

# Straits Area Health Expo Planned at St. Ignace April 23 Through April 25

## To Feature Walks With Wellness Author, Women's Expo Saturday

A Straits Area Health Expo is planned in St. Ignace and Mackinac Island Thursday, April 23, through Saturday, April 25, at various locations in the community. The expo will feature wellness information and activities for people of all ages, including several community walks and seminars with fitness author Robert Sweetgall, and will lead into a day-long Woman's Perspective Expo Saturday. Events are free and open to all.

"Robert Sweetgall was here two years ago, and he made such an impact on our community. At the Cedarville and St. Ignace schools, they have even been motivated by him to change their physical activity programs, said Mary Swiderski of the Wellness Coalition, one of the event sponsors. "We are glad to be able to bring him back to the community. It's all part of the Wellness Coalition's goal to get people to

make changes for a healthy lifestyle. We want to encourage people to be more active to combat obesity, and to get families involved in fitness activities. It doesn't cost anything to walk."

The expo will begin with educational and interactive wellness information offered at Kewadin Shores Casino from 10 a.m. to 3 p.m. Thursday. Blood pressure checks, cholesterol checks, foot pressure point testing, and information about post-mastectomy fitting, home health, hospice, and home medical equipment will be offered.

Also that day, a sunset walk with fitness author Robert Sweetgall will begin at 6:30 p.m. in the parking lot at Quality Inn in St. Ignace, followed by a seminar from 7:30 p.m. to 8:30 p.m. in the hotel conference room.

Mr. Sweetgall has logged more than 70,000 miles by walking, skiing, and snowshoeing and

has made an 11,208-mile walk through all 50 states. He is the author of 17 books on walking and wellness and has addressed more than one million people worldwide on the benefits of an active lifestyle.

On Friday, Mr. Sweetgall will visit St. Ignace Area Schools for walks and a presentation with students from 8 a.m. to 11 a.m.

He will then attend a light luncheon from 1 p.m. to 1:15 p.m. at Mackinac Straits Hospital Long Term Care Dining Room Three; this is open to the public, but reservations are required at 643-0412. The luncheon will be followed by a seminar at the hospital from 1:15 p.m. to 2 p.m.

Later Friday, a community walk will take place on Mackinac Island from Shepler's ferry dock to the Mackinac Island school from 5:15 p.m. to 5:50 p.m. Those who would like to participate from the mainland may take

the 4:30 p.m. Shepler's ferry from St. Ignace at no charge; reservations are required at 643-0412.

A community health seminar will be offered with Mr. Sweetgall from 6:10 p.m. to 7:10 p.m. at Mackinac Island Public School. The ferry will then depart for the mainland at 7:30 p.m.

Several events will be offered Saturday at Little Bear East Arena in St. Ignace.

A sunrise walk will take place with Mr. Sweetgall from 8 a.m. to 9 a.m., followed by his keynote address in the conference room from 9 a.m. to 9:45 a.m. to begin the Woman's Perspective Expo. Mr. Sweetgall will be available from 10 a.m. to 11 a.m. at the arena to answer questions.

The Woman's Perspective Expo will take place from 10 a.m. to 4 p.m. at the arena, where information will be available from many health, beauty, and cosmetics companies.

A workshop about health and

weight loss will be offered by Mary Seger, the author of "Invite Joy Into Your Life."

The expo will not only offer information to the public, but allow women to showcase their businesses, said organizer Susan Massaway, "which is very important in this economy. It is also a time for women to relax and share with other women. Last year's event went very well, and so I am looking forward to this one. A lot of new businesses will be there from Sault Ste. Marie, Petoskey, Gaylord, and of course, St. Ignace."

Admission is free of charge.

Raffle proceeds will benefit the American Heart Association, and a food and beverage sale from 11 a.m. to 3 p.m. will aid the LaSalle High School Class of 2009 all night graduation party.

A \$5,000 grant given to Mackinac Straits Hospital to host a health fair was combined by the Wellness Coalition with a health fair planned by VitalCare home health and the women's expo to offer the full schedule of events.

"It all came together and we are excited to be able to bring three days of health events to the community," Mrs. Swiderski said.

## Construction Work To Begin This Week on Mackinac Bridge

The west side of the Mackinac Bridge will be undergoing asphalt resurfacing and concrete repairs beginning Monday, April 13, and continuing through mid-June.

All traffic will be routed to the northbound roadway of the bridge. The east side of the bridge will have two-way traffic and the west side will be the construction zone.

The only vehicles allowed in the construction zone on the west side of the bridge will be maintenance and construction vehicles.

Wide load crossings will be scheduled between 4 a.m. and 5 a.m. Monday through Friday to minimize disruption to the traveling public, since all traffic will

have to be stopped to accommodate the wide loads. Calling ahead for emergency crossings will be important during this time, according to the Mackinac Bridge Authority.

Holding areas have been secured on both ends of the bridge to allow a place for the wide loads to park during hours of darkness. On the north end of the bridge, the holding area is the St. Ignace Welcome Center. On the south end, the holding area is a gravel lot on Nicolet Street across from the Big Boy restaurant.

For more information, call the Mackinac Bridge Authority at 643-7600.

## Freshwater Foods Bakery Recognized for Volunteer Service

Freshwater Foods Bakery, Coffeeshop, and Deli in St. Ignace was recognized by the United Way Volunteer Center of the Eastern Upper Peninsula as the Business Neighbor of the Month for its volunteer service to benefit the community, particularly the Hope Chest resale shop.

The bakery sometimes donates unsold donuts and cakes, as well as hosts a brunch for the Hope Chest board on Thursdays, said Connie Litzner, operations administrator with St. Ignace Area Hope, the charity organization that includes the resale shop.

Bakery employee Pat Green accepted the award on behalf of business owners Chris and Cathy Szabo. She said she was surprised and happy as Mrs. Litzner, Brad Hunter, and Pamela Ross from the United Way presented the award Friday morning, April 10.

Hope Chest is a nonprofit resale shop that raises funds to assist those in need. It is operated by volunteers. People in the community give to the Hope Chest by providing items for sale and volunteering time.



Pat Green (center) of the Freshwater Foods Bakery, Coffeeshop, and Deli in St. Ignace accepts a Business Neighbor of the Month certificate on behalf of the shop Friday, April 10. The award was presented by representatives from the United Way Volunteer Center of the Eastern Upper Peninsula, including (from left) Pamela Ross of the Hope Chest VISTA, Brad Hunter of Americorps VISTA, Bekka Litzner, and Connie Litzner, operations administrator with Area Hope.

## Tribal Police Officer Severance Is Acquitted of DUI Charges

Tribal police officer Ray Severance of St. Ignace was found not guilty of driving under the influence Wednesday, April 8, in 92nd District Court. Judge Beth Gibson acquitted Mr. Severance at a bench trial on charges of driving under the influence in St. Ignace while off-duty December 18. He pleaded not guilty to the charges.

Mr. Severance, a 12-year veteran of the Sault Ste. Marie Tribe of Chippewa Indians police, was pulled over by St. Ignace police officer Rich Cullen, but not arrested. He turned himself in to authorities the next day at the suggestion of Officer Cullen.

Two off-duty officers were riding with Mr. Severance, but received no citations.

## Brevort Twp. Will Dispute \$10K Electric Charge; Noble Appointed

**By Jonathan Eppley**

The Brevort Township Board of Trustees plans to contact Cloverland Electric Cooperative to dispute a \$10,121 bill to extend a power line from the township hall on Church Street to the new fire hall site across the street. The only dollar amount listed on the bill worksheet is the total; all line item charges are listed as zeros.

Township Supervisor Ed Serwach is unhappy with the lack of explanation on the bill, which is expected to be paid before the three-phase power line would be extended. He will contact the company about the charges.

He plans to contact the electric company to be added to the agenda of its next board meeting to dispute the charges.

Construction on the new fire hall is expected to begin in the coming weeks. Whiskey River Construction of Rudyard will begin construction of the \$298,000 fire hall as soon as weight restrictions on the roads are lifted by the Mackinac County Road Commission.

**Noble appointed to planning commission, and board meeting rescheduled**

The board approved Mr. Serwach's appointment of Doug Noble to the Brevort Township Planning Commission at last week's meeting with no objections. Jenny Apfel, Erv Rose, Rosemary Irwin, and board liaison David Craig also serve on the commission.

Township Treasurer Dan Litzner will work with new township assessor Dick Oliver to purchase a new laptop computer, printer, and digital camera for the assessor's office for less than \$1,500.

The state tax commission requires property assessments to be saved electronically. Mr. Serwach, the township's former assessor, saved the assessment files, which will be transferred to the new computer, on his personal computer.

The board also will postpone its next meeting to Wednesday, May 6, at 7 p.m., because it doesn't want to interfere with the Tuesday, May 5, election.

## Students Enjoy Capitol Meeting

Four Engadine High School students met with local legislators in Lansing Tuesday, March 24. As part of the 4-H Capitol Experience program, they also attended Senate and House sessions that day. Pictured (from left) are Senator Jason Allen of Traverse City, junior Michael Klobucher, senior Brenda Albrecht, junior Kayla Miller, freshman Michael Ramelis, Capitol Experience Coordinator Paula Ramelis, and State Representative Gary McDowell of Rudyard.

(Photograph courtesy of Michigan State University Extension)



## Hobbs Will Step Down as Superintendent of Engadine Schools

**By Ryan Schlehuder**

Stu Hobbs, who has held an administrative position at Engadine Consolidated Schools for the past 10 years, has announced he will retire early at the end of the school year and looks forward to possibly working as a peer principal for troubled school districts.

He began his career in Engadine as high school principal, and, for the past three years has served as the district's superintendent.

Mr. Hobbs, 56, originally from Detroit, is proud of what he has accomplished in his time at Engadine Consolidated Schools.

"The thing I've been able to take most while here is having the ability as administrator to realize my goals," he said. "I was very engaged with the learning process and if there is something I focused on, it was the ideal and philosophical value you want realized as an accomplishment. I



Stu Hobbs

role in developing Engadine Consolidated Schools' special education program. He is also proud of opening more communication lines between the school and the Engadine community, holding open houses, creating "good news" postcards of a student's academic progress for parents, and furthering parent-teacher conference programs to be "more engaging."

Although he is looking forward to retiring early, Mr. Hobbs, who has two children in the school district, Elisa, 17, a junior, and Kaitlin, 15, a freshman, said he will miss the school's students greatly.

"I'm very children-centered and I'm going to miss these kids a lot," he said. "But it is an opportune time for me to step down now. I feel the time to move on is now."

Mr. Hobbs is considering joining the Michigan Department of Education's principal peer pro-

gram, which pairs persons with school administrative experience with certain schools struggling financially and academically for administrative consulting.

Along with his experience at Engadine Consolidated Schools, Mr. Hobbs also has administrative experience at schools in Rochester, New York, and in the state of Washington, where he lived before taking the job at Engadine.

He may be required to travel to schools downstate if he takes the position, however, he will continue to reside in Naubinway with his children and wife, Margaret, an elementary school principal in Engadine.

Engadine's board of education is accepting applications to replace him and will begin interviewing qualified candidates by Monday, April 27. It likely will hire someone before July 1, when the school's 2009-10 school year officially begins.

## Farm Market Organizers Plan Gardening Classes at Pickford

Organizers of the Pickford Farmers Market will offer two gardening class to be taught by horticulturist Neil Moran.

The first of the two classes, Gardening 101, will be Tuesday, April 21, from 7 p.m. to 8 p.m. at the Pickford Township Hall. Participants will learn the basics of gardening, including garden location, soil, watering, feeding, seed selection, and tips to extend the growing season.

A second, more advanced class will be Tuesday, May 5, from 7 p.m. to 8:30 p.m., at the Township Hall. Mr. Moran will go beyond the basics to teach a variety of advanced methods of gardening, including weed control, compost-

ing, and insect identification and control without using harmful chemicals.

Mr. Moran has a diploma in horticulture from the University of Guelph in Ontario and has written a book about gardening in cold climates titled "North Country Gardening: Simple Secrets to Successful Northern Gardening."

Registration deadline for the first class is Friday, April 17, and Friday, May 1, for the second class. Classes will cost \$15 each or \$20 for both.

For more information and to register for classes, contact Pickford Market Master Sheila Bergdoll at 647-8500 or Melanie Greenfield at 647-2556.