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September 10, 2021

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Volume 3 Issue 35

# Dexter Guardian

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## DEXTER DOMINATES SKYLINE IN SEC RED DIVISION OPENER



by Terry Jacoby

Cal Baveau knows how to run a team. He's proven that on the basketball court as the Dreadnaughts' starting point guard. Now he's running point on the gridiron, playing quarterback for the first time on Dexter's talented football team.

So far, so good. Let's rephrase that. So far, so great.

The Dreadnaughts came into this season with plenty of returning players and plenty of optimism. The one question mark was at quarterback with the graduation of Colin Parachek, one of the

continued on page 6

Photos By: Terry Jacoby

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## Dexter Forum Returns to Zoom

By Aimee Bingham Osinski  
anbingham@gmail.com

This was not the news any of us wanted. We live in Michigan, we've all been fooled by false Spring. The weather warms, the sun comes out, birds start to sing and we feel like all is right with the world. We start to imagine summer nights by the

lake, growing a garden and sunshine on our shoulders. But it's false Spring. It's too soon. The snow will hit and the boots and shovel will be out again. I did not attend the last in-person meeting of the Dexter Forum due to concern for the increase in spread. I was not alone. The last in-person meeting was very small. A majority of attendees were not comfortable meeting in person and prefer to take the cautious approach. We want ev-

erything to be safe and normal again, but if we learned anything from this, it's that taking the safe option is wise.

We learned from Catheline McClary about the redistricting process. Do not miss the Sept 18th forum meeting as it will be an official listening session on the redistricting process. It will be an official meeting under the open meetings act and our normal hosts will hand over the reigns to County Clerk Larry Kestenbaum.

We learned about the fiftieth anniversary celebration of the historical society. It was the first ever established historical society in Michigan. On September 10th, at Gordon Hall will be a Golden Anniversary Celebration. To obtain tickets, or learn more, go to the historical society website at <http://www.dexterhistory.org/> or call (734) 395-4016 for tickets.

Next we heard from a breakthrough Covid survivor. He is full-

continued on page 2

DEXTER AREA HISTORICAL SOCIETY'S  
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## Dexter Forum Returns to Zoom

continued from page 1  
ly vaccinated but still  
caught Covid. He lost  
10 lbs in ten days and  
was the sickest he's ever  
been. The good news is  
that he's on the mend  
and did not have to be  
placed on a ventilator in  
the ICU. After hearing  
about this local break-  
through case, I wanted  
to know what the odds  
of becoming a break-  
through case are. Ac-  
cording to a New York  
Times article by David  
Leonhardt this morn-  
ing, the odds are about

1 in 5,000. And lower  
for those in highly vac-  
cinated communities  
and those who are still  
taking precautions. The  
lesson here is we aren't  
done but we don't have  
to live in constant fear.  
Take the precautions  
you're comfortable with  
while living your life as  
safely as possible. I'll  
be personally vigilant  
about hand washing and  
am keeping my mask. I  
happen to like it. I hate  
people breathing on me  
or spitting on me when  
they talk.

The next meeting of  
the Dexter Forum will  
be September 18th at  
8:30am. It will be an of-  
ficial redistricting listen-  
ing session so don't tune  
in and expect to discuss  
recycling in your neigh-  
borhood. It won't be the  
week. If you'd like to be  
on the forum email list,  
email John Hansen at  
RepHansen@aol.com.  
You will be provided  
with weekly zoom links  
and reminders about in  
person meetings when  
they happen.

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# Farm to Table 2021



Photos By Silver Maples & Shawn Personke



Over 150 attendees and volunteers enjoyed a Fabulous Feast.



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# Ask Tracy

YOUR REAL ESTATE QUESTIONS



it at closing. Most buyers prefer a credit at close so they can oversee that repairs or remedies are satisfactory. Bats in the attic, a leaking pipe, and mold under the carpet reasonably fall into the category of items you could not have known about prior to submitting your offer.

## Our Dream Home Has Issues!

Dear Tracy,  
Our offer was accepted on our dream home in Washtenaw County about a week

ago! We were very excited until we had the home inspected by a very thorough inspector. The inspection report listed several

items needing attention including: bats in the attic, a leak in a basement pipe which caused mold under the basement carpet,

and a section of sidewalk that is cracked. Do we have to accept the house as-is or can we ask the seller to fix these items before we purchase the house?

Sharon L.

Keep in mind that PRIOR to submitting an offer to a seller, all buyers should carefully inspect a property and note any deferred maintenance or missing items. The offer should take obvious problems, such as peeling paint, un-level sidewalk, or missing GFI outlets, into consideration as well as any defects that the seller has disclosed on the Seller's Disclosure. It is best not to use later as a tool to re-negotiate the contract.

When there are items of significant cost that were not previously disclosed or conditions that could pose a threat to the occupant's health and safety, it is reasonable to ask the seller to remedy prior to closing or provide the buyer with a cred-

When purchasing a property, it is important to work with an experienced realtor who can expertly navigate you through the entire sale process. This will ensure a smooth transaction with no surprises after closing.

The information provided in this article does not, and is not intended to, constitute legal advice; instead, all information and content are for general informational purposes only.

Tracy Rose is an Associate Broker with over 30 years of residential and commercial Real Estate experience. Do you have a question about Real Estate? Send it to Tracy at ask@tracyrose.net.

Dear Sharon,  
Having the home thoroughly inspected, after your offer has been accepted, is an important step in the sale process. I'm pleased to hear you hired a professional. The purpose of a home inspection is to find maintenance concerns, or defects, and minimize the likelihood of costly surprises after closing. Inspectors often find multiple items of concern on existing homes, and yes, even on well-maintained homes! Your inspector will also be looking for conditions that could compromise your safety or health.



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The Dexter Area Fire Department is seeking qualified applicants for an immediate opening as a full-time firefighter. This position is open until filled. Applications will be considered as they arrive. This position offers a competitive wage and benefit package. Starting wage is \$51,279 per year not including overtime. Benefits include medical insurance and retirement packages.

**Position Summary:**  
This is an entry level Firefighter position. However, due to the staffing dynamics, individuals must possess minimum levels of training and certification upon hire. This position participates in firefighting, emergency medical services and other general rescue activities. See attached position description for further details.

**Required Minimum Qualifications upon hire:** (See Position Description for additional requirements upon hire).  
High School Diploma and be at least 18 years of age.  
Possess licensure and certifications as follows:

- State of Michigan Fire Fighter 1 and 2 including State Driver's Certification. Fire Officer Certification is preferred.
- State of Michigan EMT Basic License
- Pre-Hospital Trauma Life Support (PHTLS) within 6 months of hire.
- National Incident Management System (NIMS) within 6 months of hire.
- A valid Michigan Driver's License with a good driving record.

No convictions of any crime that, in the judgement of the department, impacts the ability to perform duties as a firefighter or obtain State of Michigan Licenses.

**At the time of application, the candidate must submit the following:**  
Completed Dexter Area Fire Department Application.  
Copy of Social Security Card and Michigan Driver's License  
Copies of all above listed certifications.

**Candidates shall be subject to:**  
Criminal history Check and Drivers Record Check  
Passing a Psychological Test  
Reference Checks  
Passing a Medical Physical Evaluation  
Personal Interview with Fire Chief

Applications must be submitted to the Fire Chief at 8140 Main Street, Dexter, MI 48130 or via email at [chief@dexterfire.org](mailto:chief@dexterfire.org).

We are an equal opportunity employer. Qualified candidates will receive consideration without regard to age, race, color, religion, gender, sexual orientation, or national origin.

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# Tips on How to Quiet Your Mind

### Breathe

We do this all the time, but to use your breathing to find stillness, be more careful and conscious about it. Pay attention to the rhythm. If you take short, quick breaths, try to move toward slower, deeper ones. Put your hand on your belly: You should feel it rise and expand as you draw air in, and fall as you let it out. Shoot for about six breaths a minute.

### Watch Fish Swim

People with home aquariums say they feel calmer, more relaxed, and less stressed when they gaze at their fish, and science backs it up. It isn't just the water, although that alone helps. A study using a tank hundreds of times larger found that the more types of marine life that were added, the happier people got. Heart rates and blood pressures dropped, too.

### Exercise

Just 5 minutes of aerobic exercise, like a brisk walk, could start to calm your mind. It releases endorphins -- chemicals that make you feel good and can help improve your mood, focus, and sleep.

High-intensity interval training (HIIT) can give you a big dose of them in a short time. After warming up, alternate 20- to 30-second bursts of pushing yourself hard (like doing sprints, squats, or fast weightlifting) with equal amounts of rest.

### Listen to Music

It literally calms the activity in your brain. Fewer neurons fire in your amygdala (the part of your brain that responds to fear), which may lead to fewer signals sent to other parts of your brain. Music is a good thing to try if you're distracted by pain. Listen closely, not just as background. The more you notice, the less you'll dwell on your other thoughts.

### Help Someone

It lights up parts of your brain that make you feel pleasure and connection. Doing something nice for someone lowers stress and lessens feelings of loneliness. It may even boost your heart health and immune response. Fun fact: When you spend money on other people, your body releases more endorphins (the same chemicals from exercise)

than when you spend on yourself.

### Go Outdoors

Being in and around nature often makes people think more clearly and feel more relaxed and refreshed. Your brain doesn't have to work as hard in a greener environment. In one study, after 20 minutes in a park, children with ADHD were able to concentrate better. Spending time outside can also bring down your heart rate, blood pressure, stress hormones, and even muscle tension.

### Progressive Muscle Relaxation

Use the connection with your body to soothe your mind. Pick a body part -- foot, leg, mouth, eyes -- and tense it for a few seconds. Then release and relax for 10 seconds or so. Notice how that feels different. Switch to another part, and keep going until you've done your whole body. This can also improve sleep and may even ease headaches and stomachaches.

### Hang Out With a Dog

Whether it's a

continued on page 8

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# DEXTER ATHLETICS



## DEXTER DOMINATES SKYLINE IN SEC RED DIVISION OPENER



► continued from page 1  
top quarterbacks in the state the past two seasons.

Big shoes to fill – consider them filled.

Bavineau helped lead Dexter to a convincing 42-8 win in the season opener and on Thursday night helped lead the visiting Dreadnaughts to their first win ever in the SEC Red Division with a dominating 42-6 win over Skyline. Dexter led 42-0 at halftime and with a running clock in the second half, took their foot off the gas to improve to 2-0 on the season.

The Eagles (0-2)

came into the game following a 41-28 loss to Pinckney in a game that despite the score they showed some promise and potential. But Dexter wasted no time in establishing dominance as they scored touchdowns every time the offense touched the ball in the first half.

Bavineau has a strong and accurate arm and does the one thing coaches love – he doesn't make mistakes. The senior was 12 of 18 passing for 202 yards and threw a pair of TD passes to senior Braeden Fuson. He also can run and scramble, and shows good judge-

ment on when to pass and when to take off.

Bavineau, a true team player who played receiver last year as a junior, will be the first one to tell you he is surrounded by plenty of talent – both up front and behind him, especially behind him. Only a junior, Cole Cabana is quickly establishing himself as one of the best running backs in the state. He crossed the goal line four times on Thursday, including a 54-yard run, and has crossed the line into elite status after just two games.

The Dreadnaughts took their opening

drive right down the field and scored on a 29-yard TD pass from Bavineau to Fuson. Senior Devon Durliat converted all six extra-point attempts.

Dexter's Brennan Parachek had a big sack to force a Skyline punt and the offense wasted little time scoring again.

With 5:49 left in the first quarter, Cabana ran nine yards for the score to make it 14-0. Cabana's 1-yard run made it 21-0 with 2:32 left in the first quarter.

Skyline's Yannik Berg had a huge kick return but the play was called back on a pen-

alty. Instead of being inside Dexter's 10-yard line they found themselves at their own 10-yard line.

But Skyline QB Evan Rothenberg hit Berg for a 72-yard pass completion down to the Dexter 8-yard line. A touchdown here could cut the lead to 21-7 and possibly swing momentum.

Dexter's Micah Davis would have none of that. The junior intercepted a fourth-down pass on the final play of the first quarter to help keep the Eagles off the board.

The Dreadnaughts' defense was outstand-

ing all night long against the Eagles. They were big, fast and determined to keep the home team out of the end zone – which they did in the first half.

Cabana scored his third TD of the game on a 54-yard run to make it 28-0 with 11:03 left in the half. Bavineau and Fuson hooked up again, this time for 70 yards and a 35-0 lead with 9:44 left in the half.

Cabana scored his fourth TD on a 13-yard run on fourth down to make it 42-0 with 3:14 left in the first half.

Dexter hosts Bedford on Friday while Skyline faces Monroe.

All photos by Terry Jacoby. To see more photos visit: <https://welovedexter.com/2021/09/03/football-dexter-dominates-skyline-in-sec-red-division-opener-see-photo-gallery-150-photos/>.

## DEXTER BOYS TENNIS

### DEXTER FALLS TO HURON, SALINE



Photos By Terry Jacoby

By Terry Jacoby

The Dexter tennis team visited state-power Huron on Thursday afternoon and fell 8-0 to the River Rats.

Earlier in the week, the Dreadnaughts fell to SEC Red foe Saline 7-1.

Here are the results from both matches.

Huron 8, Dexter 0

Singles:

No. 1 – Andy Andea, Ann Arbor HURON HIGH SCHOOL def. Noah Enyedy, DEXTER HIGH SCHOOL, 6-0, 6-0, -;  
No. 2 – Kevin Joo, Ann Arbor HURON HIGH SCHOOL def. Nate Guinta, DEXTER HIGH SCHOOL, 6-0, 6-1, -;  
No. 3 – Max Parkin,

Ann Arbor HURON HIGH SCHOOL def. Connor Kniestadt, DEXTER HIGH SCHOOL, 6-0, 6-2, -;  
No. 4 – Henri Douxami, Ann Arbor HURON HIGH SCHOOL def. Ryan Flaherty, DEXTER HIGH SCHOOL, 6-4, 7-5, -;

Doubles:

No. 1 – Rishab Jayaraman, Ann Arbor HURON HIGH SCHOOL – Aarnav Unadkat, Ann Arbor HURON HIGH SCHOOL def. Allen Labadie, DEXTER HIGH SCHOOL – Diego Reyes, DEXTER HIGH SCHOOL, 6-1, 6-1, -;  
No. 2 – Ajay Dass, Ann Arbor HURON HIGH SCHOOL – Ahmed Hejazi, Ann Arbor HURON HIGH SCHOOL def. Dom Sortor, DEXTER HIGH SCHOOL – Cole Arnedt, DEXTER HIGH SCHOOL, 6-1, 6-3, -;  
No. 3 – Hassan Hejazi, Ann Arbor HURON HIGH SCHOOL – Eric Heng, Ann Arbor HURON HIGH SCHOOL def. Lucas Ander-



son, DEXTER HIGH SCHOOL – Cole Sheldon, DEXTER HIGH SCHOOL, 6-2, 6-4, -;  
No. 4 – Emmett Shaw, Ann Arbor HURON HIGH SCHOOL – Andrew van der Velde, Ann Arbor HURON HIGH SCHOOL def. Derrick Nelson, DEXTER HIGH SCHOOL – Andrew Guinta, DEXTER HIGH SCHOOL, 6-2, 6-1, -;  
Saline 7, Dexter 1

Singles:  
No. 1 – Amod Talekar, SALINE HIGH SCHOOL def. Noah Enyedy, DEXTER HIGH SCHOOL, 6-3, 6-1, -;  
No. 2 – Reed Recchia, SALINE HIGH SCHOOL

def. Nate Guinta, DEXTER HIGH SCHOOL, 6-3, 6-0, -;  
No. 3 – Brenden Morrison, SALINE HIGH SCHOOL def. Connor Kniestadt, DEXTER HIGH SCHOOL, 6-0, 6-0, -;  
No. 4 – Mikhaal Hamid, SALINE HIGH SCHOOL def. Ryan Flaherty, DEXTER HIGH SCHOOL, 6-3, 6-0, -;

Doubles:  
No. 1 – Nick Birkle, SALINE HIGH SCHOOL – Paul Goldhardt, SALINE HIGH SCHOOL def. Allen Labadie, DEXTER HIGH SCHOOL – Diego Reyes, DEXTER HIGH SCHOOL, 6-2, 6-7, 7-5;

No. 2 – Cole Arnedt, DEXTER HIGH SCHOOL – Dom Sortor, DEXTER HIGH SCHOOL def. Joeb Wuerthele, SALINE HIGH SCHOOL – Roan Luchies, SALINE HIGH SCHOOL, 6-2, 6-3, -;  
No. 3 – Gabe Cuento, SALINE HIGH SCHOOL – Jason Hu, SALINE HIGH SCHOOL def. Lucas Anderson, DEXTER HIGH SCHOOL – Cole Sheldon, DEXTER HIGH SCHOOL, 6-4, 6-2, -;  
No. 4 – Mason Miller, SALINE HIGH SCHOOL – Caleb Helmer, SALINE HIGH SCHOOL def. Derrick Nelson, DEXTER HIGH SCHOOL – Andrew Guinta, DEXTER HIGH SCHOOL, 7-6, 5-7, 6-3;

All photos by Terry Jacoby to see more photos visit <https://welovedexter.com/2021/09/07/tennis-dexter-falls-to-huron-saline-see-wld-photo-gallery-80-photos/>.



# DEXTER VOLLEYBALL

# DHS VOLLEYBALL RESULTS



**From: Paula Palmer Burns**

Dexter Varsity won the Pirate Varsity Volleyball Tourney in Pinckney, Michigan with confidence dropping only one set for the day during pool play. Beginning with an injury to one of their six ro-

tation, three year varsity starters, in warmups of the first match - Dexter was forced to revise their lineup pulling on the entire roster to come together for a tremendous run to become tournament champions. They met Farmington first taking all three

sets from them 25-10, 25-17, 25-15. Next they played Milan taking two out of three: 25-15, 19-25, 25-15.

They were seeded into the Gold Playoff Bracket in 3rd place where they met Plymouth Christian Academy in the Quarterfinals, winning in straight sets 25-20, 25-19.

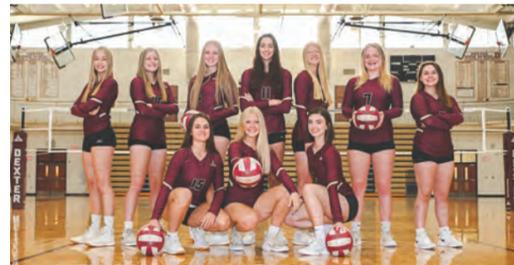
Advancing to the semis they met Mt. Morris who was undefeated on the day. The Dreadnaughts dominated the Panthers 25-12, 25-13 to advance to the

Championship Finals against Hartland.

Hartland also came in undefeated on the day, seeded first in the Gold Bracket. The Dreadnaughts and Eagles battled through the first set until Dexter took control to finish 25-22. Dexter then commanded the second set 25-11 to become Tournament Champions.

Leaders for the Dreads:

Senior Jamie Giese, led the offense on the outside with 48 kills on



the day and 6 service aces.

Senior Anna Creech, stepping in as libero, with 65 digs on the day and 15 service aces on the day. She also supported the offense with 12 assists.

Junior setter Braedy Wineman ran the of-

fense with 78 assists on the day. She also added 10 service aces and 18 kills to the scoring.

Middle Hitters, Junior - Mikah Salemi contributed with 12 blocks and 18 kills with Senior - Hanna Quinn providing 10 blocks and 20 kills on the day.

## BOARD OF EDUCATION BULLETIN

DEXTER COMMUNITY SCHOOLS



The Dexter Board of Education held their August 16th meeting both in-person and virtually to allow for virtual public participation. No community members were in attendance in person, and approximately 725 people logged in via Zoom.

### SCHOOL PRESENTATIONS - COVID-19 MITIGATION OPTIONS

Superintendent Dr. Timmis presented the DCS 2021-2022 Safety Plan including the current status of local COVID-19 transmission, CDC and Washtenaw County Health Department recommendations and proposed options for COVID-19 mitigation (slideshow available on the DCS Board website at <https://www.dexterschools.org/district/board-of-education/meetings>). Timmis praised the Dexter Schools community as "extremely resilient

and patient" during the pandemic, and thanked community members for their passion and engagement.

Beginning with a ThoughtExchange survey, Timmis asked participants to share any questions they have as students return to school this fall. Over 150 community members contributed questions, most asking about masking, social distancing, vaccinations, virtual learning and lunch protocols. Returning to the slideshow, Timmis shared the District's goal this year: "Kids are learning safely in school buildings, every day, for 2021-2022." He reviewed COVID-19 data from the past year up to the most current data as of August 11, 2021, and shared that the Washtenaw County Health Department (WCHD) has created 4 levels of community spread to guide masking recommendations. As of Au-

gust 9, Dexter is at the "substantial" level of spread, for which the WCHD "strongly recommends" masking for indoor settings.

Timmis detailed further WCHD recommendations regarding screening, student illness decision-making, isolation, close contact, quarantining and testing. Specific quarantine and testing instruction for classroom & bus settings, indoor vs. outdoor sports and vaccinated or unvaccinated individuals was also relayed, along with the recommendations from both the CDC & MDHHS for universal masking in all schools. Following more data detailing child cases, vaccination rates in 48130 and what other districts are planning, Timmis presented two options for the Board to discuss.

- Option 1: Masks required for K-6 students when community spread level is moderate, substantial or high; masks required for all students & staff when spread is substantial or high. Universal masking on buses & for all visitors.

- Option 2: Masks required for K-6 students, regardless of community spread level; masks required for all students & staff

when spread is substantial or high. Universal masking on buses & for all visitors (no visitors when level is high).

Timmis noted the fact that household quarantine protocols for covid are not new, they are the same as pertussis and chicken pox protocols. Also, masking on buses is not a local decision, but a federal order which must be followed by all districts. After the slideshow, Timmis conducted a second ThoughtExchange survey asking participants what remaining questions they have following the presentation.

### FIRST PUBLIC PARTICIPATION OPPORTUNITY

Over 25 community members commented during the first opportunity for public participation, mostly Dexter parents. Many who spoke are parents of students younger than 12 who cannot receive the vaccination, and are concerned about virus spread if all students are not masked.

Several parents cited freedom of choice as a reason to not require

masks for any students or staff, as well as possible mental health issues and physical side-effects associated with mask-wearing. Some of these same parents suggested a third option where masks are optional at all levels of community spread.

Medical professionals who spoke thanked the District for their work to prevent virus spread, and advocated for Option 2 as the most stringent choice. Several labeled the Delta variant a "game changer" in the recent rise in case numbers, saying we aren't where we are a year ago, or even a month ago, due to this new mutation. Many urged layering protections such as masks, vaccinations, social distancing, etc. which all work together to control virus transmission.

Public comment went on for over an hour and a half, at which point the Board took a 5-minute recess before resuming business.

### SUPERINTENDENT UPDATE

The District is get-

ting ready for the start of school by filling remaining open teacher positions. DCS still needs paraprofessionals, bus drivers, and custodians. The fall athletics season has begun, and the tennis court renovation may be completed as early as this week. Cement and sidewalk work is happening at all buildings, but will be completed before school starts.

### STUDENT REPRESENTATIVES UPDATE

Student representative Aiden Naughton reported that Wednesday, August 25th is freshman orientation at DHS at 8:30 a.m.

### CONSENT ITEMS

The evening's consent items were unanimously approved in bulk, including accepting the resignation of ECSE teacher Kristin Bartenslager and approving the hiring of Molly Hampsey (Beacon & Creekside Music), Roger Sprau (DHS Art), and Angela Muscato (Occupational Therapist).

### ACTION ITEMS

MASB is hosting

**continued on page 10**



**Individual and Couples counseling**  
"Specializing in the concerns of Adolescence"

- Depression
- Anxiety
- ADHD
- High functioning Autism

**Namaste Family Services, LLC**  
**Michael Patterson, LMSW**  
**734-231-0659**  
**mpatterson.msw@gmail.com**  
**namastefamilyservices.org**

**Serving Western Washtenaw and Jackson counties**



## SEPTEMBER EVENTS

**The 50 States Challenge**  
September 1 - September 15 (CHE/STK)  
Each state on our map will have an exercise to complete. Exercises may be broken up into smaller manageable portions and/or completed over a few sessions. Color in a state once a state is completed. Max of two states completed per day. Can't double count exercises to use in other states. For more details, visit the Fitness Desk.

**Healthy Eating 101**  
6-week Virtual Workshop (CHE)  
Thursdays, September 16 - October 21 • 6:30-7:30pm  
Rebecca Round, RD  
There's so much information out there about what is healthy and what is not. This class will get to the basics of what is a healthy diet and what you need to do to improve your overall health. We'll discuss foods that help with inflammation, brain health, and weight loss. Only \$54 for members and \$60 for non-members. Members can register via member self-service portal or at the Member Service Desk. Non-members must register with Chelsea Wellness Center by calling 734-214-0220.

**Women's Health & Fitness Day**  
Wednesday, September 29 (CHE/DEX/STK)  
Women work out for FREE!  
Appetizers & Art - Members only event  
Bethany Stone from The Painted Owl  
Tuesday, September 28 5:30-7:30pm (DEX)  
Wednesday, September 29 5:30-7:30pm (CHE)  
Join us for appetizers and learn some excellent fitness tips while creating a canvas art piece to take home! Registration is limited and required at the Member Service Desk or call 734-214-0220 (CHE) or 734-580-2500 (DEX).

\*Open to the community.








# Dexter Area Historical Society Updates 2021

## GORDON HALL DAYS, SEPTEMBER 11th and 12th



We are making plans for Gordon Hall Days and are hoping for good weather so we can have all of the proposed events. Our plans include activities for all ages.

Demonstrations of blacksmithing, bee keeping, various crafts, handmade socks, chair canning, a demonstration of a canon and more will occur at small tents around the grounds.

You will also find musical groups performing at various times with the Dulcimers group playing on Saturday. We hope to have some live animals including llamas, sheep and other possible animals from the 4-H club.

Additionally you will find the Ann Arbor Model Railroad Club in the back tent both days, the Car show along the drive-

way on Saturday from 11 to 4, some Farmer's market vendors on Sunday from 10-4, tours of the newly restored Milk House both days, historical posters around the grounds, a farm display, a Museum booth, the Doletzky tractor and the Tally-Ho out on the green. As we get closer to the date, we will have more exact times and places for the various

activities.

Nothing can happen without the help of many volunteers! Members, their children or grandchildren, and friends from the community are all needed to make Gordon Hall Days a success. The Rotary Club and the Lions Club have already agreed again to help us, but we need many more persons willing to help. We are seek-

ing volunteers from High schoolers to Senior Citizens to help in many different areas. If you are interested in helping, we ask that you call 734-426-2519 or email us at [DexMuseum@aol.com](mailto:DexMuseum@aol.com) and we will get back to you. Please leave your name and contact information and using the chart below, indicate the days and times you would be available.

If you are interested in being a tour guide inside Gordon Hall, please let us know if you have any physical limitations as there are 3 floors and if necessary we can assign you to the main floor. For those interested in being Gordon Hall tour guides, use Nancy's email, [NancyVanB@aol.com](mailto:NancyVanB@aol.com) and she will get back to you.

## Photo Contest Announced!

**From: Joanne Ackerman**

Get your cameras out! Take a photograph in one of the categories, print & mat then bring to the Grass Lake Community Events Pavilion on Saturday, September 11 from 8:30am-9:30am. Judging is at 10am. Ribbons and Prizes will be awarded! PRIZES-1st Prize- \$25 Gift Certificate (or Cash Prize) & Blue Ribbon; 2nd Prize- \$15 Gift Certificate (or Cash Prize) & Red Ribbon; 3rd

Prize- \$10 Gift Certificate (or Cash Prize) & White Ribbon The photographic art will be displayed until 2pm. Art must be picked up at 2pm. This photo contest is open to everyone, not just Grass Lake residents. The Friends of Grass Lake are proud sponsors of this event. Photographs will be judged by local photographers Dale Fisher & Joanne Ackerman.

The Grass Lake Sesquicentennial Community Fair will

be held on Saturday, September 11 and is located inside the Grass Lake Community Events Pavilion from 10am-2pm. These events complement the Heritage Day festivities, which run from 10am - 4pm and feature crafts, demonstrations, auctions, silent auctions, ice cream social, street dance, cows, ponies and a rabbit,...

For more information contact: DaleFisherPhotography@gmail.com / 517-522-3705.

**PHOTO CONTEST**  
Submissions Due **SAT., SEPT. 11**

Sponsored by The Friends of Grass Lake

**CATEGORIES**

ADULT-	YOUTH-Under 10 & 10-17
1. Historic Grass Lake	1. Historic Grass Lake
2. A Great Place to Live	2. Fun with Family

**TO ENTER SUBMISSION-**  
Photographs must be 8 x 10, matted, no frame

**8:30-9:30am -Sat., Sept. 11-**  
Register matted photo at Grass Lake Community Events Pavilion  
**10am -Judging**  
**2pm -Pick-up Photograph**

**PRIZES-**  
**1st Prize-** \$25 Gift Certificate (or Cash Prize) & Blue Ribbon  
**2nd Prize-** \$15 Gift Certificate (or Cash Prize) & Red Ribbon  
**3rd Prize-** \$10 Gift Certificate (or Cash Prize) & White Ribbon

Contest is open to everyone, not just Grass Lake residents

**FOR MORE INFO:-**[DaleFisherPhotography@gmail.com](mailto:DaleFisherPhotography@gmail.com) ~ 517-522-3705

Enjoy the Grass Lake Sesquicentennial Community Fair 10am-2pm & Heritage Day 10am-4pm

## Tips on How to Quiet Your Mind

continued from page 1 member of your family or a therapy dog, a friendly pooch can make you feel less anxious, tense, confused, and restless. When you pet and play with them, it seems to lower levels of stress hormones. One reason could be that your body releases oxytocin, a hormone that plays a role

in bonding and trust. (Although not studied as much, cats can calm you, too.)

### Guided Imagery

Think of a favorite spot, real or imagined, that makes you calm and happy: perhaps a beach at sunset, a comfy chair in front of a fireplace, or a stream in the forest. Focus on details. Can you smell

pine needles, for example? See bubbles in the water? Hear the gurgle and splashing? There are audio recordings and apps that can help you through this process.

### Hatha Yoga

This mix of challenging poses and controlled breathing helps you turn your awareness to being in the

present moment instead of judging yourself and others. There's also evidence that a regular practice lessens anxiety and takes the edge off your natural stress response. Plus, its exercise that builds your strength and flexibility. Go to a class, and you'll get the benefits of socializing with other people, too.

### Get Creative

Activities like coloring books, knitting, scrapbooking, and pottery offer an escape for a busy mind. Simple, repetitive ac-

tions, especially -- like kneading dough -- can help you redirect your thoughts and tune out the chatter in your head. Let your inner child play! The key is to enjoy the process and not worry so much about the result.

### Take a Break

When you find your mind racing full-speed or spiraling down a rabbit hole, change your focus: stretch, daydream, walk around, get a snack, or chat with a friend. Take at least 5 minutes to recharge

and reset. You'll be more centered and clear-headed. If you're going to be working intently, set a timer or use an app to remind you to stop every 90 minutes or so.

### Dig in the Dirt

It's not just the great outdoors and the exercise at work here. The soil itself has microorganisms that might help you focus and lift your mood. Gardeners are less depressed and anxious, and they feel more connected to their communities.

# Fall Virtual Story Times From Dexter District Library



Children ages 2 – 6 can gallop like a giraffe, balance on one foot like a flamingo or sprint across the African savanna like a cheetah. Join Bob-a-loo, a preschool movement program, where children build heart & body strength, & learn how good it feels to eat healthy as we explore the Farmers Market. Each family of a registered child will receive a \$10 gift card to use at the Farmers Market on the day of the event. This is an outside event, held in-person, at the Library. There will be two sessions for this program. Registration is required. Please

only register for one session.

**Elephant & Piggie Craft & Activity Bags**  
**Take & Make Crafts for Kids of All Ages**  
**Monday, September 20 – Sunday, September 26**  
**For kids of all ages**

No registration required

While supplies last Limit 5 per family

**Mad Science – Spy Academy**

Saturday, September 25

Session 1 – 10:00am-11:00am

Session 2 – 11:30am-12:30pm

Look out 007—the Mad Science Spy Academy is in ses-



sion! Become a Mad Science secret spy and take a fascinating journey through the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Children will make their own Secret Code Breaker™ to commu-

nicate stealthily at home, like real spies. This program is for children in grades K through 5. Registration is required. Space is limited. There will be two sessions for this program. Please only register for one session. This program will be held in-person.

**Wednesdays at 10:30 am on Facebook Live**  
**September 29 – November 17**  
**Toddlers and Preschoolers**

Visit the library from your living room! Ms. Krista will be singing familiar songs, telling stories, and demonstrating fun action rhymes every week on Wednes-

day at 10:30 am. Bob-a-loo – Preschool Movement Program

Saturday, September 18

Session 1 – 9:30-10:15

(check-in from 9:15-9:30)

Session 2 – 10:30-11:15

(check-in from 10:15-10:30)



## Fall 2021 Community Programs at Chelsea and Dexter Wellness Centers

### COMMUNITY EDUCATION

#### Healthy Eating 101 – (6-week virtual series)

Thurs 9/16 – 10/21 6:30-7:30pm FEE \$60 MEM \$54 **CHE**  
*There's so much information out there about what is healthy and what is not. This class will help cut through all that and get to the basics of what is a healthy diet and what you need to improve your overall health. Discussion will also include foods that will help with inflammation, brain health, and weight loss. Note: This series is hosted virtually, you must have access to Zoom to participate.*

#### Women's Health and Fitness Day

Wed 9/29 Women workout for FREE **CHE/DEX**

#### Equestrian Pilates Workshop

Tues 9/7 11am – 12pm FREE **CHE**  
 Tues 10/19 11am – 12pm FREE **CHE**  
*Be the athlete you expect your horse to be by learning the general Pilates principles to increase body awareness, improve posture, flexibility and balance.*

#### Mindfulness Meditation Workshop

Sun 10/3-10/24 11am – 12:30pm FEE \$60 MEM \$30 **DEX**

#### Matter of Balance – (8-week virtual series)

Tues 10/6-12/1 1:30pm – 3:30pm FREE **CHE**  
*Many older adults experience concerns of falling that could restrict their activities. A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase activity levels. Note: This series is hosted virtually by the National Kidney Foundation, you must have access to Zoom to participate.*

#### Cooking Tips and Tricks – (6-week virtual series)

Thurs 11/4-12/9 6:30-7:30pm FEE \$60 MEM \$54 **CHE**  
*We all know that cooking from scratch is the best way to get healthy, but it can be difficult and time consuming. This course will discuss meal planning, easy ways to cook delicious and satisfying meals, how to please the picky eater, and what exactly is a balanced meal. Discussion will also include the best snacks to fuel your day. Note: This series is hosted virtually, you must have access to Zoom to participate.*

#### Game of Go

Saturdays FREE **DEX**  
*Game of Go lessons and group problem-solving at 10 AM every Saturday, with paired games starting at 11 AM. Beginners and all level of players are welcome.*

### FITNESS CLASSES

#### Equestrian Pilates

Tues 9/14-10/12 11:00 am – 12:00 pm FEE \$65 MEM \$60 **CHE**  
 Tues 10/26-11/23 11:00 am – 12:00 pm FEE \$65 MEM \$60 **CHE**

#### Chair Yoga

Fri 9/10-10/29 10:30am – 11:30am FEE \$72 **CHE**  
 Fri 11/5-12/17\* 10:30am – 11:30am FEE \$54 **CHE**  
 \*No class 11/26

#### Line Dancing

Thurs 9/9-10/28 1:15pm – 2:15pm FEE \$72 **CHE**  
 Thurs 11/4-12/16\* 1:15pm – 2:15pm FEE \$54 **CHE**  
 \*No class 11/25

#### BodyPump™

Sat 9/11-10/30 7:10am-8:10 am FEE \$72 **CHE**  
 Sat 11/6-12/18 7:10am-8:10 am FEE \$63 **CHE**

#### Lunar Flow Yoga

Wed 9/8-10/27 5:30pm – 6:30pm FEE \$72 **CHE**  
 Wed 11/3-12/22\* 5:30pm – 6:30pm FEE \$63 **CHE**  
 \*No Class 11/24

#### Pilate Reformer

Thurs 9/2-9/23 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 9/30-10/21 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 10/28-11/18 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 12/2-12/23 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Sat 9/4-9/25 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**  
 Sat 10/2-10/23 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**  
 Sat 10/30-11/20 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**

#### Pickleball Intro Class

Wed/Fri 9/15-9/24 9:00am - 10:00am FEE\$40 **DEX**  
 Wed/Fri 10/6-10/15 5:00pm - 6:00pm FEE\$40 **DEX**

#### Pickleball Intermediate Class

Wed/Fri 9/15-9/24 5:00pm – 6:00pm FEE\$40 **DEX**  
 Wed/Fri 10/6-10/15 9:00am - 10:00am FEE\$40 **DEX**  
 Wed/Fri 11/3-11/19 9:00am - 10:00am FEE\$40 **DEX**

### SMALL GROUP PERSONAL TRAINING

#### Strengthening Your Posture

Tues 9/7-9/28 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**  
 Tues 10/5-10/26 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**  
 Tues 11/2-11/23 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**

#### TRX Functional Training

Fri 9/10-9/24 9:00am-10:00am FEE \$45 MEM \$37.50 **DEX**  
 Fri 10/8-10/29 9:00am-10:00am FEE \$60 MEM \$50 **DEX**

**CHE** = Chelsea Wellness Center 734-214-0220 **DEX** = Dexter Wellness Center 734-580-2500

MEM = Chelsea or Dexter Wellness Center Member  
 Senior = 60+

Registration required for all events. Please call to register or for more information.

\*Scholarships Available



DEX-1612898\_072

# BOARD OF EDUCATION BULLETIN

► continued from page 7  
a Back-to-School Legal Workshop from 9 a.m. – noon on Thursday, Aug. 26 and have recommended districts send at least one board member. The cost is \$90 per person. The Board unanimously approved registration fees for any interested board trustee to attend the workshop.

## DISCUSSION ITEMS

The Board discussed the District's Back-to-School COVID-19 Mitigation Plans and community comments offered earlier in the meeting. All Trustees agreed that the Board's top priority is to get kids back into the buildings safely, and thanked the community for their input.

Many Trustees agreed that student mental health is a great concern, whether the result of masking, isolation or other reasons, which is why getting students into buildings is so important. Several addressed community comments about freedom of choice, saying with freedom comes responsibility and the Board serves a population where a significant portion are vulnerable

due to vaccination age restrictions. Questions were raised about lunch and social distancing, using tents/outdoor learning spaces and virtual learning options (including while quarantined). The Superintendent will review options with administrators.

Discussion concluded with the decision to hold a special Board meeting (in-person & virtual) on Wednesday, August 18 at 7:00 p.m. to vote on the COVID-19 Mitigation Plan. Dr. Timmis will compile and share all discussed options before the meeting so people have time to review.

## SECOND OPPORTUNITY FOR PUBLIC PARTICIPATION

Five community members spoke virtually during the second opportunity for public participation, asking follow-up questions and expressing their appreciation for the District's work preparing the options as well as the Board's consideration. A Dexter grandparent stated that the worst outcome would be if the District hadn't done the absolute most it could

to keep students safe. An incoming Kindergarten parent expressed concerns about lunch and social distancing. Another parent asked about the plan if school closes again, and asked the District to consider offering virtual, DCS teacher-led classes in addition to Michigan Virtual and Lincoln Learning. A final speaker thanked the District

for its diligence and expressed their support for Option 2, citing that our mitigation efforts help medical professionals do their job.

## BOARD COMMENTS

Trustee Alabré asked for clarification on lunch plans, as well as virtual learning options. Trustee Kangas suggested the District look into cameras that

follow teachers as they move around the room, in order to provide a similar experience for virtual students. Trustee Arnold asked if the District has a contingency plan if schools are shut down again, which Dr. Timmis confirmed it does. Arnold also reminded audience members that the District will be sending out a survey following the

Board vote on August 18th to gauge family interest in virtual learning.

## INFORMATION ITEMS

The 7/26/21 Board Bulletin, Facilities Committee minutes, Finance Committee minutes and Committees Roster are included in the Board packet.

*Village of Grass Lake*  
**SESQUICENTENNIAL ACTIVITIES**

Along Main St., from Mobile station to Lake St traffic light

**SEPTEMBER 11**  
10:00 am until 4:00 pm

## Heritage Day

**EVENTS INCLUDE**

**10 am:** Flag Presentation (Boy Scouts & VFW) plus a *Moment of Silence* (in Remembrance of 9/11/01)  
Food vendors line the street's north side; non profits on the south side. The middle of the street includes table seating Music & Emcee provided by Ghost Rider DJ Services

**Inside the Depot:** Raffles and a Silent Auction  
**Depot outside and along St:** Vendors— Artisans selling Crafts, Art work and much more  
**In Depot Gardens:** Old-timey Demonstrations  
**Along Drake St:** Jackson County mobile library, and Mr. Zick's Marvelous Motors display  
**By the old Hotel:** Cows for milking/Ponies for roping (Courtesy of Washtenaw County Farm Bureau group) Don't miss petting the large rabbit  
**3 pm:** Drawing and Auction results

**ALSO**

**Street Dance** (Missy's Grass Shack)  
Chill Billies to perform from **6 pm to 10 pm**

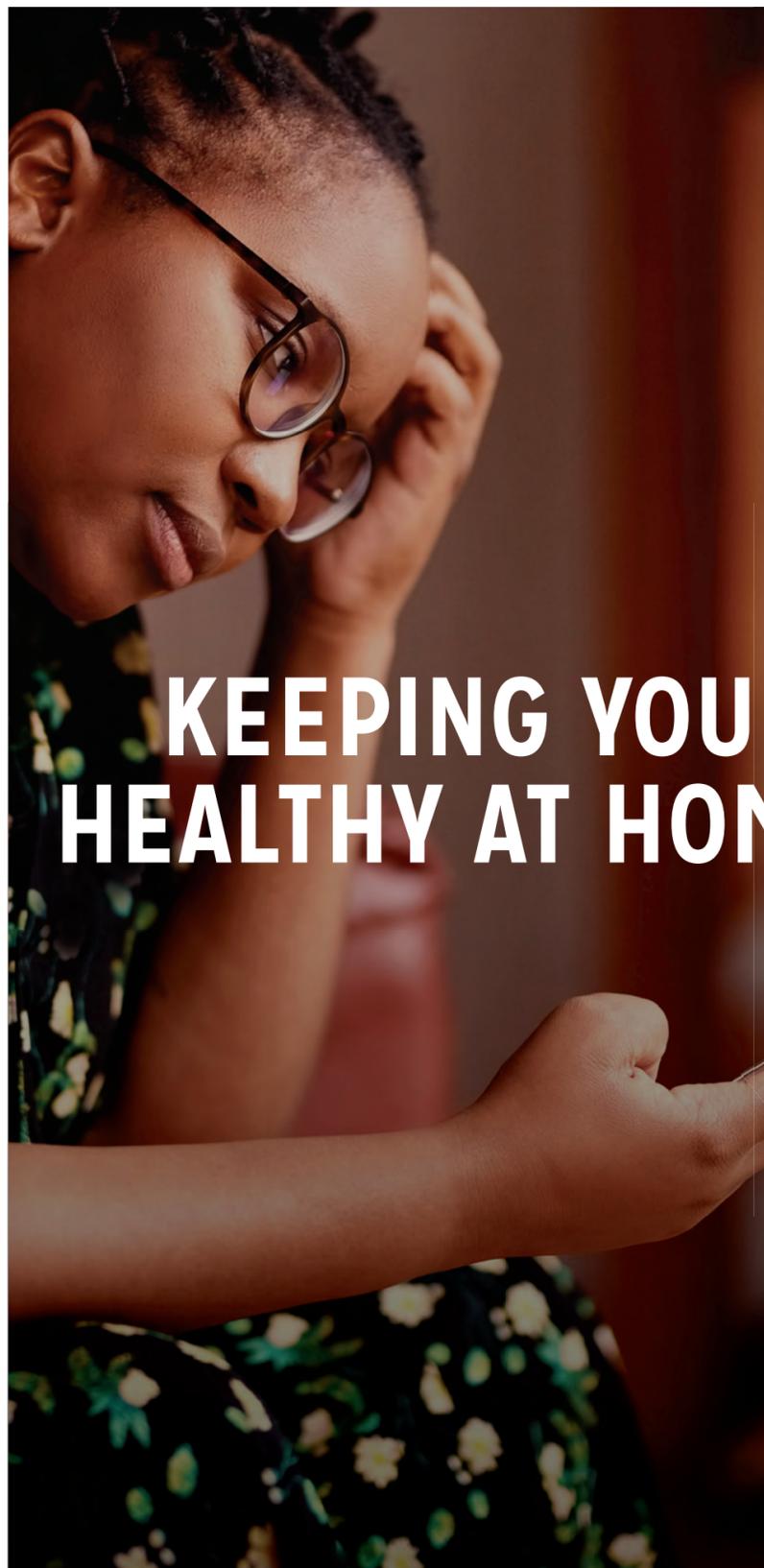
**Also...**  
**BEARD & MUSTACHE CONTESTS**  
JUDGING is at **11 am @ Pavilion** (with Cash Awards)

**& MORE ..**  
**Ice Cream Social** (Grass Lake Historical Society)  
**3 pm -5 pm: Square dancing** including demonstration/instruction

**And available now... A HISTORY WALKING TOUR** of downtown Grass Lake with eight "stops," provided by Jackson County District Library, Grass Lake Branch  
Call Amy Kaiser, 517-522-8211 or email kaisera@myjdl.com

**Flat Henry & Flat Hannah** ... are ready to travel through Grass Lake History with you!  
Pick up these companions at the Grass Lake Library, Copper Nail, or on Facebook: Check Grass Lake Depot or Grass Lake Forum  
**Clues are posted two times each week.**

For more information, call 517-522-8324, or email: marilyn.koleary@gmail.com  
Or visit [grass lake depot](https://www.facebook.com/events/173191581510972/?active_tab=discussion) on [www.facebook.com/events/173191581510972/?active\\_tab=discussion](https://www.facebook.com/events/173191581510972/?active_tab=discussion)



## KEEPING YOU HEALTHY AT HOME

**SCHEDULED VIDEO VISITS LET YOU SEE YOUR DOCTOR FOR ROUTINE OR FOLLOW-UP VISITS, MEDICATION MANAGEMENT AND MORE.**

Now, you can see your primary care provider for ongoing medical care or monitoring at a time and place that's convenient for you. Scheduled video visits allow you to use your computer or handheld device to meet with your doctor from the comfort and convenience of home.

Learn more about video visits, and other virtual care options, at [HenryFord.com/MyVideoVisit](https://HenryFord.com/MyVideoVisit) or call (517) 305-4677.



ALL FOR YOU