

Fowlervil

"Serving the Local Communities"

Volume XXXVII No. 1

Fowlerville lawmaker looks back at six years in state House of Representatives

By Steve Horton At midnight on New Year's Eve, Dr. Henry 'Hank' Vaupel's current and final term as the representative for the 47th District in Michigan's House of Representatives came to an end. Vaupel, a Republican, has been in the Legislature for the past six years, serving three two-year terms. He leaves office due to term limits.

Earlier in the month, on Dec. 21, the House held its final day of business for this session. With Vaupel being present, it allowed him to boast of not missing any days, any committee meetings, or any votes during his time in office.

He also ends his time in the House with 21 bills signed into law, several of them coming out of the Health Policy Committee that he chaired for the past four years.

Other milestones include having 14 resolutions passed,

receiving 12 'Legislator of the Year' Awards as well as five

Answer: Yes, I chaired the health policy committee for the last Legislative Honors from different organizations. four years. A lot of the things that I did legislatively were aimed In addition to being on the Health Policy Committee, Vaupel's at health policy. A lot of it, dealing with mental health. The term other committee assignments included Insurance, Tax Policy, before this one we did a lot of work on the opioid epidemic that Education, and Agriculture. He served four years as the chair was out there and that is still out there. We got some legislation of the Pharmacy Caucus, was co-chair of the C.A.R.E.S Mental passed. Health Task Force, was a member of the Governor's Nursing Most of the bills we looked at was not legislation that Home Task Force (established earlier this year due to the sponsored. But when it goes through a committee that high number of COVID-19 deaths in nursing homes), and the you're chairing, the chair has to promote it to keep it going. Governor's Prescription Drug Task Force.

Chairing the C.A.R.E.S. (Community, Access, Resources, During an interview this past week, Vaupel talked about this Education, Safety) Mental Health Task Force, where we went time in office. around the state looking at the mental-health situation and ways Question: What were some highlights of your legislative continued on page 2



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Published Weekly

Hank Vaupel gave a farewell speech on the floor of the Michigan House of Representatives in early December, taking note of his impending departure from that chamber of the Legislature after six years in office.

career? Health policy was your specialty wasn't it?

Fowlerville lawmaker, continued

to improve treatment was another highlight. I think we did a lot of good work there and had several bills that were passed.

Question: What would be a few significant bills that came out of your health policy committee?

Answer: I think the opioid legislation from the last term was of the more significant things. There were several mental health things we did. The telehealth legislation was one of my bills where Medicaid patients and mental-health patients would be eligible to receive services. Telepharmacy was a major one that we did, this year.

In regard to mental health, an update made it much easier to get assisted outpatient treatment instead of hospitalization. Some of the legislation gave training so that mental health issues could be identified early rather than having people end up in jail before they can get any treatment. With these bills, I tried to cut red tape, cut regulation where it wouldn't harm anything and try to save money, make government a little bit leaner and give better service.

One bill that we came close to passing, but couldn't quite get it done was prescription drug pricing transparency.

There was one bill that we did, not in the health field, to remove the political party vignette from the ballot. That recommendation came from our Livingston County Elections Bureau and our county clerk. The party vignettes took up a lot of space on the ballot and (thus) making them longer than they needed to be.

Question: You hosted a seminar in Livingston County on the problem of elderly abuse and invited Attorney General Dana Nessel to speak.

Answer: We did a fair amount on elder abuse reform, on the treatment and the rights of older patients. I think that was also significant.

During my two terms on the health policy committee, we were very busy. Not everything was accomplished, but we at least got more awareness about the different issues, and I'm sure there will be some reform going forward.

A lot of major legislation takes time. Auto insurance reform would be an example. I know 14 years ago they were working on this issue. My first two terms, it was a major topic. And finally, in the third term, it got passed. But it can take awhile. For one reason, you're working with different people all the time. I think that's one of the issues with term limits. There's a big turnover in the state House every two years. Each time a new group comes in, there's an education process for the new people. And, of course, they bring their own ideas.

Question: Being a veterinarian and on the agriculture committee, was there anything where your expertise helped get something accomplished?

Answer: We did get a few things accomplished in the horse racing field. Also, in the small animal field we got some training codified. We codified what type of training was needed to be able to euthanize an animal. And I thought that was good legislation.

Question: While Governor Rick Snyder certainly marched to his own drummer, your first four years in the House were spent with the Republicans being the majority party in both chambers of the Legislature and a Republican governor. Of course, the last two years there's been a Democratic governor with Gretchen Whitmer. What kind of changes did you see or experience?

Answer: Well, there were things that changed. Obviously, if you have a governor from the other party, they're probably not going to look favorably at some of the legislation. But I didn't really find that to be much of an issue in that health care policy is not usually a partisan issue. We had a lot of bills go through the health policy committee that were passed unanimously. There were very few bills that went along party lines. By the time they had gotten through the committee,

accurately reflect what their constituents were thinking and what would affect their constituents. So that did get to be a political football between the Republican leadership of the House and the Senate and the Democratic governor.

For much of the past year, however, we weren't in session very often and there was much less legislation to consider.

Question: Coming into the Legislature six years ago, I assume you had some preconceptions. What surprised you or was a lot different than you thought it would be?

Answer: Well, number one is that there's 110 members of the House of Representatives. They represent different districts and have different priorities. And if you're really doing a job for your district, you're not always going to agree with other people from different districts, they have a different outlook on things. So, it's not a simple situation where you have an idea, you make a pitch, and you convince enough people to support your idea. It's a lot harder than that. There is a process in trying to get things done. So that surprised me.

Also, one of the things that maybe surprised me is how much sway leadership has, and at different levels. You have the Speaker, the Majority Leader, and the committee chairs, with each level having a certain amount of responsibility. Also, what the governor is trying to accomplish is very important. The committee chair essentially decides, after bills are assigned to their committee, which ones are going to get a hearing, which bills are going to get a vote and which aren't.

The party caucus also has input in this process.

Because of term limits and the high turnover every two years in the House, there's not a lot of institutional knowledge. You rely more heavily on policy staff and on the lobbyists. The lobbyists have a bad name, but they have a lot of institutional knowledge and a lot of these bills that come up, they have been around for awhile and the ideas behind them have been around for awhile.

The other thing that was surprising was how busy you are. There is a tremendous number of hours that go into being in the Legislature. I would say that probably 70-to-80 hours a week is standard. At least for me, it was about 80 hours a week either in the district or in Lansing.

Question: Speaking of being in the district, maybe because you knew there was only six years, but you seemed to put a lot of time into going to special events or local government meetings, and taking part in other activities. That seemed to take up a lot of extra time, didn't it?

Answer: That is very time consuming, but I think that's so important. I mean, you're there to represent the people of your district. Part of that is going to events and helping to promote the events with your presence. I think the only way you can represent your constituents and try to take their ideas to Lansing is to know what people are thinking about and what they're doing. And that's done by being in the community and seeing and listening to your constituents.

We (Livingston County) have such a wonderful community. The people here are doing such good things, and doing them independently and not asking for government assistance. They are self-sufficient and want to be self-sufficient.

Question: In talking to you at other times, you said your priorities when making a decision were, in this order, conscience, constituents, and caucus, meaning you wouldn't support something that violated your principles. You also felt that your priority was to the people you represent and their interests. Yet, while it was third in order, you were elected as a Republican and you're supposed to, for the most part, follow that philosophy of government. Was it tough at times to follow that order of priorities?

Answer: There were a few times when it was somewhat difficult. Conscience and constituents kind of went together on most decisions. Most things that you're taking a vote on are a pretty easy decision. I think that for most of the legislators. things line up pretty well as far as conscience-wise and constituent-wise. Every so often there are bills brought up by the party leadership that maybe you don't agree, but for the most part you do support the caucus. A lot of times, it's not necessarily that you don't agree with the concept of a bill, but the way a bill is written. You just can't vote for it. Other times it's something that you believe in, but the bill is poorly written and then you have to decide whether to take the good with the bad. Question: Knowing you only had six years to serve and. given your age that you probably weren't going to run for another elective office, did that make it easier to do things? Meaning that you didn't have to make political calculations on how a vote might affect your future career since this was likely the final stop? Answer: I knew what my goals were when I went to Lansing. It pretty well worked out that way. This last year. nobody could have anticipated what this year was going to be like. So, it wasn't the greatest year to be there. This was Michigan's 100th Legislature, and it was going to be special. It turned out to be special, but not the way any of us anticipated.



Dr. Hank Vaupel is shown here after a State of State Address. Prior to his election to the Legislature, he had a career as a veterinarian and owner of Kern Road Veterinary Clinic and served for a term on the Fowlerville School Board and a long tenure on the Handy Township Board.

wasn't going to be looking for public office again, that this option wasn't going to be in the cards.

I've also looked at other considerations as well in making this choice. In January, my wife and I are having our 50th anniversary. So, Cathy will have some say in what we do going forward. I'm not sure that she has always enjoyed my time in the Legislature as much as I have. It's easy to be a legislator. At least I thought it was. I was always busy. I'm meeting really nice people. I'm dealing with the heads of government agencies and state officials. But it's taken up a lot of hours and that's maybe not as enjoyable for a spouse.

Question: What did you enjoy most about your six years in the Legislature?

Answer: Number one, I thought we were doing something worthwhile and number two, the people in government, I was really impressed when I went to Lansing. I thought, you know, you've got the politicians that are a little shaky and little greedy and the lobbyists are kind of nasty. And some of the government employees are just kind of looking at their career and not what they do. And I found it to be just totally different than that. For the most part, I found people who were honest, hard working, and trying to be the best public servant that they could. So, I was really impressed with that.

But, all in all, I enjoyed my time in the Legislature, and I enjoyed the people I met and worked with. I tried to be civil, I tried to be a gentleman in my dealings with others, and to work hard on behalf of the constituents in my district.

Serving in the Legislature is the crowning achievement in a life filled with accomplishments. Vaupel grew up on a farm located on Kern Road, south of Fowlerville. "We had some horses and my father was into horse racing as a sideline," he noted. "My job early on involved the elongated end of a pitch fork, cleaning up after the horses. We baled hay and there was work I did with the horses, helping train them."

After graduating from Fowlerville High in 1962, Vaupel attended Michigan State University and eventually earned a degree in Veterinary Medicine and became a clinical instructor at the college. He then served in the U.S. Army, with the rank of captain and was assigned to Fort Sam Houston in San Antonio, Texas.

"I was in the Army for three years, from 1968 to 1971,"

they were refined enough that they never got a negative vote all the way through the whole legislative process, even when they got to the Senate.

Where the huge, huge difference between the parties occurred was when COVID hit. Prior to that, there was some of the usual political differences, but once COVID arrived everything separated. We weren't meeting all the time and there were strong differences of opinion on how things should be handled.

Question: Meaning Governor Whitmer handled it her way and the Republican leadership in the Legislature wanted some input?

Answer: Yes. There was the difference in the two State of Emergency laws that were out there, the 1945 law and 1976 act. Initially, nobody objected to the governor issuing the State of Emergency under the 1976 law and taking charge. But after 28 days, the Legislature is supposed to have some input and the governor and legislature needed to work together. However, the governor then cited the 1945 law in issuing her public-health orders. The Supreme Court then ruled that law unconstitutional.

With the Republicans, the thought was that you have 110 legislators representing the different areas of the state. They are closer to the population and would maybe more

I knew when I first ran for the House that in six years I

he noted. "I mostly did clinical type veterinary work. Veterinarians in the service are responsible for the food supply and public health inspections. I was also responsible for taking care of a stable of horses at the fort that were used to train the Olympic athletes who competed in the Pentathlon. Equestrian show jumping is one of the five events in this sport."

It was in Texas that he met his future wife, Cathy. "Her father was a career military officer," Vaupel said, adding that they were married in January of 1971.

The newlyweds spent a year in New York after his discharge, with Vaupel working at the thoroughbred race tracks in that state. They then moved to Fowlerville where Vaupel established Kern Road Veterinary Clinic, with a specialty being the care and treatment of horses.

He served on the Fowlerville School Board for a term in the late 1970s and later had a long tenure on the Handy Township Board, first as a trustee and then as the supervisor.

His predecessor as township supervisor was Cindy Denby who left that post after being elected as the area's state representative. After her six years were up, she and then state Senator Joe Hune, along with others in the community, urged

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Fowlerville **School Report**

By Superintendent, Wayne Roedel

Return to in-person learning for High School Students -

According to the emergency order by the Michigan Department of Health and Human Services, high school students may return to school for in-person instruction beginning on Monday, January 4, 2021. Fowlerville High School administration and teachers are excited about this development because all current data indicates students who are attending school in-person are far more successful academically, socially and emotionally than students who are not.

Mr. Brad Lusk, High School Principal, recently communicated to high school families that beginning on Monday, January 4th, high school students will resume inperson learning according to their schedule prior to the threeweek pause. Students who are returning to in-person learning and who were issued a Chromebook device should plan on bringing it back to school on Monday, January 4th along with the charging cord. Students will be instructed on where and when to return the device when they return.

Students who are attending classes online have until January 21st to notify their school if they intend to return to in-person instruction. Students would be able to return to their regular in-person schedule on Monday, January 25th. This is the LAST opportunity for online students to return to in person instruction for this school year. It is our hope that we will all be back to in-person instruction for the 2021-2022 school year.

It should be noted that in Fowlerville Community Schools, there have not been any cases of in-school transmission of Covid-19. The mitigation strategies employed by students, staff and families have been successful and parents have done an excellent job of screening their children daily for symptoms of Covid-19 and have kept their sick children home. When we all work together, we can continue to keep our staff, students and families safe while children attend school in-person.

I continue to look for the light at the end of the tunnel and cannot wait until I can get vaccinated against Covid-19 and can resume relatively normal day-to-day living. I hope you feel the same way. Let's all continue to do what we must to keep Covid-19 from disrupting in-person learning!

No millage increase bond proposal being considered -

The District is grateful to the community for supporting the 2018 bond proposal that allowed us to make many improvements throughout the District over the past three years. We have generated energy savings by installing LED lighting throughout the District, replaced sections of the Junior High School roof so that students are dry in the halls and classrooms, upgraded technology infrastructure to support learning, built a beautiful new track facility and increased classroom and building safety by installing new lock hardware on all classrooms doors and key card access points to our exterior doors.

As of today, the District has fulfilled the scope of the 2018 bond issue. The District has continued to work with contracting and architectural firms during this time to assess the future needs of the District, especially in light of recent mechanical issues at the Munn Early Childhood Center. Administration has been meeting to develop a 10-year plan that was presented to the Board and public at the last regular meeting of the Board by myself (Superintendent



Munn Early Childhood Center

Roedel. During the presentation, I indicated that conservative estimates put the maintenance of the Munn Early Childhood Center building at as much as 20-million dollars over the next two-to-ten years if the building is to continue to be used for District programming. The original Munn structure was built in the early '50s with renovations and additions in the '60s and '80s.

Munn has served the District well over the years but many of the mechanical systems are obsolete and must be replaced, the roof life has expired and is leaking, and the building envelope has structural issues. At the current time, the District uses approximately 16 Munn classrooms for early childhood programs. We have explored realignment of other grades to make room for these programs and there are not enough empty classrooms available to make this a possibility.

Given these constraints, the Board of Education is considering the construction of a new elementary building on the East Access Road property that could be open in the Fall of 2024. This would allow the District to move all programming in the obsolete Munn building into Smith Elementary which was designed for small children, unlike Munn that was designed for high school and middle schoolaged students. This bond would also allow the District to put air conditioning in Smith classrooms, the new K-2 building, Kreeger Elementary and the Junior High. The bond would also be used to replace outdated computer devices and to decommission the Munn building.

If this project is approved by the Board in February and supported by the community in an election this May, all District buildings housing K-12 students would be structurally and mechanically sound for many years into the future.

Looking forward, it would be possible to seek a no millage increase bond in 2026 to secure funding to air condition

the high school as well as complete other projects around the District that the community and Board of Education believe are needed to support our students and community.

AS YOU MOVE INTO THE NEW YEAR, please take the opportunity to reflect on your past year and to be thankful for what you have and to see the benefit of the challenges you have conquered. Take time to set new goals for 2021. Be sure to include two to three



Happy New Year and thank you for your continued support.

Go Glads!









ck Scot

MOTOR MALL

Fowlerville High School's

"ATHLETES" OF THE WEEK

Kreeger Elementary School News

Office Hours: Monday-Friday 7:30 a.m.-4:30 p.m. **School Hours:** 8:50 a.m. – 3:32 p.m.

NEW STUDENT ENROLLMENT:

Jud Scott

All pre-enrollments are done online www.fowlervilleschools. org

After you complete those documents please print and sign areas marked. Bring your child's original raised seal birth certificate, 2 proofs of Fowlerville Schools residency and if your child attended a school in Michigan his/her immunizations

will be on the MCIR website.

* * * **CALENDAR OF**

KREEGER EVENTS 1-4-21 First day back from

Christmas Break

1-5-21 Vision Screening 3rd & 5th Grade

1-6-21 Vision Screening 3rd & 5th Grade

1-7-21 Vision Screening 3rd & 5th Grade

1-8-21 Remote Learning Day 1-15-21 Remote Learning Day

1-18-21 NO SCHOOL -MLK Recess

1-21-21 K - 12 1/2 DAY OF SCHOOL

1-21-21 Last day to register for return to Face to Face 1-22-21 Remote Learning

Day

1-25-21 Return to Face to Face Learning (those from 1/21 deadline)

1-29-21 NO SCHOOL Professional Development for Teachers * * *

VISION SCREENING

The Livingston County Health Department will be conducting Vision Screening at Kreeger Elementary.

All Health Departments in Michigan provide routine Vision Screening to identify children who have vision problems or might be at risk for vision problems. Children who do not pass the initial screening will be re-screened. If a child does not pass the rescreen, a letter will be mailed home recommending the child see an eye doctor for a complete eye examination.

Students in 1st, 3rd, 5th, 7th, and 9th grade will receive vision screening. Vision screening will also be provided to students in other grades who are last-year follow-ups and parent/teacher requests. Kreeger will be screening on January 5th thru 7th, 2021.

Please notify the school if you have a concern for your child and your child is not in the above grades or you do not want your child screened.

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GLADIATOR WEAR:

Gladiator spirit wear will be sold all year long please check out the following site for orders - www.brideausapparel.com/ fundraisers. * * *

ONLINE STUDENTS

If you are having technical issues you can email the Tech Department at <u>fcstechassist@fowlervilleschools.org</u> and they will get back with you.

UPDATED COVID INFORMATION

We have added a video from Livingston County Health Department on the Kreeger Webpage, it can also be found on the Fowlerville Community Schools main webpage. Please take a moment to check out this video for more information regarding quarantines.

* * *

FYI- Each school building in the Fowlerville Community School District has a Child Study Team/Response to Intervention process in place, which is a vehicle for staff members to review student performance, concerns, and collaboratively develop interventions. If you have concerns about your child's development and are interested in more information on special services, contact his/her building Principal.

Smith Elementary School News

Office Hours: Monday-Friday 7:30 am - 4:30 pm School Hours: 8:50 am - 3:32 pm

IMPORTANT DATES:

January 4 – School Resumes

January 8- Remote Learning

January 11-15 - Kindergarten NWEA testing

January 15- Remote Learning

January 18 - MLK Day - No School

January 19 - K-5thGd Full Day of School

January 20 - K-5thGd Full Day of School

January 21 - LAST DAY to notify school of changing pathway from virtual to face to face

January 21 – K-12 ¹/₂ Day (Elementary Dismissal is 12:02 pm) January 22- Remote Learning

January 22-NWEA testing for Online Learners only (more info to come in January)

January 25 - Students switching from virtual to face to face return day

January 29 - No School - PD Day for Teachers

Online Learners- There is one more opportunity to switch pathways from virtual to face to face this school year. The deadline to notify the office is 3:30 on January 21. The start date would then be January 25th. Please call Michelle in the office to make the switch 517-223-6440.

Medication-If your child requires any prescription or nonprescription medication during the school year, a parent or guardian must bring the medication in to the Smith Office to drop it off and complete the necessary paperwork. School Board Policy states that children are not allowed to transport medication.

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all four girls on the 2020 team. Lizzie Bilyk, our one senior that will be sorely missed, captained the team that took on the St. John's invitational, CAAC Red conference, and D3 regional championships with only 4 players against 5 and 6-player teams that counted their best four scores. Annika Scott finished 6th in Districts, 6th in Regionals, and 65th in the State Individual Championships. Annika has participated in the State Championship as an individual two years in a row. Raya Goulding, Leveesa Clark, and Annika Scott will all return for the 2021 season. "Their commitment to improvement on their individual skills and team sisterhood is a pleasure to be a part of," said Coach Goulding.



Varsity Boys Soccer

From left, front row, Thomas Brandt, Ty Bialobrzeski, Nick Atkinson, Morgyn Muck, Dylan LeMieux, Beau East, Rogelio Rodriguez; second row, Auston Kratz, Ethan Adams, Jack Wylie, Trevor Cockerill, Owen Olthoff, Adam Cochrane, Brendon Borland, Luke Spalding; back row, Zach Harmon, Preston Szura, Jake Henry, Owen Wieas, Coach Jason Sperry, Noah Laimonis, Brendon Bickley, Evan Wagner, and Ben Tavormina.

Varsity Soccer, coached by Jason Sperry. This year we tested ourselves with programs

we normally do not play against. This led us to a record of 4-10-1 but we were extremely competitive against those teams. We won a district game for the 2nd time in 11 years. Earning All CAAC Red honors were Nick Atkinson and Noah Laimonis, while CAAC Red Honorable Mention honors were given to Morgyn Muck. All District honors were given to Nick Atkinson and Noah Laimonis. Earning Academic Awards were Brendon Bickley and Morgyn Muck. The 11 seniors we had this year did an amazing job in leading the program and we will be building on their legacy in the future seasons. Thank you Seniors and the rest of the Varsity team! Soon we will get back to work for next year!

JUD'S FOOTBALL FORECAST

LAST WEEK: W - 10 L - 6 **SEASON:** W - <u>155</u> L - <u>84</u>

SEE NEXT WEEK FOR **NFL CHAMPIONSHIP GAMES**

Every week through the season two Fowlerville H.S. athletes will be saluted for their efforts. Athletes will be selected by ching staff and Athletic Dept. For that "Winning Deal" on a new or used car or truck, see Dick Scott Motor Mall.



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Pastor Tom Tarpley

New Beginnings

I always look forward to January 1 with great expectations. I view it as a time for New Beginnings.

New Year's Day is when many people make resolutions about the things they're going to do differently in the coming year. It is also a time for discarding unnecessary baggage. Unfortunately, some people will move into 2021 carrying the weight of 2020 with them.

Last year was a challenging time for everyone. The coronavirus invaded our country and changed the way we work, play, and worship. The stress and pressure this pandemic put on us were both stressful and life-changing.

Many of us lost friends and loved ones to the virus. Some will feel the effect of all that happened last year for some time to come.

But we don't have to let the events of last year keep us from enjoying this year. 2021 is a brand new year. Time to discard the unnecessary baggage of last year that caused us so much pain and misery. Dwelling on the past will only keep us stuck in the past.

There are times when our thoughts can be our worst enemy. We get stuck in the past, and we are often unaware of our self-defeating habits, but these habits are there in thought and action, and they keep us stuck and misguided. Sometimes we make decisions that we later regret, and we find ourselves in the same situations we have always been in.

Last week in our Celebrate Recovery (CR) meeting, we reviewed the Seven Reasons People Get Stuck in their recovery program. This was the final lesson of the year. Some of the reasons people get stuck in recovery are the same reasons some people hold on to the unnecessary baggage of hurts, hang-ups and habits year after year.

This Tuesday evening we will come together at Fowlerville UB Church at 7 pm for our weekly meeting.

Because this is a new year we will be looking at the Step One and Principle One.

Step 1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

Principle One: Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

If you are struggling to let go of the baggage of 2020 and want to move forward into 2021 with a new perspective, I invite you to join us on Tuesday. We practice social distancing and masks are required if you're moving around.

Acceptance of our weakness, uncertainties, and mistakes is the first step to moving forward, and it is a catalyst to move past almost all of the other obstacles we will face. When we are in denial of our bad habits and weaknesses we will be stuck because we won't work on ourselves or make improvements. Awareness of our weaknesses is a blessing because it is the only way we can improve.

If something isn't working, fix it! Don't pretend it is working. We all have the opportunity to better our life when we start by working on ourselves. We can disarm our --Plato.

4. If a door closed, it's because what was behind it wasn't meant for you. --Mandy Hale

5. The splendid thing about falling apart silently... is that you can start over as many times as you like." --Sanober Khan

6. Accomplishments don't erase shame, hatred, cruelty, silence, ignorance, discrimination, low self-esteem or immorality. It covers it up, with a creative version of pride and ego. Only restitution, forgiving yourself and others, compassion, repentance and living with dignity will ever erase the past. --Shannon L. Alder

7. Forgiveness gives another chance to make a new beginning. --Desmond Tutu

8. The obstacles of your past can become the gateways that lead to new beginnings. --Ralph Blum

9. Every new beginning comes from some other

The Salvation Army still working on Christmas Campaign Goal

The Salvation Army of Livingston County's Christmas Campaign is its largest fundraising effort each year and these donations support year-round programs. The campaign's fundraising goal for the 2020 season is \$385,000, to be raised from November 1st through January 31st. To date, the campaign has not yet hit their goal and still seeks to raise over \$99,500.

The Christmas fund-raiser helps The Salvation Army with services such as shelter and utility assistance. It also helps with Pathway of Hope; a program that mentors, councils and educates families along with providing connections to resources and services putting them on the path to regain selfsufficiency.

"Meeting the goal is especially important this year. Due to Covid, our fundraisers that were allowed, brought in less than half the normal fund and our huge annual Car Show fundraiser was canceled," noted Lt. Robert Leach "This event typically brings in over \$17,000 that day, so it made an impact on our overall budget. Without these funds, services and programs may have to be altered. We want to meet people's needs to their fullest. Especially this year with the added increase in need due to the pandemic."

With only 4 weeks remaining, The Salvation Army of Livingston County is reaching out to the community for help. Donations can still be made several ways:

Online at www.SalvationArmyLivingston.org

• Via US mail – P.O. Box 647, Howell MI 48844

• Dropped off at the Corps - 503 Lake Street, Howell, MI 48844

Hosting a Virtual Kettle, www.FundRaiseForGood.org

Monetary donations may be brought in to: The Salvation Army; 503 Lake Street; Howell, MI 48844 during business hours Monday- Friday 9:00 am-5:00 pm. To learn more about what The Salvation Army of Livingston County does please visit <u>www.SalvationArmyLivingston.org</u> or call April Dertian at 517-295-4344.

Livingston Dems donate 12,000 meals to Gleaners food bank

In a recent drive to benefit the Livingston County Gleaners, the Livingston County's Democratic Party opened their hearts, their pantries, and their pockets to help address food insecurity in the county.

Raising \$3,433 in monetary donations, along with another 65 pounds of food, the group succeeded in providing 12,156 meals to their neighbors in need, according to Emily beginning's end. --Seneca

10. Let us welcome the new year, full of things that never were. --Rainer Maria Rilke

11. You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down. --Mary Pickford

12. Never underestimate the power you have to take your life in a new direction. --Germany Kent





Thank you to all who have supported us in the past and who will continue to do so in the future. We wouldn't be who we are if it wasn't for you.

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Clean Up Containers	Fowlerville, MI 48836
www.alchinsdisposal.com	Ph 517-223-7119

CONWAY TOWNSHIP BIDS FOR INTERIOR TOWNSHIP HALL PAINTING

Conway Township is now taking bids for the painting of the public areas of the Township Hall located at 8015 N. Fowlerville Road, Fowlerville MI 48836.

Bids will be accepted through January 19, 2021 at 3 p.m. All bids will be reviewed on January 19, 2021 at a regular meeting of the Board of Trustees at 7:00 p.m. A certificate of Insurance will be required from the winning contactor.

For details, please contact the office during regular business hours, Tuesday 9 am to 3 p.m., Wednesday 9 a.m. to 3 p.m. at 517-223-0358. If mailing bids please mail to P.O. Box 1157, Fowlerville MI 48836.

> Elizabeth Whitt Conway Township Clerk (1-3 & 1-17-21 FNV)

Chiropractic Health Center of **Fowlerville** 103 W. Grand River Ave., Fowlerville

"Over 15 Years Serving The Local Community



self-defeating patterns when we practice being aware and intentional day by day.

Celebrate Recovery is for anyone who wants to improve their life and shed any type of baggage they may be carrying. Maybe you have an anger problem. Maybe you're dealing with compulsive overeating or depression. Whatever your hurt, hang-up or habit, CR will help you work your way through it and you will have the support of your Forever Family to walk alongside you.

Actions reflect thoughts. If we follow the instructions of the Apostle Paul in Philippians 3:13, where he says: "... Forgetting the past and looking forward to what lies ahead." We will be heading in the right direction.

I prepared for you a list of some really beautiful and inspiring quotes on new beginnings. And I hope you will enjoy them as much as I have. Number 6 is by far my favorite. That quote has so much power. And I know from personal experience how true those words are.

1. Nothing can stop you from letting go and starting over. --Guy Finley

2. Forget the baggages of the past and make a new beginning. --Shehbaz Sharif

3. The beginning is the most important part of the work. s

Hamilton, community partnership specialist of the Gleaners Community Food Bank.

Hamilton also shared that since the pandemic, child food insecurity has doubled in Livingston County, with one in six children facing hunger.

"Compassion for others is a core Democratic value," said LCDP Chair Judy Daubenmier. "That is why, each year, Livingston Dems band together to donate to Gleaners. The need this year was so great due to the pandemic, and I'm grateful that many Democrats responded to our request to help their neighbors during this dark time."

Hamilton confirmed that with the increased need, "Gleaners has set up new meal distributions, which include four drive-thru mobile food pantries that have already reached over 7,000 children and their families."

Area senior citizens with reduced incomes may also procure food through Gleaners.

"With many difficult months still facing our community and nation, I hope that everyone who is able will step up over the coming months to make sure that those in need are not forgotten. Hunger does not disappear with December. Please donate as much as you can, as often as you can," Daubenmier said.



ATTORNEY AT LAW

INAS (RAY 102 W. Middle St. Williamston, MI





Questions and Conspiracies

The topic of this column demands a great deal of nuance and careful examination, so I hesitate to cover it out of concern that some will misinterpret and twist the intent, missing the forest for the trees. Indeed, most issues are more complex



than we like to admit, and we do a disservice to ourselves and any possible solutions if we fail to recognize this. I do not want to avoid intricate conversations just because there may be risks in this type of format, so I hope you will be patient as we delve into conspiracies and accountability.

The concept of conspiracy theories has grown in prominence over the past several years, and it seemingly expanded exponentially over the last couple months. There are those pushing false conspiracy theories to fit a particular agenda, and there are those who are falsely labeling legitimate accountability measures as conspiracy theories. How can we tell the difference, and where do we draw the line? First, it is worthwhile to determine what constitutes a conspiracy since those who push them would never admit they are such. We must be able to identify them ourselves.

Conspiracies are explanations for events or phenomenon based, at best, on circumstantial evidence but more often on rumors, opinions, and suppositions. A conspiracy's strength is derived from personal agendas and biases, and they are almost always used to justify a preexisting belief or position. Those pushing conspiracies create 'facts' that support their cause rather than allowing the truth to determine their stance. This supposed evidence relies upon huge logical leaps, and a conspiracy's allure is that it could possibly be true (it's just a one-in-a-million scenario). Unfortunately, in order to justify this very unlikely conclusion, other facts must be ignored or discredited in some way to refocus attention on the created conspiratorial explanation.

Conspiracies are incredibly harmful to all involved no matter how you cut it. They create fear, animosity, and confusion, and even when our intentions are just, they lead us away from the truth and ultimately harm our cause. As I said, the problems we face are complex, and conspiracies provide a simplified, convenient explanation. We want to jump to the simplest conclusion that fits our narrative and preconceived ideas, but there is almost always more to the story. We may think we are viewing things logically, however, we are only looking at the problem from one angle. Just as one would do in a scientific experiment, it is important to consider alternative explanations to test our hypothesis. When we indulge in conspiracies, we deny the truth and perhaps irreparably damage our legitimacy. That does not help anyone.

With that being said, we must also be careful to not 'overlabel' things as conspiracy theories. I grant you, there are a great many conspiracies and much disinformation being spread, and it is greatly harming our national unity and international influence. Yet it is not a conspiracy to simply question things and desire more information. Accountability is a healthy mechanism in any capacity, whether regarding government, the private sector, or our own lives, and it is an integral part of our republic. Seeking legitimacy and a clearer understanding of any issue is not a harmful pursuit, provided it is done with integrity. It does us no good to research a topic if we already have our minds made up.

We must be careful to not succumb to the allure of either extreme end of this spectrum. We should not resist the pursuit of legitimate accountability, but we also should not blindly accept convenient conspiratorial explanations. In either case, earnestly seeking the truth is the best solution.



We are working toward regathering. More information available: www.stjohnsfowlerville.org All are welcome here in Jesus Christ!

Psalm 46:1 "God is our refuge and strength. www.psalms461.com

7:00pm

Infant, Toddler, and K-8th grade programming at 11:00am

11:00am

9:30am Worship Service 11:00am Church: 521-3631

All Ages Sunday School

www.webbervilleumc.church

jamiestjohn@dickscott.com

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Grace Pointe Baptist Church **Pastor Ronald Schultz** (517)294-9791 2567 Elm Rd. • Webberville Michigan 48992 www.gracepointebaptist.com SUNDAY SERVICES Sunday School at 10:00am Morning Service at 11:00am **Evening Service at 6:00pm**

> WEDNESDAY Bible Study at 7:00pm

Antrim **Baptist** Church 4509 E. Lovejoy Rd., Byron Pastor Mark Bohman 517-223-3126 www.antrimbc.org Sunday School 10:00am Sunday Morning Service 11am Sunday Evening Service 6pm Wednesday Bible Study & Prayer Meeting 7pm Our deaf friends are always welcome.

St. Agnes Catholic Church 855 E. Grand River, Fowlerville 517-223-8684 Fr. Nathaniel Sokol Sacrament of **Reconciliation:** Tuesday 3:00 - 4:00 pm Thursday 7:00 - 8:00pm Mass Times Wednesday: 6:30pm Thursday: 10:00am Friday: 8:30am Saturday: 4:30pm Sunday: 8:30am & 11:00am



(517)223-3660

Medicare questions?

Debbie Holmes

We can help!



Bring out your bird feeders & enjoy winter songbirds

The snow is already flying in some parts of the state, and there are still plenty of bird species flitting about in the snowflakes. Northern cardinals, red-breasted nuthatches, downy woodpeckers, dark-eyed juncos and American tree sparrows are ready to visit your backyard bird feeders.

This year, Michigan is experiencing a rare irruption a sudden, sharp increase of a natural population due to favorable changes in the environment – of northern finches. Common redpolls, pine siskins and evening grosbeaks have arrived in record numbers in search of cone and seed crops across the state. Now that Michigan winter weather has set in, you can watch these seasonal songbirds flock to your outdoor bird feeders.

When deciding which feeder to use, consider using a tube, hopper, suet or platform bird feeder, rather than spreading the seed directly on the ground. This will help prevent uninvited guests, like squirrels, from visiting. Be sure your feeder is inaccessible to deer.

A mess-free birdseed can help keep the ground clean and a fence around the feeder can keep it out of reach.

Are you a birding beginner? Listen to the Wildtalk Podcast episode "This Podcast is for the Birds" to hear from MI Birds, a public outreach program by Audubon Great

Lakes and the DNR, on resources to help you get started. Learn about all things Michigan birds by following MI

Birds on Facebook, Instagram and Twitter and visiting MI Birds online.

Fowlerville Fire Department Report

December 23rd No calls received.

December 24th

7:47 pm. Medical emergency on Fowlerville Road in Handy Township.

December 25th

10:22 am. Medical emergency on North Grand Avenue in the Village.

11:43 am. Motor vehicle accident on Nicholson Road in Handy Township.

4:46 pm. Medical emergency on Sharp Road in Handy Township.

December 26th

9:31 am. Medical emergency on Roberts Road in Iosco Township.

10:06 am. Motor vehicle accident on Bull Run Road in Iosco Township.

5:34 pm. Medical assist on Terry Avenue in Handy Township.

10:55 pm. Medical emergency on Ringneck Way in Iosco Township.

11:44 pm. Medical emergency on Rafferty Drive in Iosco Township.

December 27th

7:19 am. Medical emergency on Meadow Lane in the Village.

11:23 am. Smoke investigation Addison Circle in the Village.

7:04 pm. Mutual aid to NIESA Fire Department for a structure fire on Herrington Road in Leroy Township. December 28th

10:13 am. Medical emergency on Kern Road in Iosco Township.

December 29th

3:39 pm. Medical emergency on Brookdale Drive in the Village.

10:18 pm. Medical emergency on Cedar River Drive in the Village.

10:29 pm. Medical emergency on Stow Road in Conway Township.







Thank You

The Fowlerville Business Association would like to thank the following businesses for participating in the 2020 Holiday Gift Basket Drawing. Thank you for your support on making this a success! The winner of the family basket was Lillian Redinger and the winner of the children's basket was Izabelle Chrapek Lindsey. Congratulations!





From left, Paul Harmon, president of the Fowlerville Business Association; Lillian Redinger and Patti DuFore, the administrator of the Fowlerville Business Association



Izabelle Chrapek Lindsey won the children's basket.

Holiday Gift Basket Participants:

Fowlerville News & Views Master Media Kern Road Veterinary Clinic Fowlerville Wal-Mart **KW** Corporation Fowlerville Dental Center Fowlerville District Library

Aleta's Flower Shop Harmon Real Estate Carquest Auto Parts -Grampy's Auto White Barn Designs Cedar River Carwash



PUBLIC ACT 188 OF 1954 PROCEEDINGS

DECEMBER 23, 2020

NOTICE OF LAKE LOCHMOOR AQUATIC WEED CONTROL SPECIAL ASSESSMENT DISTRICT ROLL PUBLIC HEARING

Township of Marion Livingston County, Michigan

TO: THE RESIDENTS AND PROPERTY OWNERS OF THE TOWNSHIP OF MARION, LIVINGSTON COUNTY, MICHIGAN, AND ANY OTHER INTER-ESTED PERSONS

PLEASE TAKE NOTICE that the township supervisor has prepared and filed in the office of the township clerk for public examination a special assessment roll covering all properties within the Lake Lochmoor Aquatic Weed Control Special Assessment District benefited by the proposed treatment. The roll has been prepared for the purpose of assessing the costs as shown. The estimated roll is in the total amount not to exceed \$10,000.00 per year, with a proposed special assessment not to exceed \$500.00 per year per property owner. The actual amount of the assessment will be based on actual costs and levied on the winter tax bill starting in 2021. For further information, you are invited to examine the roll.

PLEASE TAKE FURTHER NOTICE that the district within which the service will be provided and within which the cost thereof is proposed to be assessed is more particularly described as follows:



PLEASE TAKE FURTHER NOTICE that a public hearing on the roll is required by statute. Due to the restrictions imposed by the Michigan Department of Health and Human Services, the hearing will be held virtually using "gotomeeting" commencing at 7:30 p.m. on January 14, 2021. The public hearing will be held during the regular Township Board meeting. Instructions to access the meeting will be posted on the Marion Township website, <u>www.mariontownship.</u> <u>com</u> prior to the meeting.

During the hearing, the board will review the special assessment roll, consider any objections thereto, and may confirm the roll as submitted or revised or amended. Written objections, (emails to <u>tammybeal@mariontownship.com</u> or <u>supervisor@mariontownship.com</u> are acceptable) to any of the foregoing matters must be filed with the board at or before the hearing.

The roll may be examined at the office of the township clerk at the township hall during regular business hours of regular business days until the time of the hearing and may be examined at the hearing.

Check us out on our website!

The Fowlerville News & Views is on the web!

www.Fowlervillenewsandviews.com

An E-Edition of the current weekly issue is posted on the site.

(a) Fowlerville News Online

PUBLIC ACT 188 OF 1954 PROCEEDINGS

DECEMBER 23, 2020

NOTICE OF LAKE LOCHMOOR SPECIAL ASSESSMENT DISTRICT CREATION PUBLIC HEARING

Township of Marion Livingston County, Michigan

TO: THE RESIDENTS AND PROPERTY OWNERS OF THE TOWNSHIP OF MARION, LIVINGSTON COUNTY, MICHIGAN, AND ANY OTHER INTERESTED PERSONS

PLEASE TAKE NOTICE residents living on Lake Lochmoor on the hereinafter described **proposed** special assessment district, the Township Board of the Township of Marion will **consider** providing aquatic weed control and creating a SPECIAL ASSESSMENT DISTRICT for the recovery of the cost thereof by special assessment against the properties benefited therein.

PLEASE TAKE FURTHER NOTICE that the district within which the foregoing services are **proposed** and within which the cost thereof is **proposed** to be assessed is more particularly described as follows:



PLEASE TAKE FURTHER NOTICE that the township board has received multiple estimates of the costs of such improvement and has placed them on file with the township clerk, and has passed a resolution tentatively declaring its intention to make the improvement and to create the special assessment district.

PLEASE TAKE FURTHER NOTICE that said estimates of cost and proposed special assessment district may be examined at the office of the township clerk from the date of this notice through the date of the public hearing and may be examined at such public hearing. Estimates of the cost will be available in the Township Board Packet on the township website several days prior to the hearing. The township website is www.mariontownship.com.

PLEASE TAKE FURTHER NOTICE that a public hearing on the district, options for the improvements, and estimate of costs is required by statute. Due to the restrictions imposed by the Michigan Department of Health and Human Services, the hearing will be held virtually using "gotomeeting" commencing at 7:30 p.m. on January 14, 2021. The public hearing will be held during the regular Township Board meeting. Instructions to access the meeting will be posted on the Marion Township website, www.mariontownship.com prior to the meeting. During the hearing, the board will consider any written objections, (emails to tammybeal@mariontownship.com or supervisor@mariontownship.com are acceptable) to any of the foregoing matters filed with the board at or before the hearing, as well as any revisions, corrections, amendments, or changes to the estimates and costs or special assessment district. Property owners and parties with an interest in property to be assessed or an agent for the party must appear and protest at the hearing on the roll to be eligible to appeal the amount of their special assessment to the Michigan Tax Tribunal.

An owner or party in interest, or his or her agent, may appear in person at the hearing to protest the special assessment in writing, or may file his or her appearance and protest by letter before the hearing, and in that event, personal appearance shall not be required. The owner or any person having an interest in the real property who protests in writing at or before the hearing may file a written appeal of the special assessment with the State Tax Tribunal within 35 days after the special assessment roll is confirmed.

After the public hearing, the township board may confirm the roll as submitted or as revised or amended; may provide for payment of special assessments with interest; and may provide by resolution for such other matters as are permitted by law with regard to specials assessments for aquatic weed control.

All interested persons are invited to be present at the hearing and to submit any comments they may have.

Individuals with disabilities requiring auxiliary aids or services should contact the township at the address, telephone number, or e-mail listed below seven days in advance of the meeting.

> Tammy L. Beal Marion Township Clerk 2877 West Coon Lake Road Howell MI 48843 517-546-1588 tammybeal@mariontownship.com (1-3 & 1-10-21 FNV)

All interested persons are invited to be virtually present at the hearing and to submit any comments they may have.

Individuals with disabilities requiring auxiliary aids or services should contact the township at the address, telephone number, or e-mail listed below seven days in advance of the meeting.

> Tammy L. Beal Marion Township Clerk 2877 West Coon Lake Road Howell MI 48843 517-546-1588 tammybeal@mariontownship.com (1-3 & 1-10-21 FNV)



milk and stir into dry ingredients. Beat with spoon. Knead in all flour. Put in a greased bowl, cover, let rise until double in bulk. Put out on a floured board and shape into a loaf. Place in a greased loaf pan, let rise until double in size. Bake in a 350 degree oven for about 30 minutes. Test for doneness. Judith Smith - 1991

CHERRY PIE

- <u>CRUST</u> • 2 cups flour
 - 1 tsp. salt
 - 2/3 cup shortening
 - 2 tbsp. lard
 - 1 egg





* General Dentistry * Tooth Colored Fillings * Dentures

• 1 tsp. vinegar



• 4 tbsp. water

Measure flour and salt into a bowl. Cut in shortening. Beat egg, add water and vinegar to egg. Sprinkle water mixture 1 tablespoon at a time over flour and toss gently with a fork to moisten. Mix until all flour is moistened. Gather dough into a ball and divide in half and shape into a flattened round and place on a floured pastry sheet. Roll out with a floured rolling pin to fit a 9" pie pan. Place in pie pan. Trim edges to desired size. Roll out remaining dough and use for a double crust or cut into strips for a lattice top.

CHERRY FILLING

- 1 1/3 cups sugar
- 1/4 cup cornstarch
- 2 1 pound cans pitted tart cherries, drained
- 1/4 tsp. almond extract
- 2 tbsp. butter
- Few drops red food coloring

Stir together sugar and cornstarch. Mix in cherry juice. Cook until thickened. Stir in cherries, almond extract and butter. Add food coloring. Put into pastry lined pie pan and cover with top crust. Seal edges. Place in a 425 degree oven,



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Rozlin Opolka, a 2017 Fowlerville graduate who recently obtained her bachelor's degree, is shown here with her senior art exhibition that was on display at Western Michigan University. It was entitled "Button Box."

Fowlerville college student's senior art exhibition pays homage to family history By Ashlee Buhler

A button is worth a thousand words—at least that's the case with Rozlin Opolka's senior exhibition, "Button Box." The project was the culmination of Opolka's time as an art student at Western Michigan University. As of Dec. 19, 2020, she holds a Bachelors in Fine Arts.

The exhibit, which was on display in November for five days at the Richmond Center for Visual Arts on Western's campus, paid homage to the history and memories of the matriarchs in Opolka's own family, as well as others. It was inspired by a physical button box — a tin or jar that many families use to collect sewing materials and buttons.

"In my personal experience whenever we would get the button box out, my grandmother would see a button and immediately recognize it off the house dress of a family member and then tell stories about that family member," Opolka said. "It was almost as if these buttons were tiny little memory keepers. A lot of the stories that I've heard about my family have been through the button box. I otherwise wouldn't have heard these stories."

The "Button Box" exhibition was comprised of three pieces: a large portrait of her grandmother, Marsha DeGroot; a quilt made of buttons, and a display with two button boxes, their respective stories, and paintings of relatives whom Opolka learned about from her family's button box.

The portrait is made of five different panels and stands 12 feet tall and 12 feet wide. Opolka used charcoal and paint

to create her grandmother's face and used buttons as shading to create a more detailed look. The 4 x 7 foot quilt had a more communal aspect to it. Each square of buttons was woven together with wires with the help of friends and family. Opolka estimates each square took about three hours to make. "I quickly realized I could



Rozlin stands in front of the portrait of her grandmother, Marsha DeGroot, whose button box and accompanying stories of who the buttons belonged to, was the inspiration for the exhibition.

not do it myself, so I had to rely on some of the ladies in my life," she said.

The buttons used on the quilt were donated by 36 people all of whom have their own squares. Their names, as well as the names of any matriarch who may have contributed to the button box over the years, were listed on a tag attached to the quilt. In total, over 7,000 buttons were donated and used in the entire exhibition.

Opolka began working on her senior exhibition at the beginning of her junior year. And although she said she does not like to focus on how long it takes to create an art piece, Opolka estimates she easily spent over 150 hours creating this project. Finally seeing it all come together in the gallery in November was a surreal feeling, she said, and the response from her family and peers made all the work worth it.

"My grandmother and my mother came in—the people who the show is about—and we had some good moments,"



Opolka said. "There were some tears and people were very happy. But what struck me most was that people would come to the exhibit and lay underneath the button quilt. Because the lights were pointed at it, it almost looked like you were under a shady tree on a sunny day. I got a lot of pleasant feedback."

The pieces of Opolka's senior exhibition currently sit in the basement of her grandmother's home. However, she hopes they will eventually find a permanent home at a women's history museum or the Grand Rapids Art Prize. Nonetheless, her work with the "Button Box" is not over.

"I'm still working on this and accepting button donations," Opolka said. "This work is not over, so if anybody has any buttons they want to send or stories they want to share about the matriarchs in their family, I'd absolutely love that."

Rozlin, who graduated from Fowlerville High School in 2017, took advanced placement courses while in high school that gave her some college credit before even stepping foot on WMU's campus. This allowed her to earn a bachelor's degree in just three-and-a-half years.

With graduation now behind her, Opolka has her sights set on obtaining her master's degree and becoming a college art instructor. This is the environment she thinks will be the most fulfilling and where she feels she can best make an impact on future generations. As for the immediate future, of course COVID-19 permitting, Opolka wants to expand her horizons and attend art residencies abroad. She is currently looking into a residency in Vietnam. The goal is to become a more globally aware artist, which she hopes will make her a better instructor someday.

"The more you experience, the more effective your art

can be and the more effective your teaching can be because you're experiencing different ways of existing in the world," Opolka said.

To view Opolka's senior exhibition online, visit <u>https://</u> <u>rozlinopolka.com</u>. You can also check out her work on Instagram (rozlinopolka). Opolka asks anyone who is interested in donating buttons please contact her at <u>rozlinopolka@gmail.com</u>.



This 4 x 7 foot quilt is comprised of several thousand buttons that were donated by family and friends.

Fowlerville lawmaker, continued from page 2

Vaupel to run for the office.

The Vaupels have two sons—Zachary who is a medical doctor and resides with his family in Bloomfield Hills and Matthew who is an electrical engineer and lives with his family near Dallas. There are three grandchildren.

While he doesn't plan to seek another elective office, Vaupel said he intends to be involved in the community in some fashion.

"We're going to kick back for a little while, but I can't picture not being involved in the community in some way as long as I'm physically and mentally able," he said. "We're members of St. John's Lutheran Church and the church does several charitable events. And I've had a few different groups approach me about being on their boards. But for right now we'll take it easy and see what happens."

Farewell Speech

By Hank Vaupel, 47th District Representative

Note: Hank Vaupel gave this farewell speech to his colleagues in the Michigan House of Representatives on Monday, Dec. 7. Vaupel was term limited and his last day in office was on Dec. 31.

Thank you Mr. Speaker. Thank you Colleagues for allowing me to share my thoughts, memories and thank you.

When I came here 6 years ago I did not know what to expect. Like all of you I had heard about the crooked politicians, the power hungry politicians and the greedy politicians. I found dedicated hard working public servants.

I had heard about the self serving Bureaucrats who were protecting their jobs and building their fiefdoms. I found dedicated hard working public servants.

I had heard about less than ambitious government employees at all levels. I found dedicated hard working public servants.

I had heard about the greedy special interests. I found many organizations trying to better themselves to provide better service and product to consumers.

I had heard about the unscrupulous Lobbyists. I found people advocating for the groups they represent. Going to really miss some of you.

I had heard of the biased media. I found people reporting what they observed. What they observed through their eyes, through their glasses and sometimes I thought maybe looking through beer goggles.

To shorten this up, I found very competent, professional, dedicated people at every level in this process called Government.

I would like to thank everyone I've had the honor to work with starting with my wife Cathy who has tolerated my hours and excuses for the past 6 years. Always helping to feel better when things hadn't gone well by saying "You're not really dumb, you just have some bad luck thinking." With a little luck and understanding we will make it to our 50 year anniversary in January.

I would like to thank former State Rep. Cindy Denby, who has been the legislative director in our office for all 6 years. And also thank all the staff who have been in our office over these years. Starting with Sue Dolato and Caleb Jenkins and currently Annie Ngyun is at our front desk.

I have had the honor of serving with 3 outstanding Speakers, Kevin Cotter, Tom Leonard and Lee Chatfield. Thank you for your leadership.

To Clerks Randell and Brown, to Chief Dickson and all the Sargents, to all of the Policy advisors, Clerks, to Joelle and especially to Alice—Thank you for the professional and dedicated way that you keep this process going. Thank you to all who keep this beautiful building beautiful.

Rep. Vaupel's plan to improve mental health services signed into law

Legislation marks Vaupel's final bill signing A bill introduced by state Rep. Hank Vaupel, chair of the House Health Policy Committee, creating a uniform Community Mental Health Services credentialing process, was signed into law last Tuesday.

Credentialing is the process of obtaining, verifying and assessing the qualifications of a practitioner to provide services for a Community Mental Health organization.

The need for uniform credentialing was recognized by the bi-partisan House C.A.R.E.S. Task Force, which identified it as a way to improve the process for providers and make it easier to accept Medicaid patients. Vaupel, who co-chaired the task force, said his legislation is the first step in overhauling universal credentialing for Medicaid by starting with a smaller subset of mental health services.

"Uniform credentialing is a more direct and efficient way of operating that ultimately better serves Michiganders in need of mental health care," said Vaupel, of Fowlerville. "If a provider receives credentialing for one behavioral Medicaid health plan, they should not have to go through a similar process with additional health plans."

The legislation marks Vaupel's last piece of legislation to pass the House, as his final term as state representative came to a close on Dec. 31.

In addition to being signed by the governor, his plan, House Bill 5178, received overwhelming bipartisan support in both the House and Senate.

Letter to the Editor

Special thanks to Representative Hank Vaupel. I appreciate your many years of community service for Handy Township, the 47th House District, and for the many other ways you have given your time, energy, and devotion to the people of our area. Your regular weekly articles in the *News & Views* have kept us well informed about your activities and issues in Lansing that we needed to know.

I wish you and your wife the very best in your welldeserved "retirement". I know you will find new ways to use your many talents.

Thank you.

Doug Helzerman

Fowlerville Police Report

for the Village of Fowlerville Council Meeting Monday, January 4, 2021

The Fowlerville Police Department responded to **479** calls for service over the past two weeks.

Total citations issued this period: **9** moving and parking citations.

Warrants Requested from the Livingston County Prosecutors Office:

(The following information is related to complaint investigations that have been completed and a warrant request has been sent to the Livingston County Prosecutors Office, requesting prosecutorial action. The format below is as follows: age of offender, address, date of incident).

Warrant Authorized/Declined

Incident #20-01299 – Operating While Intoxicated, Open Intoxicants & No Motor Vehicle Insurance – Warrant Authorized

--30 y/o male, Grand Blanc, December 16, 2020 at 1357 hours

Incident #20-01300 – Retail Fraud – Under Review

--48 y/o male, Fowlerville, December 16, 2020 at 1509

Incident #20-01317 – Possession with Intent to Distribute – Warrant Authorized - FELONY

- --38 y/o male, Gregory, December 22, 2020 at 0237 hours Incident #20-01307 – Retail Fraud X 2 – Under Review
- --23 y/o female, Jacksboro, TN, December 18, 2020 at 1239 hours

--24 y/o female, Brighton, December 18, 2020 at 1239 hours

Officers Investigated the Following Types of Complaints:

- 10-Assists to EMS/FAFD
- 5-Alarms/911 Hang-Up Calls
- 3-Assist to Other Agencies
- 1-Assault Report
- 52-Area Checks
- 100-Building and Property Checks
- 1-Community Policing
- 4-Citizen Assists
- 2-Civic Events
- 18-Criminal Investigations/Follow-up
- 2-Disturbances
- 2-Domestics
- 1-DWLS
- 5-Foot Patrol (Subdivisions and Downtown area)
- 20-General Non-Criminal
- 2-Hazard Conditions
- 2-Hit & Run
- 2-K9 Trainings
- 1-Larceny
- 8-Liquor Inspections
- 1-Meetings
- 1-CMH
- 4-Motorist Assists
- 3-OWIs
- 2-Parking/Traffic Complaints
- 2-PBT Requests
- 1-Personal Injury Accident
- 2-PDA
- 1-Public Service
- 4-Retail Fraud
- 2-School Events
- 80-Subdivision Patrols
- 8-Suspicious Situations
- 121-Traffic-related Calls
- 1-Trespassing
- 2-VCSA
- 1-Weapons Complaint
- 2-Welfare Checks

The above statistical information is retrieved using the computer aided dispatching module, provided by Livingston County Central Dispatch. All supporting statistical documentation can be provided upon request.

Assists to Other Agencies:

Officer Edmonds was requested to check the status of a MSP Trooper not answering status checks. Officer Edmonds arrived on location and the Trooper was secure at a traffic stop.

Officer Edmonds assisted a DNR Officer with investigating a deer that was shot and left in a field next to the road. Officer Edmonds checked the area and no hunters were around and the deer was given to a citizen after proper paperwork was filled out.

Additional Information:

This has been a very busy time of year for us at the Fowlerville Police Department. We have seen an increase in Operating While Under the Influence of alcohol/drugs. Domestic violence is at a high as well as an increase in thefts and retail fraud. We have also observed a large increase in methamphetamine possession at traffic stops. It has been a very difficult year for most people with the COVID-19 pandemic, aside from day-to-day challenges life can bring. I would like to take this opportunity to thank the Village Council, all Village departments and staff, and the Fowlerville Community for the support and diligent efforts to make 2020 a successful year despite extreme tests of character under pressure. This year has been a time of transformation, perseverance, and pro-active response. The community has pulled together to answer the question 'How can I help?' in ways like never before. I marvel at how our community has been able to adapt, shift, and act in times when it is needed most. I am grateful for everyone working as a team and coming out stronger. Thank you.

Last week Representative Crawford opined on seating. As the oldest male member in the legislature I would like to echo those sentiments. It is very reassuring to sit next to a medic who checks for a pulse every time I doze off, to have a nurse in front of me, just in case, and to have Cathy Crawford in front of me to keep things in perspective when things aren't going smoothly (also to offer comic relief).

This year especially with Covid has been a challenge. This has been a year that due to the pandemic we have not always known what the next day or hour would bring and as we traveled this journey I was often reminded what my grandfather used to tell me when things weren't going well and the future wasn't clear, keep calm and "Don't worry about the mule going blind just keep loading the wagon"

There were 2 things that I deeply believed when I entered the legislature that I thought would be seriously challenged. I was wrong. They were not challenged but strengthened.

That you love the Lord your God with all your heart and all your soul and all your mind" and "That you love your neighbors as yourself".

Thank you to all those that make this process of government work.

And "Don't worry about the mule just keep loading the wagon"

hours

Incident #20-01334 – Weapons Offense – Warrant Authorized

--27 y/o male, Hamtramck, December 25, 2020 at 0513 hours

Incident #20-01322 – Operating While Intoxicated, High B.A.C. & No Operators License – Warrant Authorized

--42 y/o male, Fowlerville, December 23, 2020 at 0533 hours

Incident #20-01321 – Operating Under the Influence of Drugs, Illegal Firearms Possession – Warrant Authorized

--18 y/o male, Ann Arbor, December 23, 2020 at 0150 hours

Incident #20-01320 – Operating While Intoxicated, Open Intoxicants & Driving While License Suspended – Warrant Authorized

--38 y/o male, Detroit, December 22, 2020 at 2247 hours Incident #20-01318 – Retail Fraud X 2 – Warrant Authorized

--32 y/o female, Howell, December 22, 2020 at 1443 hours --56 y/o female, Westland, December 22, 2020 at 1443 hours On behalf of the Fowlerville Police Department, I wish you a healthy and hopeful New Year- may 2021 be a better year for all of us!

Respectfully Submitted John J. Tyler, Chief of Police





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Webberville Report



Senior Spotlight—Peyton Branch By Abigail Brozek

This week's featured senior is Peyton Branch who has attended Webberville for the past 12 years. He is the oldest son of Richard and Danielle Branch and a brother to Dylan who is a junior at Webberville and Keegan who is a 6th grader.

"My family is very supportive, caring and is always there for me when I need them to be," said Branch. "They would always do their best to come to all my games, and they never missed one."

When it comes to athletics, Branch has been involved in basketball and track. The main reason Branch participated in sports is because of his friends and teammates. He joined basketball in 3rd grade and track in 9th grade.

"I started playing basketball because it was my favorite sport to watch as a kid. I also joined track in 9th grade because all of my friends were doing it," said Branch.

"My teammates have helped me through some of my hardest times, and they always know how to make me laugh."

Branch has had such a large impact on his peers and close friends throughout the years. "Peyton was one of the first people I became friends with when I first moved here. We became good friends and have been ever since," said fellow senior Quinton Woolford.

He feels that basketball has helped him develop character and motivation, and said he owes a lot of this to Coach Nate Lott.

"He has always pushed me to be the best version of myself and helped me achieve my goals," Branch noted.

Not only has Peyton excelled in athletics, but he has also done tremendously well in academics. Lott sees Branch's potential on and off the court.

"Peyton is a very determined athlete who knows what he wants, and I admire that," said Coach Lott.

Branch has always worked hard and kept his GPA high-he has maintained all A's throughout high school.

"Peyton is a very funny kid and always brought a smile to

Williamston Area Senior Center 201 School Street - 517-655-5173

January 2021 Events

Please check our website www.williamstonseniorctr.com or our Facebook for specific announcements of upcoming activities as we hopefully begin to resume our normal activities after Covid-19.

Every Tuesday and Wednesday, in January from 10:00 am to 12:00 noon – Coffee Hour at the Senior Center. Free coffee and socialization.

Covid-19 Guidelines will be Enforced – wearing proper face covering, social distancing. Hand sanitizer and disinfectant will be provided on the premises.

Any Williamston area senior who may need meals can pick up a five-day supply of frozen meals here at the Williamston Center every Wednesday. To participate in this temporary meal program please contact the Tri-County Office on Aging at 517-887-1393 to set up a time to pick up your meals at the Williamston Area Senior Center on any Wednesday.

Other January Activities at the Senior Center -

--Tuesday Knitters Group meets from 1:00 to 3:00 pm. --Wednesday Needle Craft Group meets from 1:00 to 3:00 pm.

* * *



IOSCO TOWNSHIP SYNOPSIS OF PROPSED MINUTES DECEMBER 17th, 2020

The regular meeting of the losco Township Board was held on Thursday, December 17, 2020 at 8:00pm. Members Present: Miller, Bonnville, Dailey, Parker, Hardies. Members Absent: None. The following action was taken: 1.) Motion to approve the Agenda as amended. 2.) Call to the Public: The Public was heard from. 3.) Motion to adopt the proposed Township Board Meeting Minutes of November 19th, 2020. 4.) Treasurer's report. 5.) Motion to pay \$34,586.01 in Township bills. 6.) Motion was made to request Mark Eidelson the Master Planner to draft an amendment to the zoning ordinance to only allow marijuana care-giver operations to be zoned in Agricultural-Residential. 7.) Planning Commission report was heard. 8.) Zoning Report was heard. 9.) Motion to approve the purchase of a printer-scanner for the Clerk's office not to exceed \$500.00. 10.) A motion was made to appoint Julie Dailey as losco Township's Sexton 11.) A motion was made to pay the Sexton \$150.00 when sexton services are needed. 12.) 2nd Call to the Public: The Public was heard from. 13.) Motion to adjourn at 9:16pm.

517-521-3221 Cell 517-404-4150 LICENSED & INSURED my face while in my chemistry class. I can't wait to see what the future hold for you, Peyton," said Principal Steve Vowles. Branch's future plans include attending a four-year university to major in mechanical engineering, with a possibility being Kettering University.

"I have always loved math and have been very good at it. I found out about this career in 8th grade and have been interested ever since," said Branch. "I want to be successful and be able to support my family."

Branch has made so many lifelong friendships while attending Webberville and plans on staying connected after high school.

"Peyton and I have been best friends since first grade, and we have tons of great memories. I know he will do well in his future and I hope we stay close," said best friend Abram Fuller.

Branch has words of encouragement and advice to share with his friends and underclassman.

"Try your hardest to do good in every single thing you do," he said, adding that, "The time goes by fast, and you should try to make the best out of it and make good memories with your friends while you still can."

Respectfully submitted, Julie Dailey Iosco Township Clerk (1-3-21 FNV) —Area Deaths—



Kathy Farkas

Kathy Farkas, beloved wife, mother and grandmother passed away peacefully on December 22, 2020 at St. Joseph Mercy Hospital in Ypsilanti, Michigan after a long illness. She is survived by her loving husband Ernie Farkas, sons Michael and Russell Black and daughter Cassandra Farkas and many grandchildren.

Visitation was held at Herrmann Funeral Home of Fowlerville, Michigan on Monday December 28, 2020 from 11am to 2pm. Burial followed at Benjamin Cemetery. Donations can be made to the family for a grave marker. Arrangements entrusted to Herrmann Funeral Home. Online condolences may be expressed at <u>pjherrmannfuneralhome.com</u>

NIESA Fire Report (Northeast Ingham Emergency Service Authority)

On Tuesday December 22nd, NIESA had one emergency medical response in the City of Williamston.

Wednesday December 23rd, NIESA responded to two calls. One was a vehicle accident in Wheatfield Township at Holt and Williamston Rd, and the second was in Leroy Township for a Utility Pole problem.

On Thursday December 24th, Christmas Eve, NIESA responded to five emergency medical calls. The calls were distributed throughout NIESA's district, with one response in the City of Williamston, one in the Village of Webberville, one in Williamstown Township, and one in Wheatfield Township. The fifth call was a mutual aid response to Meridian Township.

On Christmas Day, December 25th there were two emergency medical calls. One response was in the City of Williamston, and the other in the Village of Webberville.

Saturday December 26th, NIESA responded to three calls. Two were emergency medical calls, both in Williamstown Township. The third call was for a CO2 alarm in the City of Williamston.

On Sunday December 27th, NIESA responded to one call, which was a barn fire in Locke Township on Herrington Road.

Monday December 28th, NIESA responded to four emergency medical calls. One response was in Wheatfield Township, two were within the City of Williamston, and the fourth was in Leroy Township.





Keep safety in mind when enjoying winter outdoor recreation

Where there is snow and ice, snowmobilers are on the trails and anglers are on the ice.

It's safe to say that winter has arrived in many parts of Michigan. Winter offers plenty of great opportunities to continue recreating outside.

"This is the time of year when conservation officers see many people eager to kick off the snowmobiling season, ice fishing and other outdoor winter activities," said Lt. Tom Wanless of the Michigan Department of Natural Resources Law Enforcement Division. "These are great activities that encourage social distancing, but please keep safety in mind. Dress for the weather, check the forecast before you go out and, if you're snowmobiling, please ride sober and at a safe speed."

Regardless of your favorite winter activity, here are some tips to help prepare for heading outdoors:

--Wear light layers that can easily be added or removed – it is possible to overheat even during the winter.

--Carry the appropriate equipment for your activity, such as a flashlight, rope, ice picks or ice claws.

--Have spare equipment available in case something breaks.

--Stay hydrated and fueled – bring water and snacks.

--Recreate with a buddy.

--Inform others about where you will be and how long you plan to be gone and schedule check-in times.

--Carry a two-way communication device that receives service in remote areas.

--Be mindful of your health – if you're not feeling well, don't go out.

In Michigan, all snowmobile operators between ages 12 and 16 are required to obtain a Michiganapproved snowmobile safety certificate to operate a snowmobile on any trail or public land. Riders can earn a snowmobile safety certificate online at Michigan.gov/ Snowmobiling.

The DNR's Ride Right snowmobile trail safety campaign emphasizes the importance of riding sober, at a safe speed and on the right side of the trail.

If snowmobiling offtrail, stay on public lands, avoiding private property, active logging operations



and sensitive areas like forest plantations; use stock exhausts only; and know where you are going before you go.

Snowmobiling is a fun activity that can be done safely; however, riders should remember that excessive speed is the main cause of fatal and serious injury snowmobile accidents.

During winter 2019-20, there were 14 fatal snowmobile accidents in Michigan. One fatality has been recorded so far during the 2020-21 season.

If you plan to head onto the ice to fish or ride, conservation officers warn that there is no reliable inch thickness test to determine if ice is safe. Ice thickness can be checked with a spud or auger.

"Anyone going onto the ice should use extreme caution," Wanless said. "Avoid ice that is covered by snow. Snow acts as an insulator and may weaken the ice."

Ice is often unstable at river mouths or other areas where there are currents present or creeks and streams feeding into lakes.

For more ice safety tips including what to do if you fall through the ice, go to Michigan.gov/IceSafety.

Card of Thanks

The family of Terrance 'Terry' Devine would like to thank everyone for their kindness and support since his passing. Also, a special thanks to Penny and the staff of Herrmann Funeral Home for their wonderful services.



Fowlerville Community Schools has unlimited School of Choice openings for K-12th grade students who live outside Fowlerville School's district boundaries. Students would begin on the first day of second semester Monday, January 25th. Applications are available on the District's web page fowlervilleschools.org or by calling (517) 223-6016.

Dy ouce millinge

"Should old acquaintance be forgot"... you know the rest. Well I am sure that many of us don't wish to remember the past year, (those digits we will treat like "he who shall not be named", you know Harry Potter?), but to be quite honest it hasn't been ALL that bad. Here is a few of my families highlights:

-- My daughter received her driving license and won girls state champ in wrestling.

-- My wife started a new job which is a blessing to our family.

-- We started our relationship again with my nephew and my dad.

-- My step-daughter got married.

-- I was honored to officiate a couple of weddings (yes that's a side job).

-- My outreach, SaveUr Life Community outreach, with the help of my great friend Lisa Armstrong and her daughter Paige helped bring food to families in need in our community.

Man, I didn't realize that there were so many blessings during a year of pandemic, and I am sure that if you stop and do the same as I have done you will find out that the same is true for you and yours.

Eating out, going to sporting events or concerts aren't

the things that matter or make memories, it's the little things, the sunsets and sunrises, the smile on your children's faces, the hugs from your loved one, those my friends are what should not be forgotten, even in times like these.

So, get out your paper and pencil and start listing what blessed you had in 2020 (oops I said it!!).

Happy New Year and may you be richly blessed in this 2021!

Stay kind my friends and love deeply!!

Till next time...

(12-27-20 & 1-3-21 FNV)

NEIGHBORHOOD CLASSIFIED SECTION Call (517)223-8760

Office Located at 206 E. Grand River, Fowlerville MI Fowlerville News & Views

-DEADLINE THURSDAY BY 3PM-

DIRECT CARE STAFF NEEDED: To take care of disabled adults in Howell. DL/ID, GED/Diploma needed. Call Shelbey at 810 588-3724 * * *

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Noticing Memory Problems? What to Do Next Dear Savvy Senior,

My mom, who's 76, has become more forgetful lately and is worried she may be getting Alzheimer's disease. What resources can you recommend to help us get a handle on this?

Dear Oldest,

Many seniors worry about memory lapses as they get older, fearing it may be the first signs of Alzheimer's disease or some other type of dementia. To get some insight on the seriousness of your mom's problem, here are some key warning signs to be vigilant of and some resources you can turn to for help.

Oldest Daughter

Warning Signs

As we grow older, some memory difficulties - such as trouble remembering names of people or places or forgetting where you put your glasses or car keys - are associated with normal aging. But the symptoms of Alzheimer's disease are much more than simple memory lapses.

Knowing the early warning signs is a good first step in recognizing the difference between typical age-related memory loss and a more serious problem. To help you evaluate your mom's condition, here's a checklist of some common early symptoms to watch for:

- · Asking the same questions repeatedly.
- Getting lost in familiar areas.
- Failing to recognize familiar people.
- Having difficulty following directions.

• Misplaces items in inappropriate places, for example putting her keys in the microwave.

· Having difficulty completing familiar tasks like cooking a meal or paying a bill.

· Having trouble remembering common words when speaking or mixing up words.

For more information, see the Alzheimer's Association list f 10 early signs and symptoms at *10signs.org*.

BUSINESS SERVICES

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8484 and make an appointment.

If you find that your mom does need further evaluation, make an appointment with her primary care doctor for a cognitive checkup and medical examination. Depending on what's found, she may be referred to a geriatrician or neurologist who specializes in diagnosing and treating memory loss or Alzheimer's disease.

Keep in mind that even if your mom is experiencing some memory problems, it doesn't necessarily mean she has early-stage Alzheimer's. Many memory problems are brought on by other factors like stress, depression, thyroid disease, side effects of medications, sleep disorders, vitamin deficiencies and other medical conditions. And by treating these conditions she can reduce or eliminate the problem.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

St. Joseph Mercy Livingston receives COVID-19 vaccine

On Dec. 23, just prior to Christmas, St. Joseph Mercy Livingston received and administered its first shipment of the FDA-approved Moderna COVID-19 vaccine.

The hospital received 800 doses, joining six other Trinity Health Michigan hospitals that have begun administering COVID-19 vaccines to front line workers.

The vaccines were being administered on a voluntary basis to health care personnel who meet the CDC-defined criteria of direct natient care to COVID-19 natients including those working on the COVID units, Intensive Care Unit, and Emergency Department. Employees who work in those departments are being given the opportunity to selfregister and make an appointment to obtain the vaccine. "The arrival of the COVID-19 vaccine is a historic moment for our community and sends a signal of hope and optimism to our health care colleagues working the front lines of this pandemic," said Varsha Moudgal, M.D., associate chief medical officer at St. Joseph Mercy Livingston. "Help is here. Though alone it is not the solution, when combined with masking, social distancing and regular hand washing, we can begin to flatten the curve and hopefully put an end to this pandemic." Officials at St. Joe's Livingston look forward to offering vaccinations to community members, which it hopes to do in the coming weeks as it works through the CDC and state directed priority list. Information regarding the ability to schedule community members for the COVID-19 vaccination will be provided as soon as it becomes available.



Another good tool to help you evaluate your mom is the Self-Administered Gerocognitive Exam (SAGE test) that was developed at The Ohio State University Wexner Medical Center. This free test helps identify mild cognitive impairment and early dementia and can be taken at home in about 10 to 15 minutes. The SAGE test can be taken online at BrainTest.com.

Get Help

If you would rather have professional assistance in evaluating your mom, the Alzheimer's Foundation of America (see *alzfdn.org*) is another good resource you can turn to.

Every Monday, Wednesday and Friday they provide free, confidential virtual memory screenings done via video chat in real time. Your mother will need a phone, tablet or computer with a webcam and internet capability to complete the screening.

The screenings are given by healthcare professionals and take about 10 to 15 minutes to complete. Once the screening is complete, the screener will review the results with her and let her know if she should see a doctor for further evaluation. To set up a memory screening for your mom call 866-232-

For more information about the COVID-19 vaccine, please visit Saint Joseph Mercy Health System at https:// www.stjoeshealth.org/vaccine.



A pond, observation deck and wood duck nesting box at the Fenner Nature Center in Lansing.



Rachel Coale, the author of this article from the Michigan Department of Natural Resources Forest Resources Division, is shown on a hike at Lake Lansing Park North in Lansing.



A trail sign is shown at the Fenner Nature Center in Lansing.

An old stump helps provide a picturesque setting for the Woldumar Nature Center in Lansing.

Showcasing the DNR: Self-care Saturday is a walk in the park

By RACHEL COALE

Michigan Department of Natural Resources Every Saturday morning since the fall leaves began dropping, I lace up my boots, fill a water bottle and head out the door. Each week, I add another warm layer as the temperatures seem to freefall downward – a jacket, gloves, hat and thick socks.

Arriving at a local park, I reassure myself, "This is good for me," my face reddening in the chilly winter air.

And it is – this small ritual, a dedicated time to be outdoors, has been a touchstone in a time where rapid change, uncertainty and distance from loved ones is a shared experience.

For me, the outdoors has always been a place to seek joy by jumping into lakes, rambling down ravines and finding adventure on a trail – but it's also a place to slow down and get centered. In many ways, my hikes in the forest or loops around the local park path are a movement meditation that engages the senses and encourages me to focus on being present.

On a trail, my to-do list falls away as I listen to the steady rhythm of my footsteps, smell rich fallen leaves and drink in the rough edges, curves and colors of nature with my eyes.

I once read that nature, for the most part, does not make straight lines, and it has stuck with me since. Outside, I can get away from the rectangles and boxes of indoor life.

The bend of a path, twisted trunk of a tree or ripples on a pond are soothing counters to the glaring blue screens of the phones and computers I'm parked in front of for much of the day.

With shorter days and a loss of light at what I consider the absurd hour of 5 p.m., I've been increasingly seeking local parks to squeeze in some outdoor time between the edge of the workday and sunset.

I love the sprawling wildness of state forests, parks and

This weekend, I'm looking forward to a self-care routine that will involve a hike on a new-to-me trail, a mug of hot cocoa and time spent birdwatching. But I'm not ruling out a bubble bath, either.

Exercise and fresh air in the outdoors are proven natural mood boosters that can help shake a case of the winter blues. However, if you find yourself experiencing serious depression symptoms, contact your doctor or call the National Suicide Prevention Lifeline for confidential support at 1-800-273-TALK (8255).

Letter to the Editor

If Olivia Verfaillie's diatribe is an exhibition of gentleness and respect I would hate to hear from her without that intent. (Letter to the Editor- Dec. 27, 2020 issue)

Much that pertains to Covid 19 is indeed debatable because it is so new. That makes one's sources of information

The buzzwordy idea of "self-care" evokes images of bubble baths, fuzzy slippers and detox drinks. But it can be simpler than that. At its most basic, self-care is a focus on physical and mental health that helps us be our best selves. For many, the outdoors is an essential part of that equation.

"The natural environment can buffer us from impacts of life stresses," Linda E. Kruger of the Forestry Sciences Lab in Juneau, Alaska said in a talk about the importance of natural spaces for public well-being.

Kruger describes the forest as "nature's health service," emphasizing the importance of regularly spending time in the outdoors – even in winter – to physical and psychological health.

Some estimates blame more than 75% of primary care physician visits on stress-related problems; a prescription for nature may be a benefit to many. In addition to stress relief, Kruger cites research that suggests spending time in the outdoors reduces the risk of many chronic conditions.

In a study in Japan, anticancer proteins increased in the blood of participants who made short visits to forests for three days. game areas, but I am also growing an appreciation for smaller green spaces closer to home.

At Fenner Nature Center, a 134-acre park wedged between Michigan State University and downtown Lansing, I enjoy visits to a native prairie, rippling ponds and forested wetlands.

White-tailed deer, muskrats and pileated woodpeckers often make appearances as I explore the trails. Surrounded by swaying trees and birdsong, it's easy to forget that traffic lights and lattes are just minutes away.

"Thankfully, the outdoors have remained 'open' for all and will continue to provide opportunities for people to 'get out and do something' while so many of our favorite activities and venues are canceled or closed," said Michigan Department of Natural Resources Marketing and Outreach Division Chief Kristin Phillips. "We are blessed in Michigan to have millions of acres of forests, thousands of miles of trails and rivers, hundreds of parks and green spaces that provide a vast amount of options – socially distant and close to home."

Looking for a new place to get outside? Visit the Your Local Outdoors interactive map to find DNR-managed parks, trails and hunting areas close by, and visit your city, township or county's webpages to find local parks. extremely important. In general the "internet" or the social media are not reliable for scientific questions. There are also, however, respected medical journals (*JAMA, New England Journal, Lancet*) readily accessible on the internet. If the word erroneous causes such distress, let's just say that the argument was based upon unreliable information. My basis is my many years of medical practice, frequently dealing with infectious disease.

Doug Helzerman and I have for years enjoyed stimulating intellectual discussions. His recent *News & Views* column was labeled as a report of the actions of the Livingston County Commission. Inclusion of his personal political views was inappropriate. Those opinions, which he has every right to express, would have been acceptable placed in a separate letter to the editor. Next time I meet with Doug we can discuss this disagreement.

Covid 19 is bad enough without controversy and contention. Let us limit ourselves to scientific discussion based upon the best information.

Respectfully, Thomas F. Higby, M.D. Fowlerville MI.

Fowlerville District Library News Announcements

All fines are forgiven, and no additional fines will accrue through December. If you still have materials checked out from the closure in March, please return them by Monday, January 4th, 2021. Materials can be returned to our drop box in our parking lot or in the lobby during business hours. Fines for late materials will resume accruing on Tuesday, January 5^{th} , 2021.

Upcoming Library Closures FDL will reopen at 9:30am, Monday, January 4th.

*** FDL Response to New COVID Emergency Order

In response to Emergency Order MCL 333.2253 issued by the Michigan Department of Health and Human Services (MDHHS), Fowlerville District Library will be open by **appointment only** and will continue to offer curbside service during our regular hours. The use of our curbside is encouraged. Each appointment will be limited to thirty minutes by one household at a time and can be arranged by calling or emailing the library. Masks will be required. We will also be offering print by email which can be picked up through curbside or in our Entryway. Your first ten copies each day are FREE. Internet is always available for patron use in our parking lot and side yard. Please continue to use the book dropbox outside the building or leave your items in the library lobby, when available.

<u>Monday-Thursday</u> 9:30am – 7pm <u>Friday</u> 9:30am – 5pm <u>Saturday</u> 10am – 2pm How to Use Curbside Service

Step 1: You can make requests: by calling the Library directly, emailing us or make your holds through the FDL's card catalog (Max 10 items) –Not sure what you would like to read? Use our reader's advisory at the desk, they can help! All you need is to give them a subject, author, or genre, and they will do the rest.



New Year New Goals

Is your goal to manage your weight this year?





Michigan Bariatric Institute offers a team approach to weight loss surgery.

"MBI has been instrumental in my success. I'm down

Step 2: One hour after your request has been made, please come to the Library and park in the curbside pickup designated parking located in front of the side yard.

Step 3: From your car, call the Library and someone will come out with your requested materials.

Step 4: *Please present your library card or driver's license and your materials will be given to you.*

Upcoming Programs at Fowlerville District Library

All programs are intended for Fowlerville School District residents. Call (517) 223-9089 for more information, or checkout our Facebook Page.

All programs will be held virtually via Zoom, Facebook Live or YouTube unless otherwise indicated. Program descriptions, locations, and details on how to register for each program are below.

All programs require registration and is done by sending a Facebook Personal Message to the Library or by emailing to info@fowlervillelibrary.org, unless otherwise indicated. Zoom invitations will be sent out the day before the program date.

Phone a Story and First Chapter Fridays: Available 24/7 **Preschool - 12th Graders -Call 517-858-2700** anytime to hear a full children's story, or a sample of a J Fiction/Chapter book or YA/Teen novel. Recordings are changed every two weeks.

* * *

MiLibraryQuest: January 1st - February 14

6th - 12th Graders - An anonymous tip has come in that a thief will steal an iconic Michigan landmark on Valentine's Day. We're recruiting teenage private detectives to stop the heist! Figure out who the thief is and what they're stealing to prevent the crime and you'll be entered to win a reward. The Mi Library Quest challenge is made up of public libraries across Michigan and is supported in part by the Library of Michigan. Open to Fowlerville Teens. No registration is required. Learn more about the Quest at mililibraryquest.wixsite.com/quest1.

<u>Winter Magic Zoom with FDL:</u> Wednesday, January 13th, at 5:30 pm via— <u>Zoom</u>

K-5th Graders – Celebrate the season with a winter themed project and stories. Registration is required and is now open.

<u>Dungeons and Dragons 101:</u> Monday, January 18th, at 5:30 pm via--<u>Zoom</u>

 6^{th} -12th Graders -- Learn all about this classic storytelling game played with friends. Face monsters, insurmountable odds, and the unknown, to become the hero you were destined to be. Registration is required and is now open.

<u>Beyond the Book Series: *The Hundred-Foot*</u> <u>Journey:</u> Thursday, January21st, at 6:30 pm via—<u>Zoom</u>

Adults –January's selection in our "Life From Another Perspective Theme" for our Beyond the Book Group is *The Hundred-Foot Journey* by Richard C. Morais. Please read the book and watch the movie at home, then meet up with friends on Zoom to discuss them both. Everyone who signs up will get an opportunity to check out the movie and watch it on their own. Registration is required with a \$10 deposit and a valid email address to receive a book and a Zoom link. Registration is done in person inside or through curbside service at the Library. Books are limited and only available to one per household.

<u>Cold Winter Warm Hearts:</u> Thursday, January 28th, at 6:30 pm via—<u>Zoom</u>

Adults - Gather on Zoom for mirth and good cheer with

110 pounds and am off all the medications I needed before surgery. I've made great progress, but my goal is to continue to lose weight and keep it off!"

~ Jon King, WHMI News Director

Learn more at a free virtual seminar. stjoeshealth.org/mbi-seminar 517-545-6011

BeRemarkable.

friends to create a beautiful woolen heart ornament. Registration is required with a \$5 deposit. Supplies are limited. Kits are available for pickup starting Jan 25^{th} . * * *

Opportunities to Give this Season <u>Holiday Season Food Drive (Food for Fines)</u>: Monday, November 30th thru Monday, January 4th

We are still collecting donations for the Impact Center. If you wish to donate please bring any nonperishable, unexpired food to the library.

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Follow us on Facebook: @fowlervillelibrary or visit our website at <u>www.fowlervillelibrary.org</u>. Email any questions to: <u>info@fowlervillelibrary.org</u>

"Fowlerville News & Views" **Neighborhood Classifieds** \$8 for the first 20 words

...then 10¢ a word after

Call (517)223-8760 206 E. Grand River - Fowlerville