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Vermontville woman seeks home for historic mill

by Sandra Ponsetto
Staff Writer

FREE TO A GOOD HOME — 100-year-old historic grist mill and other farm buildings. Needs TLC. Will help with moving costs. Call for details.

It sounds outrageous at first, but that is exactly what Dixie Brand of Vermontville is proposing.

"I got married and I'm retiring from the commercial real estate business and the farm is more than I can do right now," said Brand. "I want to sell the farm house along with a few acres, but I'm hoping that a museum or a historical society would be interested in preserving the mill. I'll even help with the cost of moving it."

Brand approached Charlton Park Historic Village and Recreation Area about moving and preserving the mill two years ago, but Director Peter Forsberg said that while the park was very interested in obtaining the mill, they could not afford to do it.

"It looked like it would be a nice addition to the park, but we don't have the resources necessary to move it and install it at the park," he told her. "Once you move it you have to build a foundation for it, restore it, rehabilitate it and make structural changes to bring it up to code."

Forsberg said that the park has been offered many local historic buildings, but

for now the answer is always the same.

"I can't afford to keep roofs on the buildings we have now," he said.

"Right now the general public isn't interested in investing in historic preservation; we can't get the funding. Thirty years ago, during the 1970s when we had the bicentennial in '76, maybe, but not now."

"When you watch 'This Old House' on the weekend, it's all cute and charming. But you multiply it, times it by 20 and you have me — I have 20 old buildings that need constant upkeep."

Brand knows about the constant need for upkeep. That's why she's looking for someone who is interested in historic preservation.

"I've kept them painted and fixed the roofs, but I just can't seem to keep windows in them," said Brand of the mill and other farm buildings. "Lately I've had a problem with woodchucks burrowing underneath them and undermining them."

Forsberg said it cost \$35,000 to move the Upjohn House to the park in the mid-80s and estimates that it would cost approximately \$30,000 to move the mill to the park.

"It would probably have

This ice house is one of the farm buildings that Dixie Brand will give to anyone interested in preserving local history.



The owner of this 100 year-old mill near Vermontville will donate it to any museum or individual interested in its historic preservation.



to be taken apart with heavy equipment, loaded onto flatbeds and hauled to the park and reassembled," said Forsberg. "We could do it with a lot of donations of time and equipment. This kind of thing is very labor intensive."

The expenses continue to mount once the building is delivered to the park.

"We have to bring in architects and engineers to make sure everything is up to code," he said.

"I don't want to get us into another situation like we had with the Upjohn House. We brought it to the park and it basically rotted

on the vine for ten years because we didn't have the funding to restore it," he added.

"There's money out there for all kinds of things, but historic preservation is not a hot property right now," said Forsberg. "These old buildings decay and fall down or are torn down. And, the problem is, once it's gone it's gone and the stories are gone with it."

"That's why the old timers who can remember going to the grist mill are so important; they have the stories."

When Dixie Brand bought the 300-acre farm from

Lloyd Hill in 1973, she learned that it was rich with history and stories.

"At one time this farm was a stagecoach stop and the of course the mill has a lot of history," said Brand.

The mill was built by Lloyd's Uncle, Clark Wells, in the late 1800s as a commercial venture. "Farmers would bring in their wheat, corn and rye to be milled and Wells' fee was a peck of the flour he ground for them," said Brand.

Raymond Hill, Lloyd's brother, remembers seeing

See historic mill, pg. 2

Home invasion cleans out Assyria Township homes

A man who returned home in Assyria Township from work at 8:30 p.m. June 24 found his house had been broken into and a large amount of property was missing, according to a report by the Barry County Sheriff's Office.

Deputies said the man found a laundry basket in his driveway and upon further investigation, found that a door had been broken from its frame in the 7000 block of Huff Road.

He also found his basement door open, the lights on and the outside dog was inside the house.

"The subjects rammed open the side door after attempting to pry the rear

slider door," deputies said.

Missing is a large amount of camping equipment, fishing poles, a leaf blower, chainsaw, a 40 caliber Glock semi-automatic pistol, a 35

mm camera worth over \$1,700, a Pur water filter and more.

Police have no suspects and the matter is under investigation.

In This Issue...

- Maple Valley graduate exhibits art in Hastings
- Summer reading program set at Vermontville Library
- Putnam Library given genealogical treasures
- Nine local Special Olympians go to state competition



Many hip-roof barns like this one are falling into disrepair and being torn down. Dixie Brand, is willing to donate this structure to any museum or person interested in preserving the structure.

Historic mill, continued from page 1

the box that that his uncle used to use to measure the peck and the book his uncle kept, recording all his transactions.

"In fact I think I might still have the book somewhere," he said.

Raymond's father, Alonzo Hill, bought the farm from his uncle in 1919. By then the mill was not being used commercially, but the family continued to use it for their own purposes.

"My family made their own corn meal during the depression and feed for the cattle, pigs and chickens, so we got through quite well," said Raymond.

"It was run by a steam engine, and my brother was in his glory when he was operating it. He was probably

about 15 or 18 years old at the time."

The fuel for the steam engine was provided by corn cobs that were shelled in the sheller and then shoveled into the steam engine's furnace.

At that time, the mill stood next to the road on the east side and water for the steam engine came from the springs on the west side of Ionia Road. The water was pumped without electricity, by a device called a ram. The ram pushed the water through pipes beneath the road to a cistern in the basement of the house and from there to another cistern behind the house. Gravity flow then took the water to the mill and the animals' watering troughs.

ing troughs.

"Mr. Wells was a gent ahead of his time," said Brand. "He went to the World's Fair in Chicago to learn how to use the ram to deliver water to the mill."

"It was really pretty amazing how they used to elevate the grain to get it to the second floor and then down to the mill," said Raymond. "It was ingenious."

According to Raymond, the mill itself was what was called a stone burr grinding mill. The grain was ground between two round stones. The bottom one was held stationary in a wooden frame and the top one turned by steam power to do the grinding.

"I remember my brother and father chipping away at

the stone to roughen it up so it would do a better job grinding. Otherwise, the stones got smooth and didn't grind so well," said Raymond. "It was an art form in itself. But, it was pretty hard on the eyes with the stone chips flying; that was in the days before OSHA."

In 1924, Alonzo bought a John Deere tractor, which was then used to power the mill.

Raymond said that the mill was moved to its present location on the top of the hill behind the house through "great effort."

"We moved it because it would be easier to get to and easier to work from."

In the late 20s to early 30s the mill was converted from a stone burr to a hammer mill.

"It was much faster and more efficient," said Raymond.

The family continued to use the mill until the early '40s. Then they took their grain into Nashville or Vermontville because the commercial mills there could do the grinding much faster.

The mill has stood idle for half a century, but is fairly intact. The only part missing is the grind stone, which was sold at auction to Lloyd's daughter in the '70s.

"It may look decrepit, but I hate to think about tearing it down," said Brand. "I'll give it to anyone who is interested in preserving it historically."

Brand also has a hip-roof barn, an ice house and brood house on the property that she would be willing to give

away.

"People are always telling me it's such a shame that all the hip-roof barns and old farm buildings are being torn down, but they are hard to maintain and they're not practical any more," said Brand. "But if someone is interested in preservation, I'll gladly donate them."

Forsberg agrees with Brand.

"Our agricultural history is the richest part of our background here," he said. "It's sad to see it erode, but there is no government interest in seeing it preserved."

Anyone who is interested in moving and preserving the buildings should call Brand at (517) 726-1100 for more information.

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Putnam Library offers Tuesday Movie Nights

Every Tuesday night this month is Movie Night at the Putnam Library in Nashville.

From 6-7:30 p.m. all children are welcome to come and enjoy some popcorn and watch a newly released children's video.

Assistant Library Director Sandy Hosey reports that the first movie night was a great success.

"We had over 20 kids in here and they all enjoyed the movie and popcorn. It's a great way for the kids to come in and get out of the heat," she said.

Other children's activities at the library include the summer reading club which features a "Children Around the World" theme this year.

The pen pal club which is part the summer reading

program has been very popular.

"We're on our third batch of pen pals," said Hosey. "Children as young as 9 (years old) can sign up for a pen pal with their parents' permission."

There are special children's activities planned from 10 to 11 a.m. every Wednesday in July.

"Genealogy for Kids," is featured July 10 and will teach kids how to get started on researching their family trees using some of the re-

sources in the library's genealogy room. There will be a Mexican Fiesta featuring games, piñatas and more on July 17. On July 24 the library will be host for "Wacky Olympics" with a lot of games and fun. The month wraps up July 31 with a visit from a magician who will teach the children tricks such as cup stacking.

Putnam Library is located at 327 N. Main St. For more information about summer programs, call (517) 852-9723.

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LOCAL CHURCH SCHEDULE

<p>ABUNDANT LIFE FELLOWSHIP MINISTRIES A Spirit-filled Church Meeting at the Maple Leaf Grange Hwy M-66 south of Assyria Rd. Nashville, MI 49073 Sun. Praise & Worship 10:30 a.m., 6:00 p.m.; Wed. 6:30 p.m. Jesus Club for boys & girls ages 4-12. Pastors David & Ross MacDonald. An oasis of God's love. "Where Everyone is Someone Special." For information call 1-616-731-5194 or 1-517-852-1806.</p> <p>ASSEMBLY OF GOD CHURCH 803 Reed St., Nashville Sunday School 10 a.m. Sunday A.M. Worship 11 a.m. Evening Worship 6 p.m. Wednesday Evening Prayer Meeting 7 p.m. PASTOR GLENN BRANHAM</p> <p>BASELINE UNITED METHODIST CHURCH 9617 E. Baseline Rd. Corner of Baseline & Church Roads (2 miles east of M-66 on Baseline) Sunday School 9:30 a.m. Worship Service 11 a.m. (Nursery Provided) Youth Groups, Bible Study and many other activities. Phone (616) 963-7710 REV. GLEN WEGNER</p>	<p>CHURCH OF THE NAZARENE 301 Fuller St., Nashville Sunday School 9:45 a.m. Sunday A.M. Worship 11 a.m. P.M. Worship 6 p.m. Wednesday Evening: Worship 7 p.m. REV. ALAN METTLER</p> <p>CHESTER GOSPEL CHURCH 3744 W. Vermontville Hwy. Sunday School 9:45 a.m. Morning Worship 11 a.m. Evening Worship 6 p.m. Wednesday Family Night Service 8:45 p.m. PASTOR MARC S. LIVINGSTON Phone: 543-5488</p> <p>FIRST CONGREGATIONAL CHURCH 110 S. Main, Vermontville Morning Worship 11 a.m. Church School 10 a.m. Fellowship Time After Worship REV. ERIC LISON</p>	<p>SOUTH KALAMO CHURCH Corner of Kalamo Highway & Ionia Rd. Sunday A.M. Worship 10:30 a.m. Evening Worship 6 p.m. Wednesday Evening at 7 p.m.: Children's Classes Youth Group • Adult Worship PASTOR JEFF SWIFT</p> <p>GRACE COMMUNITY CHURCH Meeting at Maple Valley High School Morning Celebration 10 a.m. Contemporary Service, Relevant Practical Teaching, Nursery, Children's Classes, Youth Group, Adul. Small Groups, Leadership Training PASTORS: DON ROSCOE and ROB VAN ENGEN Phone: (517) 852-9228</p> <p>GRESHAM UNITED METHODIST CHURCH One mile N. of Vermontville Hwy. on Mulliken Road Church Service 9:30 a.m. Sunday School 10 a.m. Fellowship Time 10:30 a.m. Adult Class 10:50 a.m. PASTOR JEFF BOWMAN</p>	<p>NORTH KALAMO UNITED METHODIST CHURCH Worship Service 9:30 a.m. PASTOR MARK THOMPSON</p> <p>MAPLE GROVE BIBLE CHURCH 8593 Cloverdale Road (1/2 mile East of M-66, 5 mi. south of Nashville) Sunday School 10 a.m. A.M. Service 11:15 a.m. P.M. Service 6 p.m. PASTOR GEORGE GAY</p> <p>NASHVILLE BAPTIST CHURCH 304 Phillips St., Nashville Sunday School 9:45 a.m. A.M. Service 11 a.m. P.M. Service 7 p.m. Wed. Service 7 p.m. PASTOR LESTER DEGROOT PASTOR DEANO LAMPHERE PASTOR MATT ROHDE</p> <p>NASHVILLE UNITED METHODIST CHURCH Located on the corner of State and Washington streets Worship Service 9:45 a.m. Sunday School 11:15 a.m. PASTOR DIANNE BOWDEN At Home: 852-0685 Church Phone: 852-2043</p>	<p>PEACE UNITED METHODIST CHURCH OF BARRYVILLE 6043 SCOTT RD. (M-79) Worship 9:30 a.m. Children's Sunday School: 9:45 a.m. PASTOR SUSAN TROWBRIDGE (517) 852-1993</p> <p>QUIMBY UNITED METHODIST CHURCH M-79 West Sunday School 10 a.m. Worship 11 a.m. PASTOR KENNETH VAUGHT (616) 945-9392</p> <p>ST. ANDREW & MATTHIAS INDEPENDENT ANGLICAN CHURCH 2415 McCann Road Sunday Services: 9:15 a.m. Morning Prayer 11:00 a.m. Holy Communion For more information call 735-2370 or Rev. David T. Huestick 948-9604 Traditional 1928 Book of Common Prayer used for all services. Affiliated with the Independent Anglican Church (Canada Synod).</p>	<p>ST. CYRIL'S CATHOLIC CHURCH 203 N. State, Nashville Sunday Mass 9:30 a.m. FATHER MIKE STAFFORD A mission of St. Rose Catholic Church, Hastings</p> <p>VERMONTVILLE BIBLE CHURCH 250 N. Main St., Vermontville Sunday School 9:45 a.m. Worship Service 11 a.m. Sunday Evening Service 6 p.m. Wed. Evening Service 7 p.m. AWANA 7-8:30 p.m. Wed. PASTOR DANIEL E. SMITH</p> <p>VERMONTVILLE UNITED METHODIST CHURCH 108 N. Main, Vermontville Sunday School 10 a.m. Church Service 11 a.m. PASTOR JEFF BOWMAN</p> <p>MOST HOLY ROSARY CHURCH Roman Catholic Latin Mass 314 Main, Middleville Sunday Mass 9 a.m. 616-795-9030 FATHER PAUL ANDRADE</p>
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New books at the Putnam District Library

Fiction - The Boy Next Door, by Josie Lloyd; Divine Secrets of the Ya-Ya Sisterhood, by Rebecca Wells; Girl With a Pearl Earring, by Tracy Chevalier; The Beach House, by James Patterson; If Looks Could Kill, by Kate White; Sin Killers, by Larry McMurtry; A Thousand Country Roads, by Robert James Waller; Deadly Embrace, by Jackie Collins; Mortal Prey, by John Sandford; Mount Vernon Love Story, by Mary Higgins Clark; Fire Ice, by Clive Cussler.

Romance - Face the Fire, by Nora Roberts; Between Friends, by Debbie Macomber; Kentucky Heat, by Fern Michaels; High on a Hill, by Dorothy Garlock.

Christian Fiction - Written on the Wind, by Judith Pella; Once Upon a Summer, by Janette Oke; Springs Gentle Promise, by Janette Oke; Heart of the Sandhills, by Stephanie White; Rivers of Gold, by Tracie Peterson; Ashes and Ice, by Tracie Peterson; Angel of Mercy, by Tracie Peterson; Jacob's Way, by Gilbert Morris.

Mystery Fiction - Hard Eight, by Janet Evanovich; Chopping Spree, by Diane Mott Davidson; Sticks and Scones, by Diane Mott Davidson.

Westerns - Shoot-Out at Corpus Christie, by Tom Calhoun; The Pecos Kid, by Dan Cushman.

Juniors - Ancient Egypt; Autumn Moon; Before You Were Born; Bio Tech; The Birthday Present; Bob's Birthday #1; Bulbasaur's Bad Day #4; Caving Adventures; Chinese Life; Circle of Fire #14; The Colonial Cook; Declaration of Independence; Dizzy's Bird Watch; Franklin and the Baby-sitter; Franklin's Thanksgiving; The Germ Busters; Scooby Don! Haunted Ski Lodge; Heidi's Hike; Hershey Kisses Addition; Hershey's Multiplication; How to be a Happy Hippo; Hunters and Prey; Iris and Walter; Jessica's X-Ray; Kid's Silliest Jokes; Learn Chest Fast; Leo Cockroach Toy Tester; Look What... Bottles and Tubs; Marco Polo; Miranda's Last Stand; My Brother's Keeper; Our Earth; The Paperboy; Rain Forests; Scooby Doo! Runaway Robo, Scoop Saves the Day #2; Six Creepy Sheep; Skateboarding in Action; Songs Seas and Green Peas; Twizzlers Percentages Book; United States Constitution; The Walking On the Moon; Warriors!; Wendy Helps Out; Birds; Midnight on the

Moon; Twister on Tuesday; Helen Keller; Molly's Route 66 Adventure; Samantha's Ocean Liner Adventure.

Non-Fiction - My Life Turned Upside Down but I Turned it Rightside Up, by Mary Blitzer; Shelley (The Hyperactive Turtle), by Deborah M. Moss; Help! The Kids are at it Again!, by Elizabeth Crary; "The Answer is N", by Cynthia Whitham; Survival Tips for Working Moms, by Linda Goodman Pillsbury; Growing Roses Organically, by

Barbara Wilde; Ultimate Doll Book, by Caroline Goodfellow.

Videos - The Many Adventures of Winnie the Pooh; Saludos Amigos; Bob the Builder (The Big Game); Barney's Beach Party; Harry Potter the Sorcerer Stone; Snow Dogs; Legally Blonde; Nautical Nonsense (Sponge Bob); Max Keeble's Big Move; 61*; Evolution; Sweet November; Only the Lonely.

Audio - Hard Eight, by Janet Evanovich.

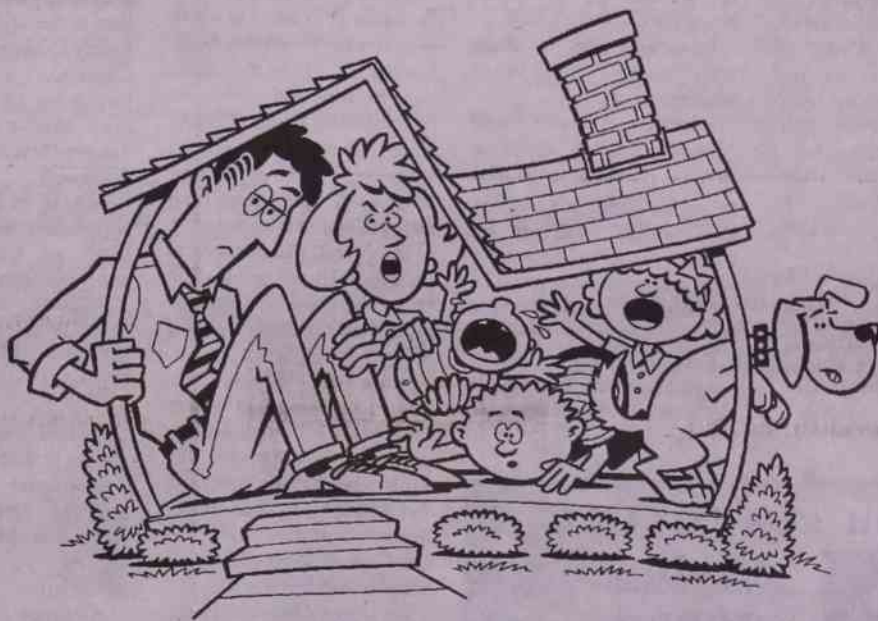
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 Saturday 9 a.m.-Noon



Commission on Aging Schedule of Events

Hearty Meals
Wednesday, July 10
 Chef salad, macaroni salad, apricots, cookie.
Thursday, July 11
 Roast pork w/gravy, stuffing, Brussels sprouts, carrots, applesauce.
Friday, July 12
 Creamy tuna, biscuit, California blend, yellow squash, sweet treat.
Monday, July 15
 Seafood salad, Spanish bea salad, mandarin oranges,

cookie.
Tuesday, July 16
 Baked chicken, sweet potatoes, green beans, seasoned rice, fruited jello.

Events
Wednesday, July 10 - Hastings, crafts, nails; Nashville, exercise; Woodland, trivia; Delton, trivia.
Thursday, July 11 - Hastings, music; Nashville, bingo; Delton, swimming at Teck.
Friday, July 12 - Hastings, bingo; Nashville, popcorn, social; Woodland, bingo.
Monday, July 15 - Hastings, music; Nashville, game day; Woodland, Health Dept., Kathy, 11:00; Delton, exercise.
Tuesday, July 16 - Hastings, exercise, Our Kids, 1-2 Alz. Meeting; Nashville, Grandmas Kids, crafts.

NEWEST CITIZEN

GIRL, Cylee Jo, born at Battle Creek Health System Hospital on June 5, 2002 at 8:03 a.m. to Keith and Jonessa Hughes of Nashville. Weighing 8 lbs. 3 ozs. and 21 inches long.

Welcomed home by big brother, Lane, age 1 1/2. Proud grandparents are Mike and Brenda Hughes of Nashville and Wayne and Lois Hammond of Vermontville.

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MOVIE GUIDE

WILL SMITH TOMMY LEE JONES
SHOWTIMES 7/08 - 7/11
MEN IN BLACK 2 (PG-13)
 DIGITAL/STADIUM SEATING
 12:40, 2:30, 4:45, 7:00, 9:00
POWERPUFF GIRLS (PG)
 1:00, 2:45, 4:30, 6:15
MR. DEEDS (PG-13)
 12:50, 2:55, 5:00, 7:20, 9:20
LILO & STITCH (PG)
 DIGITAL/STADIUM SEATING
 1:10, 3:10, 5:10, 7:30, 9:30
SCOOBY-DOO (PG)
 8:00, 10:00

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Area Obituaries

Leo R. Walsh

HASTINGS - Leo R. Walsh, age 63, of Hastings, died Wednesday, July 3, 2002 at Pennock Hospital.

Mr. Walsh was born on July 6, 1938 in Battle Creek, the son of Leo and Naomi (Lowing) Walsh.

He was raised in the Battle Creek area and attended schools there. He served 20 years in the U.S. Air Force from Oct. 31, 1956 until his retirement, with the rank of T/Sgt. on Oct. 31, 1976. He moved to the Hastings area in 1976 from Homestead Air Force Base in Florida.

He was married to Helen J. Smith on Feb. 11, 1967.

He was employed at the Battle Creek Federal Center as an Equipment Specialist until 1992.

He was a member of Thornapple Valley Church, Hastings Loyal Order of Moose #628, was an avid outdoorsman enjoying hunting, fishing, camping, golfing, gold prospecting (being a member of Gold Prospecting Ass'n of America) and enjoyed gambling.

Mr. Walsh is survived by

Hide not your talents, they for use were made. What's a Sun-dial in the shade?
—Benjamin Franklin



his wife, Helen; sons, Darryl Walsh of Hastings, Joseph (Kimberly) Walsh of Hastings, and Timothy Walsh of Hastings; two grandsons, Brandon and Auston; two granddaughters, Hailey and Sadie; sister, Beverley (William) Knowles of Battle Creek.

Preceding him in death were parents and sister, Mildred Root.

Services were held Monday, July 8, 2002 at Wren Funeral Home. Chaplain Carla Smith officiated. Burial was at Ft. Custer National Cemetery with full military honors.

Memorial contributions may be made to Disabled American Veterans.

Arrangements were made by Wren Funeral Home of Hastings.

Charles E. Beachnau

NASHVILLE - Charles E. Beachnau, age 43, of Nashville died Saturday, June 29, 2002 at St. Lawrence Hospital in Lansing.

He was born Dec. 23, 1958 in Denver, Colo., the son of Bill and Wanda (Hough) Beachnau.

He was raised in the Nashville area and attended local schools graduating from Maple Valley High School in 1977.

While in school he was known as an excellent distance runner. He held school records for the 2 mile and cross country events which stood for over six years.

In 1990 he married Teresa Frayer of Bellevue, the couple was married for nine years.

Charles joined the U.S. Army in 1977 after graduating from high school. During his 20+ years of service he saw active duty in the Gulf War, Korea, Central America and Saudi Arabia.

He was currently a student at MSU, preparing for a fall graduation with a degree in Regional Environmental Planning. Upon graduation he was to receive a military promotion to the rank of Major.

While at MSU he was active in various scholarship and social activities including membership in the Alpha Gamma Rho fraternity and ASMSU. He was also a Bailey Scholar and was involved with the McNair Scholarship Program.

He enjoyed bicycle riding, running, politics, and especially spending time with



his children.

Mr. Beachnau is survived by son, Tyler Beachnau of Bellevue; daughter, Audrey Beachnau of Bellevue; father, Bill (Joanne) Beachnau of Hastings; mother, Wanda (Bud) Herald of Hubberston, MI; brothers, Mike (Tracey) Beachnau of Nashville, MI, Randy (Nicole) Beachnau of Germany; sisters, Janice Beachnau of Lansing, MI, Staci Martin of Pottersville, Tracey Beachnau of Plainwell and Sonja Beachnau of Kinchloe, MI; significant other, Marjorie Mesa of California; and many nieces and nephews.

Funeral services were held Wednesday, July 3, 2002 at Maple Valley Chapel. Pastor Don Roscoe and Dr. Leroy Harvey, MSU officiated. Burial was at Fort Custer National Cemetery.

Memorial contributions may be made to Charles Beachnau Memorial Fund or the American Heart Association.

Arrangements were made by the Maple Valley Chapel.

Ella Marie Garvey

NASHVILLE - Ella Marie Garvey, age 71, of Nashville, died Saturday, June 22, 2002 at her home.

Ella Marie Garvey was born Jan. 5, 1931 in Vermontville, MI, the daughter of Rex and Myrtle (Heaven) Hampton.

She was raised in the Vermontville area and attended area schools.

On May 11, 1948 she married Raymond "Jack" Garvey in Nashville, MI.

The couple lived several years in Texas, as Jack served his country at Sheppard Air Force Base.

After Jack's retirement from the service in 1965 the couple returned to the Nashville area where Marie began her work at the Barry County Medical Facility.

She retired in 1988 after serving 23 years as a nutrition specialist and dietician.

During her spare time she enjoyed spending time with her grandchildren, painting the hand crafted wood projects that Jack created, watching movies and reading.

In April 1972 Marie gave her life to the Lord.

Survivors include son, Raymond (Char) Garvey of Nashville; daughters, Linda (Hugh) Wolcott of Nashville; Kirsti (Darwin) McIntyre of Nashville, Rex-Ann (Dion) Rasey of Nashville, Kathy (Rock) Ludwick of Bronson; brothers, Lavern (Bev) Hampton, Bill (Eva) Hampton, Norman Hamp-



ton, Hank (Phyllis) Hampton; sisters, Crystal (Rex) Walters, Donna (Tom) Salik, June (Dick) Dickinson; sisters-in-law, Marge (Russ) Bennett, Melva Turner; 16 grandchildren; eight great grandchildren; many special nieces, nephews, and special friends.

She was preceded in death by her husband, Raymond "Jack" Garvey; grandson, Aaron McIntyre; parents, Rex and Myrtle (Heaven) Hampton; and brother, Pete Hampton.

Services were held Tuesday, June 25, 2002 at Nashville Assembly of God Church. Pastor Glenn Branham officiated. Interment at Lakeview Cemetery, Nashville.

Memorial contributions may be made to the American Lung Association.

Arrangements were made by Maple Valley Chapel, Nashville.

Richard Ferrin

SUNFIELD - Mr. Richard Ferrin passed away Tuesday, July 2, 2002 at Sparrow Hospital in Lansing at the age of 66.

He was born July 22, 1935, the son of Sidney E. and Eleanor (Conley) Ferrin.

Richard was a handyman who could fix anything, and was always willing to help a neighbor in need.

He loved his garden and enjoyed giving away his vegetables and flowers, and often Richard could be seen riding his lawn mower around town with his dog.

Mr. Ferrin was preceded in death by his wife just a few short weeks ago, Marilyn (Ommen) Ferrin, also by his father, Sidney Ferrin.

He is survived by his three children, Tina (Randall) Strong of Lansing, Mark (Christine) Ferrin of Holland, and Teresa (Gerald)

Evans of Maryland; grandchildren, Ben and Faith Ferrin, Meggin, and Alex Evans; his mother, Eleanor Ferrin; his brother, Sidney Ferrin; brother-in-law, John Ommen; sister-in-law, Eunice Ferrin; and many nieces and nephews; and a very special cousin, Barb "Bobby" Wesley.

Funeral services were held Saturday, July 6, 2002 at the Zion Lutheran Church. Rev. Timothy R. Perrin officiated.

The family is being served by the Independent Family Owned Funeral Home in Sunfield, Rosier Funeral Home, Mapes-Fisher Chapel.

For those wishing, contributions may be made in care of the Ferrin Family: RFH, P.O. Box 36, Sunfield, MI 48890. For more information log onto www.legacy.com.

If you see NICOLE driving around Nashville, wish her a Happy 16th Birthday

Toddler Times planned at Vermontville Library

Toddler Times at the Vermontville Library this month

are planned for 11 to 11:45 a.m. Thursdays, July 11, 18 and 25.

Activities include stories, songs, finger play and games designed for children ages 0 to 3. For Toddler Time, a parent or other caregiver accompanies each child.

All families are welcome. No preregistration is needed, and families are invited to attend Toddler Time at any location. Typically, the Vermontville Toddler Time include children's crafts. Occasionally, portions of the Toddler Time story hours will be held outdoors if weather permits.

The Vermontville Library is located at 120 East First St.

For more information, please contact Liz Lenden or Merrill Evans at Early Childhood Connections, 400 S. Nelson, Pottersville, 48876, phone 645-4500.

We won't have a society if we destroy the environment.
—Margaret Mead

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Open hearts. Open minds. Open doors.
Nashville United Methodist Church

Sunday, July 14, 2002

9:45 a.m.

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At the park on Main Street in Nashville, around the Gazebo

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July 27, 2002
Vermontville Opera House
Call Amy Laverty - 616-948-3732 or Tamara Martin - 616-945-0956

Dennis P. "Moe" Morawski

HAINES CITY, FL - Dennis P. "Moe" Morawski, age 60, of Haines City, FL died Tuesday, July 2, 2002 in Davenport, FL.

Mr. Morawski was born Aug. 30, 1941 in Long Branch, N.J.

He was an employee of Lake Buena Vista Golf Course at Walt Disney World as a golf host.

He was preceded in death by his parents, Albert and Rose Morawski. He moved to this area in 1993 from

Nashville, MI. He enjoyed golfing, bluegrass music and country music. He was a Baptist by faith.

He is survived by his wife, Deborah Morawski, Haines City, FL; daughters, Duska Brumm, Nashville, MI, Dawn Harding, Hastings, MI and Diona Meyers, Sunfield, MI; sons, Derrick Morawski, Hastings, MI and Dominic Morawski, Saranac, MI; sister, Maryann Zomora, Menlow Park, CA; brother, Albert

"Skip" Morawski, Merritt Island, FL; and nine grandchildren.

Services were held at Oak Ridge Funeral Care Chapel on Friday, July 5, 2002. Burial at Forest Hill Cemetery in Haines City, FL.

Condolences may be sent via www.oakridgefuneral-care.com.

Arrangements were made by Oak Ridge Funeral Care, Haines City, FL.

New tool reduces the risk of lyme disease

health hints

(NAPS)—When outdoor activity increases, so does concern for a serious public health problem—Lyme disease. Nearly 18,000 human cases of Lyme disease were reported in 2000. However, health officials believe that only one in 10 cases are actually reported.

More than 75 percent of Lyme disease cases are contracted in residential properties in the northeastern United States. Now available to homeowners in approved areas, the Maxforce Tick Management System is a new product developed to control ticks and reduce the risk of Lyme disease. The product attacks the root of the problem by treating the primary hosts of Lyme disease—the field mouse, chipmunk and other rodents. This approach was developed by scientists from the Centers for Disease Control and Prevention, and collaboration made it possible to produce this most effective product and bring it to the public.

"Contrary to popular belief, small rodents, not deer, are primarily responsible for transmitting the Lyme bacteria to ticks," said Chuck Cole, product manager. "By treating the rodents, we get to the root of the problem and break the cycle of Lyme disease."

The Maxforce Tick Management System consists of small boxes that are placed around the perimeter of the home or building where ticks and rodents are abundant. Mice and chipmunks that have developed small territories are attracted inside the box, and they are then treated with a small dose of insecticide. The active ingredient in the insecticide—fipronil—is also the active ingredient used in a leading tick control product for pets.

In field trials of over 150 residential properties in 1999-2001, the Maxforce Tick Management System showed nearly an 80 percent reduction in the nymphal tick population after the first year and a 96 percent reduction

over two years.

The Maxforce Tick Management System is the newest and most unique weapon against Lyme disease and is available through licensed applicators. The product is approved for use by the EPA under the provisions of Section 18 of the Federal Insecticide, Fungicide and Rodenticide Act. For more information, and to find a licensed professional in your area, visit www.MaxforceTMS.com or call 1-800-843-1702.



The life stages and sizes of the deer tick (*Ixodes scapularis*), which carries Lyme disease, from the larval stage to an engorged adult.

forceTMS.com or call 1-800-843-1702.

Auditions planned for July 12

Auditions for The Revue's upcoming production of "12 Angry Jurors" will be Monday, July 22, from 7 to 9 p.m. at the Vermontville Opera House.

Rehearsals will be Monday, Tuesday and Thursday evenings. Show dates are Sept. 5-8.

Needed are 12 actors, male and female. Call Bill

Reynolds/director at 367-4455 or e-mail therevue1@yahoo.com or 5084 Saddlebag Lake Road, Woodland.

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PUBLISHER'S NOTICE:

All real estate advertising in this newspaper is subject to the Fair Housing Act and the Michigan Civil Rights Act which collectively make it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, national origin, age or marital status, or an intention, to make any such preference, limitation or discrimination."

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To report discrimination call the Fair Housing Center at 616-451-2980. The HUD toll-free telephone number for the hearing impaired is 1-800-927-9275.



Maple Valley graduate exhibits art in Hastings

by Sandra Ponsetto
Staff Writer

Nashville native Kathryn Murphy has an exhibit of her art work on display now through Saturday, July 20, at the Thornapple Arts Council Building at 117 W. State St. in downtown Hastings.

For Kathryn Murphy of Adrian, creating art is a very personal experience.

"I draw a lot from personal history and my family," said Murphy. "I've done a lot of portraits, especially of my son."

One of Murphy's favorite

pieces is titled, "Cormac, two weeks." It is a portrait of her son, who was born six weeks premature. The intense image of the frail looking newborn peers from the large canvas with the seemingly knowing gaze of an infant.

Another of hers works, "Expectant," chronicles her thoughts, emotions, and Cormac's development throughout her pregnancy in a series of eight shadow boxes.

Cormac, now 2 years old, lent his artistic endeavors to

another of his mother's works. Murphy's exhibit includes a number of hand-made art books. One of them chronicles a day in Cormac's life, and features his crayon drawings printed on a water mono print base put down by Murphy.

"I guess I was trying to hang on to something," said Murphy. "Every day he changes and every day is precious to me."

Another of Murphy's books is a set of tarot cards that she designed, incorpo-



Kathryn Murphy is shown with some of her work on display in the Thornapple Arts Council Gallery located in downtown Hastings. (Photo by Patricia Johns)

rating old photographs using photo transfer and mono printing techniques.

"I developed my own system of tarot cards and a book to read them," said Murphy.

Murphy created her own language of symbols for the third book in her show.

"I'm really fascinated with book binding. I think it is the sewing and handwork involved," she said. "It is very careful work."

The oldest work in the exhibition is, "Shadows," an oil painting Murphy started when she was at the University of Memphis, but didn't finish until she came back from Burren College, a small school on the west coast of Ireland, where she studied art in 1999.

"It's about how older generations cast shadows on our lives. I traced my shadow on the canvas to break up the composition," said Murphy pointing out the shape of her silhouette among the layered images of faces and figures.

Murphy said that she generally works with the human form.

She referenced "Gray's Anatomy," for the mixed media collection she entitled, "Migraine 2001," which chronicles her migraine headaches throughout the year.

"I keep a diary and record of when, where and the time my migraines occur, how they felt and how long they lasted," said Murphy who said she incorporated all those things into the mixed media sketches.

Other works of Murphy express her interest and exploration in spirituality and her Celtic heritage.

"Cemetery," is based on a sketch she made of a tomb in Memphis, Tenn.

"I was really fascinated with life, death and spirituality issues when I painted this one," said Murphy.

Her Celtic heritage is evident in, "Fairy Ring."

"It started out as a self-portrait, but it took a weird turn when I made it into a collage by adding an old



Kathryn Murphy poses with one of her mixed media works, "Cemetery." Murphy is a 1996 graduate of Maple Valley High School and recently received her bachelor of fine arts degree from Catherine of Siena College in Adrian. (Photo by Patricia Johns)

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Continued next page

Free health, developmental screenings are available

Free health and developmental screenings are available for children from birth to kindergarten who live within the Maple Valley school district boundaries (as well as Charlotte, Eaton Rapids Grant Ledge and Pottersville school districts).

This service is funded by Early Childhood Connections and the services provided have no cost, no insurance billing and there is no referral needed.

Services provided include head to toe examination, hearing and vision screening, immunization review, evaluation of the child's growth and development, blood lead and iron level testing, blood pressure

monitoring, developmental screening, nutritional assessment, dental assessment, TB testing and urine testing.

Call the Barry-Eaton District Health Department, 528 Beech St., Charlotte 48813, by dialing 517-543-2430, 517-541-2630 or 517-485-7110 extension 534 for an appointment.

"This is a wonderful, no cost opportunity for all parents of young children in 'the Valley' to get assurance their child's health is optimal or to get further referrals for help if there are medical concerns," said Joan P. Leos, administrative assistant to the principal, Fuller Street Elementary and Early Childhood Connections coordinator.

"Young children develop more mentally between birth and 3 years of age than at any time during a lifetime," she added. "Being in optimal health is never so important as it is to the well-being and progressive development for young children."

"The Valley' encourages parents of children between birth and kindergarten age to make an appointment and take your child for a health and developmental screening. Every child in 'the Valley' is a most important citizen. Each most important citizen deserves assurances for optimal development and health!"

Continued from previous page

night gown," said Murphy. "Then I copied an old Irish folk tale about fairy rings and a sleep like death unto the nightgown."

Murphy's art garnered awards at Catherine of Siena Heights University in Adrian, where she recently earned her bachelor of fine arts degree. She won the first annual Catherine of Siena Award for a five-panel piece that depict symbols associated with Saint Catherine of Siena. Her Migraine 2001 series won the Fra An-

gelico Award. It was Murphy's former teachers from Maple Valley High School who attended her senior exhibition in March and encouraged to submit her work to the Thornapple Arts Council for an exhibition.

Murphy's plans include earning a K-12 teaching certificate and find a job teaching art at the high school level.

Now that she has graduated, Murphy is moving her studio from campus to her

home in Adrian, which she shares with her husband, Daniel Rasey, and Cormac.

"I'm thinking about working in acrylic instead of oils because of Cormac," she said. "I don't want to have turpentine around the house because it's really hard to get proper ventilation."

Having her studio in her home may change the media in which Murphy works, but she is not giving up her art.

"I've always wanted to be an artist for as long as I can remember," said Murphy.

Murphy's work can be viewed at the Thornapple Arts Council from 9 a.m. to 5 p.m. Monday through Friday and from 10 a.m. to 2 p.m. Saturday. There will be a closing night reception from 7 to 9 p.m. on Saturday, July 20.

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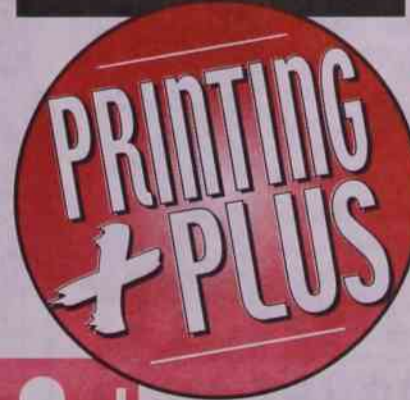
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Valley News
classified ads

NOTICE

Attention Nashville residents the Nashville Village Council has one open position for Trustee and the Zoning Board of Appeals has two open seats. Anyone interested in being a trustee or zoning board member please contact the Village office at 852-9544 or come into 206 N. Main St. by 5:00 pm on July 11, 2002. To apply for the Trustee position you must be a registered voter of the Village.

Cathy Lentz
Village Clerk

105

PUBLIC HEARING

The Nashville Zoning Commission will hold a public hearing on July 18, 2002, at 7:00 p.m. in the Council chambers. The Purpose is to hear comments on a zoning variance request by Troy Teneyck, 111 E. Casgrove, to erect a new garage. This request did not meet side and rear lot line clearance. Any written comments can be sent to the Village office at 206 N. Main, Nashville, MI 49073, and must be received by July 18, 2002.

Zoning Board of Appeals

106

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COUNTY COMMISSION

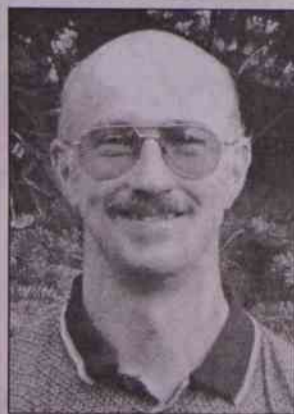
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Garage Sale

2 FREE GARAGE SALE signs with your ad that runs in any of our papers. Get them at J-Ad Graphics, 1351 N. M-43 Hwy., Hastings. At the front counter.

GARAGE SALE: 6334 Thornapple Lake Rd., lot 37, Nashville. (on road edge) July 12th & 13th, 9am-5pm.

MOVING SALE: July 12th & 13th, 9am-5pm. 142 N. Main, Vermontville.

VERMONTVILLE: Friday, July 12th, 8am-5pm; Saturday, July 13th, 8am-? Baby & adult clothes, baby items, cross country skis, snowmobile items & lots of misc. 7422 Allegan Rd. off M-50.

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TYLER CREEK GOLF CLUB AND CAMP-GROUND: 1985 28' Wilderness Travel trailer coach with decks, 10X12 storage shed, golf cart and prepaid lot rent to October 15th. Complete package \$6,500 obo. Will consider sale of each item separately. Please call (616)945-0710 after 6pm and any time on Sat & Sun.

Summer reading program set at Vermontville Library

Vermontville Township Library has announced its summer reading program, "Join the Winner's Circle-Read!"

The library this summer will celebrate the many sports and games that can be read about in books. Registration is requested but not required, to ensure adequate supplies. It can be done at the library from now through July 13.

Pre-readers are invited to join the program with a parent or other helper who will read to them. For each reading log page that is filled, participants will earn a token.

Children ages 7 to 16 can read books they choose from the library, following the category guidelines on their reading log. Each time a book is read, participants will receive a token. Tokens will be saved up over the duration of the program, and be used to purchase prizes at the end of the program.

Reading will begin on July 16 and end Friday, Aug. 9. The last day to collect tokens will be Aug. 10. The Winner's Circle Shop will open Aug. 13, and tokens may be redeemed until Aug. 24.

Each Tuesday of the program, the library will offer activities for all ages.

Beginning on Tuesday, July 16, will be Olympic Day. Children will participate in Olympic-style events suitable for all age groups.

Tuesday, July 23, is NASCAR Day. Children will decorate a cardboard race car, pick a driver and pit crew, and participate in a race.

Tuesday, July 30, will be the program "Amazing Arthropods," featuring live insects. This program is presented by The Young Entomologists' Society.

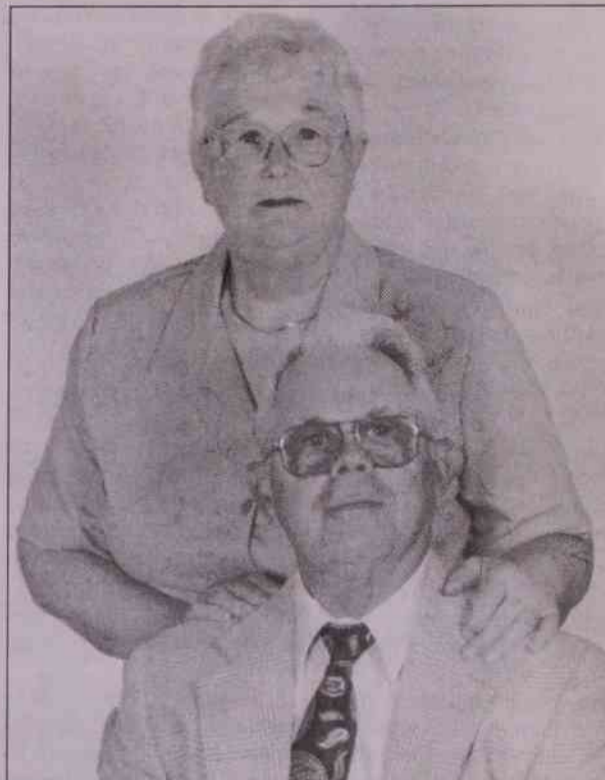
Tuesday, Aug. 6, will be Group Game Day. Children will participate in games designed for large groups.

All programs will begin at 2 p.m. last approximately one hour, and will be held in the library parking lot. In case of excessive heat, the Opera House will be used. "Amazing Arthropods" will also be held in the Opera House.

Refreshments will be served at all programs.

Parents of young children are encouraged to stay with their children.

Children are also invited to Art in the Park Aug. 13 and Aug. 20. Art in the Park is sponsored by the Vermontville Historical Society. Children will complete an art project each week to take home.



Rathburns celebrated 50th wedding anniversary

Jack and Joyce Rathburn celebrated their 50th wedding anniversary with a family dinner at the English Inn in Eaton Rapids. They were married on June 8, 1952 in Vermontville where they still reside. They have four children: Steven, Patty, Trudy and Philip. Also, six beautiful grandchildren.

Calendar of Events
MSU Extension Office

- July 9 Live Animal Evaluation - Beef & Lamb, 7 p.m. at the Fair Grounds.
- July 10 Citizen's Planner Prgm., 6 p.m., Community Room, Courts & Law Bldg.
- July 10 Poultry Barn Set-up, 6 p.m., Fair Grounds.
- July 11 Goat Barn Set-Up, 7 p.m., Fair Grounds.
- July 12 Poultry Check-In, from 2-10 p.m.
- July 13 Beef & Lamb Carcass evaluation, 9 a.m., Guekes Mkt., Middleville.
- July 13-20 Barry County Fair, Expo Center.
- July 27 Judged Trail Ride, 8 a.m., Brook Lodge, Augusta.
- Aug. 3 Open House Show, 8:30 a.m., Expo Center (Must have proof of negative Coggins test)
- Aug. 4 Speed Horse Show, 10 a.m. Expo Center (Must have proof of negative Coggins test)
- Aug. 5 Small Animal Sale Buyer Appreciation Banquet, 7 p.m., Expo Center.
- Aug. 7 Livestock Developmental Committee meet, 7:30 p.m., Expo Center.

Nashville student earns BA degree at Drew U

Dianne Melrose Bowden of Nashville has received a bachelor of arts degree magna cum laude from Drew University, which celebrated its 134th commencement May 18 in Madison, N.J.

Founded in 1867, Drew is a selective, independent, co-educational university with a total enrollment of more than 2,400 students in its college of liberal arts, graduate school, and theological school.

Call 945-9554 to place for Maple Valley News ACTION ads.

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Putnam Library given genealogical treasures

by Sandra Ponsetto
Staff Writer

Locks of hair, a length of tatted lace, bits of fabric and ruffles carefully preserved, marriage and death certificates, wills, patents, graduation programs, newspaper clippings and eyeglasses.

They are remnants of days gone by, haunting glimpses into the past, all carefully and lovingly preserved.

Looking through this mosaic of items, the pattern of a family's life in the 19th and early 20th century start to emerge. A carefully traced genealogy features the names of Nashville families such as Kill, Fuller, Brown and Boise. Most of the items are from the family of Franklin Chester Boise, who with his brother Freeland owned and operated a business in Nashville in the latter part of the 19th century.

Since the items were donated to the Putnam Library two weeks ago, assistant director Sandy Hosey has been trying to sift through it a little at a time.

"I have no idea how long it will take," said Hosey. "I'll have to go through it all later, after our summer programs are over and catalog everything thoroughly. The lady who sent it to me said she had two suitcases full of this stuff."

The items, which will be housed upstairs in the library's history and genealogy room, were donated to the library by Ione Honeycutt of Seattle, Wash. Honeycutt's maternal grandmother was a sister of Freeland and Franklin Boise.

Her mother's cousin, Maude Boise Mundon, was Frank Boise's daughter and it was she who collected all the family mementos.

One of the most poignant items in the collection is a small box of keepsakes that Belva Boise left in 1836 for Franklin, her first-born son,



Franklin C. Boise was a Nashville businessman for 27 years.

when she died at age 27.

The box contains the carefully clipped and preserved curls of Frank and one of his younger siblings, a length of lace, snippets of fabric and ruffles that may have adorned a wedding gown or christening dress, and a silken sash finished with tassels. The significance of these items are can only be guessed at now.

Family Bibles, photographs, wedding announcements and birth certificates, baby pictures and other family documents, some dating back to the 1840s, also were

saved. There are patents for telegraph and fence post improvements and a wire fence stretcher dating from 1902 to 1906.

All the items, handed down from mother to son, father to daughter and carefully preserved for generations were destined to be discarded when they landed in Honeycutt's hands.

Honeycutt, an avid amateur genealogist was researching her family tree in 1981 when she contacted a woman in Walla Walla who she thought may be a distant relative.



Assistant Director Sandy Hosey looks over some of the many genealogical items recently donated to Putnam Library.

The woman later showed up at her doorstep and offered Honeycutt two suitcases filled with the family mementos.

"She was apparently a daughter-in-law (of Maude Boise Munson) and she said she wasn't interested in the stuff and just dumped it here," she said.

Honeycutt stored the suitcases and didn't open them or for nearly 20 years.

"I just held on to them in case she changed her mind

or another family member would want them," said Honeycutt. "But, I'm 84 years old now and I wanted to get these things distributed to the people who might appreciate them."

Using Quick Search at the library in Seattle, Honeycutt contacted Putnam Library after realizing that Franklin and Freeland had lived and worked in Nashville (Mich.) for 23 years. She wanted to find a good home for the

items and make them available to people who may be related to the Boise and Kill families and interested in their genealogy.

"This has been so neat and I am so glad she called. I wish we could get more things like this," said Hosey. "The family is welcome to come in and look through all of these things."

Anyone interested in looking at the items should call Hosey at Putnam Library, (517) 852-9723.

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Wayne Curtis completes 200 miles in bike 'challenge'

Bicyclist Wayne Curtis completed 200.3 miles during the National 24-hour challenge held over the Father's Day Weekend.

Riders began the day dressed for a very cool morning, then had to contend with rising temperatures and humidity.

The event was suspended for 22 minutes just around 5 p.m. June 15, as a line of high winds, thunder, lightning and rain affected some of the riders.

Curtis accumulated the 32nd most miles in his 40-44 age group and was 226 in miles of the almost 500 riders.

Next year's 24-hour challenge is scheduled for Father's Day Weekend, June 14 and 15, in Middleville.

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Take steps to capture more calcium

(NAPS)—It's a given—calcium helps keep bones strong. New studies however, suggest that there is more to this mineral. Calcium may help lower high blood pressure and it may reduce the risk of colon cancer, kidney stones and tooth decay. There is also speculation that calcium has a role in weight management by somehow controlling body fat.

In light of the above, figuring out how to capture more calcium makes sense. Not only is it important to eat foods rich in calcium, it is also worthwhile to do what you can to ensure that calcium is absorbed and used by your body. Several fac-

tors can affect that.

Vitamin D—Vitamin D is essential for maximum calcium absorption. For adults, the recommended amount to get in a day is 200 International Units (IU), with needs increasing as you get older—400 IU/day for people over age 51 and 600 IU/day for those over 70.

For most Americans, the primary source of vitamin D is exposure to sunlight. Depending on the environment and one's skin pigment, the needed exposure can be anywhere from several minutes to a few hours, with light-skinned people needing less sun time (10 to 15 minutes) than dark-skinned people. A

daily dose of sunlight is not necessary as the body can store vitamin D then release it as it is needed.

Several factors reduce the sun's contribution to vitamin D status such as sunscreens, protective clothing, long winter months and pollution. Foods help fill the gap. Though few foods naturally contain vitamin D, fortified milk, yogurts, juices and cereals can be good sources supplying 10 percent or more of what you need in a day. Physician-sanctioned supplements are another option too.

Total Nutrition

Medications—Some medications, including certain arthritis drugs and antibiotics, can interfere with calcium absorption. Check with your pharmacist about potential interactions—then inquire about how best to time your meals and medications for maximum calcium absorption.

Caffeine, Sodium and Protein—Each of these substances can reduce calcium absorption or increase calcium losses if eaten in excess. But, if consumed in healthful portions, their impact is minimal. For example, drinking one cup of coffee results in a calcium loss of just four to six milligrams. Unless you drink copious amounts of coffee, calcium loss is fairly insignificant. The same holds true with sodium. A study of post-menopausal women found that for each 500 milligrams of sodium consumed, calcium losses increased by 10 milligrams. An extra tablespoon or two of milk can easily cover the losses.

Alcohol—Consuming too much alcohol can reduce calcium absorption and can damage the liver. Because the liver is involved in the production of vitamin D, damage to it can also cut into calcium absorption.

A Great Start Toward Total Nutrition—Capture calcium by choosing four calcium-rich foods a day including dairy products and calcium-fortified juices, cereals, or breads.

Brought to you by Total cereals, whole grain breakfast cereals with 100 percent of the daily value of at least 11 vitamins and minerals, including calcium.

Other factors that can reduce calcium absorption and utilization:

Smoking (may decrease calcium absorption)

Age (calcium absorption generally decreases with age)

Estrogen (decreasing levels can reduce calcium absorption)

Engagements



Aspinall-Bond

Doug and Tammy Aspinall of Vermontville and Dennis and Kelly Shaver of Nashville are pleased to announce the engagement of their daughter, Emily Marie, to Robert Raymond Bond, son of Scott and Robin Bond of Lake Odessa.

The bride-to-be graduated from Maple Valley in 2000 and is currently employed at Auto Owners Insurance in Lansing.

The groom-to-be graduated from Lakewood in 2001 and is currently employed at Bradford White in Middleville.

A Sept. 7, 2002 wedding is planned.



Reid-Lewis

Mr. and Mrs. Gordon Reid of Hastings, and Mr. and Mrs. Dale Lewis of McCauley, Manitoba, Canada, are pleased to announce the engagement of their children, Nicole Reid and Scott Lewis.

Nicole is a 1996 graduate of Maple Valley High School and a 1999 Ferris State University graduate. She is currently employed at Pennock Hospital. Scott is a 1995 graduate of Virden Collegiate Institute, in Virden, Manitoba, and a 2001 Ferris State University graduate. He is currently employed by the Richmond Renegades Minor Pro Hockey Team.

The couple will wed Aug. 17, 2002 at St. Rose Catholic Church in Hastings, MI.



Nickel-Orns

Mr. and Mrs. Gary Nickel are pleased to announce the engagement of their daughter, Kerry Nickel to Ray Orns, son of Mr. Charles Orns of Dowling and Mr. and Mrs. Bob (Betty) Noffke of Battle Creek.

Kerry is a special education teacher for K/RESA at the Kalamazoo Juvenile Home. Ray is a heavy equipment operator for Hoffman Brothers, Inc.

An Aug. 3, 2002 wedding is being planned at Centennial Acres Golf Course.

Life is like a B-picture script. It is that corny. If I had my life story offered to me to film, I'd turn it down.

—Kirk Douglas

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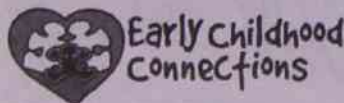
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Boomers fight aging but only take baby steps to health

(NAPS)—While they express anxiety about aging, America's 75 million Baby Boomers are only taking baby steps to good health. Half of them confess they aren't eating as well as they should, and one in three say they will act to alter their diets if diagnosed with a disease.

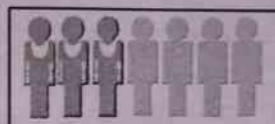
A startling 43 percent claim they would rather eat what they want and live just 10 more years, suggesting a level of frustration when it comes to managing their own health.

These are findings from "A New Age of Aging—A Study of Baby Boomer Behaviors on Growing Older," a survey released today.

The study was conducted by the Alliance for Aging

Research, a Washington, D.C.-based not-for-profit group, that promotes medical research into aging, and sponsored by an educational grant from Quaker Oats, a leader in heart health research. In addition to Boomers, the study surveyed "Matures," Americans 57 years and older.

"The Boomers are filled with denial about aging and are overwhelmed on how to translate nutrition information to benefit their own health," says Daniel Perry, the Alliance's executive director. "Unfortunately for many Boomers, they are about to have a close encounter with the most serious kind of diseases associated with aging. Mentally and physically,



3 out of 7 Baby Boomers would rather eat what they want and only live 10 more years

Source: Alliance for Aging Research and Quaker Oats

they're not ready."

Previous research has indicated that Boomers feel youth is slipping away and, increasingly, are receptive to anything that makes them feel younger—whether it's vitamins or vacations.

Boomers are making modest changes in their eating and lifestyle habits but they

don't stick to the healthy practices. For instance, 89 percent of Boomers say they've done something to fight getting older and 86 percent say they've made dietary changes in the past year. Two-thirds report they've eaten healthier food—fruits and vegetables and more foods with fiber such as oatmeal and whole grain bread—and 57 percent say they've taken vitamins, minerals and dietary supplements to look or feel younger. Forty-two percent say they've dieted.

"But given the incidence of obesity, high blood pressure and other health-related problems among Boomers, this generation knows they should be doing more," said Perry. "Good nutrition is always important, especially as people age."

Eating whole grains and oatmeal, for instance, can lower cholesterol and improve heart health.

Thirty-two percent say that being told by a physician they have a medical condition or disease would prompt them to alter their diet. Seventeen percent would eat differently if their physician advised it.

Take Charge
"Obviously, when it comes to the 'wake-up call' about

their health, many in the 'me' generation turn into the 'show me' generation," says Dr. Vaillant. "Yet, the good news is that at age 50, you are in control of your future health and well being—and diet is an easy way to take charge."

Emerging evidence suggests Boomers feel most at risk for high blood pressure, heart disease and cancer, but they feel more threatened by diabetes and cancer than do those 57 years and older. Nutrition and diet choices can help quiet some of those fears, and Boomers appear to understand that.

Fifty-four percent of them, significantly higher than the 40 percent of Matures, agree that their generation has

more health-related information available than their parents' generation did.

Founded in 1986, the Alliance for Aging Research is an independent, nonprofit organization dedicated to improving the health and independence of aging Americans through public and private funding of medical research and geriatric education. For more information, visit www.agingresearch.org.

Quaker Oats is a leader in helping Americans reduce their risk of heart disease and has supported research in this area for nearly 40 years. To learn more about the role of Quaker Oatmeal in a heart-healthy diet, log on to www.quakeroatmeal.com.

health hints

Simple Changes Can Lead to Better Health

(NAPS)—According to a recent Gallup survey, one in every nine women admits she knows making small changes in her lifestyle can make a significant impact in helping her stay healthy, yet most are not doing it. They list lack of time as the main obstacle when trying to make healthy food choices. The good news is eating well can be easy through simple changes.

8th Continent soy milk has teamed up with world-class explorer Ann Bancroft and Elizabeth Somer, a nationally known author and dietitian, to empower women to take control of their health and their lives by making simple changes that can make a difference. Below, the two women share personal advice on simple changes they make in their own lives.

by Ann Bancroft

At 46, I'm taking more proactive steps to stay healthy and strong for the dreams I still want to pursue. To remain strong, I add calcium-rich, heart-healthy foods that taste good, like 8th Continent soy milk. In addition to my diet, I follow these guidelines:

- Take small steps. Last year, when Liv Arnesen and I skied and sailed 1,700-miles across Antarctica in 94 days, we knew it was more effective and better for our bodies to gradually work toward our dream one day at a time. Simple steps lead to the overall goal and give you a feeling of achievement along the way.
- Maintain a nutritious

diet. It was very important during training and throughout the expedition that we drank plenty of liquids and ate foods that provided us with the nutrients, calories and fat we needed to stay healthy for the duration of our long journey.

- Exercise should be fun. To stay active and in good shape, I make exercise part of my daily routine and choose a variety of physical activities that I enjoy.

Last year, explorers and former teachers Ann Bancroft and Liv Arnesen fulfilled their childhood dreams of becoming the first women to ski and sail across Antarctica. This summer, they'll embark on their Bancroft Arnesen Explore Great Lakes adventure. As an explorer, Bancroft has learned that there are simple steps every woman can take toward achieving her dreams.

by Elizabeth Somer, M.A., R.D.

Just as Ann found she could accomplish her amazing dreams by taking little steps each day toward her goal, each of us also can achieve our goals for health—one step at a time. We have to believe in the truth that sticking with small changes for better health can change our lives in a big way. Here are a few tips:

- Never leave home without a snack stash. Pack your briefcase or purse with convenient healthful foods such as portable bottles of 8th Continent soy milk, mini-bags of baby carrots, pre-cut fruit, string cheese, and whole-wheat crackers.

- Keep the kitchen stocked with easy-fix meal solutions. Buy pre-cut and bagged lettuce, chicken breasts, instant brown rice, bottled minced garlic, and frozen vegetables.

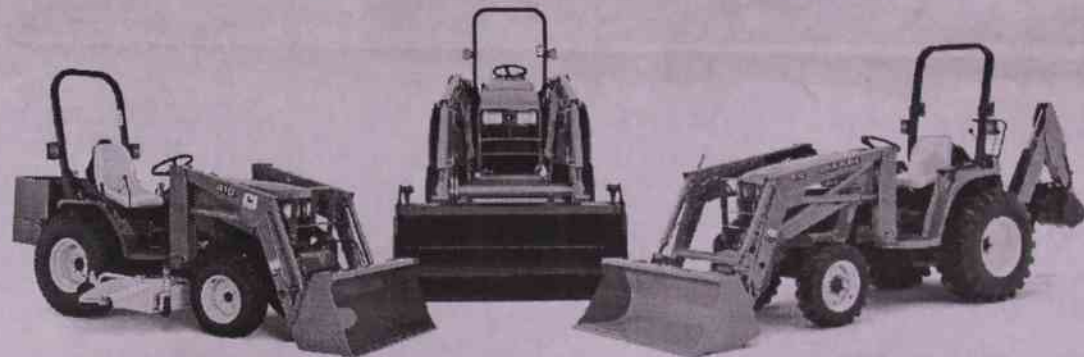
- Add one new healthy food to your diet each week. Add kiwi fruit into yogurt, papaya slices or canned kidney beans to a salad, or sprinkle toasted wheat germ into pancake batter.

Elizabeth Somer makes wellness an active part of her life and encourages other women to do the same. She is a registered dietitian, author of several renowned books, including her most recent, *The Origin Diet*, and is a regular guest on NBC's "Today" show.



If the recipe calls for whipped egg whites, you'll get more volume if the whites are at room temperature.

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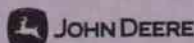


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Nine local Special Olympians go to state

Nine Maplewood Elementary students were among the more 3,000 Special Olympic athletes who converged on the campus of Central Michigan University for three days of competition and fun.

CMU has been the "home" of the State Summer Games for the past 30 years.

Special Olympics is a year-round program of sports training and athletic competition. The program develops the physical, social, psychological, and

intellectual qualities of the participants.

The nine Maplewood students represented Maple Valley competed as part of Area 8, which consists of both Eaton and Ingham counties. Maple Valley athletes competed in track and field events, including the 50-meter dash, 100-meter dash, 400-meter dash, softball throw and standing long jump. The nine athletes brought home eight gold medals, 10 silver, five bronze, two fifth-place rib-

bons and one sixth-place ribbon.

The athletes and their chaperones stayed in the dorm at CMU. Ed Winegar, John Hultman and their teacher, Glenna MacDonald, accompanied the Maple Valley athletes. Many activities were planned for athletes to enjoy between competitive events. Some of the activities were canoeing, hay ride, arts and crafts, games, dunk tank, puppet show, 4-H petting zoo, and agility dog course. Everyone also enjoyed the victory dance.



Special Olympians (front row, from left) Carl Bowling, John Latzel, Erica Lightner, Cody Olmstead, (back row) Gerry Lambert, David Verberg, Tawnie Griesmer, Noah Weatherwax and Bret Winegar.



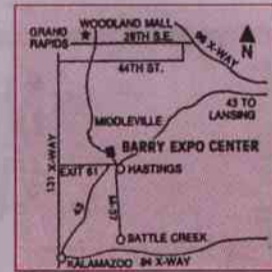
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Monday, July 15
\$1.00 Gate Admission
6:00 pm to close
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Barry County Fair



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(Midway open July 15-20)
Free Parking - 945-2224



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Monday, July 15 at 8 pm
Saturday, July 20 at 7 pm
Fireworks following the Demo Derby
Saturday, July 20

Sponsors:
Go Go Auto Parts, Bosley Pharmacy,
Green Valley Agricultural, Inc.,
Classic Chrysler Dodge Jeep,
Main Street Savings Bank
Grandstand \$7

Gate Admission	
Parking	Free
Daily General Admission - Adult	\$3.00
Children 12 and under	FREE
Senior Citizens (62 and over)	\$2.00
Children's Day, 12 & Under, July 18	FREE
Thur., July 18, Ladies Day	1/2 price until noon

4-H & FFA Jr. Livestock Auction
Small Animal • Thurs., July 18 • 5:30 pm
Large Animal • Friday, July 19 • 1 pm
Show Arena

Watch for Great Ride Specials
Be sure to check out the many
"Pay One Price" Midway Ride Specials

Karaoke Contest
Over \$3,000 in Prizes
Semi-finals
Wed., July 17 at 7 pm
Thurs., July 18 at 7 pm
Finals
Fri., July 19 at 7 pm
Sponsored by:
Gavin Chevrolet,
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Farrows Music

Junior Karaoke Contest
Wed., July 17 at 3-6 pm
Sponsored by: Mid-Villa

Harness Racing
Saturday, July 13 at 1:00 pm
Sunday, July 14 at 1:00 pm
Monday July 15 at noon
Grandstand \$2

Autocross
Tues. July 16 at 7:00 pm
Sponsors: Bill Self Chevrolet, Ed's Towing & Recovery
Grandstand \$7

Children's Day
Wed., July 17 - 12 & Under FREE!
Ladies Day
Thurs., July 18 - Half Price Adm. until 12 pm

Motocross
Thurs. July 18 at 7:00 pm
Fri., July 19 at 7:00 pm
Sponsors: MC Supply, M-66 Tire, Peterson Enterprises,
Classic Chrysler Dodge Jeep, Nothin' But Truck
Grandstand \$7

Professional Rodeo
Wednesday, July 17, Grandstand
7:00 pm - \$9.00
Sponsors:
Your Auctioneers - Hastings
Tink Brown, Leon Casey and Sons,
Stamm Equipment Co.

Dunkelberger remembered with charity golf outing



The game of golf originated in Scotland, which also happens to be the home of the world's most famous man-skirt, the kilt.

A local group of golfers have again combined the two ancient traditions — sort of — for all the right reasons.

The second-annual Crunch Classic charity golf event at Mulberry Fore in Nashville on July 13 is in memory of Tony Dunkelberger, who died nearly three years ago of a brain aneurysm. "Crunch" was one of Dunkelberger's many nicknames, according to friend and tourney organizer Leroy Starks.

Proceeds from the tournament go toward the college funds of Dunkelberger's children Kellen, Jessilyn and LeeAnn.

Dunkelberger was known as the "Singing Meat Cutter" to coworkers at Carl's Super Market in Nashville, as he never hesitated to warble while he worked. He went on to earn a teaching degree and taught in Alpena for a year and a half before his sudden passing.

Despite his relatively short stay, Dunkelberger left quite an impression on Alpena, and the school named

Fashion sense?: Two good-natured participants in last year's Crunch Classic charity golf outing strut their stuff.

its soccer field after him.

Starks said last year's tournament was a success, and this year's edition will again include a unique twist: Men who wear skirts are allowed to hit from the ladies' tees. Ten out of 12 men's groups last year took the fashion plunge.

"People last year just had a blast," Starks said. "Everybody looks to see what everyone else is wearing. It sort of sets the mood."

And it never hurts to give away a car. Bill Seif will again donate a car to anyone who shoots a hole-in-one. Last year, a player in the last group actually won a car with just such a shot.

The Crunch Classic is a four-person best ball scramble with a 2:30 p.m. shotgun start. The cost is \$45 per person and includes 18 holes, a cart, food and prizes. Interested golfers can register on the day of the tournament.

For more information, call Leroy Starks at 517-852-9698.