



STOCKBRIDGE COMMUNITY NEWS

Promoting our common good and shared well-being

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Stockbridge Community Schools bond planning meeting set for Feb. 5



by Brian Friddle, Stockbridge Community Schools Superintendent

Thank you to all who joined us for our

first meeting on Jan. 8 to begin gathering input on the needs of our school community. While we made great progress, we're eager to hear from even more members of our community. Your voice matters! Please join us at 6:30 p.m. Feb. 5 to review the initial information we've gathered, discuss the needs of our district, and help us plan for the future. This bond represents a vital opportunity to invest in the future of our students, strengthen our schools, and create a learning environment that reflects the needs and aspirations of our entire community.

Why your participation matters

As we plan for the future, it's essential that the voices of parents, teachers, students, and community members are heard. The impact of this bond will be felt by every grade level, from our youngest pre-k students to our high school seniors. We want to ensure the projects and improvements we prioritize align with the needs and priorities of our entire district.

The bond will fund crucial infrastructure improvements, including but not limited to:

- Renovating and upgrading aging facilities.
- Expanding access to state-of-the-art technology and resources.
- Enhancing safety and security measures across campuses.
- Creating more inclusive and accessible spaces for all students.

Meeting details

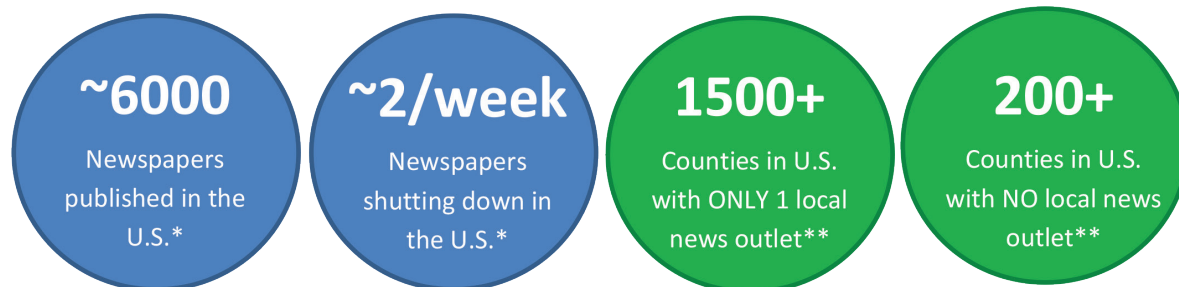
- When: Feb. 5 at 6:30 p.m. at Stockbridge Jr/Sr High School Media Center (Student Success Center).

At this meeting, you'll have the opportunity to:

- Connect with other community members who share your commitment to our schools' future.

See School bond planning meeting on page 7.

SCN needs your help keeping local news alive



Upon reviewing statistics about the plight of local news in the United States, we realize the Stockbridge area is fortunate to have the nonprofit Stockbridge Community News delivering local news—free of charge—online and in your postal mailboxes. But like other businesses, we struggle to meet our costs each month. **Specifically, postage and paper costs have increased notably**, and these are key to enabling us to provide our local news service. **Please join SCN's list of dedicated advertisers and donors.** Every dollar counts! Thank you, in advance, for considering this request.

*Close Up Foundation, Washington D.C. **Local News Initiative, Northwestern University

Free fertilizer: What could possibly go wrong?



Subsurface injection of raw slurry using a slurry tank, tiller and nozzles. Photo credit researchgate.net, Leaching of Elements from Soil in Grassland Field Crops Treated with Raw and Acidified Slurry.

by Chuck Wisman

As I am still residing on the family farm—a former, small dairy operation—I often receive offers in the mail for “free fertilizer.”

What possibly could go wrong with such an offer? As it happens, the answer to that is: a whole lot of unanticipated and potential harm.

These offers of fertilizer came from companies that were paid to remove sewage sludge (or biosolids) from municipal sewage treatment systems.

The sludge is a byproduct of that treatment, and the municipalities rid themselves of the sludge via private companies.

See Free fertilizer? on page 3.

♥ FEBRUARY 2025 ♥

Special Features

Matters of the Heart: 50+ year anniversaries. See pages 4-6.

Trinity Health HMR Weight Management program is transforming lives: See page 14.

Community Resource Guide: Published annually. See pages 16-19.

Cheer team continues to set records: See page 22.

Rural Perspectives: Muskrats are active at night, eat many types of aquatic plants



Diane Gray Constable

by Diane Constable

We can find muskrats (*Ondatra zibethicus*) throughout our area living in our marshes and waterways. The common name came from the Algonquian word *muscascus*, meaning "it is red," due to the color of the muskrat fur. The scientific genus name "*Ondatra*" is the Wyandot Indian name for it, and the species name "*zibethicus*" comes from the Huron Tribes and means "musky."



Muskrats can be found in our marshes and waterways. Photo credit Diane Constable

Muskrats are found throughout the USA and Canada. They are large rodents weighing up to 4 pounds, and they are about 25 inches long—including their 10-inch tails. Muskrats are about 10 inches tall and live about 3 years. They mate in midwinter, and 29 days later, the litter of about seven kits is born in the den made by the parents. The kits are ready to leave the den at 6 weeks, and they can have three litters per year.

The den is constructed either by digging along the banks of a marsh or on a rise in the marsh that is built up with plants and grasses and is called a pushup. Both models have several rooms and escape routes as well as a floating feeding platform.

Although muskrats can be observed during the day, they are more active at night. They eat aquatic plants such as cattail, arrowheads, sedges and duckweed. Occasionally, they will eat frogs, snails, crayfish and other small aquatic life. They are ardent eaters and are key to creating open water areas in the marsh that benefit waterfowl. Birds also will repurpose the dens by building nests on top of them.

Muskrats generally stay within 200 yards of their den and can stay underwater for 20 minutes. They do not hibernate, and they make trails through the underwater growth to access food, even when the water above is frozen. Their webbed feet and hairless, rudder-like tail can propel them up to 3 mph through water. Muskrats can also swim backward. Their land-walking skills make them much slower and less agile on land.

Muskrats were very important to Native Americans for fur and food. A popular creation myth is that muskrats were assigned the task of diving to the bottom of the primordial seas to bring up the mud, which created the earth, a task the other animals could not perform. They also became very important in the worldwide fur trade, often under the name of "Hudson fur."

Fun Fact: The Catholic Church has long allowed muskrats to be consumed during Lent. The reasoning: Muskrats are water animals, and early settlers had little else to eat in late winter, especially in Michigan. As for its taste, one bishop has been quoted as stating that "Anybody that eats muskrat is doing an act of penance worthy of the greatest of saints."

As an avid photographer, Diane Constable regularly puts her formal education in both nature and photography to good use. Diane also enjoys gardening and her dogs. She serves on the board of the Ann Arbor Dog Training Club and is editor of the club's newsletter.

Sky's the limit...
let's grow together!
HAPPY VALENTINES DAY!
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SRSly Stockbridge is a coalition of community members and partners working together to prevent youth substance use and support youth mental health.

Our mission is **empowering** and **equipping youth** to reach their **full potential** by remaining **substance free**.

How can you help? There are several ways to get involved!

Join the Student Leadership Team*

Join the Adult Community Team

Be a Volunteer

Become a Sponsor

Donate

*5th–12th grade, including homeschooled students

Contact us at info@srslystockbridge.org [f](https://www.facebook.com/srslystockbridge) [i](https://www.instagram.com/srslystockbridge) srslystockbridge.org

Don't fear the blank page

by Jill Ogden



What will your story be today? Remember you do not and cannot author the book all at once. Photo credit Kelly Sikkema on unsplash.com

This year, after the ball dropped in Times Square—apparently the last in the long-standing tradition—Natasha Bedingfield performed "Unwritten." This song is a wonderful reminder that we are all the authors of our own stories.

Often, we go through life as if we were nonplaying characters in a video game. We believe that the script is prewritten, and we have little choice in what happens. This results in letting life happen to us. The truth is, we all have authorship of our narrative. Others' storylines will intersect and affect our own, and there will always be elements out of our control, but we still have complete control over how we respond to those external influences.

The blank page is overwhelming to many. Knowing that what happens on that page will impact all the pages to come and knowing that you have to fill an entire novel of pages is daunting.

When the blank page looms before you, it is important to remember you do not and cannot author the book all at once. Start with today and draft your short story for the day or even just an hour. Learn to pivot the narrative. When a tale is going in a direction you are not comfortable with, how can you change it? We will all have dark and challenging chapters. Heartbreak and misery are unavoidable and can be a story unto themselves, but we all have the power to determine how we end that chapter and what the next chapter brings.

What will your story be today? Will it be a quick, cozy conversation with a loved one or the beginning of an epic adventure?

See *Blank page* on page 6.

Free fertilizer? page 1

One such company is Synagro, a Texas-based company paid to remove the sludge. Synagro and other similar companies then offer unwitting farmers injection of the sludge into their fields as "*free fertilizer.*"

Consider what actually goes into municipal sewage from unregulated toilets, sinks, storm drains, businesses, etc.? Obviously, a whole lot of drain cleaner, not to mention, chemicals from various detergents, solvents, and fabric softeners. Then there's the array of medications and who-knows-what from businesses, auto shops, and more.

Journalists often uncover businesses or individuals who illegally dump toxic chemicals, petroleum products, etc. into drains. All of it goes through municipal sewage treatment systems that are unable to remove those contaminants, which are not really supposed to be there in the first place.

Now, the New York Times and other media are reporting PFAS ("forever" chemicals) have contaminated a multitude of agricultural lands across the country via municipal sludge. Research by 3M corporation, a major manufacturer of PFAS, "linked exposure to birth defects, cancer and more," as reported to the EPA in 2003.

Municipal sludge, much of it tainted with PFAS, was spread on millions of acres across the country. Few states test for PFAS contamination, and Michigan is not one that tests routinely. But once the presence of PFAS is detected on farmland, those farmers are no longer able to sell their crops or animals due to this contamination, which likely began from the sewage sludge.

One such farmer is Jason Grostic from Brighton, Michigan. He and his family reside on his centennial farm, raising and selling beef directly to consumers. A May 2022 article in the "Progressive Farmer" described how the Grostic farm and family were impacted by PFAS.

After working with state officials to test biosolids for more than two years, Grostic was asked to join a Zoom meeting in late January. On that call, state officials told him he was under a seizure notice. No animals or meat were allowed to leave his farm.

"They said, 'You're out of business.'

I said, 'Now what am I supposed to do?'

They said, 'We haven't got a clue, but you're not selling your beef, and you can't get rid of your cattle.'

Grostic's 300-acre farm was shut down after Michigan officials concluded his water, his ground, his feed and his cattle were contaminated with per- and polyfluoroalkyl substances—known as PFAS, PFOS or PFOA chemicals.

Grostic's farm was contaminated via sludge originating from the city of Wixom. According to an article published by the Ann Arbor-based Ecology Center, the sludge contained PFAS from Tribar Manufacturing, processed via Wixom's sewage treatment system. The following link contains a disturbing video interview with Grostic and his family: ecocenter.org/vice-spotlights-demise-century-old-cattle-farm-due-pfas-contamination.

Injection of sewage sludge is prolific across the country, including in Michigan. PFAS are found throughout municipal sewage treatment systems emanating from manufacturing and consumer items such as non-stick pans, clothing enhanced with fire retardants, stain-resistant carpet, etc.

The state of Maine has now prohibited the use of sewage sludge as fertilizer after finding "68 farms with significant contamination."

See *Free fertilizer?* on page 7.

Online event will be March 29th through April 5th, with item pickup April 6th at Heritage from 12-3:00

SAVE THE DATES

March 29-April 5, 2025 for the online "Festival of Tables" auction event and annual fundraiser for SAEF!

This festival is our annual fundraiser, with all proceeds supporting our community.

SAVE THE DATES!

March 29th

- April 5th

The Stockbridge Area Educational Foundation serves the community of the Stockbridge School District. Our mission is to fund programs and projects that create or enhance educational opportunities available to area residents.

Matters of the Heart

Pam and Fred Wilson focus on faith and family in their 62 years together

by Joan Tucker

Just this past Dec. 22, Pam and Fred Wilson celebrated their 62nd wedding anniversary. Where does the time go? These two met at Stockbridge High School. They became an item their senior year when Fred, a Stockbridge football player, caught Pam's attention, and she made it her goal to actively pursue him!

After graduation, Fred attended Air Force school in Illinois, where he studied autopilot electronics navigations for the B-52 and KC-135 jets. When he came home in December, he and Pam married, and she returned with him to Illinois where they spent the next eight months. From there, they went to Kincheloe Air Force Base in Michigan's Upper Peninsula and lived in Sault Saint Marie while Fred completed his Air Force commitment.

Fred recalls how much fun they had during their first Christmas together when a friend brought them a Charlie Brown tree. The couple didn't have much money then, but they always worked together to find love, fun, and happiness.

Faith was very important to the Wilsons when they married, and it still is. At first, they attended a few Methodist churches but didn't find the right fit. A friend invited them to attend a Catholic church in Sault Saint Marie that was presided over by a Native American priest, Father James Menapace. *See Wilsons on page 6.*



As Valentine's Day approaches, Pam and Fred Wilson continue to celebrate each other. Photos provided by Pam and Fred Wilson

Forward-thinking groom saves the day when Gary and Kay Gee married in 1967

by Mary Jo David, as told to Kaytlyn Higgins

Many are familiar with the longtime area business known as Gee Farms. Founders of the business, Gary and Kay Gee, will be married 58 years this month—a huge accomplishment for anyone, but especially for two people who have run a business together.

Recently, their granddaughter, Kaytlyn Higgins, sat down separately with her grandparents to get their feedback on what has made the relationship work.

Kay (maiden name "Wilson") grew up on Fitchburg Road and moved to a house on Baseline a few houses away from Gary's family on Bunkerhill Road. Kay was best friends with Gary's younger sister Susan, and Gary was friends with Kay's older brother.

The Gees were married in February 1967 at Christ Episcopal Church in Pleasant Lake, and there was no end to the memories from that day. Apparently, the Gees attracted friends with unusual senses of humor. Gary recalls that, the day of the wedding, he'd parked his car at the Batdorff's house. Some guests bring a "Plus One," but instead, their friend Tom Taylor brought the wheels from the bridal couple's car to the reception! Gary wasn't alarmed, though, because he knew something Tom and the others did not—the Gees had a new car parked at Friermuth's just waiting to take them away on their honeymoon!

To cap off the happy occasion, Gary recalls getting a ticket on their honeymoon.

The Gees have lived on the same farm on Bunkerhill Road since their wedding. Kay admits she wasn't just attracted to Gary; she also had a soft spot for Gary's Weimaraner dog named Wing.

The couple have a lot in common, including their four daughters, and both consider those daughters to be their pride and joy. They both also enjoy the companionship of being married, although Gary admitted it wasn't easy getting used to being home at night after they got married.

They also both appreciate how hard the other has worked—at home and in the business, but apparently each has a bit of a stubborn streak.

Says Gary about Kay: "She's hardworking and has kept the business together, but she's beyond teaching, she's very set in her ways!"

Kay also thinks Gary is quite hardworking, and her marriage has taught her how important family is and being able to rely on her partner—but not when it comes to timeliness.

See Gees on page 6.



Gary and Kay Gee both appreciate how hard the other has worked over the last 58 years—at home and in the business. Photos provided by Kay Gee

Matters of the Heart

The Hartkas' friendship is the formula that has fostered a happy union of 55 years

by Mary Jo David

When Ken and Loretta Hartka think about giving advice to couples who are contemplating marriage, they begin with, "Make sure you're friends first."

Friendship is the magic formula that worked for this couple, who will be celebrating their 55th wedding anniversary in December. They first met when both were working at 3M in Southfield, Michigan. Ken was a copy machine technician and Loretta worked in purchasing.

"She had a lovely voice," Ken remembers, as their friendship really began over the phone. Eventually they went to lunch together, strictly as friends. The rest is history!

"It was very out of character for me," Loretta said about dating someone she worked with. At a time when many women were marrying quite young, Loretta was in her mid-20s and wasn't even sure marriage was for her. She watched plenty of Ozzie and Harriet growing up, but knew better than to think every couple lived that idyllic life.

She was quite sure she wanted to raise a family, but only with the right husband. From the get-go she remembers that Ken was a nice guy, smart, and very considerate.

"At lunch, we just seemed to hit it off, and 55 years later, here we are," Ken said, adding that he never thought he'd end up with a blonde!

Loretta grew up in Detroit, and Ken in Westland (Nankin Township at the time). They were married in Detroit in a ceremony that Ken describes as very long! Loretta remembers choosing a velvet wedding dress instead of the traditional satin.

The couple moved to the Ken's cottage on Cavanaugh Lake after marrying.

He continued to commute to 3M; Loretta found a job closer to home until their first child came along. Then she became a stay-at-home mom.

The couple believes they have more in common than not. They have four children—two boys and two girls—and spent many happy years raising their family. Camping memories are still some of their favorites along with time spent teaching the kids how to water ski, with Ken coaching and Loretta driving the boat.

They enjoyed camping with their kids around Michigan as well as in other states like Kentucky, Tennessee, and South Dakota.

See Hartkas on page 6.



In a marriage steeped in friendship, Ken and Loretta Hartka continue to appreciate their time together. Photos provided by Ken and Loretta Hartka

Innate skills and ongoing friendship fuel the marriage of Jim and Patrice Johnson

by Kelsey Rasmussen

Jim Johnson and Patrice Weddon both worked at Spadafore's grocery store and graduated from Stockbridge High School together in 1970. The couple married in 1974. They cannot believe it was 50 years ago!

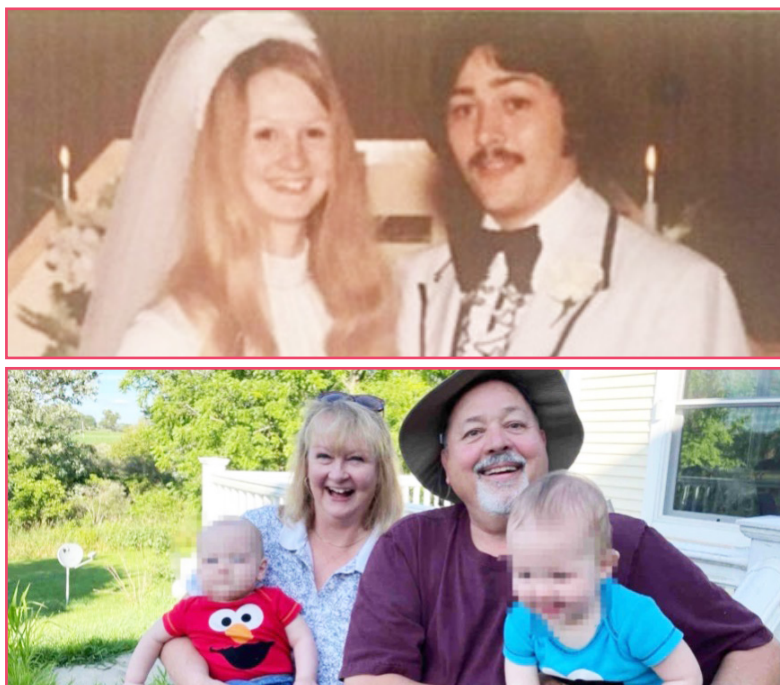
Over the last five decades they lived in three states, raised two delightful children, started five successful companies and three nonprofits, and moved back to their hometown and Patrice's family farm. One of those nonprofits is the Stockbridge Community News, which Patrice was instrumental in getting off the ground.

In many ways, Jim and Patrice are still the same teens who learned to build houses and lead organizations. Jim's building skills were developed as early as high school when he apprenticed with the builder of his family's home on Cherry Street. Patrice learned to lead and serve through her years in 4-H and Student Council and through her love of reading and writing.

Together, this couple continues to use their skills and their friendship to work full-throttle in "retirement" to improve the world for others, including their two grandchildren.

Advice from Jim and Patrice: Don't be too hard on yourself or your loved ones.

Photos provided by Kelsey Rasmussen.



Patrice and Jim Johnson use their skills and longstanding friendship to improve the world for others, including their precious grandchildren.

Wilsons page 4

This church welcomed them and they became part of its religious structure.

When they returned to Stockbridge, they attended Saints Cornelius & Cyprian Catholic Church in Bunkerhill. They continue to attend services there and are active members in the church. Fred belongs to the Father Gerald Chapman Knights of Columbus, while Pam currently is part of the Saints Cornelius & Cyprian Women's Group. Through their many years of volunteerism and dedication, they have developed a group of close friends. These 17 folks go out to dinner together most every Friday and usually out to breakfast after Mass on Sundays. As sociologists say, people who have a community of friends live happier and longer lives.

Family is also a very important part of the Wilsons' lives. They were fortunate to have three sons. Kevin, married to Dara, lives in Phoenix, Arizona, and they have two children. Jeff, married to Shelly, lives in Charlotte, South Carolina; they also have two children. Eric, married to Mary, lives in Vandercook Lake and they have three children. In addition to their seven grandchildren, the couple have six great-grandchildren.

This couple of 62 years spends vacations visiting their children, grandchildren, and great-grandchildren. How rewarding to be able to develop relationships with grandchildren as well as great-grandchildren!

When asked about advice for newly married couples, Pam states that you shouldn't always expect it to be 50/50. Sometimes you have to give more. This balance changes as you support one another through life. For example, Pam had to give extra while Fred attended college to complete his degrees in engineering and business. But more recently, Fred took over the majority of the work when Pam had knee surgery. This is all a part of life.

Pam encourages others to work through their issues and Fred, laughing, says making up can be fun, too!

As Valentine's Day approaches, this beautiful couple will continue to celebrate each other and look forward to their shared years of love and support.

Photos provided by Fred and Pam Wilson.

Gees page 4

"Ohmygosh—he's not known for timeliness," Kay exclaimed. "We've had to coin the phrase 'Gee Time' to mean we're going to be late!"

Even so, she says if she had it all to do over again, she'd have married the same man again, so that counts for something.

When asked what advice they have for other couples considering marriage, Kay says, "Think about it long and hard. It's my belief...from the generation I grew up in, to get married once, and for life."

Gary's advice is "Appreciate what you have. You never know when it will be gone. Don't marry someone unless you can see yourself with them for life."

Photos provided by Kary Gee.

Blank page page 3

Instead of the events in your life being overwhelming burdens, view them as story prompts in a choice of your own adventure.

I have always struggled with the unknown. I prefer a game plan, a detailed map, and written instructions are nice. However, life is full of unknowns. Every day you wake up you run the risk of the day being completely and totally different by the end of that same day. I am still learning: Rather than fear those unknowns, I only need to evaluate them and decide how they fit into the story I want to tell. If there are elements of my story I can change, what does that look like? How can I alter my perspective on those elements I cannot change?

What will your story be today?

Jill Ogden is the Stockbridge Village Council president and manager.

Hartkas page 5

"We camped over the course of probably 50 years, beginning in a pop-up with the kids and later travel trailers," Ken recalls.

"Wherever we went, our kids made friends, and I made friends with their moms," Loretta recalled. "If my kids were having fun, I was having fun."

When her oldest kids were school age, Loretta went back to work for Kelly Services, so she could have a flexible schedule. She put away money from her paychecks for almost two years so the couple could take their family to Disney World. Loretta recalls another tourist saying, "You poor thing having to manage four kids in this place." That may have been the first time Loretta used her mantra, "If they're having fun, I'm having fun!"

After the kids were grown, Ken and Loretta continued to camp and travel.

"I never thought I'd do it, but Loretta talked me into going on a cruise, and since then, we've been on six different cruises," Ken said.

"That's one of the nice things about being married," Loretta interjected. "You have someone to do things with at home or traveling."

Retired now, they still enjoy family time, including their five grandchildren. In a relationship steeped in friendship, the Hartkas continue to appreciate their time together. They admit there's a lot of give-and-take in marriage, and believe you can't be too set in your ways to be happy together.

Says Loretta, "Ken helps me realize that sometimes I just have to stop being aggravated and let things go. I can count on him to be very calm—most of the time—and think things through rationally."

Ken appreciates Loretta for being a loving companion and soulmate, and the bonus is, she's great with finances. But just before the interview finishes, he remembers one more of her excellent qualities—she bakes a heck of a cake!

Photos provided by Ken and Loretta Hartka. .

STOCKBRIDGE COMMUNITY SCHOOLS Emma Smith Elementary

KINDERGARTEN ROUND UP

Thursday, February 27

Session 1: 9:30 – 12:00 Session 2: 1:00 – 3:00

Registration Info. 517-851-7735

School bond planning meeting page 1

- Share your thoughts on the most important areas for improvement.
- Ask questions and provide feedback.
- Learn about the proposed projects and their costs.

Together, we can build a stronger future

This bond is about more than just buildings, it's about building a brighter future for our students. Whether you're a parent, educator, local business owner, or community leader, your input is invaluable in shaping the vision for our schools. Together, we can ensure every child has access to a high-quality, safe, and welcoming learning environment.

We look forward to seeing you there and hearing your ideas. Let's work together to make a lasting impact on the lives of our children! **Don't miss your chance to be part of this important conversation!**

STOCKBRIDGE TOWNSHIP MEETING MINUTES January 20, 2025

Stockbridge Township Supervisor CG Lantis called the Regular Stockbridge Township Board Meeting to order on January 20, 2025 at 7:02pm 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 Member absent Trustee Terry Sommer Pledge of Allegiance Led by Katelyn Baker, Vanessa Delong, Ameelia Dudek Moment of Silence
Muraf Motion to accept the agenda as printed Wetherell Second All in Favor Motion Carried
Citizen Comments: Discussion
Wireman Motion to accept the Stockbridge Township Board meeting minutes for December 18, 2024, as printed Wireman Second All in Favor Motion Carried
Muraf motion to accept the Stockbridge Township Financial Report as printed April 1, 2024, through January 20, 2025 Wireman Second All in Favor Motion Carried
Stockbridge Township Annual Report for 2024 Zoning Permits 19 New, Building Permits 44 New, Electric Permits 23 New, Mechanical Permits 22 New, Plumbing Permits 7 New, Driveway Permits 3 New, Address Permits 3 New, Demolition Permits 2 New
Village of Stockbridge Annual Building Report for 2024 Zoning Permits 33 New, Electrical Permits 25 New, Mechanical Permits 23 New, Plumbing Permits 15 New, Chicken Permits 2 New, Address Permit 0 New, Fence Permits 3 New, Sign Permits 5 New
Old Business
Village of Stockbridge Policing updates. The Village Police Department would like to sign a contract with Stockbridge Township to police the Township of Stockbridge. Village Police Department is looking at options for this. Chief Bartus will come back to the Stockbridge Township board in February with a contract for negotiation.
New Business
Muraf motion to approve the Stockbridge Township Board Meeting days for the 3rd Monday of the Month at 7Pm along with Budget Meeting on March 24th at noon and Budget hearing on March 27th at 5pm

Wireman All in Favor Motion Carried
Muraf motion to approve the Stockbridge Township Planning Commission dates for the second Wednesday of every month through January 2025 at 7pm Wireman Second All in Favor Motion Carried
Muraf motion to approve \$5,000.00 to the WAVE Bus for the upcoming fiscal year Wetherell Second Roll Call Vote Wetherell Yes, Wireman Yes, Muraf Yes, Lantis Yes, All in Favor Motion Carried
Muraf motion that we approve the road agreement with Ingham County for N Main Street the scope of the work includes tree removal and trimming, Culvert replacement, ditch, HMA leveling course, HMA wearing /top course, Gravel Shoulders, and chip deal cost of \$103,205.03 Along with Craig Rd The Scope of work includes Pulverizing+2" Gravel. Culverts, and ditching for the cost of \$18,711.00 along with the use of \$33,000.00 matching from Ingham county brings the total to \$88,916.03 Wireman Second Roll Call Vote Muraf Yes, Wetherell Yes, Wireman Yes, Lantis Yes, All in Favor Motion Carried
Muraf motion to accept the Poverty Exemption guidelines as printed Wireman Second All in Favor Motion Carried
Wireman motion to approve up to \$1,200.00 each for Katrina Griffith Stockbridge Zoning officer and Terry Sommer Stockbridge Township Trustee to go to MTA annual conference Muraf Second Roll Call Vote Muraf Yes, Wetherell Yes, Wireman Yes, Lantis Yes, All in Favor Motion Carried
Muraf motion to Table the Stockbridge Inspectors pay raise and Katrina Griffith pay raise until February Board meeting Wireman Second All in Favor Motion Carried.
Muraf motion to add James Wireman to Stockbridge Township CD that is at Dart Bank Wetherell Second All in Favor Motion Carried
Look at the next 4-year discussion on what needs to be done about the building and what board members would like to work on Wetherell Motion to pay the Stockbridge Township Board bills in the amount of \$71,154.91 Wireman Second All in Favor Motion Carried
Citizen Comments Discussion
Lantis adjourns the Stockbridge Township Board meeting at 8:44PM on January 20, 2024
BM

From CADL Stockbridge Learn all about birds with help from the Stockbridge Library



by Sherri McConnell, Head Librarian
CADL Stockbridge

The Great Backyard Bird Count is Feb. 14-17, and it's easy to do. Pick a spot. Watch birds for 15 minutes or more at least once over the four-day period. Identify all the birds you see or hear during that time and share your observations. More information can be found at birdcount.org/participate/.

If your interest in birding goes beyond your backyard, CADL has resources for feeding, observing, and housing birds. Search "bird guide," "gardening for birds," or "birding" in CADL's online catalog at cadl.org to find books for all ages.

See CADL Stockbridge on page 9.

Join CADL Stockbridge for the Great Backyard Bird Count from Feb. 14-17. Photo credit Diane Constable from SCN media archive

Free fertilizer? page 3

Synagro is currently facing lawsuits across the country for damages due to contamination of farm fields, water and livestock. According to the New York Times, Synagro (now owned by Goldman Sachs—a global investment bank and securities firm) is lobbying Congress to limit the ability of farmers and others to sue them for cleanup. A bill has been introduced in both the U.S. Senate and the House to protect sewage sludge companies.

According to the New York Times, “What the biosolids companies are doing is attempting to buy themselves a ‘get out of jail free’ card,” said Mary Whittle, an attorney with Guerrero and Whittle who is representing Texas ranchers. All this protects a business model that “makes Synagro rich while destroying America’s farmland,” she said.

Notably, an executive with Synagro was sent to prison in 2009 for bribing a Detroit city councilwoman for her vote on a multimillion-dollar contract for Synagro to dispose of Detroit’s sewage sludge.


The U.S. Environmental Protection Agency believes no level of exposure to PFAS is safe. Yet, as of this date, the EPA supports sewage sludge used as a fertilizer.

Turning, once again, to the New York Times, we learn that, “More than two million dry tons [of sewage sludge] were used on 4.6 million acres of farmland in 2018. And it [the industry] estimates that farmers have obtained permits to use sewage sludge on nearly 70 million acres, or about a fifth of all U.S. agricultural land.”

So, you tell me: What could possibly go wrong?

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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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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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Outreach in Action If buying food is putting a hole in your pocket, help may be on the way

by Jo Mayer and Paul Crandall

The USDA has announced an increase in income limits to qualify for The Emergency Food Assistance Program (TEFAP) from 200% to 300% of the federal poverty guidelines.

A federal program, TEFAP helps supplement the diets of income-eligible people by providing free USDA food. Offerings include canned, frozen, dried, and fresh fruits and vegetables, meat, poultry, fish, nuts, milk and cheese and whole-grain and enriched grain products including rice, cereal, and pasta.



TEFAP helps supplement the diets of income-eligible people by providing free USDA food. Photo credit Anne Preble on unsplash.com

the diets of income-eligible people by providing free USDA food. Offerings include canned, frozen, dried, and fresh fruits and vegetables, meat, poultry, fish, nuts, milk and cheese and whole-grain and enriched grain products including rice, cereal, and pasta.

So what does this mean for people in our area?

According to Outreach director Gwen Reid, more folks will qualify for help.

Not to be confused with Outreach's Wednesday "pop-up" food distributions for which anyone can qualify, the TEFAP program especially targets seniors, those on disability, and those already in a government program such as WIC or SNAP.

"Some of the people who come through our Wednesday line didn't qualify for the TEFAP program in 2024," Reid said. "But with this change to the income limits, they may now be able to benefit from some extra food basics each month."

According to a notice received from the Greater Lansing Food Bank, eligibility for TEFAP is self-declared by the participant. No ID or proof of income is required.

TEFAP distributions are scheduled for first Fridays from 1 to 2 p.m. in Stockbridge, in the parking lot outside the Outreach offices off Elm and Cherry streets. Those interested will be asked for name, state of residence, number of people in the household, and how they qualify.

Here are the USDA's new income guidelines:

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$45,180	\$3,765	\$869
2	\$61,320	\$5,110	\$1,179
3	\$77,460	\$6,455	\$1,490
4	\$93,600	\$7,800	\$1,800
Each Additional household member add	\$16,140	\$1,345	\$310

Reid added that the new guidelines for TEFAP do not extend to Outreach programs.

See Outreach on page 10.

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CADL Stockbridge page 7

Instructional videos and documentaries are found on CADL's streaming service, Kanopy. At cadl.org/kanopy, search for "birds" and find videos about bird behavior, bird migration, photography for birders and much more.

Michigan is a state rich in bird habitats with its lakeshores, wetlands, pine and hardwood forests and open fields. If you want to get started exploring these habitats for the birds, Michigan State University Extension is offering Birding 101 online classes this spring. Find out more information and register at canr.msu.edu/events/michigan-birding-101-spring-2025.

Flock to the library for even more fun things to do this winter.

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

Reading Between the Lines

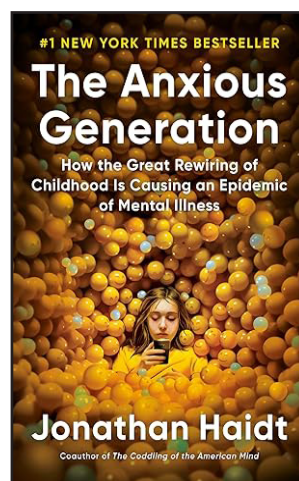
'The Anxious Generation' explores effects of growing up entirely in the Digital Age

by Jessica Martell

Most books I read add some dimension to the way I see the world, but every so often I encounter a book that really changes me, changes not just the way I see the world, but changes the way I exist in it.

For me it started in high school with Mitch Albom's "Tuesdays with Morrie." As a young adult launching in the post-9/11 and Great Recession era, it was "The Survivors Club" by Ben Sherwood. In 2024, "The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness" topped The Wall Street Journal's list of best books of the year, and it has been added to the list of books that changed my life because of its stark reminder to put down the phone.

In "The Anxious Generation," Jonathan Haidt explains the impact smartphones and their addictive content have on our young people. While the author includes substantial data and research to support his claims, it is presented in a very clear and easy-to-understand way. Readers will, no doubt, recognize many of the



Jonathan Haidt explains the impact smartphones and their addictive content have on young people and offers hope through next steps. Image credit: Amazon.com

phenomena Haidt explains—safety-first playgrounds, trigger warnings, and groups of people staring at their phones while together in public.

The book has four parts, each of which has up to four chapters. In Part 1, Haidt establishes that there is a "surge of suffering," and he provides a multitude of research. For example, he cites results from a U. S. National Survey on Drug Use and Health that shows rates of young adult members of Gen Z who reported "high levels of anxiety" increased 139% between 2010 and 2020. Importantly, anxiety rates reported prior to 2010 had been relatively stable, and the sharp increase began around 2012, well before the COVID-19 pandemic.

Haidt makes a compelling link between smartphone usage and the mental health decline by showing the pattern worldwide. In this way, he dispels the suggestion that domestic issues related to gun violence or the economy might be the cause of the surging rates of anxiety and depression in the United States.

Haidt follows these findings with a bold statement:

"... two trends—*overprotection* in the real world and *underprotection* in the virtual world—are the major reasons why children born after 1995 became the anxious generation."

Part 2 of the book, "The Backstory: The Decline of the Play-Based Childhood" is a fascinating exploration of what children need during childhood for healthy development into capable adults. It also includes a reflection on the way society has drifted away, albeit often with the best intentions, from meeting those needs.

In Part 3, the tone gets a bit darker as Haidt describes "The Great Rewiring: The Rise of The Phone-Based Childhood." In this section, Haidt explains "The Four Foundational Harms: Social Deprivation, Sleep Deprivation, Attention Fragmentation and Addiction." One of the most haunting passages from this section involves the economic principle of opportunity cost, which Haidt defines as "the loss of other potential gains when one alternative is chosen." According to Haidt, opportunity cost takes a major hit when considering the six to eight hours per day that teens spend on all screen-based leisure activities. The reader can't help but mourn the lost time, missed opportunities and wasted potential sacrificed to the screens.

See Reading Between the Lines on page 10.

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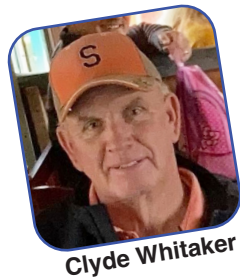
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Clyde's Corner

Good ol' Katz Elementary, we miss you and remember you fondly

by Clyde Whitaker

Hello again, everyone. Here we go, full speed ahead into February 2025 already, and I'm happy! Golf season is just around the corner, I hope ☺.

As I was thinking about my story for February, I was drawing a blank, which happens to us writers once in a while. So, I did what I do sometimes when this happens. I get in my truck and drive around, looking for something to inspire me for my next story.

That is what happened this eighth day of January, 2025. I drove over to Munith and parked in the old Eldon E. Katz Elementary School parking lot to ponder my next move.

As I was sitting there, looking out across the now-vacant field that held many memories of the hours spent playing out there, it happened!

Listening to the "Sirius 70s on 7" channel in my truck, the song "My Old School," sung by Steely Dan, came over my speakers. That's it! I had my inspiration for a story. Sitting at my old school when that song came on—it doesn't get any better.

Katz Elementary School had classrooms for kindergarten through the sixth grade. Information I could gather says that the elementary school was built in 1925 and closed in 2005.

I started attending Katz Elementary in the fourth grade, after we moved from the Krummrey Farm in Stockbridge to a nice house on Territorial Road, just outside of Munith. It was a little different, beginning with having to make new friends, such as Patty Kitley, Charlene Wright, John Stanfield, Jimmy Stevens, and Dawne Batdorff, to name a few.

The teacher who had a huge impact on me was Mrs. Mitchell, my fifth grade teacher. She was a very stern teacher, but she was fair. She was tall and that made her even more intimidating. She helped me learn self control and how to stay on task with my homework. She really did care for her students.

Truth be told, I think all of us kids liked recess the best. The boys played football and the girls would swing around on the maypole. I couldn't swing on the maypole, it made me dizzy!

Being in Michigan, we often got our share of snow. One day during recess, we had snow that really packed together. All of us guys rolled and rolled a ball of snow until it was about 4 feet tall. We played king of the hill, jumping up and trying to knock each other off.

When it was my turn, I jumped on top of the snowball, and fended off the guys the best I could. My friend Jimmy Stevens took a shot at my feet, knocking me down, and in the process I hit my tailbone full force. That was the worst pain I had ever felt, and I was done with king of the hill!

All of our teachers tried their best to educate us, and we were very lucky to have them. One teacher in particular took an interest in my singing. Miss Pryor was our music teacher and, somehow, she convinced me to sing in front of the whole school at our Christmas pageant. Perhaps Miss Pryor heard that country music star Loretta Lynn was my cousin? (My mom and Loretta were first cousins.) For whatever reason, I got that singing slot, and it went well. I can definitely say my first public singing experience left me with fonder memories than king of the hill!

Looking back on all those memories, I know all of us who had the privilege of attending Katz Elementary are better off for it. Even though Katz Elementary is no more, the memories we have of our teachers and each other will never die. It was definitely a special place and time.

See additional photos at www.stockbridgecommunitynews.com.

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.



Eldon E. Katz Elementary School in Munith is vacant now, but it was a vibrant place back in the day. Clyde Whitaker attended the school for fourth through sixth grade. Photo credit Clyde Whitaker

Reading Between the Lines page 9

"The Anxious Generation" reads like a nonfiction horror story, a dystopian tragedy that might have been described by Ray Bradbury or George Orwell 70-plus years ago, both fascinating and terrifying in equal measure.

However, Haidt offers hope in Part 4 by concluding the book with thorough, specific, reasonable next steps government, tech companies, schools and parents can take to address the problems we can no longer ignore. This book will be an interesting read for smartphone users as it helps readers understand the technology in their pockets and their relationships to that technology. Beyond smartphone users, this book is a must-read for anyone involved with young people—from parents to policymakers.

Jessica Martell spent 17 years as a high school English teacher before accepting her current position as an educational consultant. She and her husband live in Munith with their cat, Scootie.

Outreach page 8

"For help with utilities, transportation, prescriptions or other needs, our clients must still meet the eligibility requirements of incomes at or below 200% of the Federal Poverty Guidelines," Reid said.

See additional photos at www.stockbridgecommunitynews.com.

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.

Obituaries

Lawrence "Larry" Boyd Lindemer Jr.



Lawrence "Larry" Boyd Lindemer Jr.
Nov. 10, 1941 to Jan. 16, 2025

Lawrence "Larry" Boyd Lindemer Jr., of Rockford, MI, passed away peacefully under the care of hospice on January 16, 2025.

Larry was born to Rebecca (Gale) and Lawrence Lindemer on November 10, 1941 in Stockbridge, Michigan. He grew up in Stockbridge where he met and married his high school sweetheart, Louise (Porter) Lindemer. She later became his wife of 61 years.

Larry attended Kenyon College then enlisted in the Army where he served in Vietnam. Larry and Louise made their home in Jackson after his service and welcomed their children, Larry III and Caroline, there.

Larry worked for Goodyear for 14 years, then for the Jackson County Sheriff's Department from which he retired. In 2019 they moved to Rockford and lived out their lives at StoryPoint Senior Living.

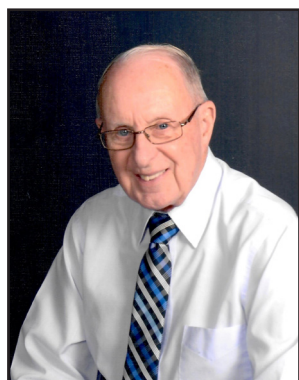
Larry's hobbies and interests were many, and he became a master at most. He enjoyed woodworking, crafting Colonial-style replica furniture, and carving life-size carousel horses for his grandchildren. He loved drawing/painting in many mediums like watercolor, pastels, and pen. He created pieces in ink that were featured in historical publications for Spring Arbor Township. Larry enjoyed coin collecting, researching and collecting early American antiques, cycling, fishing, attending local theatre productions, gardening, cooking, bird-watching, and word and math puzzles. He read hundreds of history, spy, and mystery novels. He was a member of the Jackson Civic Art Association for many years as well as the First Presbyterian Church in Jackson for over 40 years.

Larry will be most remembered for his sense of humor, generosity, and love for his family. Larry loved to laugh, but loved to make others laugh even more. He was a devoted husband and father: compassionate and selfless. He was the best "Boomp" — fun, loving, caring and fun again! You can't have a memory of him and not smile.

Larry was preceded in death by his parents; infant sister, Caroline; wife, Louise; and niece, Anna Lindemer. He is survived by his children, Larry (Pam) Lindemer of Rockford; Caroline (Greg) Pond of Saugatuck; five grandchildren, Hayley Walker, Jake Lindemer, Annie Pond, Catherine Pond, Rebecca Pond; three great-grandchildren, Silas Walker, Blair Walker, Neva Lindemer; brother, David (Sue) Lindemer of Venice, Florida; sister-in-law, Mary Porter of Battle Creek; three nieces and numerous cousins.

A private memorial service will be held at Caskey-Mitchell Funeral Home in Stockbridge.

Rial Edward Ashmore



Rial Edward Ashmore
Jan. 10, 1937 to Jan. 19, 2025

Rial Edward Ashmore, born on January 10, 1937, in Pontiac, Michigan, passed away peacefully at his home in Chelsea, Michigan, on January 19, 2025, surrounded by his loving family.

Rial was the son of Richard Edward Ashmore and Dorothea Clare Smith, who preceded him in death. He graduated from Stockbridge High School in 1955, where he was active in sports and student council. His senior quote humorously declared, "If women interfere with my studying, I will quit studying." Rial went on to earn a degree in general business from Jackson Junior College in 1957.

On June 22, 1958, Rial married the love of his life, Barbara Ruth Shew, in Munith, Michigan. Together they shared 66 years of marriage and built a loving family.

Rial is survived by their three daughters: Kathy (Paul) Salow, Karen (Scott) Allen, and Kristy (Steve) Fetyko; six grandchildren: Rebecca (Tom) Waybrant, Angie Salow (Cameron Evans), Sara (Dylan) Adams, Adam (Cassidy) Salow, Katie Smith, and Jacob Fetyko; two great-grandchildren: Cameron and Adaline Adams; his sister, Marilyn (Dave) Funk; brother, James (Carol Lynn) Ashmore; and several nieces and nephews.

Rial dedicated over 40 years to D&C Stores as Vice President and Director of Merchandise, and served for 20 years on the Board of Directors at Farmer's State Bank, including serving as Chairman of the Board.

A proud member of the Army National Guard, Rial also gave back to his community through the Jaycees, Lions Club, Stockbridge Methodist Church, and Stockbridge City Council. He also served on the Stockbridge Fire Department for many years. He was a spirited announcer for Stockbridge Panther football for many years. . . . much to his teenage daughters' dismay!

In retirement, Rial and Barb enjoyed winters in Florida after years of traveling to Arizona. He loved golf, walking up to 10,000 steps daily before his illness, cheering on Michigan sports teams, playing cards and Dominoes, and attending his children's and grandchildren's events.

Rial was an amazing husband, father, father-in-law, grandfather, great-grandfather, son, brother, uncle, and friend, and he will be greatly missed. May his memory bring comfort to all who knew him.

A Celebration of Life will be held at Revel Run (formerly Reddeman Farms), 555 Dancer Road, Chelsea, MI, 48118 on Saturday, February 8, 2025, from 1-4 p.m. A luncheon will be served.

Those wishing to make a memorial contribution in Rial's honor may do so to the Chelsea Retirement Community or St. Jude Children's Research Hospital.

Arrangements by Staffan-Mitchell Funeral Home, Chelsea.

John Jameson Wells



John Jameson Wells
Feb. 14, 1928 to Dec. 27, 2024

John Jameson Wells, age 96, passed away peacefully at Vista Grande Villa in Jackson, Michigan, on December 27, 2024. John was born to Willet Sargent Wells and Leila (Jameson) Wells, on February 14, 1928, in Lansing, Michigan.

His philosophy was to "love, laugh and enjoy every moment of life." John did a short stint in the

Army on Adak Island, attended Lansing Business University and was the owner of Oak Tree Publishing as well as Colonial Press, a printing company that he ran for decades. He was a member of the Ford Yacht Club, sailing extensively in Lake Erie and Lake Huron, as well as being an avid golfer.

John is survived by his son Craig Wells of Phoenix, AZ, daughter Jess Wells of San Francisco, CA, and daughter Julie (Wells) Glair of Munith, MI, as well as his son-in-law Mike Glair, six grandchildren and two great-grandchildren. His joyful outlook and infectious humor made him many friends and companions while at Vista Grande Villa, including his longtime companion Kay (Kittle) Bills.

He is preceded in death by his ex-wife Jeanette Lorraine (Hansen) Wells to whom he was married for 33 years; his companion Sandy Weinman; his granddaughter Hannah Lorraine Glair; as well as his two brothers, Earl and Harold Wells.

In lieu of flowers, donations may be made to the Careline Health Group of Jackson.

Obituaries

Linda Sue Carey



Linda Sue Carey
Dec. 6, 1949 to Jan. 20, 2025

Linda Sue Carey, age 75, of Gregory MI, passed away peacefully on January 20th, 2025, at home surrounded by her loving family.

Linda was born on December 6th, 1949, in Louisville, KY, the daughter of Robert Earl and Audrey Glenna (Williams) Hatfield.

Linda married the love of her life, Glendon Carey. Together they shared 56 years of marriage and raised two beautiful children. Surviving is one son Shane (Tracy) Carey of Gregory. Her role as a grandmother brought her immense pride and happiness, as she cherished her five grandchildren and eight great-grandchildren. Also surviving is one sister, Doris Jean Hornback from KY.

Together Linda and Glen loved riding their Harley-Davidson motorcycle. Linda was always taking care of other people. She ran and owned an Adult Foster Care Home. She worked for United Cerebral Palsy and Oakland Livingston Human Services as a Guardian Program Director for many years. She will be remembered as taking care of anybody that needs anything and always having her door open.

Linda enjoyed drinking her coffee, listening to loud music, reading, sewing and was an amazing quilter.

She was preceded in death by her husband, Glendon Carey, and her daughter, Candy Young; her siblings, Freda Matheny, Ernest Ray Hatfield, and Joann Greer.

The family would like to thank all the wonderful people at Arbor Hospice, who made Linda's last few months comfortable. Cremation has taken place, and a Celebration of Life will be planned in the future.

Those wishing to make a memorial contribution in Linda's name may do so to St. Jude Children's Research Hospital.

Arrangements by Caskey-Mitchell Funeral Home, Stockbridge.

Barbara Jean McClinchey



Barbara Jean McClinchey
March 28, 1933 to Jan. 24, 2025

Barbara Jean McClinchey, age 91, of Munith, Michigan, passed away with her family by her side on January 24, 2025, at Ganton's Countryside Retirement Community in Jackson, Michigan.

Barbara was born on March 28, 1933, on Hannewald Road in Munith, the daughter of Howard and Beatrice (Randolph) Titus. A lifelong resident of Munith, she was deeply connected to her community, being a postal worker for 29 years, and a longtime member of the Munith United Methodist Church.

On December 1, 1951, Barbara married Robert H. McClinchey. Together, they shared nearly 59 wonderful years of marriage. He preceded her in death on June 18, 2010. She and Robert enjoyed traveling throughout their years together to Gulf Shores, AL.

Barbara loved spending her time playing games and cards, especially Euchre and Cribbage, and doing puzzles. Faith and family were at the heart of her life. She found immense joy in her grandchildren and great-grandchildren, attending many of their sporting events and celebrating their milestones with love and pride.

Barbara is survived by her two children, Rodney (Kathy) McClinchey of Munith and Dawn (Jim) Ward of West Branch; her three grandchildren, Justin (Megan) Ward, Roy McClinchey (Chad), and Ryan McClinchey; and nine great-grandchildren. She was preceded in death by her husband, Robert; her granddaughter, Kristin Ward Provoast; and her brother, Bobby Titus.

Visitation was held at the Caskey-Mitchell Funeral Home, Stockbridge on Tuesday, January 28, and Wednesday, January 29, 2025. Funeral services were held on Wednesday, January 29, 2025, at Caskey-Mitchell Funeral Home with Pastor Craig Goodlock officiating. Burial followed at Munith Cemetery. Memorial contributions may be made to the Munith United Methodist Church. Arrangements by Caskey-Mitchell Funeral Home.

Philip "Phil" Balkus



Philip "Phil" Balkus
Jan. 28, 1963 to Jan. 22, 2025

that his family will hold close forever.

Phil's life was guided by his unwavering faith, which gave him strength and comfort throughout his journey.

Phil will be deeply missed but fondly remembered for his sense of humor, and the love he shared with his family.

A visitation was held on Saturday, February 1, 2025 from 10 a.m. until time of service at 11 a.m. at St. Anne's Catholic Church, 38100 Five Mile Road, Livonia, MI 48154. Phil was laid to rest at St. Hedwig Cemetery-Dearborn Heights.

Delores Kay Buege



Delores Kay Buege
Jan. 20, 1943 to Jan. 19, 2025

two sons, David and Paul. Lynn preceded her in death on February 27, 2010.

Delores is survived by her sons, David Buege, and Paul (Sara) Buege; two grandchildren, Ryan and Olivia Buege; and two sisters, Beverly Basore and Barbara Malcho. In addition to her husband, Lynn, she was preceded in death by two brothers-in-law, Bob Basore and Wayne Malcho.

Visitation was held on Friday, January 24, 2025 from 6-8 p.m. at Staffan-Mitchell Funeral Home, in Chelsea.

Funeral services were held on Saturday, January 25, 2025, 11 a.m., at Staffan-Mitchell Funeral Home with Pastor Eric Stricklin officiating. Burial followed at Oaklawn Cemetery in Stockbridge, MI.

Marion "Gene" Cowan



Marion "Gene" Cowan
Nov. 13, 1949 to Jan. 3, 2025

"Master Cowan."

Mr. Cowan was, initially, a District Sales Representative for Gravely Corporation, and eventually promoted to Regional Sales Manager, and finally moved to Corporate Headquarters as the Sales Training Manager. After retirement, he worked as a Walmart Automobile Repair and Parts Department Sales Associate.

Mr. Cowan is survived by his children, Anthony Sean (Laura) Cowan, Darren Cowan, Danielle (Travis) Conti, and AJ (Ellen) Cowan. His cherished grandchildren Nadia Cowan, Jameson Conti, Patterson Conti, Harrison Conti, Henry Cowan, Holden Cowan, an additional granddaughter due in July, and his great-granddaughter Ember Drews. Other survivors include his sister, Nancy J. (Lon) Cooper, and two nieces, Denise (Justin) Halter, and Tressa (Jeffery) Barnett.

Preceded in death by his parents, Gene, and Eileen Cowan.

According to his wishes, cremation occurred, and a memorial will follow at a later date. Interment planned to be in Stockbridge, MI.

Philip "Phil" Balkus, 61, of Westland, MI, passed away on January 22, 2025, surrounded by his loved ones.

Born on January 28, 1963, in Detroit, MI, Phil grew up with a love for family, faith, and Michigan's great outdoors.

Phil married the love of his life, Mary Lynn (Schupbach) Balkus, on July 21, 1990, and together they built a beautiful family. He is survived by his beloved wife Lynn; his children Mary Olgeirsson (Erik), Phil, Nick (Abbey), Chris, and Charlotte Balkus; and his grandson Henrik Olgeirsson. He also leaves behind his mother, Jean Balkus, sisters Terri and Lori Balkus; his sister-in-law, Vita; and many loving nieces and nephews. Phil was preceded in death by his father, Charles Balkus, and his brother, Frank Balkus.

Phil's heart was as big as his love for Detroit sports. He rarely missed cheering on his favorite teams and took joy in spending time in Michigan's Upper Peninsula. He treasured gathering around campfires, and sharing stories

that his family will hold close forever.

Phil was laid to rest at St. Hedwig Cemetery-Dearborn Heights.

Delores Kay Buege, age 81, of Ann Arbor, MI, passed away on January 19, 2025 with her loving family at her side in Ann Arbor, MI.

Delores was born on January 20, 1943 in Stockbridge, MI, the daughter of Kenneth and Doris (Walz) Stanfield.

Delores graduated from Stockbridge High School in 1961 and received an associate's degree in business from Jackson Community College. She worked as an administrative assistant at Huron High School from 1984-2005. She had a genuine love for students, and she left a lasting impression on those who crossed her path. She found joy in her many friendships, both old and new. She was a loving wife, mother, and grandmother. She loved the simple things in life, and she enjoyed going shopping. Her grandchildren, Ryan and Olivia, brought her much joy.

Delores married the love of her life, Lynn J. Buege, on August 6, 1967, in Stockbridge, MI. Together, they shared nearly 43 years of marriage and raised

Delores is survived by her sons, David Buege, and Paul (Sara) Buege; two grandchildren, Ryan and Olivia Buege; and two sisters, Beverly Basore and Barbara Malcho. In addition to her husband, Lynn, she was preceded in death by two brothers-in-law, Bob Basore and Wayne Malcho.

Visitation was held on Friday, January 24, 2025 from 6-8 p.m. at Staffan-Mitchell Funeral Home, in Chelsea.

Funeral services were held on Saturday, January 25, 2025, 11 a.m., at Staffan-Mitchell Funeral Home with Pastor Eric Stricklin officiating. Burial followed at Oaklawn Cemetery in Stockbridge, MI.

Marion Gene Cowan ("Gene"), age 75, of Georgetown, Texas, went to be with his Lord on January 3, 2025, surrounded by the love of family and friends, and confident in a life everlasting.

Mr. Cowan was born November 13, 1949, in Stockbridge Michigan to Ivan Gene and Eileen Delores (Carr) Cowan of Stockbridge, Michigan. He was a 1967 graduate of Stockbridge High School, and a very proud graduate of Ferris State University (Go Bulldogs!)

While attending Stockbridge High School, he participated in various sports activities including football and was a member of the school band. He was also an outdoorsman, spending a lot of time hunting and fishing. Later in life, he trained in Sanchin-Ryu Karate, as a disciple of Grand Master Robert Dearman. Achieving the rank of Go-Dan (5th Degree Black Belt), he provided instruction to many others in the Stockbridge area and was known as "Master Gene" or



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Community Calendar

Tuesdays, Wednesdays and Thursdays – Prepared Meals for Seniors, noon to 2 p.m. at the Stockbridge Area Senior Center

Mondays

– Craft Drop In (Ages 8 and up) at the Stockbridge Library

Wednesdays

– Family Storytime (For Babies, Toddlers, and Children), 10:30 to 11 a.m. at the Stockbridge Library

– Drop-in STEAM Activities, 3 to 5 p.m. at Stockbridge Library

– 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

– Diabetes Path, 11 a.m. to noon at Tri-County Office on Aging. Call 517-887-1465 or email Christine at histedc@tcoa.org to register

Fridays

– Family Storytime (For Babies, Toddlers, and Children), 10:30 to 11 a.m. at the Stockbridge Library

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

Feb. 1-15 - CADL's Blind Date with a Book at Stockbridge Library

Feb. 1 - Livingston County Continuum of Care 2025 Community Connect, 10 a.m. to 1 p.m. at 2|42 Community Church in Brighton

Feb. 2 - Winter in Waterloo, 2 to 3 p.m. at Eddy Discovery Center

Feb. 5 - Stockbridge Community Schools Bond Planning Meeting, 6:30 p.m. in the Stockbridge Jr./Sr. High School Media Center

Feb. 7 - Stockbridge Community Outreach's Winter and Spring Parent/Child Play and Learn Club, 11 a.m. to noon at Stockbridge Activity Center Room 112

Feb. 7 - Stockbridge Jr./Sr. High School Coming Home Celebration

Feb. 10 - Fiber Arts with the Flock, 1 to 2 p.m. at Stockbridge Library

Feb. 10 - Stockbridge Community Schools School Board Meeting, 6:30 to 7:30 p.m. in the Stockbridge Jr./Sr. High School Media Center

Feb. 14 - Great Backyard Bird Count begins. See CADL story on page 7

Feb. 17 - Great Backyard Bird Count ends.

Feb. 18 - Third Tuesday Book Discussion Group, 12:30 to 1:30 p.m. at Stockbridge Library

Feb. 24 - Fiber Arts with the Flock, 1 to 2 p.m. at Stockbridge Library

Feb. 27 - Kindergarten Round Up. See ad on page 6

For more community events visit:

www.stockbridgecommunitynews.com.

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

For other library-hosted events, go to www.cadl.org/ and click the "Events" menu.

Thank You FOR YOUR SUPPORT!

- Anne Young
- Denise Young
- The Abbott Fillmore Agency

The Stockbridge Community News team would like to thank those in the community who continue to send donations in response to our article in the February 2024 edition about rising costs. Special thanks to those listed here whose donations were received between Dec. 27 - Jan. 26. We truly appreciate the support of our community, and we look forward to continuing to provide a quality, local paper. Donations can be sent to Stockbridge Community News at P.O. Box 83, Gregory, MI 48137



Irina Burman, M.D.

Trinity Health Sponsored Column How Trinity Health HMR Weight Management is transforming lives

Information provided by Trinity Health Michigan

The new year often brings a renewed focus on health and fitness, and Trinity Health's Health Management Resources (HMR) Weight Management program can help you make those resolutions a reality. Dr. Irina Burman, an internal medicine physician with Trinity Health IHA Medical Group and the medical director of the program, recently answered questions about the program and how participants can greatly benefit from it.

Q: What is the HMR Weight Management program?

Dr. Burman: Our program focuses on helping people improve their relationship with food, lose weight, and live a healthier overall lifestyle. This program was founded by clinical psychologists to help address weight as an emotional, psychological, and environmental problem. The goal is to transform people's mindset as it pertains to food and help them make healthier choices, adopt regular exercise habits, and ultimately lead healthier, more fulfilling lives.

Q: Can you explain how the program works with each patient?

Dr. Burman: The program's approach is centered around making life simpler for each patient, especially during the first three months. The first phase focuses on removing decision-making regarding food. The meals patients will eat, which are provided through the program, are balanced, nutritious, and portion controlled. This takes away the anxiety of meal planning, cooking, and grocery shopping. Patients will only eat foods provided by the program for the first 12-13 weeks, which will consist of protein shakes, protein bars, low-calorie entrees, fruits, vegetables, and more.

Q: What else can people expect if they join the program?

Dr. Burman: Each patient can also expect group management and health education. Group management is a core part of the HMR experience. We offer both in-person and virtual sessions every week, which are led by trained health educators, dietitians and nurses. Each session begins with participants sharing their weight-loss progress over the past week, which creates an environment of accountability and support. The group also discusses challenges and strategies for overcoming those challenges. It's a very collaborative space where people share their experiences, motivate each other, and set new goals.

Q: What role does exercise play in the program?

Dr. Burman: Exercise is an important tool for anybody trying to lose weight, but exercise is secondary to the dietary changes that our program focuses on. We encourage participants to aim for 2,000 calories burned per week through physical activity. This can be achieved through walking, running, or any other form of exercise they can comfortably do. The key is being consistent and tracking calories burned per workout. The more physical activity per week, the better the results, but dietary changes remain the primary focus for losing weight.

Q: Is the program only for people solely looking to lose weight or can it benefit others as well?

Dr. Burman: For many of our patients, the program isn't solely about losing weight, but about improving health, controlling diseases, or even reversing conditions.

See Weight Management on page 15.



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Bridge to Wellness

The art of loving well: A look into the signs of healthy relationships

by Kara Nold and Sarah Wilczynski



As you celebrate the relationships in your life, think about the health of those relationships, romantic and otherwise.
Photo credit Mel Poole on unsplash.com

February, for many, marks the start of a month full of celebrating love and the relationships we have with others.

Coinciding with the celebration of love, February is also Healthy Relationships Month. A healthy relationship does not necessarily mean a “perfect” relationship. Relationships ebb and flow, but they should help you bring out the best in yourself and make you feel good.

As you take time to celebrate the love and relationships in your life, we encourage you to also think about the health of those relationships, romantic and otherwise.

Traits such as respect, compassion, trust, honesty, and communication should be at the core of every relationship and should not have to be “earned.” These traits help you know that the other has your back, even on the worst days, and will work with you to resolve any conflicts that may arise. You don’t always have to know what’s going on with each other or have to agree with every decision the other person makes, but you should care about how it affects them and be supportive.

Taking it one step further, your relationships should involve equal participation from both parties. This does not mean every day is 50/50, but over time, you each take on balance of relationship responsibilities. This balance also allows each person to maintain independence in the relationship to explore things they enjoy doing on their own. Independent time allows each person to learn, grow, and maintain a sense of self.

Overall, your relationships should be fun and exciting to participate in. If you’re not sure where your relationship falls, JoinOneLove.org has assembled “10 Signs of a Healthy Relationship” that takes a deeper dive into some of the traits mentioned and how they play a part in a healthy relationship. Reflecting on these 10 signs can help you assess the health of your relationships.

You can also find information on healthy relationships at loveisrespect.org or through their hotline at 1-866-331-9474. If you’d like to work on your relationship with someone, or yourself, Chelsea Hospital’s behavioral health navigators can help you find a professional to help. For information, email BHNnavigator@trinity-health.org.

If you or someone you know is experiencing domestic violence, please call Michigan’s Domestic Violence Hotline at 1-866- 864-2338 or text LOVEIS to 22522.

This column is sponsored by the Stockbridge Area Wellness Coalition. Kara Nold is a Master of Public Health student at Eastern Michigan University and an intern at Chelsea Hospital’s Community Health Department. Sarah Wilczynski is the Mental Health Awareness & Training Coordinator for Chelsea Hospital.

Weight Management page 14

We work with people who have diabetes and hypertension, need pre-operative management of joint replacement and improvement of kidney function, and suffer from chronic low-back pain and sleep apnea, for example.

Q: Is there anything else you’d like to share?

Dr. Burman: HMR is not just about losing weight, but about making lasting changes to your lifestyle and overall health. It’s a program that helps prevent disease, reverse chronic conditions, and improve overall well-being. If you’re struggling with food, weight, or managing a health condition, HMR is a medically supervised, comprehensive, supportive and affordable solution that can make a lasting difference in your life.

For more information, please visit trinityhealthmichigan.org/hmr or call 734-712-5540.

Stockbridge Community Resource Guide for 2025

Groups enrich community

The local area is home to a wide array of nonprofit and charitable organizations, all for the benefit of local residents. The information below represents Stockbridge Community News' best efforts to compile descriptions and contact information.

Not listed or notice an error? Please accept our apologies and email corrected information to Stockbridgecommunitynews@gmail.com or snail mail the NEWS, P.O. Box 83, Gregory, MI 48137. Also, if your organization has an event to advertise or announce free of charge in our "Community Calendar," please contact the email above.

American Legion Mackinder-Glenn Post 510 Founded in 1947, the Mackinder-Glenn American Legion Post 510 continues to be one of the pillars of the Stockbridge community. The post was named for two local residents who were killed in action during World War I. These hometown heroes were Russell Mackinder and J.T. Glenn. Property for the post's site was donated by William Domine, which caused the local Legion to purchase the balance of the land where the Legion stands at 830 S. Clinton St., Stockbridge. The post consists of Legion Members (Veterans), SAL (Sons of the American Legion), ALR (American Legion Riders, a motorcycle group) and The Auxiliary. Over the years, the post has sponsored a variety of activities ranging from baseball to oratory competitions as well as Poppy Day sales for disabled veterans and veterans having difficulty getting assistance from other sources or a hardship is placed upon them. They can be depended upon to provide memorial honor guards as needed for veterans' funerals. They also host an annual Ceremony for Disposal of Unserviceable Flags every June. The legion does not march in the light parade, but they do have a trailer leading the parade. On Memorial Day they have a program at the post and members then march to the cemetery, where a roll call of deceased veterans is recited. For the past few years, SAL has prepared a meal for veteran members and spouses on Veterans Day. Also the Legion, SAL, ALR and the Auxiliary provide scholarships for relatives of members. Ongoing social activities include: bingo, euchre, an annual Chili Cookout, Fish Fries several times during the fall, winter and spring and Thursday night specials that rotate between tacos, sliders, chicken wings and Coney dogs. Local members participate in the Homecoming Parade in Stockbridge as well as in the Gregory Fourth of July parade. Since July 2019, any honorably discharged veteran who served after Dec. 7, 1941, is now able to join the American Legion and all are welcomed to do so. Wartime service was previously required. The "Legion Act" as it is named was signed into law in July 2019. Everyone is welcome to attend the games and the meals and to participate in any of the other activities provided throughout the year. Phone 517-851-8445.

Cub Scouts Camping, archery, BB gun shooting, bottle/can drives, car washes, Pinewood Derby races—these are a few of the activities that Cub Scouts has to offer. Boys in Kindergarten through 5th grade, come join the adventure. Interested? Want info? Contact Mike Stoffer at phone call/text 734-355-3070 or email at stockbridgecubscouts@gmail.com.

Churches: The Stockbridge area is home to a wide assortment of churches and religious organizations. Currently recorded churches in our area are:

First Presbyterian, 101 S. Center. Contact Linda or Kate at 517-851-7015.

Stockbridge United Methodist, 219 East Elizabeth. Contact: Elizabeth, 517-851-7676.

Sts. Cornelius and Cyprian Catholic, Catholic Church Road. Contact Bonnie at 517-589-8492 or bonnie@saintsjcc.org.

Gregory Community Church, 126 Church St., Gregory. 734-498-2541.

Trinity Lutheran, 5758 M-36 Pinckney, MI 48169. 734-878-5977.

Church of Christ, 4783 S. M-52, Stockbridge. 517-851-8141.

Highest Praise Worship Center, 5107 Clinton, Stockbridge. 517-851-7758.

Crossroads Community Church, 950 S. Clinton, Stockbridge. 517-851-7075.

First Methodist Church of Waterloo, Territorial Road, Stockbridge. 517-851-7287.

Good Shepherd Mission, 5050 E. M-36. 517-851-9800.

Jeruel Baptist Church, 11400 Plum Orchard Road, Munith. 517-596-2128.

Kingdom Hall of Jehovah's Witnesses, 15800 Graves Road, Gregory. 734-498-2601.

Millville United Methodist Church, 1932 N. M-52, Stockbridge. 517-851-7853.

Munith United Methodist, 122 N. M-36, Munith. 517-596-2441.

Plainfield United Methodist Church, 17845 M-36, Stockbridge. 517-851-7651.

Southwest Church of Nazarene, 1455 Holmes Road, Gregory. 734-498-2682.

Trinity Pentecostal Church, 4935 Freiermuth Road. 517-565-3310.

Unadilla Presbyterian Church, 20175 Williamsville Road, Gregory. 734-498-7114.

The Stockbridge Community News is pleased to allocate special sections of the December and April print editions to numerous holiday activities underway in these organizations. Please see our online and print "Community Calendar" for specific church activities and events each month.

Friends of the Stockbridge Library is a nonprofit organization. We are always looking for new members. Our goal is to raise money to support library programming at the local level. We also provide additional funds for summer reading prizes as well as library equipment. We are all library lovers who enjoy helping our local library. We organize the annual Silent Auction and help with book sales. The Friends help with programming and purchasing needed items for the Stockbridge Library. For info, contact P.O. Box 802 or email eileenconti50@gmail.com.

Girl Scouts. Enjoy field trips, camping, cultural studies and more. For info, contact Kate Wigent at 517-742-4741, or contact Membership Specialist Callie Frey with the Girl Scouts Heart of Michigan at 517-742-4741.

Happy Hustlers 4-H. Interested in 4-H? Happy Hustlers meet generally once a month. Any youth 5 years or older may join. The goal of 4-H is to develop citizenship, leadership responsibility and life skills of youth through positive learning programs. Whether you are interested in crafts, photography, or animals, you can discover these programs through Happy Hustlers 4-H Club. If interested, please ask to join our Stockbridge Happy Hustlers 4-H Facebook page or call/text Michelle Marshall at 517-937-7694. Meetings are held at Heritage School at 6 p.m., days vary.

Munith Rod & Gun Club. Spring through fall, daytime and under the lights, the nonprofit MR&GC sports club sponsors American Trapshooting Association (ATA) events and fun shoots. The trapshooter club welcomes all adults and accompanied minors on Friday nights at 5 p.m. for trapshooting practice, April through October. Location: 11455 Fitchburg Road, Munith, MI. Contact: 517-745-3783.

Munith/Stockbridge Community Pay It Forward Group is a local online outreach project solely aimed at helping our community and neighbors at the micro level. Though the local economy has improved since PIF's founding in 2012, the mission to bring aid to those in need remains. With neighbors helping neighbors throughout the surrounding communities, the group's format and guidelines are simple: If you are in need of help, it doesn't matter what it is, post it. Not comfortable asking publicly? Contact one of the administrators privately and confidentially. Know someone in need? Post for them. Someone will see it and help. Your kid needs a winter coat? Good chance someone on this page will have one. Public Announcements, Lost and Found Pets and Employment Opportunities. This is not a "For Sale" page and all items must be donated freely. Have an item you no longer want or need? Post it. Chances are a neighbor will want or need it. Need a ride to work because your car broke down? Post it. Maybe someone on here is going that way. Can't pay the light bill? If we can't help here, we will put you in contact with someone who can.

Now, if you see someone post something and you can help them, times are hard and we have all been there. Some are blessed with more than what they need, and others don't have enough. Connect with us on Facebook at Munith/Stockbridge Community Pay it Forward Group or email us via our sister group at wakeupstockbridge@gmail.com.

Open Air Market of Stockbridge. A 501(c)3 Farmers Market held every Friday from 4 to 7 p.m. on the Stockbridge Township Square from first Friday in May through October.

Continued on page 17.

Groups enrich community page 16

Open Air Market, continued Local and regional musicians perform in the gazebo between 5:30 and 7 p.m. May through September. Our products include local honey, eggs, jam, granola varieties, maple syrup, bread, pies, coffeecake, zucchini bread, cookies, cupcakes, and more. We have vendors who offer seasonal vegetables and fruit. Artisan crafts include handmade soaps, candles, herbal lotions and sprays, baskets, knitted items and art. We welcome new vendors! We also encourage local nonprofit organizations to contact us about having a free booth. Contact information: OAM, P.O. Box 382, Stockbridge, MI 49285, OAMStockbridge@gmail.com and we are on Facebook.

Panther Cubs PTO a 501(C)(3) nonprofit comprised of parent volunteers, teachers and administrators. The mission of the PTO is to support the needs of the staff and students of Stockbridge schools. Funds raised by the group pay for teacher supplies, field trip transportation, movie licensing, special assemblies, playground equipment and more. The PTO also organizes events such as family fun nights, dances for students and teacher appreciation lunches. Meetings are held at Heritage Elementary the first Tuesday of the month at 4 p.m. Additionally, a parent volunteer meeting will be held the third Tuesday of the month at Heritage at 6 p.m. with the first meeting in January 2025. Want more information? Interested in being a part? Check us out on Facebook at <https://facebook.com/panthercubspto/>. Let us know if you want to receive our monthly newsletter?

Shop Rat Foundation. Founded in 2004 by manufacturing entrepreneur Chris Salow, the Shop Rat Foundation promotes and provides learning opportunities for youth enrolled in grades 6-12 to gain a better understanding of the manufacturing industry through participation in Shop Rat Education Program offerings. The foundation's mission is "to ignite interest in manufacturing careers among youth through innovation and outreach." Its educational program incorporates hands-on, project-based curriculum modules focused on machining, welding, engineering, construction and modern manufacturing (including mechatronics and additive manufacturing). The program is currently facilitating after-school classes, in-school partnership activities and summer camps in Jackson, Livingston, Eaton, Hillsdale, Ingham and Lenawee counties. Facilities are located at 11855 Bunkerhill Road, Pleasant Lake, MI, 49272. Can be found at www.shoprat.org. Contact Kelly Burr Kofflin at: shopratfoundation@gmail.com for information.

SRSly Stockbridge (text language for "seriously") is a coalition of youth, adults, community partners, health organizations, and Chelsea Hospital. SRSly's mission is to empower and equip youth to reach their full potential by remaining substance-free. We promote positive family, school, and community involvement. We also work to limit youth access to alcohol and other drugs and to reduce parental and peer approval of youth drug use. For more information, resources, or to connect with us, please email info@srslystockbridge.org or visit our website at srslystockbridge.org.

Stockbridge Area Chamber of Commerce focuses on helping businesses and residents succeed by making our community a better place to work, live, dine, and play. We are organized to achieve the objective of: promoting growth, community, and volunteerism to the communities of Gregory, Munith, and Stockbridge by supporting other local groups or individuals for the common good and organizing events to attract and retain businesses and residents. Website www.stockbridgeareachamber.org/ or visit our Facebook page.

Stockbridge Area Educational Foundation was founded in 2000 as a 501(c)(3) tax-exempt organization affiliated with the Jackson County Community Foundation. SAEF offers many benefits to the Gregory, Munith and Stockbridge areas through the generous donations of community members and participation in its primary annual fundraiser, the Festival of Tables. SAEF enhances the educational opportunities available to all its citizens through quarterly grants and scholarships. Donations offer educational support to community members and organizations, contributing to a more positive and enriched future. Phone 517-851-7188 or visit www.panthernet.net/our-district/saef.

Stockbridge Area Arts Council (SAAC) is a nonprofit, all-volunteer organization dedicated to providing opportunities for area residents of all ages to participate in and enjoy the performing arts and cultural events in our community. Since its inception in 1990, the SAAC has improved the aesthetics of the Township Hall by contributing funds for a new stage curtain and audience

seating, purchasing a new sound system, purchasing and providing ongoing maintenance of the grand piano, improving the lighting system, and providing entertainment, both local and regional and free for many years now, to the community. The SAAC sponsors an annual art show in the Township Hall, offers scholarships for selected Stockbridge students who are pursuing an education in the arts, and sponsors performances showcased at the Historic Township Hall and through the Open Air Market Music Series. The SAAC board meets monthly at a date and time accessible to members on our board and welcomes all who are interested in finding out more about our organization. For more info, please email: stockbridgeareaartscouncil@gmail.com with your contact information and a member will be happy to contact you.

The Stockbridge Area Garden Club, first established in 1984, serves the greater Stockbridge area. Its 20-plus members seek to beautify public areas, educate people on the how-to's of flower gardening, and support civic projects. Among other undertakings, the garden club decorates the Township Hall and Square, weeds and waters the cemetery flag garden, and helps families in need through Stockbridge Community Outreach. Meetings are generally held the first Monday of the month at 1 p.m. All interested are invited. Contact risnerco@gmail.com or mail the Stockbridge Garden Club, P.O. Box 612, Stockbridge, MI 49285.

Stockbridge Area Genealogical/Historical Society (SAGHS) is dedicated to preserving and promoting genealogical and historical information throughout the greater Stockbridge area. SAGHS offices are located in the Stockbridge Town Hall on the lower level. P.O. Box 966, Stockbridge, MI 49285. For info about general public meetings, please check our website: www.stockbridgeareaghs.org. Contact stockbridgeareaghs@hotmail.com.

Stockbridge Area Wellness Coalition (SAWC) was created by the 5 Healthy Towns Foundation (5HF) to help improve the overall wellness of the area served by the former Chelsea Hospital. 5HF is a tax-exempt, private charitable foundation governed by a volunteer board of directors. The mission of the 5HF is to cultivate improvements in personal and community wellness. SAWC aims to serve all those within the Stockbridge school district, focusing on four pillars of health identified by 5HF: making healthy connections, eating better, moving more, and avoiding unhealthy substances. One of the first projects undertaken was to establish the Stockbridge Wellness Center, but other interventions include improving the trail systems, building and improving playgrounds and parks, helping to build the Heritage pavilion and community greenhouse, supporting the Open Air Market and Outreach's Tide Me Over, establishing SRSly Stockbridge and planning for wellness improvements for the future. All are invited, encouraged, and welcome to join SAWC. Other communities involved with 5HF are Chelsea, Dexter, Grass Lake, and Manchester. To learn more about the Stockbridge Area Wellness Coalition and 5HF, visit www.5healthytowns.org or www.facebook.com/stockbridgewellnesscoalition or email jormayer76@gmail.com.

Stockbridge Athletic Boosters (SAB) is a nonprofit organization that brings parents and community members together, dedicated to encouraging and supporting athletes and athletic programs in the Stockbridge Community Schools District. This is done through various fundraising opportunities such as event concessions and larger community events such as the Harlem Wizards fundraiser, the Panther Draw Down, raffles, and more! SAB is always looking for new members as well as volunteers to help work concessions and fundraising events — students may even work to cover pay-to-play fees or earn volunteer hours for NHS. To find out more, find us on Facebook @Stockbridge Athletic Boosters. Or email us at stockbridgeathleticboosters@gmail.com. Go Panthers!

Stockbridge Community Education. This department of the Stockbridge Community Schools oversees community use of the school buildings and property and also organizes enrichment and recreation programs for the district for all ages. Offices are located in the Jr/Sr High School, 416 N Clinton St, Stockbridge. Phone 517-710-4122, website <http://panthernet.net/departments/community-education/> and Stockbridge Community-Education on Facebook. Volunteers are always needed to teach a class, coach a team, or help at events.

Stockbridge Community Greenhouse is up and running. A few community members have shared their gardening tips with our students, and we encourage others to reach out to Josh Nichols at 517-917-3223 or at nicholsj@panthernet.net if they would like to share information or use some of the space in the greenhouse for their gardening needs.

Continued on page 18.

Groups enrich community page 17

Stockbridge Community News is a volunteer-run, nonprofit, public information service operated by volunteers. Our mission is to serve as a hub of quality, consistent local information to build a stronger community. As an IRS 501(C) (4) organization, we depend on the support of donors and sponsors. Since 2016, the SCN has grown from a four-page newsletter to a full-fledged public information organization. Our website (stockbridgecommunitynews.com) and Facebook page regularly serve more than 30,000 viewers each month. The Stockbridge Community News (SCN) monthly print edition is delivered, free of charge, to approximately 19,000 residents (over 9,000 households) in the 125-square mile Stockbridge Area School District, including Stockbridge, Gregory, Munith, Pleasant Lake and Fitchburg areas as well as portions of Pinckney, Chelsea, Grass Lake, and Jackson. As our costs keep rising, we greatly appreciate donations from the community to support our local news mission. We always need and welcome volunteers in a variety of areas. SCN may be reached at P.O. Box 83, Gregory, MI 48137 or through email at stockbridgecommunitynews@gmail.com.

Stockbridge Community Outreach Association started during the fall of 1981 because local churches had become unable to handle the volume of requests for help. We are now located in the Stockbridge Activity Center (the old Middle School), 305 W. Elizabeth, Door #20, Room 120 and are open three days a week (Door #20 is located in the back parking lot off of Elm and Cherry streets).

- We currently offer assistance with pantry food shopping (once monthly), utilities, housing, transportation, and prescriptions for those who qualify.
- We have clothing and small household goods—all free to the public.
- We offer the Tide Me Over weekend food program for kids who need extra food assistance, sending home bags of food with kids each week throughout the school year.
- We participate with South Michigan Food Bank's monthly Fresh Food Distribution, held in the parking lot of Jeruel Baptist Church in Jackson County. Pre-packed food boxes are given out to anyone who needs food assistance on the second Monday of the month from 4-5 p.m.
- On each Wednesday in the parking lot outside our office, we collaborate with Greater Lansing Food Bank to offer bags of food from 1-3 p.m. to anyone who drives up. This "Pop Up" is open to anyone who needs food.
- Our facilities are used for government food distributions.
- We offer special holiday food and gift programs.
- We make referrals to other agencies for specific needs.
- We provide emergency assistance to those living in the Stockbridge School District.

Our hours: Monday, Wednesday & Friday from 1-3 p.m. and by appointment. (If schools are closed due to weather, we also will be closed.) For info, call 517-851-7285, www.stockbridgecommunityoutreach.org, email outreach49285@gmail.com or find us on Facebook. Our mailing address is Stockbridge Community Outreach, P.O. Box 682, Stockbridge, MI 49285.

Stockbridge Golden Years Senior Citizens' Nutrition Site meets Fridays in Stockbridge Township Hall. Lunch is served at noon, followed by bingo. Social time starts at 10:30 a.m. Ages 60+, \$3 donation requested, but not required. RSVP is appreciated. Call Betti Wetherell by 5 p.m. Wednesday, 517-206-9035. Info@tcoa.org or www.tcoa.org/resources/nutrition-services.

Stockbridge Library is a branch of Capital Area District Libraries serving the Stockbridge area community including all students of Stockbridge Community Schools who receive free library cards. The library offers public computers, free Wi-Fi, and faxing, copying, and printing. An external Wi-Fi point provides internet access to the municipal parking lot across the street. The library also offers books, magazines, DVD and Blu-ray movies, music CDs and books on CD for check out. There are many more CADL services available with a library card; to learn more go to www.cadl.org. We offer programs for all ages including literacy-based storytimes for preschoolers, book discussion groups for adults, craft programs and special speakers and events. The Friends of the Stockbridge Library offers an ongoing used book sale, Recycled Reads, within the library during open hours. A Little Free Library is in front of the building and has a variety of community-sourced free reading material. The library is located at 200 Wood St., Stockbridge and the phone number is 517-851-7810. Our open hours are Monday, Tuesday, Thursday, and Friday, 10 a.m. to 6 p.m.; Wednesday 10 a.m. to 7 p.m.; Saturday 10

a.m. to 4 p.m.; and Sunday noon to 4 p.m. We're closed on Sunday during June, July, and August. Find more information about the Stockbridge Library at www.cadl.org/about/our-locations/stockbridge.

The Stockbridge Lions Club provides ongoing financial support to a wide range of organizations, events and foundations, including Stockbridge Community Outreach, Waterloo Farm Museum, Stockbridge Area Arts Council, American Diabetes Association, Bear Lake Camp, Stockbridge Day in the Village, Gregory Fourth of July Celebration, White Cane, Project Eversight, Leader Dogs for the Blind and Stockbridge Area Educational Foundation. The Stockbridge Lions Club has awarded more than \$250,000 over the past years to graduating seniors of Stockbridge High School to help further their educations. The group meets the first Tuesday at 6:30 p.m. at the Presbyterian C.E. building. Anyone interested in joining or contacting the Lions Club may contact Kathleen Mullen at 517-812-6652.

Stockbridge Masonic Lodge is a charitable organization that supports many causes in the Stockbridge area, including scholarship programs at the high school, sponsoring teams through Community Education and raising funds and sponsoring Adopt-A-Family for Stockbridge Community Outreach. A Mason is a member of the oldest and largest goodwill fraternity in the world, known as Masonry or Freemasonry. Masonry teaches that each man has a duty to make life better, not just for himself, but for everyone. They are in all likelihood the oldest continuing group within our community having established themselves by 1862 in Stockbridge. Their meeting hall is located on the second floor of the building which now houses Hometown Pharmacy. You can see their insignia on the door between the two Hometown Pharmacy doors. Their charter does not permit the solicitation of members, but they are always happy to include new ones. Their history in the community is a long and active one. Contact Greg Uihlein at 734-905-0990 or greguihlein@howardhanna.com.

Their Guardian, Their Voice is a small group of community members connecting in an online forum working together to offer help with short-term assistance for families in crisis and struggling to feed or care for their pets and/or livestock. Their Guardian, Their Voice will also try to assist with placement, adoption, general medical care, and the occasional emergency medical care when funds are available. We are not a wealthy community and resources are limited and the list is long but we do our best to meet immediate needs. Our end goal is always to make sure any animal doesn't go hungry or suffer. If someone is not comfortable asking publicly for assistance, they can contact one of the administrators privately and confidentially. Coverage area is Ingham County, Jackson County and immediate surrounding counties. For more information, contact Heather Walling at guardiansvoice@hotmail.com or connect with us on Facebook at Their Guardian, Their Voice. Ongoing donations can be made at paypal.me/guardiansvoice.

Tide Me Over, a backpack program that is part of Outreach, works to stave off hunger among the elementary through high school's most vulnerable students by sending food home with children to tide them over the weekend. Currently, the program provides weekend meals to more than 100 Stockbridge students, pre-kindergarten through 12th grade. Donations may be made c/o the TMO program to Stockbridge Outreach, located in the Old Middle School, Mondays and Fridays (9 a.m. to 3 p.m.) and Wednesdays 1 to 6 p.m. Mail to Stockbridge Community Outreach, P.O. Box 682, Stockbridge, MI 49285. Questions or comments? Email 56Hollowayc@gmail.com.

Town Hall Players Our hometown community theater group is always looking for new members: actors, musicians, technical directors, designers, backstage and front-of-house crew, and other volunteers. THP relies on the generous support of local businesses, groups, and individuals to continue to produce good local theater. See our Facebook page, Stockbridge Town Players. If you would like more info or to sponsor a show or the complete season, please find us on Facebook at www.facebook.com/stockbridgethp/. We can be contacted at stockbridgethp@gmail.com.

Wake Up Stockbridge & Surrounding Communities is an online forum and movement of like-minded individuals with the mindset of community unity and pride. Its goals include making our community inviting for all near and far, coming together as a community united rather than divided, and addressing the harder issues and concerns surrounding us. Wake Up Stockbridge, which started as a Facebook group to discuss community goals, is a positive entity that welcomes different points of view and opinions.

Continued on page 19.

Groups enrich community page 18

Wake Up Stockbridge, continued Working closely with their sister group Munith/Stockbridge Pay It Forward to meet the simplest of needs to larger needs as best they can, to ease economic burdens. The group has grown into local gatherings that host community projects. It conducts various types of activities and initiatives for young and old, resident or not. Although Wake Up highlights Stockbridge as our central point, we are an all-inclusive group helping overlapping communities and neighbors. “After all, it does not take a village, township or district to make a community. It takes like-minded people who simply care,” Tina Mullins said.

For more information, contact Tina at wakeupstockbridge@gmail.com or via Facebook at Wake Up Stockbridge & Surrounding Communities.

Waterloo Farm and Dewey School Museums located at 13493 Waterloo-Munith Road, Grass Lake, MI 49240 is maintained and staffed by volunteer workers and members of the Waterloo Area Historical Society (WAHS). We have operated as a community service since 1962, giving tours, living history interpretations, demonstrations, educational meetings, and craft classes. To volunteer, see our website or Facebook page. Contact WAHS at P.O. Box 37, Stockbridge, MI 49285, email: waterloofarmmuseum.org, or call the Farm Museum at 517-596-2254 to leave a message. See our Facebook page. Open for weekend tours starting the first weekend after Memorial Day and ending the weekend before Labor Day.

Waterloo Natural History Association Since 1981, the Waterloo Natural History Association (WNHA) has been helping people enhance their experiences with nature in the Waterloo Recreation Area. The WNHA is a 501(c)3 charitable organization whose purpose is to provide both educational and recreational opportunities for people visiting the park. The association is composed of concerned citizens who want to support environmental education and help promote the area as a valuable community resource. Everyone is welcome to become a member. The WNHA and the Department of Natural Resources have a unique partnership. As a support organization for the Waterloo Recreation Area and the Eddy Discovery Center, the WNHA sponsors projects, offers weekend public programs, maintains the gift shop, and provides services that supplement and complement those offered by the DNR. Whether you explore the dark, tangled recesses of the black-spruce bog, or enjoy listening to the chorusing of woodland frogs, the WNHA will help you discover the natural wonders of the Waterloo Recreation Area. The Eddy Discovery Center is the nature center for the park and is located at 17030 Bush Road, 3 miles west of downtown Chelsea. A recreation passport for your vehicle is required for entry. Visit the website at www.wnha.org to learn more about the organization, program schedules, and memberships, or call the Eddy Discovery Center at 734-475-3170.

Waterloo Needlework Club. This group has continued making needlework quilts, knitting and crocheting for people in need since 1911. The club has supported a number of different charities through the years, including making bandages for injured soldiers during World Wars I and II. WNC supports a number of current charities with quilts or money and will be demonstrating our crafts at Pioneer Day in October at the Waterloo Farm Museum. We appreciate donations of good cotton fabric, batting, or money to buy these items. We meet the second and fourth Thursday of every month at 10 a.m. at the Munith United Methodist Church. Anyone wishing to learn how to quilt, knit, or crochet, are welcome to join us in the church basement on the second and fourth Thursdays of the month. For info, call Jan, 517-769-2172, powelljanice02@gmail.com or Mary Myer, 517-851-8752. Leave a message, and we'll get back with you.



Kelsey Rasmussen

Positive Parenting

Facing head-on the stress that often accompanies new parents when 'Baby Makes Three'

by Kelsey Rasmussen

Imagine you're exhausted, recovering from the physical trauma of giving birth. Physically, you need to heal and replace pints of blood for yourself while producing milk for this new life who is dependent on you for food, touch, and diaper changes, to name a few. This attention is required nearly constantly—day or night, rain or shine.

You're sleep deprived; you haven't brushed your teeth or bathed yourself since... yesterday? It's a true blessing that other people prepared and delivered food to keep you going while you learn to keep baby alive. You wonder, is this my dream come true?

You cry routinely from being overwhelmed and exhausted, especially when night falls again, already. Irritability escalates to where you might scream into a pillow to release the rage.

Is it any wonder that 83% of new parents go through moderate-to-severe crises in the transition to parenthood?

Drs. John and Julie Gottman are relationship and marriage experts with over 40 years, combined, of clinical research about couples. They found relationship satisfaction dropped for two-thirds of couples after the first baby was born: conflict increased, emotional intimacy deteriorated, and both parents felt unappreciated, neglected, and lonely. Some became so lonely that an affair erupted; the majority of couples in their study separated after the arrival of their first baby.

In honor of the month celebrating Valentines, let me offer hope and explain. The Gottmans cracked the code for what makes relationships thrive. Together, they then wrote “And Baby Makes Three” to help new moms and dads navigate the challenge. It matters.

One excerpt from early in the book does a great job explaining how baby's needs affect relationships.



Drs. John and Julie Gottman wrote “And Baby Makes Three” to help new parents navigate the challenge after a first baby is born. Photo credit Nihal Karkala on unsplash.com

“Babies need parents who respond when they have a need, who soothe them when they're upset, calm them when they're frightened, and play enthusiastically with them when they're ready for fun. But when parents are distressed and lonely or depressed, they are less responsive to their babies. Babies' crying only irritated them, babies' fears annoy them, and babies' playfulness feels too demanding. This is especially true when parents are at war with one another.”

Many new parents could benefit from the strategic guidance the Gottmans offer.

Over the next six months, Dr. Erin Clifton, of Positively Chiropractic, and I will summarize a chapter from “And Baby Makes Three.” Please stay tuned, and join us in learning together!

Activity highlight:

Subscribe to the Gottmans' podcast, “Small Things Often” <https://www.gottman.com/podcast/small-things-often/>

Kelsey Rasmussen is a local resident and full-time parent of preschool-aged twins.

Published in *Uncaged*, November 2024

NATIONAL FFA CONVENTION Sharing ideas for the better

by Daniel Villegas, *Uncaged* Reporter

This article is being reprinted, with minimal edits, from the Uncaged Student News November 2024 edition.

The FFA National Convention is where FFA members from across the country come together to celebrate accomplishments and learn from each other. The 97th National FFA Convention happened in Indianapolis, Indiana through October 23rd-26th.

"It's a place where all FFA members come together to participate and make friends to learn from each other," said sophomore FFA member, Drew Hayes.

The Stockbridge FFA team has met lots of fellow members from different places across the country. FFA is the largest organization within the country, with over a million members and 70,000 attendees at the national convention. The attendees at the event participate in team building activities to get to know each other personally. Many ideas are shared between the members too.

"I spent time talking with the folks from Microsoft with a program called Farmbeats, we're looking to introduce AI into the agriculture classroom," said Stockbridge FFA and agricultural teacher, Bob Richards.

Richards and his class has been asked by the staff at MSU and West Michigan to make an automated asparagus harvester for the asparagus farmers in West Michigan. The harvester will be a huge help to the farmers as there is an extreme labor problem to harvest asparagus. Richards plans on using the AI to do the decisive work for the asparagus farmers in West Michigan, deciding which spear is ready to harvest and which isn't and then automatically cutting it.

All of this is possible because of the National FFA Convention. Where ideas can be shared to help agriculture as a whole in the US. The team building activities help all of FFA share with each other and make leaders with the community. The Stockbridge team also went out to the pumpkin patches and rodeos afterward to end the day off with a fun afternoon.

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. For more information on SAEF, visit www.panthern.net/our/district.



Stockbridge FFA chapter attending the 97th annual National FFA Convention. Photo credit Bob Richards

 An advertisement for Greenlight by The State Bank. It features a young woman and a woman looking at a smartphone together. The text reads "SHOW YOUR LOVE with Greenlight" and "Give your kids the tools to earn, save, and spend smartly with Greenlight." The State Bank logo is also present.

SHOW YOUR LOVE
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with Greenlight

Give your kids the tools to earn, save, and spend smartly with Greenlight.

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Learn more at Greenlight.com/statebank

Equal Housing Lender - Member FDIC | The State Bank customers are eligible for the Greenlight SELECT plan at no cost when they connect their account from The State Bank as the Greenlight funding source for the entirety of the promotion. Subject to minimum balance requirements and identity verification. Upgrades will result in additional fees. Upon termination of promotion, customers will be responsible for associated monthly fees. See terms for details. Offer ends 09/25/2025. Offer subject to change and partner participation.



Staff Spotlight: A kid at heart, Michael Gurecki blends action and learning to keep his second graders engaged in the classroom

by Mary Jo David



Mary Jo David

"I've always been a kid at heart," said Michael Gurecki, with a smile I could sense across the wireless phone waves. "When I'm at school, I get to turn play into learning for 6-, 7-, and 8- year-olds, and when I'm home, I get to do the same with my own kids." Gurecki and his wife Elizabeth, a physician assistant, have a preschooler, Leo, and a first grader, Rowan, who attend Stockbridge Community Schools.

Both of Gurecki's parents have been a positive influence, but his mom was a big reason he decided to go into education, and specifically lower elementary grades. His mom retired after 30 years as a kindergarten teacher. When he was young, he especially enjoyed mentoring younger kids, and he looked up to his teachers as leaders.

Math, social studies, and of course, recess, were Gurecki's favorite subjects when he was a kid in Stanton, Michigan. He excelled at sports as a youngster, and especially loved playing varsity baseball, basketball, and football at Central Montcalm High School. But he enjoyed Chess Club and Ski Club as well.

"Admittedly, I've slowed down a bit since high school," Gurecki said. "But when I'm playing with students during recess, it's fun to watch their expressions when I tell them I was a high school quarterback 20 years ago. They just think of me as an old guy who can throw a football!" He thinks the kids would really be surprised to find out he's in the Sports Hall of Fame at his old high school.

Gurecki attended college at Ferris State University and then taught first grade for one year in the Upper Peninsula before starting with the Stockbridge School District 16 years ago.

Each day he exhibits leadership skills for his second graders in Stockbridge. His kids love the fun team-building lessons they are learning in the classroom, whether through carpetball, shuffleball, or any other creative methods Gurecki has in his teaching arsenal.

"The Hubcap Challenge is a big, fun memory that sticks out in students' minds after they've left second grade—sometimes even after they've graduated," he said. But to Gurecki, the best part of his job is watching his students notably develop their reading skills by the end of second grade.

Gurecki has the ability and energy to keep up with classrooms full of second graders, but he remembers with fondness developing more one-on-one time with a student in his class a few years ago. At a time when all his other students had inadvertently been exposed to COVID and had to temporarily switch to home-based learning, mornings-only, one student had been out and not exposed to COVID. That student was allowed to join Gurecki in his classroom each day throughout that time. Teacher and student made the most of their learning time after the class's online instruction was over each day by walking the trails and taking advantage of learning opportunities teachers can't do

typically with a classroom full of students.

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In addition to his teaching responsibilities, throughout the school year Gurecki also participates on the Building Leadership Team, is a building representative for the teachers' union, and, as a member of the District School Improvement Team (DSIT), helps to plan staff meetings and content for staff planning days.

As an experienced teacher, if he was to offer advice to young teachers just entering the field, it would be to make sure they focus on their classroom management skills.

"Curriculum is constantly changing, tech is constantly changing, so if frustration creeps in, keep reminding yourself why you went into teaching to begin with. For me, it's to help the kids; they are foremost to me," Gurecki said.

Frequent, continuous technology changes are one of Gurecki's own biggest challenges in the classroom, as he feels teachers are constantly competing with



Michael Gurecki works hard to stay engaged when he spends time with his family, including his son, Leo; his wife, Elizabeth; and his daughter, Rowan.

Photo credit Michael Gurecki

tech for students' attention. He says that gaining and holding the kids' attention and keeping them engaged gets harder and harder.

As a parent himself, he knows it's a challenge to be present for his own two children, but he tries to make it a priority at home, and he recommends this for other parents. "Be engaged and aware when you're with your kids. Try to limit your phone and screen time if possible."

For his students, he hopes that as they get older, they remember their core values—these are stressed often throughout the Stockbridge School District—and that they put these values to work as adults.

Says Gurecki, "I hope my students continue to be kind, put others first, and become good people. But mostly, I hope they give their best every day."

STOCKBRIDGE SPORTS

Competitive cheer team continues to set records



The competitive cheer team set a school record for points in the Panthers' fifth-place finish at Hartland. Pictured left to right: Shelby OKoney, Bella Glenn, Leighla Pidd and Alana Porzio. Photo credit Mike Williamson
by Mike Williamson

The Stockbridge competitive cheer team continued to have the best season in school history with several strong showings.

The Panthers finished third at the Onsted Invitational Dec. 21.

State-ranked Hudson won the meet with Jonesville second and the Panthers right behind in third.

Maple Valley Invitational. The Panthers won their second invitational of the season Jan. 4 by taking the top spot at Vermontville Maple Valley.

Stockbridge beat second-place Maple Valley by 9.8 points to bring home the trophy.

Perry Winter Classic Cheer Competition. Stockbridge finished second at the Perry invitational Jan. 11.

See Cheerleading on page 23.

Boys basketball team rolling to a 9-3 record



Jacob Dalton tied the school record of seven three-pointers in a game against Bronson. Photo credit Mark Rogozinski

by Mike Williamson

The Stockbridge boys basketball team continued its hot start by winning seven of nine games to improve to a 9-3 overall record on the season. The team also is tied with Springport for the top spot at 6-1 in the Big 8.

The Panthers' three losses have come to teams with a combined 32-2 record.

Leslie. On Dec. 16, the Panthers rolled over rival Leslie 71-55.

Foster Pybus had another big night with 23 points and nine boards.

Shannon Henderson was a force inside with 21 points. Jacob Dalton finished with 11 points, Zac Rogozinski seven, Brock Rochow six, Noah Sandecki two, and Xavier Zimmerman one.

See Boys basketball on page 23.

Wrestlers pushing through their strong season



Jayson Conant gets a pin against Bronson. Photo credit Dennis McCann

by Mike Williamson

The Stockbridge wrestling team continued its strong season with several good showings at invitationals over the holidays.

The Panthers took part in a tri-meet at Lumen Christi Dec. 18 and tied with Dansville and lost a close match to the Titans.

Picking up wins for the Panthers were Kaleb Regan, Colin Stacey, Marcus Pikur, Mateo Ortiz-Martinez and Jayson Conant.

Durand Invitational. The Panthers finished eighth out of 15 teams at the Durand Individual Tournament Jan. 4.

Chris Conant finished third at 150 pounds with a 3-1 record on the day.

Pikur earned a third-place finish at 157 with a 3-1 record.

Ortiz-Martinez was fourth at 165 with a 4-2 record.

Jayson Conant went 3-2, while Stacey and Kameryn Gross each won single matches.

Bronson. On Jan. 8, the Panthers dropped a 70-12 decision to a strong Bronson team at a home dual meet.

Jayson Conant picked up the lone win for the Panthers.

Dansville Invitational. Stockbridge finished 13th out of 16 teams at Dansville Jan. 11.

Regan went 2-2 and finished fifth at 120.

Jayson Conant went 3-2 and was fifth at 126, while Chris Conant went 2-3 and finished sixth at 144.

Landon Allen and Ortiz-Martinez picked up two wins each for the Panthers.

Big 8 Quad. The Panthers split a pair of matches at a Big 8 Quad at Maple Valley.

Stockbridge defeated Concord 71-0 and fell to Maple Valley 42-36.

Picking up wins were Aiden Flore, Stacey, Brennan McCalla, Ortiz-Martinez and Gross.

See Wrestling on page 23.

STOCKBRIDGE SPORTS

Lady Panthers basketball team having up-and-down season



Zoe Buddenborg drives to the basket against Springport. Photo credit Mike Williamson

by Mike Williamson

The girls basketball team continued experiencing a season of ups and downs that has the Panthers sitting at 5-5 as they near the midway point of the schedule.

Maple Valley. On Dec. 20, Stockbridge took down Big 8 rival Vermontville Maple Valley 65-33.

Zoe Buddenborg had a big night with a team-high 20 points.

Melina Sayre added 14 points and Bella Pybus 10.

Tayla Trapp finished with eight points, Madisyn Atkins four points and eight rebounds. Jaylee Chapman, Emily Satkowiak, and Emma Monaghan had three points each. Madeline Topping two points and nine rebounds.

Springport. Pybus hit four triples and finished with a team-high 16 points in the 45-37 win over Springport Jan. 3.

Sayre added eight points and Atkins six.

Topping chipped in with five, and Buddenborg four. Chapman, Satkowiak and Monaghan added two each.

Leslie. On Jan. 6, the Panthers came up short in a 64-31 loss to a strong Leslie team.

Buddenborg led the Panthers with 16 points.

Topping added seven points and nine rebounds, while Sayre, Chapman, Satkowiak, and Trapp had two each.

Union City. The Panthers improved to 4-0 in the Big 8 with a 49-24 win over Union City Jan. 7.

Sayre scored a team-high 20 points.

Topping had a double-double of 10 points and 10 rebounds.

Satkowiak added six points, Buddenborg five, Monaghan three, Chapman two, and Atkins one.

Concord. On Jan. 10, the Panthers dropped their first Big 8 contest between the top two teams in the conference 40-24.

Sayre led Stockbridge with 13 points and grabbed nine rebounds.

Monaghan had four points and nine rebounds, Buddenborg four points and eight rebounds, and Topping three points.

Boys basketball [page 22](#)

Union City. The Panthers took down Union City 52-37 on Dec. 19 behind the double-double of 14 points and 12 rebounds by Rochow. Pybus continued his tear with 19 points. Henderson added 11 points, Dalton four points, Rogozinski three, and Sandecki one.

Lumen Christi. The Panthers gave D2 top-ranked Jackson Lumen Christi all they could handle, but came up on the short end of a 69-59 loss Dec. 20. Pybus led the way with 17 points, while Rochow had 14 points and nine rebounds. Sandecki finished with 13 points, Henderson seven, Dalton six, and Rogozinski two.

Lansing Eastern. On Jan. 7, the Panthers held off Lansing Eastern for a 63-54 win. Henderson led the team with a double-double of 21 points and 12 rebounds. Pybus added 19 points and Dalton 12. Sandecki finished with four points, Rogozinski four points and 13 rebounds, and Brendon Cordero three points.

Concord. The Panthers ground out a tough 38-31 win over Concord Jan. 9. Pybus and Dalton scored 12 each to lead the way. Henderson added seven points and eight rebounds, Rogozinski three points, Rochow two, and Sandecki one.

Bronson. Dalton tied the Stockbridge record with seven three-pointers and finished with a team-high 23 points in the Panthers 70-43 win over Bronson Jan. 14. Rogozinski finished with a season-high 15 points and Pybus 14. Henderson had eight points and 11 rebounds, Rochow four points, eight assists, and seven rebounds. Terrence Cordero, Sandecki, and Brendon Cordero each had two points.

Reading. On Jan. 16, the Panthers improved to 6-1 in the Big 8 with a 64-18 trouncing of Reading. Henderson had a huge night with 27 points and 13 boards. Sandecki added 11 points and Rogozinski nine. Dalton chipped in with six, Pybus five, Rochow four, and Terrence Cordero two.

Wrestling [page 22](#)

Napoleon Invitational. On Jan. 18, Stockbridge finished 11th out of 16 schools at Napoleon.

Jayson Conant led the Panthers with a fourth-place finish at 126 with a 2-2 record.

Chris Conant was fifth at 144 with a 2-2 record, while Ortiz-Martinez was fifth at 157 with a 2-2 record.

Regan was sixth at 120 with a 2-3 record, while Stacey picked up one win for the Panthers.

Cheerleading [page 22](#)

The Panthers finished just over four points behind first-place Perry at the invite.

The team's third-round score of 280.6 was the highest of the 12 teams at the event, but it wasn't enough to catch the Ramblers.

Big 8 Jamboree in Stockbridge. The Panthers finished third at the first Big 8 Jamboree of the season hosted by Stockbridge Jan. 13.

Hartland Heat Cheer Invitational. Stockbridge finished fifth out of eight teams at Hartland.

The meet featured several state-ranked teams.

The Panthers set a new school record with a three-round score of 662.6.



John and Theresa
Kightlinger

Ask an Expert Auto repair involves many decisions

by John and Theresa Kightlinger

Generally the only pre-planning consumers do to prepare for a potential automotive damage claim is to purchase insurance. Insurance is an interesting purchase, as we buy it hoping we'll never need it. We buy insurance as a safeguard should something unexpected occur and to be prepared...but are we truly ever prepared?

A little gambling by customers and companies

Purchasing insurance is like gambling against yourself that you're going to need it one day. Insurers sell insurance gambling that you won't need it...but when you do need it, they're trained and prepared to settle your claim. Consumers, on the other hand, generally don't know what to do or how to go about handling a claim. As such, they often rely on others to guide them in their time of need.

Insurers will gladly assist the unwary consumer in his or her time of need and lend advice such as where to go for repair, including what parts, labor and materials will be needed.

They'll even go as far as to try and dictate how the repair is to be performed. The only concern here, however, is that insurance companies don't perform repairs and don't shoulder the liability for incorrect and/or insufficient repairs — the repairer does.

It doesn't take an economist to figure out that the less an insurer spends on a repair, the more money it retains and the greater profits it earns.

So many decisions on auto body services

So what does a consumer do when faced with the many decisions he or she needs to make when auto body services are required? A wise man once said "Never take advice on how to collect money from the one who owes you."

The first step is to seek out a quality-oriented collision repair facility that can solve the repair problems. The best way to do that is to ask friends, family and colleagues. The last place I would seek advice would be from my insurer or insurance agent, as they have a vested interest in keeping the cost of repair down. I would check the online reviews of local repairers to narrow my search based on others' experiences.

Here are some of the things I would look at on my estimate. I would then review their recommendations to ensure the following were listed where applicable:

- "Pre-washed" the vehicle. (This is required for a "lifetime warranty" by the paint manufacturer.)
- "Pre-cleaned" the panels to be refinished (and blended), including removing waxes, road tar and paint coatings, i.e. Teflon, ceramic coatings, etc.(This also is required for lifetime warranty.)
- Provided complete copies of original equipment manufacturer (OEM) repair procedures.
- Pre-repair scan of onboard systems to determine if diagnostic trouble codes (DTCs) exist.
- Inspection of seat belts and supplemental restraint system (SRS) air bags.
- Anchor, setup and 3-D measurement of the vehicle's structure if the possibility of unibody, structural and/or frame damage exists.

John and Theresa Kightlinger own My Body Shop at 401 N. Clinton St., Stockbridge. The couple have lived in the area and raised their children here over the past 20 years. John has been in the auto body business since 1985, and Theresa began work at General Motors after high school. Between the two, they have been working on cars for more than 75 years.

Trinity Health Michigan acquires next generation surgical robots New da Vinci 5 systems are at Ann Arbor, Livonia and Chelsea hospitals



Amanda McClure, M.D., a colorectal surgeon and chair of the Robotic Surgery Steering Committee at Trinity Health Michigan, at the controls of one of the health system's newly acquired da Vinci 5 Robotic Surgical Systems. Image provided by Trinity Health Michigan

Information provided by Trinity Health Michigan

Trinity Health Michigan announced the acquisition of da Vinci 5 robots at Trinity Health Ann Arbor and Chelsea Hospital, and a da Vinci Xi robot at Trinity Health Livonia, further strengthening its standing as home to one of the most comprehensive robotic surgery programs in Southeast Michigan.

The first surgery using the da Vinci 5 robotic system was performed at Chelsea Hospital on Dec. 26.

The new da Vinci robots bring the total number of robotic surgery systems to 19 across Trinity Health Michigan's statewide health system, underscoring its commitment to providing patients with greater access to advanced and innovative surgical care.

"Our patients know when they come to a Trinity Health hospital, they receive the most advanced surgical care, delivered by skilled robotic surgeons," said Rosalie Tocco-Bradley, M.D., Ph.D, chief clinical officer at Trinity Health Michigan.

For more information, visit www.stockbridgecommunitynews.com.

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