rogozinski finished 15-37 passing for 169 yards. Fletcher caught four passes for 67 yards and Robinson three for 38 and a score. Zac Rogozinski caught three passes for 25 yards and a score, Ballagh two for 16, Henderson one for 7, and Rochow two for 6 yards. Killinger led the defense with 10 tackles, while Pybus recovered two fumbles and Robinson picked off a pass.

Manchester On Sept. 8, the Panthers led Manchester 15-12 after three quarters before losing to the Flying Dutchmen 27-15 to fall to 1-2. Jalen Rogozinski was 16-25 passing for 165 yards and one TD. Robinson caught four passes for 78 yards and caught a 39-yard TD pass. Fletcher caught four for 48 yards, Rochow six for 23, and Zac Rogozinski five for 16. Zac Rogozinski rushed for 50 yards and a 3-yard TD run. Killinger led the defense with 11 tackles.

Hart The Panthers dropped a high-scoring affair Sept. 15 to Hart at Olivet College 54-41. Jalen Rogozinski had a career night, passing for 455 yards on 27-39 passing for six touchdowns. The yards, completions and touchdowns all put Jalen Rogozinski in second place in Stockbridge football history, with Mason Gee-Montgomery holding the record in all three.

Stockbridge jumped out to a 14-0 first quarter lead with Jalen Rogozinski TD passes to Robinson and Rochow.

After a Hart touchdown to start the second, Jalen Rogozinski hit Fletcher with a TD pass and would connect with Robinson for a 76-yard score for a 27-16 halftime lead.

Things unraveled in the third for the Panthers with a fumble and two onside kick recoveries as Hart scored three times to take a 40-27 lead. The Hart lead grew to 46-27 before Jalen Rogozinski hit Ballagh with a 30-yard TD pass. Hart would score one more time before the Panthers closed out the scoring with Jalen Rogozinski's sixth TD pass, this time to Rochow. Robinson caught 11 passes for 160 yards and two scores, while Rochow caught six for 120 and two TDs. Ballagh caught four for 81 and a score, Fletcher two for 58 and a TD and Zac Rogozinski four for 36. Killinger had a big night for the defense with 17 tackles, while Zac Rogozinski had 14.

by Mike Williamson

The Stockbridge football team opened its season in impressive fashion with a 38-0 pasting of Springport Aug. 25.

The Panthers dominated in all facets of the game, including a 309-90 advantage in total yards of offense and 150-14 yards on the ground.

Stockbridge struck quickly with a pair of Drew Robinson touchdown runs in the first quarter. Robinson scored on runs from 8 yards and 35 yards to give the Panthers a 14-0 lead.

The Panthers lead continued to grow through the air in the second quarter with Robinson catching a pair of TD passes from Jalen Rogozinski to push the lead to 28-0. Rogozinski and Robinson hooked up for scoring passes of 9

Red-hot Panthers soccer team stays unbeaten through last five games



Finn Coffman battles for the ball against Leslie. Photo credit Mike Williamson

by Mike Williamson

After a slow start to the season, the boys soccer team has kicked it into gear and been unbeaten in its last five games and 5-1-1 in its last seven.

Sept. 18 saw the Panthers blank Maple Valley 8-0.

Jordan Huskey-Wright continued his stellar play with four goals against the Lions. He now has 51 career goals, which puts him second on the Stockbridge all-time career scoring list.

Jason Gruber scored a goal and had two assists for the Panthers, while Zech Puckett had a goal and an assist. Zavien Torrey and Finn Coffman each scored a goal, while

Huskey-Wright, and Ashton Oversmith each had an assist.

Leslie

The Panthers rallied Sept. 15 from three goals down with 15 minutes to go in the second half to tie rival Leslie 4-4. The Blackhawks led 4-1 when Torrey found the net to cut the lead to 4-2 and give the Panthers life. Huskey-Wright followed with a goal on a scramble out front a few moments later to cut the lead to 4-3 and then tied the game with just over two minutes remaining for the amazing comeback. Gruber picked up two assists for Stockbridge.

Pinckney

On Sept. 13, the Panthers blanked Pinckney 4-0. Puckett picked up a hat trick with three goals, while Coffman had a goal and assist. Huskey-Wright added two assists and Gruber one. Gavin Hart was stellar in net with nine saves.

Perry

Hart was the star of the show Sept. 11 in a 4-1 win over Perry. Perry peppered the Panthers net with 19 shots, but Hart was there to stop 18 of them in the win. Puckett, Huskey-Wright, Collin Trost and Gruber all scored for the Panthers, while Puckett and Hart had assists.

Onsted Soccer Invitational

The Panthers split a pair of games at the Onsted tournament Sept. 9. Stockbridge opened with a 4-0 win over the host Wildcats. Huskey-Wright tallied three goals for the hat trick and Puckett scored one and had two assists. Mateo Martinez and Jude Casto added assists. The Panthers would fall to a strong Grass Lake team 6-0 in the finals.

Onsted

Prior to the Onsted tourney Aug. 30, the Panthers defeated the Wildcats 4-0. Huskey-Wright scored a pair of goals, while Gruber and Puckett each had one. Huskey-Wright also had two assists, while Gruber and Coffman had one each.

Potterville

The Panthers battled to a 3-3 draw with Potterville Aug. 21. Gruber and Torrey had one goal each, while Potterville scored in its own goal for the Panthers third of the game. Puckett picked up an assist.

Charlotte

The Panthers opened the season Aug. 17 with a 4-3 loss to Charlotte. Huskey-Wright scored twice and the Orioles put one in their own net. Hart made five saves for Stockbridge. After starting the season 1-5-1, the Panthers have battled back and now stand with a 5-6-2 record.

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STOCKBRIDGE SPORTS

Panthers volleyball team finding success under new coach Scott Pitcher



Maggie Jones with a kill against Hillsdale.
Photo credit Mike Williamson

by Mike Williamson

After a 0-3 start to the season, the Stockbridge volleyball team was struggling, but a new coach stepped in to take over the helm and the Panthers have been rolling ever since.

Since Scott Pitcher took over, the Panthers have gone 15-4-2 and have three runner-up finishes at tournaments.

The Panthers went 1-2 at a tough tri-meet at Tecumseh Sept. 5.

Stockbridge defeated the host Indians 27-25, 12-25, 15-12, fell to Division 1 Dexter 21-25, 21-25, and to Grass Lake 18-25, 19-25.

Maggie Jones had a big night with 11 kills and five blocks, while Alaina Kellenberger had

11 kills and nine blocks.

Megan Mackinder was a force at the net with 10 kills, one block, five aces and 15 digs.

Burg recorded six kills, three blocks, and five assists; Taylor Lockhart, six kills, three blocks, 15 digs, and one assist; Gracee Robidou six aces and 17 digs; Jessica Sparks three digs and one ace, and Micaela Forcum two digs, two assists and one ace.

Clinton

On Sept. 7, Stockbridge took down the Redhawks 25-15, 20-25, 26-24, 25-20.

Mackinder had a huge night with 13 kills, eight aces, six digs, and one block to lead the Panthers.

Maddie Dalton had 17 assists, two aces and two digs, while Jones had five blocks, five kills and one assist. Burg finished with seven digs, six kills, two blocks and one ace; Kellenberger three kills, two aces, two blocks and two digs; Lockhart eight digs, three aces and one kill; Sparks six digs and one kill; Robidou eight digs, and Forcum four digs and four assists.

Summerfield

The Panthers swept Summerfield Sept. 12 in a close match 26-24, 25-18, 28-26.

Burg had nine kills, seven digs, three aces and one block, while Jones had three kills and two blocks. Lockhart was all over the court with 15 digs, four aces and three kills; Kellenberger six kills and one block; Mackinder eight kills, two aces, one block, seven digs and two assists; Dalton 23 assists, two aces and two digs; Robidou six digs and one assist and Sparks two digs.

Hillsdale/Webberville

Stockbridge swept a home tri-meet Sept. 14, beating Webberville 25-9, 25-17 and rallying to take down Hillsdale 16-25, 25-20, 18-16.

Mackinder led the way with 13 kills, four digs and one ace, while Kellenberger had 10 kills and one block.

Jones had seven kills, one block and one dig; Burg six kills, one ace, 16 digs and one assist; Lockhart six kills, 12 aces, eight digs and one assist; Dalton 32 assists, one ace and five digs; Sparks two digs; Robidou 10 digs and one assist, and Forcum three assists and one dig.

Webberville Invitational

On Sept. 16, the Panthers rolled to a second-place finish at the Webberville Invite with a 4-1-1 record. They defeated Vestaburg 25-10, 25-10, East Lansing 25-8, 25-13, Holly 25-22, 25-13, Webberville 25-19, 25-16, and split with Portland St Patrick 22-25, 25-19.

They then fell to Portland St. Patrick in a rematch for the championship 17-25, 18-25.

Burg finished with 26 kills, three aces, three blocks, 35 digs and five assists, while Mackinder had 35 kills, eight aces, two blocks, 26 digs and three assists.

Jones had 13 kills, six aces, eight blocks, four digs and three assists; Lockhart 11 kills, 10 aces, 19 digs, four blocks and four assists; Kellenberger 30 kills, three aces, eight blocks and three assists; Elliya Vogel two kills, two digs and one assist; Robidou one kill, 10 aces, 43 digs and one assist; Dalton two kills, 12 aces, 12 digs and 80 assists.

Reading

On Sept. 18, Stockbridge swept Reading 25-18, 25-20, 25-21.

Burg had eight kills, seven digs, one assist, one ace and one block, while Jones had six kills and one block. Kellenberger added seven kills and one block; Mackinder 14 digs, six aces, four kills and one block; Lockhart 13 digs, four kills and one ace; Dalton 25 assists, four digs, one kill, one ace and one block; Robidou 23 digs, one ace and one assist; Vogel one dig, Danielle Hand two digs and Forcum one assist.

Cross country teams continue to run well as season winds down



Ethan Wright and William Gancer run side-by-side at Lansing Catholic. Photo provided by Stacey Lehman-Wright

by Mike Williamson

It has been a rough start for the Stockbridge cross country teams, but the Panthers continue to push through the season with their sights set for a strong finish.

The boys have struggled to have a full squad at several meets, while the girls have had an up-and-down season with some strong finishes.

The teams opened Aug. 29 at the Marshall Barney Roy Invite and the girls finished with a fourth-place finish out of six teams, while the boys did not have enough runners to keep a team score.

Jaylee Chapman led the girls with a 15th-place finish in 22:15.5 and freshman Emily Satkowiak was right behind in 16th with a time of 22:17.9.

Ava Vaccaro was 18th in 22:43.3, Andrea Borowy 61st in 28:59, Eliana Johnson 73rd in 32:27.6, Kaylee McClellan 79th in 36:20.5, and Ella Hardesty 80th in 38:13.1.

The boys had just three runners at the meet with William Gancer leading Stockbridge with a 19th-place finish in 18:17.1. Grant Howlett was 66th in 22:13.1 and Brady Cole 71st in 22:45.8.

Springport

The girls finished fifth out of seven teams Sept. 6 in Division 1. Chapman led the way with a 13th-place finish in 23:45.3.

Vaccaro was 18th in 24:30.6 and Satkowiak 20th in 24:39.2. Gabrielle Heath was 65th in 34:06.7, Borowy 67th in 34:14, Johnson 69th in 35:44.4, McClellan 72nd in 42:20.5, and Hardesty 73rd in 42:35.9.

The boys were again shorthanded and did not have a team score once again.

Gancer placed 20th 19:21.1, Finn Coffman 44th in 21:28.4, and Cole 67th in 24:47.4.

Bath

The girls finished sixth out of seven teams in Division 3 Sept. 9 at the Bath Invitational.

Satkowiak led the Panthers with a 10th-place finish in 22:39.1.

Vaccaro was 13th in 23:26.7 and Borowy 43rd in 28:13.6. Johnson finished 46th in 29:28.5, Heath 47th in 29:48.3, McClellan 59th in 36:51.4, and Hardesty 60th in 37:57.2.

Gancer led the boys with a 13th-place finish in 18:30.4, while Ethan Wright ran his first race of the year and finished 23rd in 19:19.3. Howlett was 48th in 22:48.6 and Cole 62nd in 25:33.6.

Leslie

The girls finished fourth out of eight teams at Leslie Sept. 12.

Satkowiak led Stockbridge with a 10th-place finish in 22:12.3, followed by Chapman in 12th with a time of 22:29.

Vaccaro was 15th in 22:48.3, Borowy 47th in 27:23.5, Heath 50th in 27:49.4, McClellan 71st in 34:01.5, and Hardesty 72nd in 38:24.8.

Gancer was 14th in 17:54.9 and Coffman 50th in 20:36.9. Cole was 57th in 21:27, Howlett 65th in 22:22.3.

Lansing Catholic

The girls finished fourth of seven teams at Lansing Catholic Sept. 14.

Chapman was 11th in 22:39.3 to lead Stockbridge.

Satkowiak was 15th in 22:55.4, Vaccaro 16th in 23:02, Borowy 44th in 27:30.7, and Johnson 53rd in 33:27.2.

For the first time this season, the boys were able to furnish a whole squad and finished fifth out of nine teams.

Gancer was eighth in 18:19.5 and Wright 15th in 18:58.3.

Coffman placed 56th in 20:44.8, Cole 61st in 21:09.2, Howlett 69th in 22:12, and Ethan Bradley 71st in 22:18.6.

Outreach in Action

October kicks off Outreach's busy season. Check out important deadlines.

by Jo Mayer and Paul Crandall

The mostly volunteer workforce at Stockbridge Community Outreach is always busy with regular commitments, including weekly distribution of grocery bags full of food to over 100 households, weekly food assistance to over 80 students, one-on-one help reaching over 70 families monthly and much more.

But at this time of year, our commitments to the community kick into high gear.

Gathering local input

October offers a unique opportunity for community members to pitch in, by responding to a call for local input on the needs people are experiencing in the greater Stockbridge area. On Monday, Oct. 16, at 5:30 p.m., Outreach is hosting a presentation and roundtable for this purpose. This event will be held at the Stockbridge Activities Center.

Kathy Walz, behavioral navigator at Chelsea Hospital/Trinity Health, will begin by delivering a short presentation highlighting the area's needs, based on data collected by Chelsea Hospital. The public is invited to attend and contribute insights at the presentation. If you would like to participate in this discussion, RSVP by Oct. 13 by calling the Outreach office at 517-851-7285 or emailing Outreach49285@gmail.com.

Following that presentation and roundtable—which will include pizza generously provided by the Unadilla Store – the Outreach board will continue with its regular business meeting and the election of board members. This business meeting is also open to any who wish to stay.

Gearing up for holiday needs

On the heels of the roundtable event comes the opening bell of the Outreach busy season, with a Monday, Oct. 30, start for those wishing to sign up for holiday assistance. Outreach clients who need a bit of help during the holidays can sign up for extra food for Thanksgiving and/or Christmas and can also sign up to be “adopted” for Christmas.

To fill out an application for holiday assistance, community members need to make an appointment. Contact Outreach at 517-851-7285 or Outreach49285@gmail.com to get the process started.

- The deadline to sign up for Thanksgiving assistance is Monday, Nov. 13
- The deadline for Christmas assistance sign-ups is Monday, Nov. 27.

As in previous years, this year Outreach expects to serve more than 100 families at Thanksgiving, and again at Christmas, through these special seasonal services.

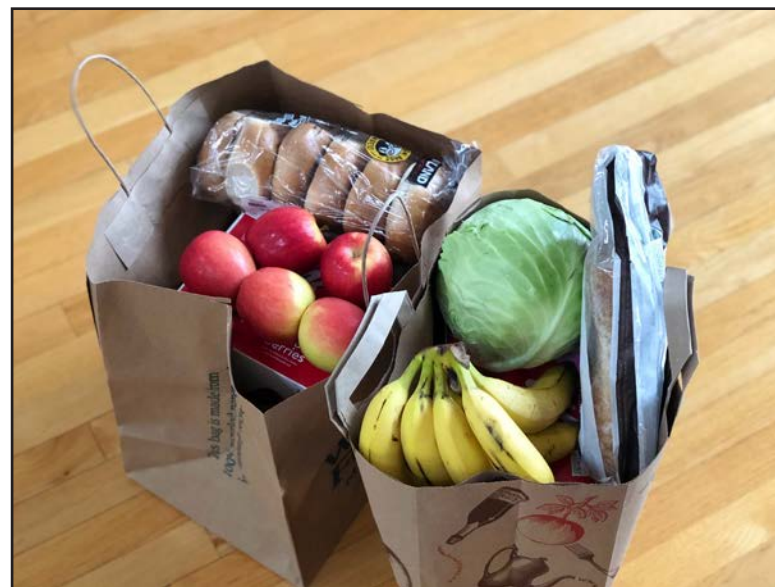
Outreach also offers a shopping room for those who find themselves in need closer to Christmas, past the deadlines. The room is stocked with new toys, household goods, apparel and other donated items available to those who qualify, based on an income of 200 percent of the federally established poverty level. This shopping room is available only by appointment.

For those who support Outreach through donations of money, food, clothing or time, please note some dates:

- Due to limited space, Outreach stops taking used clothing and household goods donations (except for winter outerwear) from Nov. 1, 2023, to Jan. 12, 2024.
- Organizations, businesses, families, and individuals can sign up to adopt a family by calling, emailing or stopping by Outreach during open hours beginning Nov. 3.
- Gifts/items for adopted families are due at Outreach by Dec. 15 at 3 p.m.

According to Gwen Reid, Outreach director, the success of Outreach is built upon a foundation of community involvement. In her own words, “We couldn’t do it without the help of this generous and caring community—from food and toy drives, to special benefit parties, to cash donations—it all goes back into helping our neighbors in the Stockbridge Community School District.”

This column is sponsored by Stockbridge Community Outreach, our local food pantry, crisis, and referral center located in the Stockbridge Activity Center (old middle school) near Cherry and Elm streets in Stockbridge. Office hours are 1-3 p.m. Monday, Wednesday and Friday and by appointment. Outreach49285@gmail.com, 517-851-7285, or find us on Facebook.



Those wishing to receive holiday assistance (Thanksgiving or Christmas) can contact Outreach beginning Monday, Oct. 30. Sign-ups to receive Thanksgiving assistance end on Nov. 13. Photo credit Maria Lin Kim at unsplash.com



Sign-ups to receive Christmas assistance end on Nov. 27. Those wishing to adopt a family for Christmas can contact Outreach beginning Nov. 3. Gifts/items for adopted families are due at Outreach by Dec. 15. Photo provided by Jo Mayer.

Paws and Claws

Watch their weight: Obese pets can develop health problemsby **Cindy Anderson, DVM**

As diligent pet parents, the health of our dogs can weigh heavily on our minds. If you've noticed that your pal with paws has started to sport a fuller frame, National Pet Obesity Awareness Day is designed to "get the skinny" on ways to help your furry friend go from flab to fit.

Obesity is not only a major problem to humans but also to animals. It is every pet owner's sole duty to take care of their pets and feed them the right amount of food. Excess food results in overweight pets. National Pet Obesity Awareness Day raises awareness about this problem and promotes healthier diets for your pets.

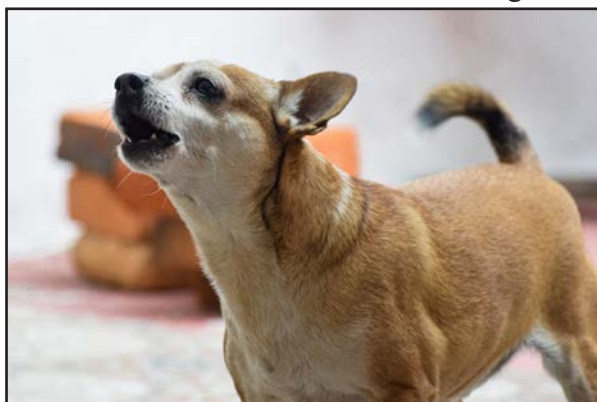
The National Pet Obesity Awareness Day is observed on the second Wednesday of October. The Association for Pet Obesity Prevention established this observance and designated it for the first time in 2007. They mark this day to bring awareness to pet owners about the health problems their pets face because of obesity. The day also reminds us of ways to keep our pets healthy.

It is significant for all pet owners to maintain their pets with proper and limited food. Feeding them continuously, whenever they please us, will result in pets being overweight. It affects not only their health but also their life expectancy. Like humans, they also need to be healthy to live a long life. Taking them for a walk is essential. You also can play with them to make them fit and healthy. Lying down without any physical exercise will make them gain weight over time.

A pet is considered overweight if the animal is 5% to 19% heavier than their ideal body weight. A pet is considered obese if the animal is 20% heavier (or more) than their ideal body weight. When asked by their



Cindy Anderson,
DVM



Being obese or overweight can drastically impact your pet's general health and quality of life.

Photo by Charles C. Collingwood via Unsplash.com.

veterinarians, 90% of dog owners and 54% of cat owners responded that they regularly gave their pets treats. But when their veterinarians tell them their pet is overweight, only about 17% of pet owners agree.

We humans spend a lot of time fretting over our own weight, going to drastic measures to prevent or fight obesity. But what about our beloved pets? Believe it or not, animals suffer greatly as a result of obesity, too. Not only does it drastically impact their general health, but it also reduces their overall quality of life, often interfering with daily activities and their enjoyment of things like walking and playing ball.

It is difficult to deny our furry companions of food when they constantly beg. Seeing the delight on their faces when they are given treats and scraps from lunch or dinner is one of the greatest things about having a pet. But doing this regularly is doing more harm than good.

Just like us, our pets can develop various health problems from being obese. Here are just a few medical conditions and diseases commonly seen in

overweight pets: osteoarthritis, diabetes, high blood pressure, heart disease, respiratory disease, ligament injury, kidney disease, many forms of cancer, and behavioral problems.

The quality of life for these roly-poly pets is greatly reduced. They don't have nearly the same amount of energy of an animal at its ideal weight.

To raise awareness about this issue and promote healthier diets for our pets, many animal lovers get together one day each year to mark National Pet Obesity Awareness Day.

They can then receive advice, tips, and nutrition plans from professionals in the field to help them reduce the weight of the dog or cat and stop the problem from escalating further.

Ways to observe the day

Feed your pets with only the right amount of food to reduce the risk of obesity. Take pets for a walk or make them do some physical activities to maintain good health. Take some time to spread knowledge about the importance of maintaining good health for pets to your neighbors. You can take your pets to the veterinarian every six months to monitor their health condition. Get expert advice when you find them overweight. You can follow proper nutritional diets for your pets as advised by the expert.

For any concerns about your pet(s) weight, please contact Dr. Anderson and the staff at Lakelands Trail Veterinary Clinic, 4525 S. Michigan 52, Stockbridge MI; or call 517-655-5551.

Cindy Anderson, DVM, is a graduate of MSU Veterinary College (1992) and has practiced veterinary medicine for over 28 years.

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All Clubs Day has become a popular tradition in Stockbridge

