

#### Volunteer Academy

Eastern U.P. Extension staff will offer a 4-H Volunteer Academy October 8 - 9 at Bay Mills. This is a free training for current or recent 4-H volunteers from the Eastern Upper Peninsula.

This is a chance to learn new skills to enhance work across all 4-H project areas. Participants will have fun while learning to identify and effectively use age-appropriate materials to

**Nancy Victorson County Extension Educator** 

teach the life skills that young people need today.

More information will be available soon, but mark your calendar and plan to attend. MSU staff from campus will teach much of the training, but our local staff is planning many fun additions to the overnight training.

Kettunen Center 4-H **Volunteer Trainings** Fall is the time when leader



near Cadillac. The Luce County bassador. 4-H Leaders' Council offers scholarships for our leaders to that will be held in October.

### 4-H Clothing & Textiles Teen & Adult Volunteer Leader Workshop

This training, set for October 15 - 16 at Kettunen Center, offers a chance to explore new project ideas and skills to use in of these workshops, contact the 4-H clothing and textiles clubs. Luce County MSU Extension Sessions tentatively scheduled include beginning and advanced sewing skills, entrepreneurship, several quilting classes, projects for five- to eight-year-old youth, fashion il- Senior Appreciation lustration, altering ready-to- Dinner wear, a special teen design class and more.

This is open to new and experienced adult and teen volunteers ages 13 and up.

4-H Healthy Living = Healthy U Teen & Adult Volunteer Leader Workshop

This workshop will be held October 14 - 16 at Kettunen Center. Designed for youth, adults and volunteers that work with youth, it teaches participants how to incorporate "healthy living," one of the 4-H mission mandates, into your club, community and life.

The session will offer some exciting ways to get started and introduce you to opportunities and curriculum that is available to sustain healthy living. Participants also will get a head start

### **NOVENA PRAYER** May the most sacred heart of Jesus be praised, honored, adored, glorified throughout the

world, now and forever. Most sacred heart of Jesus, I put my trust in You. Holy Mary, Mother of Jesus, pray for me. Saint Theresa, St. Jude of Hopeless Cases, pray for me and grant me the favor I ask.

Repeat 9 times a day for 9 days and publish, your request will be granted. BAMD

training sessions start again at on the new Moving Michigan Kettunen Center, our state challenge. Youth can learn how leader training facility in Tustin, to become a healthy living am-

Health is one of the 4 "H's" in 4-H, so come learn what it is all attend. Below are two trainings about and how to stay active in your club, community and the world.

> MSU scholarships are available for adult volunteers and youth to attend this workshop, which is open to adult and teen volunteer leaders ages 14 and up. For more information on any

office at 293-3203 or visit us in Newberry in the Luce County Government Building.

# LCCR&R to Host Free

Senior citizens are invited to an appreciation dinner Tuesday, September 20 from 4:30 - 6:00 p.m. at the LCCR&R/Teen Center, located on West Helen Street.

The menu will include ham, scalloped potatoes, green beans, rolls, chicken, mashed potatoes, gravy, stuffing and corn. Dessert and drinks are included. Advance registration is sug-

gested. Call 293-3729.

## **TARSP Schedules** September Meeting

Tahquamenon Area Retired School Personnel will meet Tuesday, September 13 at 12:00 noon at the Knollwood Inn. Bob Wiles will present a program on MARSP and legislative updates.

Reservations must be made by September 9. Call Bob at 293-8448, Carol at 293-3733 or Janice at 293-6042.





Bring a group and enjoy the beauty of a Lake Superior sunset!

Tickets available at:

**Do Hypoallergenic Dogs or Cats Exist?** 

cats are often discussed in the there is "no guarantee that a litmedia," Dr. Peter Ranta, a local allergist, explains.

Dogs and cats both cause allergies by way of proteins in carries these proteins and helps cause the allergy symptoms. "Therefore, a truly hypoallergenic dog or cat does not exist" he states.

"Hypoallergenic dogs and have a lot of variability since ter will produce equal Poodle coats," according to the American Kennel Club.

Small dog size may be benetheir saliva and urine. Dander ficial due to smaller body surface area and reduced production of dander. Female dogs may produce less allergens. Dogs that bark a lot may produce more saliva proteins.



However, there are certain "hypoallergenic" dog breeds that produce less dander and shed less. These include: Bedlington Terrier, Bichon Frise, Chinese Crested, Irish Springer Spaniel, Kerry Blue Terrier, Maltese, Poodles, Portuguese Water Dog, Schnauzers, Soft Coated Wheaten Terrier and Xoloitzcuintli dogs.

Some breeders have created "Labradoodles" and "Goldendoodles," which are a cross between a Poodle and a Labrador Retriever or a Golden Retriever. However, these designer dogs

In regards to cats, less allergenic cats are thought to be female, adult and short-haired. 'Hypoallergenic' cats include the Devon Rex cat and the Sphinx cats, according to some sources.

Dr. Ranta outlines some important steps in reducing pet allergen levels, which include: 1) Bathing your pet weekly, which reduces dander levels; 2) Keeping your pet outside (shelter needed in Michigan); 3) Opting for carpet-free flooring, or shampooing the carpet regularly; 4) Choosing a non-furry pet (turtles, frogs, lizards or fish); 5) Installing vent filters in furnaces; 6) Using allergy medications, which can provide temporary relief; and 7) Starting allergy shots, a proven method of treating and eliminating dog and cat allergies.

Dr. Ranta does not recommend purchasing air purifiers, since most of them produce ozone, which is considered an air pollutant inside the home.

"With proper steps and the proper medical treatment, most people can continue to enjoy their pets, even if they have pet allergies" Dr. Ranta notes. For further information contact Dr. Ranta at Great Lakes Allergy & Asthma Center in Newberry or visit www.Great-LakesAllergy.com.

**CLASSIFIED DEADLINE** MONDAY 4:00 PM

# Our vote will be for **Diane Cornell** for Village President

Communication and Cooperation in Village Government Paid for by Citizens to Elect Diane Cornell

# To everyone who contributed to another successful Wine & Cheese Tasting and Auction Fundraiser for the Erickson Center for the Arts ...THANK YOU, THANK YOU, THANK YOU!

\* Eagle Radio 96.7 Newberry \* Air Tran Airways \* Rick & Jo Fender \* Dennis & Shirley Bolen \* Threefold Vine Winery \* Stafford's Perry Hotel \* Jill & Don Markey \* Crystal Mountain Resort \* Hines Park Lincoln \* Connie's Helmer Grocery \* Cummings-McCraney Real Estate \* Susan Bentley \* Lynn & David Kihm \* Oldies 93/WNBY 1450 \* Linda Tucker \* Tara Shutter \* Lisa Hayes \* Keller's Excavating \* M-Bank \* Judge Beth Gibson \* Terri & Jim Whyte \* Everson's Home Furnishings \* Snyder Drugs \* Lynda Soder \* Bob the Bidder \* Wayne & Cindy Hellerstedt \* Great Lakes Shipwreck Museum \* Mackinac Bridge Authority \* Cindy Wait \* Landmark Inn \* Pure Curtis Cabins \* Judy Fair & Bobby McCullough \* Bell's Brewery \* Jim Buckingham \* Detroit Red Wings \* Detroit Pistons \* Judy Rose \* Detroit Lions \* Green Bay Packers \* Nancy & Richard Erickson \* Laurel Mills \* Patty Millard \* Fred & Betty Foltz \* Doug & Ruthette Mills \* Curtis Chamber of Commerce \* UP Trading Company \* Mike Ballard \* Mac's Market/Supervalu Foods \* Bud Chamberlin \* College Laundry \* Camp 33/Tahquamenon Falls Brewery & Pub \* Country Cottage Gifts \* The Advisor \* Don & Nancy Loehr \* Shirley & Jack Kisabeth \* Penny Dounn \* Moose du Nord \* Courtney Barley \* Andrew Barley \* Bear Hug Studios \* Denise Miller \* Rich & Debbie Hessert \* Chamberlin's \* Lucy Kolozinski Kim Grimwood \* Curtis Service/Kozy's Resort \* Courtyard by Marriott, Flint \* Bill Kilchenman \* Purple Rose Theatre \* Nature's Kennel Sled Dogs \* Walt & Barbara Orlowski \* Bill Hussey \* Dr. Kim Hanert \* Jon Fosgitt \* Harold Tester \* Compass Land Consultants \* Tom & Sandy Vitito \* Nancy Strawe \* Superior Hardware \* Marge & Jim Wicks \* Spruce It Up! \* Northland Outfitters \* Newberry Assisted Living \* Jan Huttenstine \* Carolyn Beaudin \* Tom Linsheid & Kaye Rasnake \* South Lake Decoys \* Gail Richards \* Snively Pottery \* Aunt Teaks & Uncle Junks \* Rahilly's IGA \* Foster's Ace Hardware \* Melissa Ronquist \* 7th Heaven Salon and Spa \*Bill MacLachlan \* Fox River Motel \* State Savings Bank \* David M Bigelow \* State Wide Real Estate \* Rebecca Pillion \* Painter's Pest Control Services \* Rachel Gibson \* UP Wide Adventure Guide \* Susy Noldy \* Becky Pritchard \* North Star Brick Oven Bakery \* First National Bank of St. Ignace \* Helen Newberry Joy Hospital \* Manistique Lakes Area Lions Club

The Newberry Chamber Office First National Bank of St. Ignace (Newberry) Call 293-5562 for more information

Thanks to our sponsors **Pictured Rock Cruises** Mackinaw Trail Winery & North Star Bakery This trip is provided at no cost by Pictured Rock Cruise All proceeds go to support The Newberry Area Chamber of Commerce

