



O-E's Josie Nash Will Continue Soccer Career at Northwood U.

MIDLAND -- Ovid-Elsie forward Josie Nash will continue her soccer career next season at Northwood University.

Marauder coach Craig Thelen made the announcement this week, after the Michigan High School Athletic Association (MHSAA) prep sport seasons were cut short by the COVID-19 outbreak.

Josie completed her career with 84 goals, 17 assists -- and a slew of all-area, all-conference and all-district honors. Says Coach Thelen, "Sadly we were not able to have a season, but I believe she would have easily eclipsed our school record of 105 goals. I'm sure that she would have once again made 1st Team All-Conference and All-District."

Instead, Nash will end her Marauder career as the 2019 Owosso Argus-Press Athlete of the Year, with 1st Team All-Area and 1st Team All-Conference plaudits, where she was also the #1 ranked player in the MMAC. She was the #2 ranked player in District play, but because of a technicality that's where her post-season awards ended. "Josie was not selected to the All-Region or All-State Team, because the #1 ranked player in our district received a red card in the district finals and it was decided by the all-region coaches that she not be placed on the All-Region first team, and Josie was not allowed to rank ahead of the predetermined #1 ranked district player," explains Thelen. "I feel this was a terribly egregious error upon the part of the coaches. Josie had 3 goals and an assist in our 1 goal loss to Lake Fenton and she was deserving of All-Region recognition at a minimum."

That 2019 campaign included a school record of 43 goals, and also 12 assists for Nash.

Coach Thelen continues, "Josie is an outstanding soccer player, one of the best that has ever come through Ovid-Elsie. And as good as she is at soccer, I believe she is an even better person. Josie has a tremendously upbeat personality and positive spirit that helps to lift her teammates. She is so well liked that she was chosen for Homecoming Queen. Her drive and relentless effort to complete her goals and be the best at what she does is unmatched and a big reason why she will be playing at Northwood.

"Through high school she maintained a 4.01 GPA, was a



member of the National Honor Society, Future Farmers of America, 4-H, and LINKS (a peer to peer support group). Furthermore, Josie is a Class Officer, and a Student Athletic Trainer. Josie is taking AP classes to get a head start on college and has dual enrollment.

"I've known for quite some time that is where she wanted to go to school for business and hopefully play soccer. She told me that she felt a connection at Northwood and although she was excited to get offers to play from other schools her heart yearned for that call from Northwood. Northwood College is receiving a brilliant student-athlete and I could not be happier for Josie. Our community, our school, our soccer program and myself will miss Josie terribly both on and off of the soccer field."

Josie, the daughter of Kevin and Pam Nash, had this to say about her decision to play for the Timberwolves: "I confidently chose



Northwood University as I was amazed with their academic programs, connections and success with their students, as well as close ties with their alumni. I went on many different campus tours throughout my junior year. Right from the beginning, I had a special feeling when on Northwood's campus. As a competitive business school, their drive stretches from the classroom to the fields. I am blessed to have the opportunity to meet such wonderful people, and I am beyond excited to see how Northwood University will benefit me over the next four years."

Explains Coach Thelen, "I know that when we lose Josie to graduation our team will be left with a huge void to fill. However, I'm not referring to all of the goals that go with her, that will be tough to replace, but I'm referring to her work ethic, her attitude, her infectious smile, and her love for the sport and her teammates -- that is what is going to be impossible to replace. Our team will miss Josie greatly and I will, too."

Meal Pick Ups Continue for Older Adults

As a provider of essential food and safety services for older adults, the Tri-County Office on Aging (TCOA) remains open with limited staff on-site to manage program logistics. Among other services, the Meals on Wheels home delivery program continues to operate with increased health and safety precautions in place.

While all TCOA Congregate Senior Dining sites are still closed due to the risk of spreading COVID-19 through large group gatherings, individuals age 60 and over and their caregivers are eligible to participate in a food pickup opportunity at locations in Ovid, DeWitt and St. Johns. Pickups will include packs of 7 frozen meals with fruit, bread and milk.

Meal pick up must be arranged in advance by calling Tasha Stetler at 517-887-1393 to schedule a pickup appointment. Callers will be asked to give their name, phone number, address and birthdate. The only qualification is to be over 60 years of age or providing primary care for someone age 60+. Please make sure you have a way to heat the meals, microwave is preferred. Special arrangements may be available to those that cannot heat the food, and for those unable to get to a pickup location.

For other food access questions or to address other needs, please call 211 or visit <http://www.centralmichigan211.org/>.



On Wednesday, May 6th, 47 individuals picked up their meals and other items made available thru the Tri-County Office on Aging at the United Church parking lot in Ovid. Once pickups are made, the Seniors visit with each other from their vehicles in the parking lot. The outside meal pick-up will continue each week until the Senior Dining sites re-open. Site organizer, Dee Ritter, found some student volunteers to help load the boxes and grocery bags into vehicles.

Meal pickup locations: Clinton County: DeWitt -- St. Jude Catholic Church 801 N Bridge St.; St. Johns Senior Center- 201 E Walker, St Johns; United Church of Ovid- 131 Front St, Ovid.

City of Laingsburg May 2020 Update

by Karen Anderson, Laingsburg Correspondent

LAINGSBURG - Regularly scheduled meetings for April and May were held via conference calls in compliance to the "Stay Safe, Stay Home" Coronavirus pandemic restrictions. A motion was made to adopt a Resolution to continue remote calling for City business meetings until the State of Michigan lifts COVID-19 restrictions. All members were present at the last 3 remote calls. Next meeting will likely be a Zoom on Monday June 1, 2020 unless the restrictions are lifted. If you have business or would like to be on the call, contact City Hall or email Paula Willoughby, City Clerk.

Public Concerns: In regard to the Marihuana micro business opening at 205 West Grand River. Concerns were voiced regarding odor, parking for customers and youth influence. Bob Ford, Atty for the new owners addressed the inquiries by explaining the design of negative pressure and filters which will keep the outside air clean and filters the odors. The unit is manufactured by Matrix Engineering with 100% positive results. Employee will park in the City lot. There are 3 spaces on the street available as well as the parking lot, east of the structure, which will have a hurricane fence to keep curious trespassers from entering the business area. Also noted...there is no sign indicating the contents of the business. It is identified as a Micro Marihuana business which means they are state compliant to only grow 150 plants and can only sell what they grow. At this time there is no date as to when it will be open for business. Mayor Culpepper concluded that the City Planning Commission has done their due diligence to ensure the business is compliant with State of Michigan regulations. Motion was read to approve a special permit and final decision for the location and approval for the business as presented, with the approved application from the State of Michigan. There were 6 Yeas votes and 1 Nay vote. Motion Carried.

UPDATES: Changes on the Board and committees were approved with a unanimous vote. Additions and changes on the board include new member Gail Geasler, who is currently the new liaison to the City Library. Mary Hetherington, council member, was nominated to represent the City on the Emergency Services Committee. Dena Judd and Jeff Geasler were appointed to the Planning Commission, replacing Randy Martin and James Cherry, who left due to medical issues.

ANNOUNCEMENTS:

· During the State of Michigan restriction to COVID-19, the City Council meeting can be seen live on YouTube. Meeting can be viewed in ZOOM.

· Lions Springtime Festival has been cancelled due to the COVID-19 pandemic.

· Memorial Day Parade & Cemetery presentation (TBA) pursuant to State mandated restrictions.

· Recycling* is currently delayed for the Month of May. New location: Woodbury Rd (next to the Insurance company. Next scheduled date will be announced.

· Election Inspectors needed for the City upcoming elections. Applications are available on Face Book or online. Interested persons need to apply.

· DO NOT call the City to let them know you have brush and leaves to be picked up. DPS has requested patience. Reminding homeowners to bag leaves in a biodegradable leaf bag. Sticks and brush can be left at the curb.

NEW BUSINESS: The 3rd public hearing and final meeting via teleconference is scheduled for May 11, 2020 at 5:00pm to officially approve the 2020- 2021 budget. Next, the City Council voted to accept the COVID Preparedness and Response Plan to adopt enhanced social distancing and

continue on page 3

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Shiawassee County Victory Gardens

submitted by Emily Marrah

To Celebrate Mother's Day United Way of Genesee County serving Shiawassee County in Partnership with Shiawassee Family YMCA, Dan McMaster (Weekly Sportsman from Meridian Weekly and The Greater Lansing Food Bank have worked together to support Shiawassee Families in receiving seeds for Victory Gardens. Families are able to pick up seeds from the Shiawassee Family YMCA – please call Emily with the United Way at 561.818.0234 to schedule your pick up time.



Seeds will be free to those who call 561.818.0234 to confirm their pickup. If you would like to make a donation, please make check out to United Way of Genesee County and in the memo list Shiawassee COVID-19 Fund to designate these funds. No administrative fees will be collected from these designated donations.

Container garden seeds will also be available – please specify if you would like a full garden or container garden when calling to reserve your seeds.

Elsie Baby Pantry

The Elsie Baby Pantry is planning to re-open when the Governor lifts the stay-at-home order. At this time we're hoping for June. Current recommendations for face masks and social distancing will be observed.

The pantry will continue to porch-deliver supplemental diapers to those in need. Please text Kathleen 989-640-1492 or call Lyla 989-862-5846, if you need assistance or have questions.

Please remember that we are unable to accept our regular donation items at this time. However, cash donations are always welcome so that we may restock diapers and baby supplies.

Bottle and Can Drive

submitted by Dawn Parker

The Ovid-Elsie High School swim team will host a returnable bottle and can drive from 10 a.m. to 2 p.m. Saturday, May 16. Swimmers hope to replace their timing equipment and purchase new swim parkas for the 2020-21 season.

Student-athletes will go door-to-door in both Ovid and Elsie, and returnables may also be dropped off at either the Ovid or Elsie fire departments during those same times.

Don't have any cans or bottles but still want to help? Money can be dropped off during the event, or call Jackie Leavitt at 989-277-0052.

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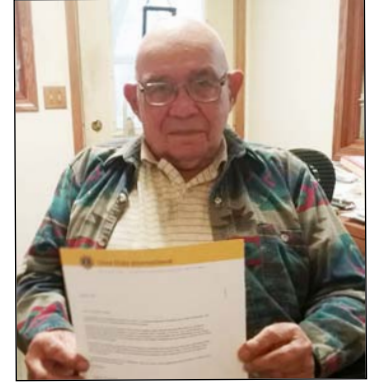

Quine Receives 40 Year Lions Club Service Chevron Pin

submitted by Richard

Easlick

Elsie Lion's John Quine who recently was presented his 40 year Lions Club Service Chevron Pin. Lions Club International recognizes the anniversaries of members like John because they are reminders of the milestones in our lives. The ripple effect of his service has touched the lives of many in our community.

John was recognized over a Zoom meeting recently, by the Elsie Lions Club.



Laingsburg Lions Chicken Dinner Pre-Orders

The Springtime Festival is cancelled for this year but the Lions famous chicken dinner will still be held. Pre-Orders are now being accepted for Saturday, May 23rd and Sunday, May 24th. Special community pricing has been established for this year, \$8.00 per half and \$6.00 per quarter (leg & thigh). The dinners will also include cole slaw, fresh roll and butter.



The dinners will be available for take-out and pick-up only behind Twilliger's Tavern. To pre-order your chicken dinner for pick-up between 11am-noon on either day call Ed Arthur at (517)896-5338. Organizers are asking that all pre-orders be placed by no later than May 18th. Dinners will be served both days from Noon-2pm or until run out for those not placing a pre-order.

Don't forget to get your Lions raffle tickets. They are available from any Lions member or at the following locations: Twilliger's Tavern, Leonard Hardware, Sage Market or the Meridian Weekly. The cost of the tickets are \$10 each or 3 for \$20. First prize is a John Deere Z540R Zero-Turn, prizes 2-5 are cash and a 50 inch tv for 6th. Get yours today. Drawing to be held on May 25th at 6pm. Need not be present to win.

Clinton County Historical Museum

submitted by Judy Hubler

Regretfully, due to present circumstances, the Clinton County Historical Museum in St. Johns will be closed until further notice.

Please call 989.292.9096 with questions.

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LBG cont' from front...

follow the protocol to reopen the public sector. Information will be properly posted on social media in compliance with the social distancing recommendation when additional restrictions are lifted.

The City Council approved the proposal from the Greater Laingsburg Recyclers* for a Grant Application from the State of Michigan through EGLE. The City agreed to conditions in the proposal to be the Fiduciary for the Grant and committed to \$5,000 towards the 20% match.

POLICE REPORT: After retiring from East Lansing Police Dept., Larry Sparks was welcomed and rehired to provide police services with the Laingsburg Police Department. Council approved to purchase a refurbished Taser X26P for the police department in the amount of \$699.00. Chief Dan DeClerk and all officer contracts were reviewed and approved. Changes included an annual increase in salary and an increase in Life Insurance from \$20,000 to \$50,000 which will also be offered to all other city employee.

City Residents: Sewer bills will not be mailed out until after the quarantine is lifted. There will be no late fees this quarter. DPS is in the process of procuring a leaf blower. Brush pick-up is taking longer than usual.

Library Report: Gail Geasler, City Council liaison attended the April 16, 2020 Zoom meeting and announced the Library has an approved balance budget. The staff has developed a plan and are making signs as to disinfectant and safety procedures that will be followed when the library reopens. Computers will be placed to create social distancing. Books can be dropped off in the slot by the front door. There will be no late fees during the State of State emergency status while the library is closed. Checkout books should be returned as soon as you can. Until the restrictions are lifted, readers can check out e-books for your computer or tablet by downloading the LIBBY app from your play store. If you do not know your library card number contact the library by emailing the Director at mrssandrachavez@gmail.com. Next regular business day response.

Amphitheater Report: Paula Willoughby reported on the grants and financing, estimates for construction are over budget. Currently more money is not available from the State of Michigan. Another grant may be available after the pandemic. Since the plans have been finalized and approved, the council decided unanimously to go ahead with the project. The City has a fund that could pay for the deficit of \$100,000. However, they will accept private donations and fundraiser monies. They may need to cut some costs on the project. The construction is scheduled to begin July 1, 2020. Ground breaking ceremony will be announced.

The next regular City Council meeting is scheduled for Monday, June 1, 2020.

Here to Support Veteran Families

submitted by Cmdr. Gene Nethaway

Our American Legion Post has been doing a couple of funerals recently and I've talked with 3 different families that have had their funerals just recently and asked each of them if they were counseled with about what is available for the families during this time and what is also available for them through the VA. None of the families knew that they could receive money paid back to the family, plus more available to them because the person that died had served honorably. I realized that many people that have a loved one that has died do not seek support that they could have given to them because nobody told them what is available to them. Therefore as the Service Officer for American Legion Post 502 in Elsie and the 8th District Service Officer for 6 counties, I wish to offer my services to anyone that reads this that if you would like to have my support or you could talk with any service officer from any Veterans Service Organization (VSO), just contact one of their service officers and ask for assistance from them or call me at my number and I will help you.

Summary of VA Dependents' and Survivors' Benefits
Summary of VA Pension Benefits
Summary of VA Education Benefits
Summary of VA Vocational Rehabilitation and Employment Benefits
Summary of VA Benefits for Disabled Veterans
Plus more.

I will also assist you with the following:
Referrals to a paid professional Service Officers from around the state.

Order up discharge papers for the veteran or his family.
Help obtain medical records.
Order up medals for the veteran even if they never received any or for his or her family even after the veteran's death.

If the veteran never had a military funeral, never was given their burial United States Flag, I can make this happen for the family.

Questions about the Post, Questions for the Service Officer and or community assistance or Veteran Assistance (Buddy Check) Call; the Post Service Officer Gene Nethaway at (989) 834-2438.

Also call for Community assistance or Veteran Assistance (Buddy Check) Call; Richard Black at (989)277-8740



We're Still Open

submitted by Roger Dershem

The St Johns Recycling Center has limited hours due to the COVID-19 Pandemic. The hours at the center are Monday-Friday from 7am-Noon and are close on the weekend. The center is in need of a baler which would normally cost \$30,000, the center has been offered one for \$14,000 from a Michigan Company. Your continued support for the recycling center is very much appreciated. Tax deductible donations to aid in helping obtain the needed baler equipment can be sent to St Johns Lions Recycling Center, PO Box 511, St Johns, MI 48879. For more information please call Roger Dershem at 989-640-1313.



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If you were scheduled for an appointment from 3/24 thru 4/13 please drop off your tax information. We hope to resume after the shut-down is lifted.

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NOTICE VILLAGE OF ELSIE RESIDENTS

Due to the stay at home order.... The Village of Elsie will be hosting a virtual council meeting.

**May 12th 2020 at 7:00 p.m.
REGULAR VIRTUAL COUNCIL MEETING
ACCESS INFORMATION:**

To access the meeting:

- 1) Dial phone number below. 1-305-848-8888
- 2) Push 1 to enter a conference call
- 3) Enter conference number 1258624273 then push #

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CARES Act Funding for Mid and Northern Michigan

submitted by David Russell

The Federal Emergency Management Agency (FEMA) has announced \$200 million for communities across the country to help “local service organizations that provide critical resources to people with economic emergencies, which include our hungry and homeless populations.” The funding is part of the CARES Act that passed Congress on March 27.

“This funding will help take care of vulnerable people in mid and northern Michigan,” said Congressman John Moolenaar, who voted for the CARES Act in March. “The crisis has increased food and shelter concerns for many people in our state and this will help address those issues with funding for local organizations who know our communities well.”

Funding for the 15 counties in the Fourth Congressional District is below.

Clare County \$20,796; Clinton County \$34,799; Gladwin County \$16,655; Gratiot County \$22,554; Isabella County \$39,447; Mecosta County \$24,729; Midland County \$43,946 ; Missaukee County \$9,594; Montcalm County \$32,565; Ogemaw County \$15,523; Osceola County \$12,930; Roscommon County \$16,506; Saginaw County \$119,234; Shiawassee County \$40,519; Wexford County \$19,485.

For more information, please see the press release from FEMA.

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989-763-9675 (cell)
Office: 989-224-7709

Middlebury United Methodist Church
8100 W. Hibbard Rd., Ovid
989-834-2573



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Rev. Melanie Young

Bannister United Methodist Church
103 Harvey Street
Pastor: Zella Daniel
Sunday Worship 11:00am

Duplain Church of Christ
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(3 mi. W. of O-E H.S.)
Sunday School 10:00 a.m.
Worship Service 8:30 & 11:00 a.m.
Jr. & Sr. High Youth Group
Senior Minister: Chuck Emmert
Associate Minister: Andrew Goodrich
www.duplainchurch.org

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Sun. P.M. Worship 6pm
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Pastor: John Jakus
Sunday School: 9:30am
Worship Service 10:30am
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160 W. Main St., Elsie e(989) 862-5239

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Pastor: Ava Williams

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Pastor Brian West
laingsburgumc@gmail.com

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Obituaries

Joyce J. Tobias

Joyce J. Tobias, age 81, of Au Gres, Michigan passed away Tuesday, April 28, 2020 at Lakeview Manor Nursing Home in Tawas City, Michigan.

Joyce was born April 24, 1939 in Au Gres, Michigan to the late Edger and Pearl (Jackson) Shepherd. She graduated Ashley High School and married Delbert Orlando Tobias on June 15, 1957 and together they raised three children, Angela, Pamela, and Richard. Joyce enjoyed sewing and quilting, collecting owls, traveling and spending winters in Texas, and especially time spent with her children and grandchildren.

Joyce is survived by her husband, Delbert; children, Angela (Russ) Patterson, Pamela Tobias; daughter-in-law, Kris Tobias; numerous grandchildren and great grandchildren. In addition to her parents, Joyce was preceded in death by a son, Richard Tobias; three brothers and two sisters.

According to family wishes, Joyce has been cremated.

A celebration of life will be held at a later date and will be announced. She will be laid to rest in Elsie, Michigan.

Online condolences may be made to the family at www.bureshfuneralhomes.com

Thelma M. Smith

Thelma M. Smith, age 98 of Laingsburg, passed away Tuesday, May 5, 2020 at The Willows at East Lansing.

Thelma was born July 5, 1921 to Otis and Neva (Fall) Forrester in Owosso, Michigan. She was a lifelong resident of Laingsburg and a faithful member of the Laingsburg United Methodist Church. She married Robert P. Smith in Angola, Indiana on May 24, 1937 celebrating more than 50 years together until his passing in 1988. She was a skilled gardener, quilter, and seamstress which lead her to becoming a member of the Sewing Guild of Lansing and the Sciota Extension Group. She always enjoyed cooking and baking for family and friends.

Thelma is survived by her children; Eugene Smith and David (Carol Sue) Smith, her daughter-in-law; Rosalyn Smith, her grandchildren; Donna Smith, Greg Smith, Valerie Smith, David Smith, Kristen Smith, Travis Granham, Tyson Smith, Sonja Orweller, Carmalita Sawyer, Daniel Smith, Wanita Mitchell, 35 great-grandchildren, many nieces, nephews, cousins and friends. She was preceded in death by her husband; Robert, her children; Jim Smith and Don Smith, her parents, her daughter-in-law; DeAnn Smith, her siblings; Harold, John, Lloyd Forrester and Mildred Fotchman.

A Graveside Service was held at 1:00 PM on Thursday, May 7, 2020 at Laingsburg Cemetery in Laingsburg, Michigan.

Memorials are suggested to Laingsburg United Methodist Church, 210 Crum Street, Laingsburg, MI 48848. Online condolences may be shared with the family at www.watkinsfuneralhomes.com. Arrangements are under the direction of Watkins Brothers Funeral Homes, Laingsburg Chapel.

George Edward Drake

George Edward Drake, age 89, of Ovid, MI, passed away on Thursday, May 7, 2020, at Sparrow Health Systems, Lansing, MI.

George was born in Windsor Township, MI on January 29, 1931, the son of Merlin and Gertrude (Love) Drake. George married Barbara Crandall on September 5, 1954, at St. Paul's in Wellesley, Massachusetts.

George served in the U.S. Air Force as an Airman Second Class in the Korean War. He was a relief man in the paint department at Fisher Body in Lansing for 30 years. George loved working with his hands on project such as wood working and building his house from the ground up. Fishing and hunting were his hobbies for many years, as well as working with alternative energy sources. George was a member of the American Legion in Elsie and Harrison, MI.

He is survived by his wife Barbara (Crandall) Drake; his children: George Drake II, Donald (Carolyn Guston) Drake, Delilah Langenfeld, Patrick (Kathy Temple) Drake; grandchildren: Sarah (Drake) and Patrick McKaig, Daniel and Teri Drake, and David and Victoria Drake. He is also survived by many great-grandchildren. George was predeceased by his parents Merlin and Gertrude, and his three brothers: Robert, Harold, and Calvin.

Cremation has taken place and a Memorial Service will be held at a later date.

Online condolences can be made at www.smithfamilyfuneralhomes.com. The family is being served by Smith Family Funeral Homes - Houghton Chapel, Ovid, MI.

Editorial continued on page 8

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." - Galatians 5:1

There is a unique freedom that can only be found in Christ. It's a freedom that is an intrinsic part of the gospel.

For once we understand that we cannot earn our salvation through our good works, then we become free to live in God's grace and by God's grace.

We receive salvation by faith. Then we walk with God by faith. Not trying to earn salvation or earn God's love or approval.

What are we then left with? Freedom.

Freedom from the fear or worry of being good enough for God to approve us.

Freedom from the unknown- not knowing what will happen after death. Is there even an afterlife or do I just cease to exist?

Freedom from the fear of death- not knowing if we will go to Heaven or not when we die. Faith in Christ's death and bodily resurrection from the dead gives us victory over all of these things.

With all that's going on, perhaps we should be reminded today that Jesus' death on the cross and bodily resurrection from the dead guarantees all believers eternal life. All believers are guaranteed by God to go to Heaven when we die to be with Him and all other believers forever.

This means that there is no longer any reason to fear death.

In Christ there is victory and freedom!

Hebrews 2:14-15 says of Jesus, *"Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death- that is, the devil- 15 and free those who all their lives were held in slavery by their fear of death."*

Paul writes, *"Where, O death, is your victory?*

Where, O death, is your sting?"

56 *The sting of death is sin, and the power of sin is the law.*

57 *But thanks be to God! He gives us the victory through our Lord Jesus Christ.*

58 *Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."* - 1 Corinthians 15:55-58



Religious Thoughts

by Chris Hearn
tohearns@yahoo.com
www.letsmeetgod.com

Provide Vital Information

Letter to the Editor:


The governor has repeatedly said that science and data should drive decisions as we seek to address the covid pandemic and start on a safe and deliberate path to opening up our state. I agree with this sentiment wholeheartedly, which is why I've requested for over a month the underlying data which informs our state's response.

This information is vital to maintaining public trust in decision-making. What are the benchmarks from which we will change present emergency orders and re-engage vital services and the economy? Is it a sustained drop in the hospitalization rate over a specific period of time? What timeframe, if so? Is it Covid positives as a percentage of total tests? To what testing capacity are we striving and by when is it hoped to be achieved? Is it based upon hospital ventilator inventories over a particular period of time? PPE inventories? Contact tracing capacity? What is the benchmark and prioritization of each? These should not be difficult questions to answer, yet no specific insights as to trends and benchmarks desired has been provided despite repeated requests.

The governor is making her job harder by not addressing this and my job harder as I strive to effectively communicate its basis to the public. The absence of concrete data points and ranking of factors which trigger further actions make it impossible for people to plan and fuels the uncertainty which is causing stress for so many.

In an environment where data and science are repeatedly mentioned in broad terms, the public should have specific insights into the decision-making which is having such a profound impact on their lives. I continue to urge Governor Whitmer to provide the vital information which would allow Michiganders to be informed participants in our state's recovery. If the goals are stated in specific terms to the public, I know our people will rise to the occasion even more to ensure those benchmarks are met and sustained.

Ben Frederick
State Representative



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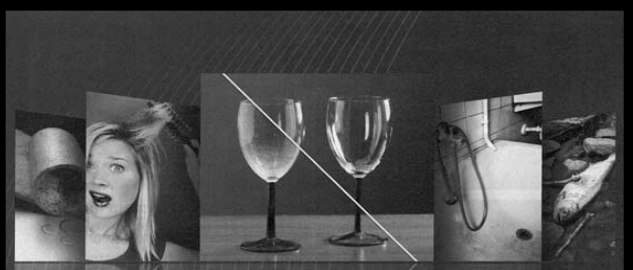
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Senior Spotlight

Did You Know?

Many people plan to retire by a certain age, but few may actually still be working at their targeted retirement age. In the United States, the age at which working Americans expect to retire has risen to 66. But a Gallup poll showed that most don't stay on the job that long, instead retiring when they're about 60 or 61. In addition, according to a 2018 Employee Benefit Research Institute survey, 48 percent of workers wanted to retire after age 65, but only 19 percent of retirees stayed on the job that long. The reasons vary, but one positive outcome is having enough money to live comfortably during retirement. Still, early retirement largely involves unexpected scenarios. These may include poor health, having to care for an aging parent, downsizing, new skills required for the job, or other work-related reasons.



Why Routine Checkups are Vital to Overall Health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a full-fledged issue.

The Mayo Clinic says there are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recommend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful.


General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.


The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors, nurses and therapists will design a regimen based on a patient's current health needs.

The following are some compelling reasons to be diligent with provider visits.

- Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.
- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.
- Vaccines can be administered, as even adults need certain immunizations to stay healthy.
- Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.





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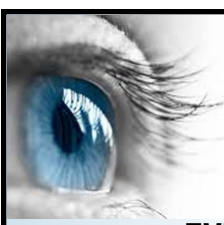
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Senior Spotlight



Amazing Benefits to Seniors Having Pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

- Reduce pain: A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”

- Feeling of purpose: Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.

- Altered focus: Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

- Increased physical activity: Pets require care, and that interaction can get seniors moving more than if they didn’t have a pet.

- Improved health: Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don’t own a dog.

- Stick to routine: Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners’ lives, and they may be the perfect remedy for seniors looking for a friend and purpose.



Exercise and Aging: How to Work Out Safely After 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That’s a wise decision that can increase a person’s chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- Speak with your physician. The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don’t fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don’t push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

- Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren’t thirsty does not mean you don’t need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.



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Editorial cont' from page 5

A Life Well Spent

submitted by Jack Clarkson

Amazing Alan Smith, age 77, musician and humanitarian died May 4, 2020 after a brief cardiac illness.

He grew up in Ovid where his dad was the town doctor, attended Albion College and was a sonar specialist in the Navy on a nuclear submarine. He was the person who decided if a sonar signal was a Russian submarine or a whale. He was a master musician on the guitar, harmonica, bass and banjo.



Alan played in the Clinton County Jail Christmas for 30 years, arriving at 7am and doing 4 performances. Forgotten Man Jail Ministries fund raiser annual dinner was also a yearly participation for him. During the same period he played monthly at Ovid Memorial Nursing Home as well as assisted living and nursing homes all over Mid-Michigan. He was a steward in Henry and Ida Bontrager's Gospel Barn in Shepardsville, supporting a Central American Orphanage. A small sampling of charitable endeavors he supported would include a Lansing Homeless Shelter, Vietnam Vets, halfway house in Carson City, pet rescue and numerous musician relief fund raisers helping with medical bills, food and housing and funerals for destitute musicians.

While stationed in a submarine base in Ruda, Spain he fell in love with Spanish music, leading to his membership in Flamenco Empano. He was a band leader for the popular Scrambles Egg Band who shared his charitable zeal, as well as the Pretty Shaky String Band and Clarkson Gospel Band. Soulmate Betty Minsky joined him in his musical travels.

In 1990 he was asked to join the Ovid Trinity Fellowship Worship Band. His attendance for the next 30 years was close to 100% and he became a monthly preacher and elder in the church. Assistant Pastor Marcia Whittemore of Laingsburg shared, "Alan would arrive at the Sunday 10am music practice, announcing how he returned home at 2am from a Traverse City Bluegrass festival, preach, eat with the church at Main Street Pizza and then drive off to play at the Bluegrass jams at Wildomar Park in Lansing. Church and band member, Tess Clarkson, said "Who was more uplifting to hang with? Who did more in his musical gifts for so many in need? Incredible person."

His faithful and beloved daughter, Jolyn Mcallister will be organizing a large musical memorial celebration at the Clarkson's Laingsburg Farm when current events allow. One of Alan's favorite songs was the Stanley Brothers "Angel Band", the words are comforting "Oh come Angel Band, come and around me stand. Bear me away on your snow white wings to my immortal home." And as the Stanley Brothers sang "they'll be shouting on the hills of glory."

Bids for Wilson Center

Letter to the Editor:

Thanks for opportunity to make public comments at your Monday, April 27, 2020 School Board Meeting. As a long-time resident and taxpayer, I'm providing my written personal comments. Note that these are my own personal comments and don't necessarily represent the St. Johns City Commission which has not taken a public position recommending to the St. Johns Public Schools to accept any of the Bids for Wilson Center.

I'm encouraging the St. Johns School Board to please promptly accept the Bid from Dymaxion Development for purchase and redevelopment of the Wilson Center. It's "head and shoulders" over the other two bids!

My children attended RBW for some of their St. Johns "Middle School" years. The Wilson Center has an amazing history in St. Johns public education! In the "heart" of Downtown St. Johns, it deserves to be saved and redeveloped for both future private residential and community use.

Here's the seven benefits that I see for St. Johns Public School Board to please approve the Dymaxion Development

bid and soon sell the Wilson Center:

Provides SJPS with the most net money (+\$50,000) for sale of the Wilson Center;

The School Board avoids paying future annual operating (-\$100,0000) losses;

The sale to this private developer allows the Wilson Center to be placed onto the property assessment tax rolls, which will generate future property tax payments to the City of St. Johns, SJPS, Clinton County Government and State of Michigan;

The redevelopment of Wilson Center into 72 units of mixed, high quality residential helps meet the increasing demand for more housing in St. Johns;

The redevelopment of Wilson Center for high quality housing will generate local construction jobs and help boost our local economy;

Allows community (probably City) use of Gymnasium for public recreation, and health/wellness programs at \$1 per year lease, plus lessee pays annual operating costs;

Allows community (probably Non-Profit) use of Auditorium for public arts, music and cultural programs at \$1 per year lease, plus lessee pays annual operating costs.

Dymaxion Development is planning on OPRA (Obsolete Property Rehabilitation Act) property tax incentives. They must submit appropriate OPRA applications to St. Johns City Treasurer for review, public hearing and approval by St. Johns City Commission. Their OPRA application then must be submitted to Michigan State Treasury Department and others for review and approval.

Finally, the City of St. Johns Planning and Zoning Department will also be involved with the Dymaxion Development plans as the Wilson Center must undergo site plan review and it needs to be re-zoned. I recommend that the private developers promptly contact and establish a working relationship with St. Johns Deputy City Manager/Planning and Zoning Director, for review, public hearing and approval by St. Johns City Commission.

Feel free to contact me if you have any questions or comments. Thank you.

Sincerely, Bob Craig, St. Johns



A Little Common Sense

by Crystal Mitchell

I've been listening to the meteorologists on the news and am hoping that they are still running at their standard rate. So hopefully the two mild frosts and the hard frost that we are to be receiving in the next week are again..... judgment errors. I finally received the daylilies and other plants that I ordered back in March. I will be getting them into the ground today and hope that they, as well as my rhubarb and asparagus remain untouched by the forecasted frost. Of course I will pick them later today if needed.

Grandson Zach and I worked like maniacs this past week. Zach will be nine in August and is looking for a new project. He managed to save his allowance and extra cash from helping Grams to buy his mesh bottomed wagon and now he is looking at other interesting tools. Anyway, I had a spot by the garden that was invested with northern thistles and we spent two afternoons digging up the weeds. Granted the tops of the thistles were small and spikey but the roots were very expansive. Zach was fascinated with the roots and their intricacies. He had a hard time fathoming five or six plants from one root. Together, we dug up three five gallon buckets full of weed roots. As I stripped the dirt off the roots I was glad that the spikes on the thistles don't also appear on the roots.

This week I have felt as if I was a part-time freight carrier. I have visited Harbor Freight, Home Depot and Al-Par Peat this week. I had the bed of the truck filled with lumber and tools and eight hundred pounds of peat and top soil. I delivered part of the lumber to my home and the rest at my daughter's. Both of my children will be getting egg layers and needed the runs and pens refinished to keep the chicks safe from coons and opossums. The soil is for my Granddaughter Ryan who is putting in raised gardens at her home and since she works twelve hour shifts at the hospital I need to deliver the soil at three on Friday afternoon.

My grass needs to be mowed again and maybe I will get it done this afternoon or this evening. I do wish that the wind would die down a bit because it makes fifty-nine degrees feel like it is thirty-nine degrees!!! If my memory is correct we should be running around in our shirt sleeves and not wearing fleece jackets. Of course I'm considered a bit more delicate than in the past because I have now reached that life plateau where I'm measured as elderly. No doubt I would feel warmer if I would quit running around the yard and gardens barefoot. Time for me to get some work done outside.....it keeps me grounded and keeps me moving.

May your days be filled with delightful discoveries.....share your time and stories with your family and be happy and let your commonsense shine. God bless you.

Crystal Mitchell©2020



Have a Question for Andy?

Submit them to:

ask_andy@aol.com

You can also mail or drop questions off to:
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Happy Mothers Day Mom

Andy,

I can remember being so angry with my mom for burning dinner, missing events, being late to pick me up from school...All because she was putting together a jig saw puzzle. I vowed to never piece together a stupid puzzle. It was a colossal waste of time. My mom was obsessed. When I had my IQ test in College, the tester handed me an 8-piece puzzle that was an upside-down elephant and I froze. I could feel my IQ dropping fast. Then the tester turned it to me right side up and I completed it in seconds. Still....Today, during this pandemic "Stay Safe, Stay Home." Someone gave me a stack of puzzles to pass the time and now I am on puzzle number 8. I never thought I could do it. I have tried previously, and they all looked alike.

This pandemic is an event in history and the chapter will go down as something unbelievable as the dominoes fall. But, for me history in the making....I have turned into my mother. Guess it happens to most of us eventually. I just wanted to share with you the accelerating feeling I get when I match up the shapes and colors. I feel a rush of accomplishment in the pit of my stomach.

Mom, Now I understand why you were so in to the puzzles. You had a tough life with illness and lots of children and stress. Puzzle piecing must have been a joyful feeling for you. I forgive you for burning dinner and being late. "Thank you, Mom" Your daughter

Dear Daughter,

Thank you for sharing your experience. For many daughters and sons, they will not get to see their mothers this year due to the Coronavirus and staying at home. But remember you can send mom cards, flowers, candy and 3 words -- Thank you Mom, which reminded me of a poem I saved last year entitled: "Thank you, Mom" by Rebecca Barlow Jordan.

Thank you, Mom for the tender care you gave to me each day; the times you rocked me in your arms and sent the bad dreams away. Thank you for the times you picked me up from spills and falls, for smiling with approval of my silly, childish scrawls. Thank you for the times we spent vacationing through the years, for always letting me collect my precious souvenirs. Thank you for the band aids, and the perms and tears, for laughter and sweet music, and for respecting my childish fears. Thank you for the stories and the prayers shared at night, and even for the discipline to turn my wrongs to right. Thank you for not giving up on me in adolescence, for showing me throughout my life, it is love that makes a difference. Thank you for the memories of years that fled by, to fast, it seems, for I reminisce and heave a sigh. And yet there is more to thank you for; there really is no end. For even now as I extend this special thanks to you, I say without a single doubt, my greatest joy will be, to echo to my children all the love you have shown to me.

Even if your mom has passed, it not too late to say, "Thank you, Mom."

"Love...always trusts, always hopes, always perseveres, Love never fails." I Corinthians 13:7-8

Sports

Ovid-Elsie's Loynes, Moore Among 'BCAM's Best' in Division 2

MIDLAND

Five area players earned honorable mentions in the "BCAM's Best" all-state selections recently by the Basketball Coaches Association of Michigan (BCAM).

Three players were in Division 2, led by Ovid-Elsie duo Shayne Loynes and Justin Moore. Corunna's Cole Mieske was also honored.

Loynes, a senior point guard, averaged 17.7 points and 5.5 assists and also made 54 3-pointers, shooting 39% from beyond the arc. Loynes added 2.5 steals and 3.1 rebounds per game. Loynes helped lend a hand in 56 varsity wins, a school record.

Moore, a senior 6-foot-3 center, scored 16.6 points and grabbed 10.9 rebounds. A strong inside presence, Moore shot 59 percent from the floor (139 of 236), adding 2.0 steals and 2.2 assists per game.

In Division 3, New Lothrop's Avery Moore and Josh Green made honorable mention.

On the girls team, Byron's Sarah Marvin and Perry's Alyssa Welsh were local players named to the "BCAM's Best" all-state girls basketball team in Division 3 for 2019-20.

Byron's Makayla Clement and New Lothrop's Brooke Wenzlick were honorable mentions in Division 3.

Also locally, Corunna's Ellie Toney and Chesaning's Karissa Ferry were honorable mentions in Division 2. Morrice seniors Gracie Nowak and Jenna Smith had the same distinction in Division 4.



Shayne Loynes



Justin Moore

Care Packages Support Michigan Veterans During Pandemic

submitted by Andy Henion

LANSING - The Michigan Veterans Affairs Agency and partners will distribute care packages to Lansing area veterans and National Guard and Reserve members to as a symbol of appreciation and support during the COVID-19 pandemic.

The care packages, which include gift cards, snacks and hand-written notes of support from students across the country, will be distributed May 9 at a drive-through, contact-free event in Lansing. Supplies are limited and registration is required at Eventbrite.

The distribution event was inspired by the Governors' Challenge to Prevent Suicide Among Service Members, Veterans and their Families (SMVF), chaired by Zaneta Adams, Director of the MVAA, the coordinating agency for Michigan's 600,000 veterans and their families.

A team of Veteran Navigators from the Michigan Department of Health and Human Services will be available to check in with veterans and provide additional assistance for themselves or their families. Veteran Navigators assist all veterans of all eras regardless of discharge type and often provide resources for issues such as mental health, homelessness and substance abuse.

The care packages event is one of several new MVAA initiatives designed to support Michigan's veterans and their families during the COVID-19 pandemic and beyond. Others include Check on MIVet, which aims to connect veterans to benefits and services they have earned, and a series of Virtual Coffee Hour Q&As that provide the latest veteran-specific information on topics including health care, employment and education.

Veterans and family members with questions about MVAA programs or benefits and services they may have earned can call a 24/7/365 hotline at 1-800-MICH-VET.

If you are a veteran having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention 24/7/365. Call 1-800-273-8255 and press 1, text to 838255 or chat online at VeteransCrisisLine.net.

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Editorial

"Forever Camping"

The other day the Weekly Sportsman happened across an article in the magazine OUT-SIDE titled Forever Camping which was written about the homeless taking over federal land out west where the rules are very vague on camping. The homeless population know they can't sit in one spot forever so they move around through a loop-hole in rules and pretend they are temporary guests but in reality are "Forever Camping" on public lands. The Weekly Sportsman quickly thought back to others in American history and realized that the term may be new but the practice certainly isn't. First a little closer look at the current crisis occurring on public lands.

Of course, this current increasing trend of homelessness invading federal lands is problematic on several levels such as; a decrease in public safety, concerns about public health, and a resource strain on the current infrastructure within our local, state, and national park systems. This is not to say that all homeless are mentally ill, dangerous criminals feeling from the law, drug and alcohol addicts, and pedophiles, however, this level of "activity" has been on the rise with the recent influx of homeless and the demands on public safety have quickly exceeded means of current park rangers. Imagine the public health concerns if human waste is not handled in a sanitary matter and refuse is strewn all over the countryside. Most infrastructure in our parks such as roads and facilities were built to handle visitors and not permanent residents. A few bad actors taking up residence can quickly wreak havoc on our park systems and result in a very unpleasant experience by legitimate and intended users such as visitors engaging in recreational camping, backpacking, mountain biking, hunting, fishing, etc.

American have long had an admiration and romanticism for those taking off into the wilderness to survive as frontiersmen, mountain men, and trappers as history and folklore is full of characters such as Daniel Boone, Davy Crockett, Jedidiah Smith, Jeremiah Johnson, Kit Carson, and Jim Bridger. Should these individuals be called early historic practitioners of forever camping? Probably not. While all of these legendary characters were real their individual feats and accomplishments may have grown just a bit over time and any of their wrongdoings have often been overlooked by historians. These individuals are often viewed as contributors to the building of our nation and westward expansion whether as veterans, explorers, or early merchants.

At the beginning of the 20th century and until the early 21st century a new breed of mountain men emerged and took refuge in remote areas from the Yulon to the Rockies and to Maine. Unlike their predecessors, these mountain men have only enjoyed public support and admiration from a small group of cult-like followers. With names like Albert "Mad Trapper of Rat River" Johnson, William "Wild Bill" and "Rudge Runner" Moreland, Christopher "North Pond Hermit" Thomas, and Troy "Utah Mountain Man" Knapp these individuals all shared common threads of mental illness, criminal history, along with surviving by living off the land with supplemental burglaries and scavenging. Their hidden camps often resembled hoarder enclaves more so than Boy Scout campsites. While some were recluse and avoided human contact others were known to be dangerous and often fired weapons at people. Truly the first or beginning of those engaging in forever camping. Now instead of a few remote and isolated bad actors, who often come to light when handcuffed and being hauled off a mountain, our public lands are being occupied en masse with similarly behaving individuals.

It should go without saying but if you encounter an individual or group "forever camping" it is best not to approach and contact park authorities or other law enforcement. Remember, these violators can be very, very dangerous and are robbing and destroying our natural resources no different than a wildlife poacher or a corporation polluting our fresh air, water, and soil.

-WS

MDARD Advises on the Sale and Use of Disinfectants

submitted by Jennifer Holton

LANSING - The Michigan Department of Agriculture and Rural Development (MDARD) is reminding businesses and consumers how to buy and use disinfectants safely, effectively and legally. Disinfecting is an important step in preventing and reducing the spread of viruses, bacteria, and other microbes, including SARS-CoV-2, the novel coronavirus that causes COVID-19.

Disinfectants are considered pesticides by law and are regulated by MDARD and the Environmental Protection Agency (EPA). The EPA has compiled a list of products that can be used against COVID-19. The list is periodically updated with new information.

All disinfectants must be registered by MDARD and the EPA. When a virus is listed on a disinfectant label, it means the product has been tested and proven effective on that virus or similar viruses. It also means the product label contains instructions for safe, effective use.

A disinfectant label carries the force of law. Before using a disinfectant, confirm the surface being treated is listed on the product label. For example, if treating a bathroom fixture, non-porous surfaces should be listed on the label. Also, ensure the disinfectant remains visibly wet on the treated surface for the required amount of time as listed on the label. The product may have to be reapplied if it dries before the time is up.

MDARD reminds the public to: Never apply disinfectants to skin and do not ingest them. Follow "Directions for Use" on the product label. Never mix different disinfectants. Keep all people and pets away during application until the product is dry and no odor is present. Wash your hands after using any disinfectant, including surface wipes. Keep lids tightly closed when not in use. Follow the label's "Precautionary Statements" and directions for what personal protective equipment you should wear. Do not stockpile disinfectants. This can result in shortages of critical products needed for emergencies.

For additional guidance, visit the EPA website or Michigan.gov/coronavirus.



The Weekly Sportsman

by Dan McMaster

theweeklysportsman@meridianweekly.com

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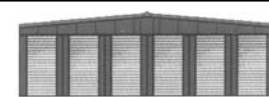
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To my constituents,

I know this is a difficult time right now and I am working hard to help during this crisis. I recently voted for legislation that provides more funding for our health care professionals to have the supplies they need to fight COVID-19 and save lives.

I also know many Michigan residents have lost their jobs and have unpaid bills at home. That's why I voted for expanded unemployment benefits and supported direct payments to individuals, married couples, and families. Working families of four can expect to receive a direct payment of \$3,400. Social Security recipients will also receive a payment and they do not have to file a tax return to receive it.

As this situation changes in the weeks ahead, I will be providing updates through my website, my Facebook page, messages to the local media, and my emails to constituents.

We are all in this together and we must remain united, even while we stay apart to limit the spread of the virus.

Sincerely,

A handwritten signature in blue ink that reads "John Moolenaar".

JOHN MOOLENAAR
Member of Congress