

Harrison High School Announces 2018 Co-Salutatorians

Jonah Cesal

While Jonah Cesal did not attend Harrison Community Schools for all of his education, he feels his roots are deeply planted here. He is the second oldest son to Lawrence and Kelly Cesal. Jonah has two siblings: Noah and Hannah.

All throughout high school, Jonah has been a part of many groups and activities. He has been a member of band since the sixth grade, in which he has been Section Leader since he started. He has participated in Marching Band and was one of three drum majors for his junior year. He has also participated in the Jazz Band. He was also the vice president for the Band Educational Board. He has been a member of National Honor Society for both junior and senior year. He has completed college courses in Dual Enrollment and has completed the first year of the CTE Criminal Justice program. He has been a Boy Scout since age 11, in which he is a part of the Order of the Arrow, which is Scouting's National Honor Society. He has been a part of many community service projects such as the Robert Frieze Memorial 5K, food distributions, Scouting for Food, and repainting the local Hillside Elementary School playground.

Jonah has received many awards throughout his time as a student. He has been awarded two varsity letters, one for academics and one for band. He has received three chevrons for Marching Band and has received four medals for receiving exceptional scores with his fellow bandmates at the MSBOA Festival. He has received three Academic Lamp of Knowledge Pins for maintaining a 3.993 GPA. He has also received the rank of Eagle Scout, which is the highest rank a Scout can achieve. This rank is accomplished when the Scout meets all of the



requirements, which include enacting some sort of service project for the community. He installed a wheelchair-accessible swingset in Harrison City Park in honor of his grandmother, Janet Cesal, who helped people with all sorts of disabilities until she passed away.

After graduation, Jonah plans to attend Mid Michigan Community College to start a partnership program between MMCC and Kirtland Community College to attend the Kirkland Police Academy after three years of prerequisite classes at MMCC. He would like to pursue a career in law enforcement and hopes to come back to Harrison to serve his community and eventually become a liaison officer.

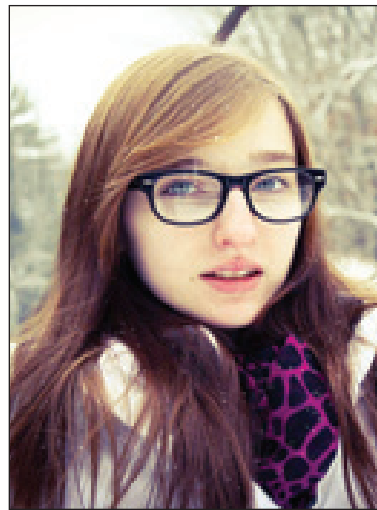
Jonah would like to thank his community for giving him so many opportunities to further himself. He would like to thank all of his teachers equally, because they all had a hand in who he is today, as well as his Scoutmasters Bryan Schram and Stan Smith. He would like to thank his dad for all of his support and assistance, his mom for being caring and loving, his sister for making him laugh, and his brother for the sincerest friendship he has ever had.

Harley Bashaw-Mullin

Harley Bashaw-Mullin is the daughter of Aimee and Randy Mullin. She also has three older sisters and an older brother who are graduates of Harrison High School.

During Harley's four years at HHS, she has participated in Yearbook, National Honor Society, track and field, Educational Talent Search, prom committee, Career Technical Education, and Thespian Society. She was photography manager of the yearbook and received subject awards for both yearbook and Spanish during her sophomore year. During her two years of National Honor Society, Harley had participated in many community service activities such as Project Kids Christmas, Feed my Starving Children, local food distributions, Kids Night Out at Larson Elementary and holiday dances at Larson.

Harley Bashaw-Mullin has received many awards including Student of the Month at HHS during her sophomore year, and again at CTE during her junior year. She has also earned three academic letters and her varsity letter. Harley will graduate with highest honors. After graduation, Harley plans to attend Mid Michigan Community



College to attend its phlebotomy course. She then plans to work as a phlebotomist while she continues her education at Mid Michigan Community College and then transfer to North Central Michigan College with hopes of graduating as a surgical technician.

Harley would like to take this opportunity to say thank you to her parents for pushing her to do her best, but also to relax sometimes. She would also like to thank her close friend for reminding her how to have fun once in a while. Finally, she would like to thank the teachers and staff of HHS for devoting their time and encouraging all students to strive for success.

Shania Slater

Shania Slater is the daughter of Jenny Heintzelman and Allen Slater, and she has an older sister, Carla, and a younger brother, Braxten.

During Shania's four years at HHS, she has participated in many extracurricular activities such as 4-H, Student Council, National Honor Society, volleyball, basketball, softball, track and field, skillsUSA, powder-puff football, statistician for football and boys basketball, CTE and work-based placements through CTE. During those four years she has held some leadership positions such as vice president of her 4-H club, student council her junior year, and her CTE Criminal Justice class. Shania participated in community service activities such as highway cleanup, Project Kids Christmas, blood drives, Feed My Starving Children, 5K's and Kids Night Out at Larson Elementary.

During her high school career, Shania has earned multiple awards. She has earned three academic letters, seven varsity letters, Personal Development Award in 4-H, student of the month for HHS, student of the month for CTE, Delta Days Criminal Justice Skill Day Champion, Most Outstanding Student in Criminal Justice Award, honorable mention in track and field, and citizenship award. After graduation, Shania



plans to continue her education at Mid Michigan Community College. She then plans on completing Mid Michigan Community College's three-plus-one program transferring to Delta College for the academy in hopes of earning an associate degree in criminal justice and becoming a canine handler.

Shania would like to thank this opportunity to thank her family, friends, the community and her teachers for the encouragement and support throughout her entire educational experience. She appreciates all the wise and encouraging advice given to her, also everyone who has pushed her to strive to be the best she can be.

CCD Offers Mushroom Cultivation

Join the Clare Conservation District to learn about mushroom cultivation and make your very own shiitake mushroom logs. Mushrooms are a delicious and nutritious food source and can be grown on a variety of materials. Shiitake logs are a perfect addition

to any garden and require little upkeep.

Each participant will be able to make and take home a mushroom log that will produce mushrooms for approximately three years. The \$25 registration covers the cost of included supplies.

The event will run from 10 a.m. to 1 p.m. Saturday, May 19 at the Clare County Fairgrounds, 418 Fairlane St., Harrison.

Call Nia Becker at 989-539-6401 or email to nia.becker@maccd.org

New Procedure For Treating An Enlarged Prostrate Provides Relief

MIDLAND, Mich. – Robert Kloc is a typical 65 year-old. He stays on top of his health through preventive screenings and adheres to his medication regimen, but as a male in his 60's, Kloc acknowledged that some aspects of his age were starting to catch up with him. It is common for men over 60 to experience discomfort associated with an enlarged prostate including frequent need to urinate, weak urinary stream, and urinary urgency. Kloc shared that having an urgency to urinate but not being able to produce very much were regular problems for him. These issues would bother him well into the night, waking him up with terrible discomfort. He had been on prostate medication, which helped considerably, but he was ready to reduce his medication intake, as well as the associated side effects.

One day he was surfing the internet when he stumbled upon a targeted ad for the UroLift® System. The UroLift procedure is a minimally invasive approach to treating an enlarged prostate, or BPH, that lifts or holds the enlarged prostate tissue out of the way so it no longer blocks the urethra.

He consulted with his primary care physician and was given a referral for Urologist Karla Witzke, D.O. "After exploring pharmacological options, Dr. Witzke gave me a pamphlet for the UroLift System," said Kloc. "It was the procedure she recommended for me."

Kloc spoke well of the procedure. "There was minimal discomfort and the outpatient procedure was straightforward; nothing to worry about," he said. "I went into the office in the morning and was on my feet doing work at home that evening." Kloc believes Dr. Witzke and her staff made it very easy. "Dr. Witzke prepared me for a little burning after the procedure, but that went away within a couple of days," he added. "I was also told there would be some bleeding, but

it resolved itself by the end of the week as expected without issue. I had the procedure on a Tuesday and by that weekend, I was out hunting!"

Kloc was highly pleased with Dr. Witzke and her staff. "She listened to my concerns and offered solutions," he said. "She was very knowledgeable and had a great bedside manner. From my perspective everything met my expectations and my experience with MidMichigan Health was great."

Dr. Witzke recommends the UroLift procedure for those who have obstructive voiding due to an enlarged prostate and cannot tolerate the side effects of medication. For the appropriate patients, she prefers this treatment method over other procedures as the data shows longevity and efficacy. "There is less morbidity with this procedure, it can be done with light sedation, and there is no cutting," she said. "This combination means that the procedure can be done the same-day with no Foley catheter needed at discharge."

According to Dr. Witzke, it's an "easy-fix," covered by most insurance and it's long-lasting. "Patients are normally able to resume their regular activities promptly and are able to discontinue their prostate medications," she added. "The clips used are titanium so it allows for future MRIs and they are also easy to reposition or remove should any issue ever arise. Most patients recover with no time-off from work and with only a temporary restriction for heavy lifting. Additionally, the procedure does not preclude patients from having further prostate surgery." Kloc feels that life after the procedure is much improved. "I was able to stop taking my prostate medication," he said. "I sleep almost until morning without having to get up to urinate and my urine stream is getting stronger. Nothing would stop me from hav-

ing the procedure again I not only feel great, I have a tremendous amount of relief."

Those who would like more information about the UroLift procedure or would like to inquire about becoming a patient of Dr. Witzke, may contact her office at (989) 839-1386.

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Clare County GOP
Lincoln Days Fundraiser
Saturday, May 5
Breakfast at 8 am at the Doherty Hotel
\$45/person
Please Call To RSVP
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or 989-429-2230

The Tamarack's Golf Course
7 Miles North of Harrison on Old 27
989-539-5441
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Saturday, May 12
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Servsafe Training Stated At MMCC-Mount Pleasant

MSU Extension is offering ServSafe Manager 8-hour certification training from 9 a.m. to 5 p.m. Monday, May 7 at Mid Michigan Community College in Mount Pleasant.

This training is for anyone working in or wanting to work in the food service industry, including non-profit organizations. This training helps prevent food safety mistakes and will help food service staff identify and prevent the most critical barriers to food safety. ServSafe uses proven techniques and provides new Food

Department of Agriculture food code rules. ServSafe also brings the most up-to-date real-world knowledge to life and makes content easy to read, retain and apply.

The cost of the training is \$75. The ServSafe Manager 7th edition book that contains an exam sheet to take the class and the exam is required, and is available for purchase for \$72 at the Isabella County MSU Extension office.

To register, visit: <https://events.anr.msu.edu/MMCC18/> or call Kara Lynch at 989-317-4079.

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