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Vol. 2, Issue 19

Your source for positive community news!

Oct 11 - Oct 24, 2025

Speaking up to save lives: Local woman's breast cancer journey



Courtesy photo
Since her battle with breast cancer, birthdays are even a bit sweeter for Dana Gray.

BY LAURA BENDER

In November 2024, Dana Gray, a retired Whittemore-Prescott Elementary School teacher, became Heartland Hospice's volunteer coordinator. Sixty years young, she is the perfect person to support volunteers, bring joy to her patients and model hope and resilience for the rest of us.

Then she got some bad news.

Here is her story in her own words.

"When you asked me to talk about my breast cancer experience, I wasn't sure I could do it," said Dana. "Then I remembered something that happened when I was eight months pregnant.

As our lawn was being mowed, my four-year-old son and I were outside talking with the neighbor. Suddenly he ran in front of the lawnmower, and when it hit him, he slipped underneath. Thankfully, the blades were not running. I ran to him to pull him out. His foot had been badly cut. When

BREAST CANCER continues on page 8 »

OHHS Homecoming royalty



Corie Kanitz and Keara Wangler were crowned the Ogemaw Heights High School homecoming king and queen on Friday, Sept. 26, during halftime of the big game. The OHHS Falcons crushed Clare 41-7.

From West Branch to the World Stage: Alex Rose Makes History

BY LAURA BENDER

Alex Rose, an Ogemaw Heights High School alum with dual citizenship in Samoa, has just made history. At the World Athletics Championships in Tokyo, Rose, a 33-year-old discus thrower, secured Samoa's first ever global medal in athletics with a throw of 66.96 meters for bronze. Translation: He threw a 4.4-pound discus 219.68 feet.

"I started throwing discus when I was 16," Alex said. "I'd primarily played football, and did track as a side sport. I fell in love with discus. Unlike team sports, where if something doesn't go right you can blame the offense or defense, discus is cut and dry. The circle is the same size. The discus is the same weight for everyone. How far are you going to throw? Are you better than your competitors? It's just you and the circle."

Alex's former coach at OHHS, Douglas Grezeszak, said, "Alex is the nicest guy. I've followed his career since he was in high school. Over the years I've

attended some of his competitions around the country.

"I love to watch him throw. As a retired physics teacher, I've often joked with Alex that throwing a discus is really just an applied physics experiment," he added. "I guess that's why I like it so much."

At Central Michigan University, Rose continued to compete. In 2011, he earned All-American honors with a fifth place showing. The following year, he won the Mid-American Conference crown.

After college, Alex began throwing professionally, first at small meets around the country, then at larger, international events. He hired Dane Miller, a certified International Level coach in USA Weightlifting and USA Track and Field, to prepare him for competition. Prior to winning bronze at the World Athletics



Courtesy photo
Ogemaw Heights High School graduate, Alex Rose, recently earned a bronze medal in discus at the World's Athletics Championships in Tokyo. He is headed to the 2028 Summer Olympics in Los Angeles.

Championships in Tokyo, Alex had competed in the six previous championships, taking him to Budapest, Oregon, Doha, London, Beijing and Moscow.

Since Alex's father Ross was born and raised in Samoa, Alex

ROSE continues on page 7 »

Celebrating in Ogemaw County

BY DEANNA SURBROOK

Looking for a "ghoulish" good time?

There's lots to see and do in October for all your little ghosts and goblins all the way up to Halloween night.

Kicking things off, the Ogemaw County Fairgrounds is hosting a two-weekend Halloween Spooktacular on Friday, Oct. 10, and Saturday, Oct. 11, and Friday, Oct. 17, and Saturday, Oct. 18. Lots of fun and spooky activities for all ages are planned. For more information and schedule of events, visit their Facebook page.

The Rose City Fall Festival is on Saturday, Oct. 11, 11 a.m. to 3 p.m., at the Rose City Park. Bounce houses, face painting, caricatures, hot dogs, kid's games, pumpkins and vendors are planned. Children's costume contest at 1 p.m.

A soup cook-off is also planned in two categories - chicken noodle soup and potato soup. Drop off is from 10:20 a.m. to 10:45 a.m., with judging beginning at 11 a.m. The first place winners receive \$50.

Michigan Works! Region 7B's Ogemaw County Service Center is hosting a Football Tailgate Trunk or Treat on Thursday, Oct. 23, from 5 p.m. to 6:30 p.m., at 2389 S. M-76, West Branch. This family-friendly event combines the excitement of Friday Night Football, the fun of a tailgate and the community spirit of trick-or-treating.

A Halloween Parade is scheduled in Skidway Lake, Saturday, Oct. 25, at 3 p.m. The parade route is from Skunk Hollow to the boardwalk. Line up starts at 2 p.m. at Rosati's Market. All are welcome to join the parade. Call or text April at 989-578-8768 with questions.

Also on Oct. 25, the Whittemore Chamber of Commerce is hosting a trunk or treat at the Whittemore

HALLOWEEN continues on page 11 »



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With everything changing daily, if not hourly, we would advise that you call ahead to be sure the event is still scheduled.

Ongoing
Mondays – Disabled American Veterans meet the third Monday, 5 p.m. at the VFW/American Legion Post 496 E. Houghton Ave. in West Branch. Call 989-473-3416.
Mondays – Rose City Lions Club meets the second and fourth Monday, 6:30 p.m. at the Log Cabin in the Rose City Park. Call Ed 989-387-0609.
Mondays – (Second of each month) Coalition of Hope 9 a.m. Meeting virtually. Suicide prevention, intervention and post-vention. Call 989-345-5571.
Monday – (Third of each month, April-Dec.) Ogemaw County Genealogical and Historical Society 12:30 p.m. at the Trinity Episcopal Church, 100 E. Houghton Ave., West Branch. Call 989-701-2525.
Tuesdays – Kiwanis Club of West Branch meets at noon at China Inn, 601 W. Houghton Ave. in West Branch. Call 989-345-0978.
Tuesdays – Rose City Area Historical Society meets the second Tuesday of each month at 7 p.m., April through November, except August. Meet at the Rose City Lions Club Cabin. Call Cathy 989-345-5659.
Tuesdays – T.O.P.S. (Take Off Pounds Sensibly) weigh in at 1-1:30 p.m., meeting starts at 1:30-2 p.m. Ogemaw Hills Free Clinic, 2106 S. Gray Rd. in West Branch. Call Robin 989-343-0592.
Tuesdays – (First of each month) West Branch Creative Arts Association meeting, 7 p.m. located at 124 N. Fourth St. in West Branch.

Call 989-345-1451.
Tuesdays – (First of each month) West Branch Area Retail Merchants Association meeting, 6 p.m. Held at the West Branch City Police Department. Call 989-345-5226.
Tuesdays – (Second of each month) Christian Motorcycle Association 6 p.m. for food and fellowship, 7 p.m. business meeting at G’s Pizzeria, 200 W. Houghton Ave. in West Branch. Call Gary 989-343-9876.
Tuesdays – (Fourth of each month) Rifle River Quilt Guild 9:30 a.m. at the K of C Hall, 601 Columbus Dr. in West Branch. The meeting will be followed by a Show and Tell, mini-classes, quilting tips, demos and time to sew. Bring your sewing machine, a project and your lunch. Any level of quilter is welcome. Call Diane 989-345-7206.
Tuesdays – (Third of each month) Cardinal Optimist Club of Skidway Lake. Third Tuesday 5:30 p.m. at Café International, 4761 Sage Lake Rd. in Prescott. Call Janet 989-387-2640.
Tuesdays – (Second of each month) Survivors of Suicide Support Group 6:30 p.m. Call Vicki 989-510-0911 or info@coalitionofhope.net for location. National Suicide Prevention Lifeline 800-273-8255 or text 741741.
Tuesdays – (Fourth of each month) Ogemaw County Democratic Party 5pm at China Inn downtown West Branch. Call Ken at (989) 345-1066.
Tuesdays – (Fourth of each month) Ogemaw County Republican Party meeting 5:30 p.m. at G’s Pizzeria

in downtown West Branch. Call Kristine 989-343-5120.
Tuesday – (Last of each month) Diabetes Support Group 1-2 p.m. Medical Arts Center, diabetes education conference room. Call 989-343-3276.
Wednesdays – West Branch Area Business and Professional Women’s Organization meets the second Wednesday of the month at 5:30 p.m. Different locations each month. Call 989-745-4067 for information.
Wednesdays – (First of each month) Veterans coffee hour 9-10 a.m. Held at the Ogemaw County Commission on Aging, 1528 S. M-33 in West Branch. Call 989-345-3010.
Wednesdays – (First and third) Grief Support Group 6:30 p.m. Faith Alive Church, 2945 Hansen Rd. in West Branch. Open to the entire community. Call 989-345-5440.
Thursdays-GriefShare Support Group. 2-4 p.m. Fresh Start Community Church, 690 Campbell Rd., West Branch. March 7 through May 30. \$20 for workbook. Scholarships available. Call Brenda 989-312-0105 for registration or info.
Thursdays – (First and third of each month) Newborn Parent Support Group 6-7:30 p.m. MyMichigan Health - West Branch in the executive dining room. Call 800-999-3199.
Thursdays – Northern Blend Sweet Adelines meets every week 7 p.m. at Logan Township Hall, 4507 E. M-55, Prescott. Call Ellen 989-345-0978.

Thursdays – (Second and fourth) Sit & Knit, 1 p.m. Knitting, needlework, and friendship. Whatever you craft. Ogemaw Commission on Aging, 1528 S. M-33 in West Branch. Call Alicia 989-345-3010, ext. 201.
Thursdays – (Third of each month) Rose City/Lupton Chamber of Commerce meets at 6:30 p.m. at the Rose City Council Chambers. Call Carl 989-473-3268.
Thursdays – Optimist Club of West Branch meets at 7 a.m. at the Loggers Depot in West Branch. Call 989-942-6608.
Thursdays - The Ogemaw County Fair board meets the first Thursday of each month in the main building at the fairgrounds. Call 989-345-5393.

Oct 12
Texas Hold’em Tournament, to benefit Max-Well Therapy Center, Sunday, Oct. 12, noon, West Branch Moose Lodge, 1731 W. State Rd., West Branch. All proceeds go towards the Center.

Oct 16
Ogemaw Hills Free Clinic, 2106 Gray Rd., presents **Operation: Game Night**, Thursday, Oct. 16, 5 p.m. to 8 p.m. Food, silent and live auctions and games. Free admission. All proceeds from the event benefit the clinic.

Oct 17 & 18
Tolfree Trail of Tricks & Treats, Friday, Oct. 17, and Saturday, Oct. 18, 5 p.m. to 8 p.m.,

Tolfree Wellness Park, 2463 M-30, West Branch. Halloween themed walk along the Tolfree Wellness Trail, trick-or-treating stations, games and more. Cost is \$10 per adult, children 12 and under are \$5 or \$25 for the whole family. Proceeds from the event go to the MyMichigan Medical Center West Branch Cancer Fund.

Oct 25
Fall Harvest Craft Show, Saturday, Oct. 25, 9 a.m. to 2 p.m., Faith Lutheran Church, 5315 Henderson Lake Rd., Prescott.
Craft Show, sponsored by the Cardinal Optimist Club of Skidway Lake, Saturday, Nov. 1, 9 a.m. to 3 p.m., Whittemore-Prescott High School, 6001 Mills Rd., Whittemore. For more information, contact April at 989-578-8768.

Nov 1
Craft Show, sponsored by the Cardinal Optimist Club of Skidway Lake, Saturday, Nov. 1, 9 a.m. to 3 p.m., Whittemore-Prescott High School, 6001 Mills Rd., Whittemore. For more information, contact April at 989-578-8768.

To place your event in the Community Happenings, email information to deanna@superior-news.com

FAITH & WORSHIP

God is love

“No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”
—Romans 8:37-39 NIV

God is love. And He loves us all no matter where we are in life. God’s love is unconditional. God’s love is without limit. God loves us so much and his love is so deep that nothing can change his love or stop him from loving us.

God loves us in all seasons of life. God loves us every second of everyday. God loves us. God’s love is permanent. God’s love can never fade away.

God loves us and because of his love he cares for us. God Himself his love. God is full of love.

When I am waking up it’s God loving me, God loves me in every situation and his love is always present in our lives. Even when I am not feeling well, his love is still there and yes I am not feeling well but that does not stop God from loving me, God does not want me to be in pain but his love is present to heal me of the pain. When I feel disappointed God loves me.

When I have failed God loves me. We need to start believing and accepting that God is love and he loves us deeply.
— www.SermonCentral.com

New Beginnings Lutheran Church
960 S. M-33, next to Ogemaw Heights High School, West Branch, MI
Pastor Daniel Jansen
989-836-6133
Sunday Service - 9 a.m.

Gladwin Cornerstone Baptist Church
3925 Round Lake Road,
Gladwin, MI 48624
989-426-6897
Sunday School 9:30
Morning Worship 10:30
www.gladwincornerstone.com
Pastor Scott Bradstreet

Churchill United Methodist Church
501 E. State Rd.
(corner of State and Morrison roads)
989-685-2350

Worship & Children’s
Sunday School: 11:30 a.m.
Rev. Helen Alford

Calvary Baptist Church
235 Minzer Ct. • West Branch
989-345-1651

Sunday School - 9:45 a.m. all ages
Sunday Worship 11 a.m. • Youth Group - 5:30 p.m.
Sunday Evening Service - 6 p.m.

WEDNESDAY
Youth Group - 6:30 p.m. • Awana - 6:30 p.m.
Wednesday Prayer Meeting/Bible Study 7 p.m.
Pastor Tom Teall • Youth Pastor Josh Pierce
www.cbcwb.org

Edward’s Community Church
4520 Greenwood Rd., West Branch
989-345-4227
Pastor Jon Scott

Sunday School 10 a.m.
Worship Service 11 a.m.
(Greenwood Rd. west of S. M-30)

Hale Methodist Church
Everyone Welcome! Pastor: Mike Tullis
Sunday Worship - 10am; Sunday School - 11am

Youth, Women & Men’s groups &
Trick or Trunk or Treat
Friday, Oct 31
5-7pm at the Church

201 W Main/Esmond, Hale; 989-728-9522
FB & IG: Hale Methodist Church

Coffee and donuts with local law enforcement



Courtesy photo

On Wednesday, Oct. 1, law enforcement members representing the Ogemaw County Prosecutor’s Office, Ogemaw County Sheriff’s Office, West Branch Police Department, Rose City Police Department, Michigan State Police and the Department of Natural Resources were on hand at the West Branch Meijer to listen to concerns of local citizens and answer any questions the public may have had regarding various state and local regulations. The event was well attended, and officers were able to share free coffee and donuts with shoppers supplied by Meijer. The Ogemaw County law enforcement community is grateful to Meijer for supplying the space and treats for such a good educational event.

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Riding to benefit fellow veterans



Courtesy photo
The American Legion Post 370 Riders donated the proceeds from their ride to the Ogemaw County Veterans Alliance. Jeff Nichols, director of the Ogemaw County Office of Veterans Affairs, received the \$2,400 check, which included donations from the American Legion Post 370 Auxiliary and Northland Credit Union.

New STEM class kicks off at St. Joseph School



Courtesy photos
St. Joseph School, in West Branch, has added a new course to its curriculum this year. The seventh and eighth graders have begun the new Science/Technology/Engineering/Math (STEM) course. The first challenge was the Index Card Bridge Challenge. The students designed a bridge made of index cards and tested it by adding weight to the bridge until it collapsed. It looks like some heavy weights. Have a great year St. Joseph School students.

MyMichigan Medical Centers host International Wave of Light ceremony

MyMichigan Medical Centers in Alma, Midland and West Branch will host the International Wave of Light, an annual event that supports grieving parents and honors the babies they have lost. The event is open to the public and all are welcome to attend. Observed each year on Oct. 15 as part of International Pregnancy and Infant Loss Remembrance Day, the Wave of Light unites communities around the world. At 7 p.m. local time, participants light candles or luminaries

to create a continuous “wave of light” around the globe. The ceremony recognizes those who have experienced miscarriage, ectopic pregnancy or stillbirth, as well as families who have lost infants to sudden infant death syndrome (SIDS) and other causes. Each year, maternity center staff at MyMichigan Health plan and host the local observances. This year’s recognition events will take place at 7 p.m. at the following locations: MyMichigan Medical Center

Alma – 300 E. Warwick Dr., Alma
MyMichigan Medical Center Midland – 4000 Wellness Dr., Midland
MyMichigan Medical Center West Branch – 2630 S. M-30, West Branch (a lighted walk will take place at the pavilion)
During the ceremonies, candles or luminaries will be lit in honor of pregnancies and infants lost but never forgotten.
For more information, visit mymichigan.org/mymichigan.org or our Facebook event page.

Vietnam veteran receives eagle-headed cane



Photo by Laura Bender
Vietnam veteran John Peralta receives an eagle-headed cane carved by Mike Thorne, commander of the VFW Post 3775 in West Branch. John served in the United States Navy from 1966 to 1972. While on active duty, he was assigned to Fleet Air Reconnaissance Squadron One, an aviation unit based in Atsugi, Japan. Nicknamed the “World Watchers,” the unit’s role was aerial reconnaissance and signals intelligence. As an aircraft mechanic, John kept the World Watchers flying.

Ogemaw Heights HOSA takes on Gift of Life Challenge

Annual campaign supports donor families and patients waiting for transplants
Ogemaw Heights HOSA is proud to announce its participation in the eighth annual Gift of Life Michigan HOSA (Health Occupation Students of America) Challenge, a five-week service project that saves lives, beginning Oct. 6 to Nov 7. The initiative gives students a unique chance to combine their passion for healthcare with the life-saving mission of organ and tissue donation. Their work will directly impact more than 2,600 Michigan patients waiting for organ transplants. Michigan teens join the Michigan Organ Donor Registry at lower rates than their peers in other states. It’s not because they’re less generous, but because they often lack the education to make an informed decision. HOSA students can help change that by sharing facts about donation with their peers and providing opportunities to register as donors.

“The HOSA Challenge is more than just a service project,” said Dorrie Dils, president and CEO of Gift of Life Michigan. “It’s a movement to inspire the next generation of healthcare professionals to become advocates for organ and tissue donation.” During the challenge, students recruit classmates and community members to join the Michigan Organ Donor Registry. Participants can earn cash prizes by completing activities that educate others about the importance of donation. Gift of Life Michigan and Ogemaw Heights HOSA are excited to partner on this life-saving initiative. We invite media, community leaders and the public to join us in supporting the Gift of Life Michigan HOSA Challenge. To sign up in honor of Ogemaw Heights, visit golm.org/go/ohhshosa For more information about the HOSA Challenge, visit www.golm.org/hosa

Push, roll, cheer – Fall is here

BY LAURA BENDER
A steep hill. A round pumpkin. What have you got? The Great Pumpkin Push!
Calling all children to see how far and fast they can move a pumpkin down the big hill in Irons Park.
Sponsored by the American

Legion Post 103 and the Ogemaw County Veterans Alliance, the fun includes refreshments and a chance to win prizes. Bring your friends and family for a frolicking good time, Saturday, Oct. 11, from 11 a.m. to noon. Come celebrate the season with a Dazzlingly “Gourd-geous” Downhill Dash!

Homeschool students and parents visit historical museum



SALLY A. REA
HISTORIAN AND CURATOR



Courtesy photo
A group of homeschooled students in West Branch recently visited the Ogemaw County Historical Museum.

On Sept. 12, the homeschooled students in West Branch and their parents did a tour of the Ogemaw County Museum. Bree Miller organized the tour, and we were really pleased they wanted to visit us. I believe they really enjoyed their tour and would like to come back next year and tour the garage. The students were very well behaved. Thanks, Bree.

My niece, Amy Gildner Frans-ee, let me borrow her artifact collections that she found in 2020. She discovered an old cabin foundation behind their house and now has a great collection that she started which is on display at our

museum. You must come in and see her collection. She has an old flat iron, marbles, beads, toothbrush, Indian pottery pieces, a token, pennies, and wire. Also, a lot of metal pieces. Amy is still digging, and I am looking forward to seeing what else she might find.

Peggy Rogers has donated some clay marbles to the museum that belonged to Ralph Fisk when he was about five years old. They

were amazed how good a shape they were in.

Our hours are still the same, 10 a.m. to 2 p.m. on Thursdays and Fridays. Appointments can be made for other times. Phone number is 989-701-2525. Don't forget our RADA Cutlery, "Driving Tour Books," "History of Prescott," "Purple Gang Books" and the "Country School Books" that are for sale.

Cardinal Optimist Club to host craft show

BY LADONNA SCHULTZ

One of the most crucial activities that enables the Cardinal Optimist Club of Skidway Lake to thrive is fundraising. It allows our nonprofits to provide programs such as: Fun in the Sun; Bike Rodeo; Teen Fun Day; Fishing Derby; Essay Contests; Hygiene Bags, and much more. In fact, without fundraising our organization could not provide free of charge the many local events the community has come to count on.



LADONNA SCHULTZ

In this spirit, the COCOSL is holding a craft show on Nov. 1, from 9 a.m. to 3 p.m. at the Whittemore/Prescott High School.

This event is a chance to showcase local artisans who will be selling unique handmade items in a fun and wholesome atmosphere making it enjoyable for adults and kids to attend. There is no entry fee, however, if you wish to donate a box of Kleenex, boxes will be collected and donated to the Whittemore/Prescott schools for teachers to use in their classrooms.

The craft show will also feature a 50/50 raffle, vendor raffle, luncheon, and a meat raffle. All winners will be chosen at 3 p.m. on the day of the event. Tickets for all can be purchased at the event before the drawing or meat

tickets may be purchased ahead of time from any COCOSL member.

The tickets for the Meat Raffle are \$5 apiece. First prize is a \$400 meat gift card from Klemmer's Meat Market. The second-place prize is a \$200 meat gift card, and third place prize is a \$100 meat gift card, also redeemable at Klemmer's Meat Market.

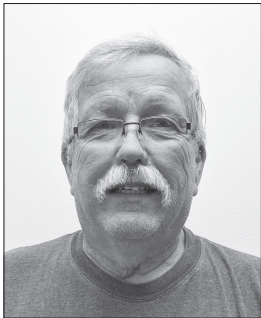
So, if you are looking to scent your home, accessorize your wardrobe with unique and gorgeous jewelry, or stay warm this winter with homemade knitted winter accessories, stop by our craft show. You are sure to find many treasures available to buy right before the Christmas holidays that you and your family can enjoy. And in doing so, help our

CRAFT SHOW continues on page 5 »

KIWANIS OF WEST BRANCH

Come be a part of our team. The Kiwanis Club meets at noon on the second and fourth Tuesdays of each month at G's Pizzeria, West Branch. Anyone interested in learning about our organization is welcome to attend. If you would like to be a guest speaker to show us what you do, call Denny 315-725-1199.

Kiwanis CORNER



DENNY SHUMWAY

We are rebuilding our club. If you want to help the children of West Branch and around the world, we are here.

AKTION CLUB OF WEST BRANCH

The Aktion Club continues to collect bottles and cans. You can call 315-725-1199 and make arrangements for pick up or drop off locations.

We will be handing out checks at our October meeting to organizations that help in the community.

We attended our annual convention this past weekend. We gathered at Camp Henry this year. There were 48 members from other clubs around the state there. We completed joint task service project, Camp Fire for S'mores, and more.

Those with special needs interested in joining our

club, come on the second Wednesday of the month at noon at the First United Methodist Church on the corner of Fairview and State roads, West Branch.

OGE MAW COUNTY FOOD PANTRY

Donations of food or money are always needed to help us with the influx of families. You can add to your grocery bill at Meijer Store with the card found at the checkouts or customer service. We will take donations every Wednesday of the month from 8:30 to 11 a.m. We are located in the outreach building behind the Trinity Episcopal Church, 100 E. Houghton Ave., PO Box 543, West Branch. We want to thank those that have donated.

If bad weather, call ahead at 315-725-1199 to see if we are open. We are open every Wednesday from 9-11 a.m. or until we run out of food. Families can come once a month. This institution is an equal opportunity provider.

Food Truck

The monthly food truck will be at the First United Church on the corner of Fairview and State Streets on October 17, 2025. Line-up at 9 a.m. This institution is an equal opportunity provider.

Ogemaw County Superior News

The Ogemaw County Superior News is published the second and fourth Saturdays of the month and distributed in West Branch, Rose City, Prescott, Lupton, Alger, Skidway Lake and Hale. It is available at newsstands for 75 cents per issue or annually for \$50.

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OPTIMIST
INTERNATIONAL

Optimist Updates

BY JOE BELL

The Optimist Club of West Branch meets every Thursday morning at 7 a.m. at Loggers Depot in downtown West Branch. They offer us a great breakfast with many menu options to choose from. We would love to have you come and join us for breakfast and let us show you what the Optimist Club is working on next to benefit the children of our community and the world.

Beginning Oct. 1, local students could participate in the Optimist Essay Contest. Students are asked to write an essay on



JOE BELL, VICE PRESIDENT

this year's topic: "How My Acts of Service Help Me Understand What My Community Means to Me!" Local students can work with their teachers to develop their essay and submit them to our club. Local winners can win up to \$500 dollars and go on to compete at the state level. State competition pays \$2,500 for first place, \$1,500 for second, and \$1,000 for third place. If you have a student who may be interested in competing, please reach

out to our club at Loggers Depot on Thursdays or contact their teachers.

On Oct. 31, we are having the annual Halloween party at the Surline Middle School on State Street in West Branch. Doors open at 6 p.m. and stay open until 8 p.m. Numerous games with candy prizes will be available including the Guillotine, the Electric Chair, Walk the Plank, and Skee Ball. Bags of candy will be passed out to participants as they leave the building. The Kiwanis Club will be handing out popcorn too. We appreciate their participation in and support of this event.

We close each meeting by reciting the Optimist Creed, part of which states: "Promise yourself to talk health, happiness and prosperity to every person you meet!" What a great way to approach your life. 'Bye for now!

News from the Skidway Lake area

BY APRIL HARKEY-MASON

The new electric poles are coming along nicely. The Consumers Energy company is about three-quarter done putting in the new poles from M-33 to Henderson Lake Road through Skidway Lake. They hope to stop a lot of the power outages with the new taller poles.

I had a chance to travel north on I-75 this week and the best color at the time was between Grayling and Roscommon. My aunt from Illinois was here and she loved the colors we have, and we are nowhere near full color yet.

The Halloween parade in Skidway Lake will be on Saturday, Oct. 25. Line up at Rosati's parking lot at 2 p.m. The parade will start at 3 p.m. and travel to the

What's cooking this school year? Meet the Chartwells K12 Team at WBRC Schools

BY GAIL HUGHEY

As the new school year gets underway, the dedicated food service team at West Branch-Rose City Schools is serving up nutritious, delicious meals every day. These school lunch heroes do more than fill plates – they create a welcoming space where students can recharge, connect with friends, and discover new foods they love. With a focus on fun, flavor, and interactive nutrition education, they help students leave the cafeteria not only full, but also happier and healthier than when they arrived.

“Good nutrition is essential for helping students stay focused, energized, and ready to learn,” said Janis Phillips, director of Dining Services, Chartwells K12 at West Branch-Rose City Schools. “As we move through the year, our team is excited to continue serving student favorites while also introducing new recipes and programs that keep kids fueled and excited about mealtime.”

Food Kids Love to Eat

Chartwells' team of chefs and nutrition experts has been crafting menus that not only meet rigorous nutrition standards but also reflect the diverse tastes of today's students. With a focus on flavor, variety, and wellness, the cafeteria team takes pride in serving meals that fuel both body and mind. Here's a taste of what students have already enjoyed this year and what's still to come:

- New menu items like enchiladas, homemade breakfast bakes, and strawberry spinach salad
- A special Farmers Market event later this month at Sur-line Elementary, giving kids the

boardwalk. All are welcome to enter the parade. The parade is just for fun; there will not be any trophies or prizes. There is no need to sign up, just get in line and have fun.

The Cardinal Optimist Club of Skidway Lake will hold the annual Trunk or Treat at the Chamber of Commerce Hall on Oct. 31 from 4 p.m.-6 p.m. **NO PETS ALLOWED.** Please sign up to pass out your candy by calling or texting 989-578-8768. This year we are starting and ending an hour earlier because our craft show is the next day, and we must set up that evening. There will be a first, second, third and fourth place ribbons for the best set ups. Bring your decorations and have fun. We plan for 500 trick or treaters.

I have been noticing a lot of chance to sample locally sourced produce

- Continued use of the Fresh Fruits and Vegetable Grant to bring more fresh, local options into the cafeteria

Programs that Encourage Fun and Discovery

The Chartwells' team at West Branch Rose City is committed to inspiring healthy eating habits and sparking culinary curiosity through engaging programs such as:

- **Global Eats:** A signature program highlighting authentic flavors and ingredients from around the world. Students travel through China, India, Italy, Mexico, Korea, and the Caribbean – no passport required!
- **Discovery Kitchen:** Hands-on activities that get kids cooking, tasting new foods, and learning about nutrition in a fun, interactive way. Each month features a different theme, adapted for school meal programs.
- **Mood Boost:** An innovative program that helps students connect what they eat with how they feel, featuring recipes and characters centered on six moods: Smart, Happy, Confident, Alert, Strong, and Calm.
- **Student Choice:** A program giving middle and high school students a voice in shaping menus by voting on new recipes and food concepts, ensuring school meals reflect current food trends.

Through their passion for great-tasting food, commitment to food discovery, and dedication to nourishing every student, the Chartwells K12 team is proud to serve up happy and healthy to West Branch Rose City Schools all year long.

trash being thrown on the side of the roads lately. I really wish all people could please take your trash home and throw it away. The side of the road is not the place for it. We need to show respect for mother nature and keep it beautiful for generations to come and enjoy.

I was following a man, and he threw cups, burger wrappers, napkins, and bags out his car sunroof and it all came flying at me as I was following him. I caught up with him and asked him to go pick it up. His response was he was providing job security! Please tell me who gets paid to pick up trash on the side of the road. That is people that volunteer to pick it up and there is no pay involved. We would not have to volunteer to pick it up if it was not thrown there to begin with. Please show some respect.

On a positive note, I want to give a shout out to our Mills Township parks and rec's workers. Our parks are the prettiest and kept so clean by these gentlemen - I want to brag on them.



Courtesy photo
Mills Township Park and Rec workers (l-r) Bryan Neumeyer, Manager Heath Cromwell and Patchric Vansickle do a great job maintaining the township parks.

Letter to the editor policy

The Ogemaw County Superior News encourages all readers to submit letters to the editor for possible publication. Please limit letters to 200 words or less.

Craft show

« Continued from page 4

club raise funds to continue our mission of conducting programming to bring out the best in kids.

On a side note: There are still

The author must include a daytime phone number as they will be contacted prior to publication. Unsigned letters will not be published. We reserve the right to edit and/or reject

any letter. Letters can be submitted via email to deanna@superior-news.com or by traditional mail to P.O. Box 603, West Branch, MI 48661.

a few vendor tables available. The cost is \$35 for a 10-foot-by-10-foot floor spot in the gym. Vendors must provide your own table

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Rose

« Continued from page 1
has dual citizenship. Proud of his Sāmoan roots and wanting to pay homage and respect to the community that shaped his family heritage, in 2012, Alex chose to represent the Polynesian Island nation.

In 2016, Rose achieved the Olympic standard. This opened the door for invitations to larger meets all over the world, as well as the opportunity to compete in the Olympics in Rio de Janeiro in 2016, Tokyo in 2021 and in Paris in 2024, where he reached the finals, finishing in 12th place.

In addition to being a

world-class discus thrower, Alex is a dad and husband.

“Family is so important in Sāmoan culture,” he said. “Being a dad to my sons, three-year-old Aleki and five-month-old Tailua, and husband to my wife, Samantha, is the most important part of my life. In order to maximize my time with them, I keep a very efficient schedule of workouts and technique practice. We have a gym at our house, which allows me to use the early morning hours and late nights to lift three to four times a week. I also practice throwing four times weekly,

which is a challenge to schedule.”

Alex and his family now live in Grand Rapids. He works full time as a technical sales engineer for Phoenix Contact, often having to juggle trade shows and discus competitions strategically to fulfill responsibilities for both.

“Because I am the first to medal under the flag of Samoa in a world event, I’ve been invited to meet the Prime Minister,” Alex said. “I had to tell him I couldn’t make the trip until I had accrued more personal days at work.”

The 2025 World Athletics Championships were not the first time Rose had competed in Tokyo.

“In 2021, the Olympics were in Tokyo,” Alex said. “I had a very bad performance. I didn’t make the final. It was the last competition of my 20’s. Having that failure and not achieving my goal really motivated me to be a better athlete. Mentally, what do I need to do to perform at the biggest moments? Physically, how do I prepare to have better technique? Year by year, I chipped away at that, and to get the redemption in the same stadium, in the same city, in the same circle four years later, is overwhelming. I am so thankful.”

On Sunday, Sept. 21, the day of the men’s discus throw final, rain pelted the field, causing a two-hour delay. It was still raining when the competition began. Rose slipped in the circle on his first throw. Then, on his fifth throw, he made history.

“It felt like a dream,” Alex said. “When I looked up at the scoreboard and saw my name as the bronze medal winner... I’m still in shock. The officials began frantically looking for a Sāmoan flag, but they didn’t have one because they’d never needed one. Then



Photo by Casey Simms



Photo by Casey Simms

my sister, who had come to watch me throw, pulled one out of her purse. I think she’d bought it on Amazon. She passed it down to the officials, who passed it to me so I could make my victory lap carrying our flag.”

To young athletes, especially those from Ogemaw Heights High School, top-tier discus thrower Alex Rose offers this advice:

“Find something you love and are passionate about. Become a true student of the sport. Ask advice from those you respect and take it. Work hard and hone your craft. You will feel the most rewarded if you do this.”

To the people of Ogemaw County, Alex shared this:

“I have fond memories of growing up in West Branch. I loved going to the Ogemaw County Fair and seeing the fireworks on the Fourth of July. Ogemaw County was a magical place to grow up, where I made lifelong friends. I truly cherish the community.”

To Alex Rose, world-class discus thrower, from his hometown:

We cherish you, too. You embody the values inherent in our community: a strong family, a great work ethic and the grit not just to overcome, but to thrive. We join the rest of the world in applauding your success and wish you all the best in the 2028 Olympic Games in Los Angeles.

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by: Arlene Hutton

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AKTION Club members attend annual convention



Courtesy photo

Over 50 people recently attended the AKTION Club's annual convention at Camp Henry in Newaygo. The Governor of Michigan Kiwanis and the past governor were there to provide leadership training. A talent show, poster and scrapbook competitions were also held. Violet, of the local AKTION Club, was installed as governor for over 15 clubs in the state.

Breast cancer

« Continued from page 1

the ambulance arrived, a reporter, who had been monitoring emergency calls, showed up, too. My white shirt was covered in blood, and while the EMTs were checking me out, the reporter asked if he could interview me about the incident. I declined.

The next day, I heard on the news that another child had just gotten hit by a lawn mower and had died from his injuries. I've always wondered if I had been willing to speak up that day about the dangers of mowing near children, might my words have saved his life.

Remembering that, I am willing to put my concerns aside and talk about my journey with breast cancer, in hopes that my words and my experiences will save lives.

Every year I dutifully went for my mammogram. I never skipped. I didn't think breast cancer was going to happen to me. I went because I was supposed to go. Then, at the end of last year, my doctor said I needed a follow-up ultrasound. Not worried, I complied. When they called me in for a biopsy, I still wasn't worried. Breast cancer didn't run in my family, and I felt fine.

A week later, after a staff meeting at work, I found a phone message from my doctor. 'I know you have good news for me,' I said when I returned the call. 'Unfortunately, I don't,' was the response.

I walked out to my car and cried. It took me several days before I could tell anyone. My son received the news stoically. The hardest person to tell was my daughter. Her response was not what I expected. She remained positive and supportive and told me we'd get through this together.

It was 10 weeks before I could have the surgery. There are a lot of people with cancer, and a limited number of appointments available. During that time, I received counseling about radiation and chemo if I needed it, what

to expect post-op, and what follow-on treatment I would need.

Thankfully, the cancer was contained and found early, so I knew I wasn't going to die. Still, I needed to undergo radiation to ensure none remained. I had 16 sessions, one every weekday in June. The process took only 15 minutes. I'd change my clothes. They'd strap me to a table. A spaceship-looking device would float over me for a few minutes. Then I'd get dressed and go to work.

Radiation was the worst of it. On the first two nights of my treatment, I slept for 12 hours. I had no appetite for weeks. I was constantly exhausted. It felt like my soul had been sucked out of me.

During this difficult time, though, I received the best of care from the radiology team at MyMichigan. They are the kindest people. They made sure I was comfortable, had soothing music to listen to instead of the whirring of the machines. On the last day of treatment, they even held a small ceremony. I rang the bell to signal that I had completed the course. They even gave me a certificate. Their sweetness made a tough time bearable.

I am now five weeks past my last session of radiation. I finally feel like myself again. My energy and appetite are back. I will still go for periodic check-ups and take medication for the next five years, but I am cancer-free and have a lot of living to do.

Cancer is a life experience no one wants. In the past, a C-word diagnosis was a death sentence, but that's not true anymore. My advice is for everyone to get their required annual check-ups, not be too afraid to bring issues to the doctor's attention early, and follow through on what the doctor says. It's awful to receive bad news, but we must keep ourselves in check. Most issues are treatable or at least manageable. We are all stronger than we think we are."

Thank you, Dana Gray, for sharing your personal experience and insight.

According to the American Cancer Society, one in eight women in the United States will be diagnosed with breast cancer in her lifetime. In 2025, an estimated 316,950 women and 2,800 men will be diagnosed with invasive breast cancer, and an additional 59,080 new cases of non-invasive (in situ) breast cancer will be diagnosed. When caught in its earliest, localized stages, the five-year relative survival rate is 99 percent. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over four million breast cancer survivors in the United States.

October is Breast Cancer Awareness Month. The purpose of this global campaign is to normalize conversations about breast cancer, encourage periodic self-examinations and mammograms, and provide critical support for patients and survivors. Since it began in 1989, Breast Cancer Awareness Month and similar campaigns have helped reduce breast cancer deaths in the United States by 44 percent.

To learn more about all aspects of breast cancer, visit the National Breast Cancer Foundation's website at <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>. Among the resources provided are free downloadable eBooks covering breast cancer basics, the signs and symptoms of breast cancer, early detection, treatment information, follow-up care and healthy living. Read these for yourself. Send them to friends. As a community, we must stand ready to promote early detection, provide informed support and inspire hope for those we love.

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A spooky weekend at the WB Secret Campground



Photos by Kathy Collins

Halloween came early to the West Branch Secret Campground and RV Park for the 5th Annual Halloween Weekend on Friday, Oct. 3 and Saturday, Oct. 4. Activities included pumpkin carving, face painting, arts and crafts, hayrides, games, trick or treating and a very spooky haunted walk. The event was sponsored by PCJ DJ Services, Paul's Skate Place, Ogemaw Lanes, MyMichigan West Branch volunteers, West Branch Cinema 3, Moonlight Graphics, Ann's Hair Affair, Clouse's Ace Hardware, Death Before Decaf and 313 Designs.



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Halloween

« Continued from page 1

Speedway from 5 p.m. to 7 p.m.

On Sunday, Oct. 26, the student council at Ogemaw Heights High School are hosting a trunk or treat from 1 p.m. to 4 p.m., in the high school parking lot, located at 960 M-33, West Branch. They plan to have games, prizes and a whole lot of fun.

The West Branch Optimist and Kiwanis Club are sponsoring the annual Halloween Spectacular on Oct. 31, 6 p.m. to 8 p.m., at Sur-line Middle School, located at 147 State St., West Branch. The free event will have games and candy for all students pre-school through sixth grade. Drinks and popcorn for everyone. All school rules will be in effect. Please no toy guns, swords, spears, knives, etc.

Trunk or Treat, organized by the Cardinal Optimist Club of Skidway Lake and hosted by the Skidway Lake Chamber of Commerce, is on Halloween night, Oct. 31, from 4 p.m. to 6 p.m., located at 2777 Greenwood Rd. Parents are asked to park at St. Stephens Church and no pets are allowed. About 500 children are expected to attend. Sign up your

trunk to pass out candy by calling or texting April at 989-578-8768.

There will be a first, second, third and fourth place ribbons for the best set ups.

Faith Alive Church, located at 2945 Hansen Rd., off M-30, West Branch is hosting its annual Trunk or Treat on Halloween night from 5:30 p.m. to 7 p.m.

Hyperion Materials & Technologies, located at 510 Griffin Rd., next to the Smiley Tower in West Branch, is holding a Trunk or Treat on Halloween night, from 4 p.m. to 6 p.m. Join them for a Spooky Walk, if you dare.

Dean Arbour Ford of West Branch, located at 3382 M-55, is hosting its second annual Trunk or Treat on Halloween night from 4 p.m. to 6 p.m.

Stop by the First United Methodist Church, located on the corner of Fairview and State roads, in West Branch for the drive thru Halloween Grab-n-Go on Oct. 31, from 4:30 p.m. to 7:30 p.m., for a free hot dog and a drink for the kids.

After all that Trunk or Treating, it's time to hit the streets for some

old-fashioned trick or treating.

Trick or Treat hours in the city of West Branch are Oct. 31, 5 p.m. to 6 p.m. for downtown businesses and from 6 p.m. to 8 p.m. residential.

While out trick or treating, stop by and see the residents at The Villa of West Branch, located at 445 S. Valley Street, West Branch, who will be passing out candy from 5 p.m. to 7 p.m.

Trick or Treat hours in the city of Rose City are Oct. 31, 5 p.m. to 7 p.m. East Main St. will be closed for Trunk or Treating. Don't forget to stop by the Rose City Fire Department as they will be passing out goodies too.

If you're hankering for some more fun, the Whittemore-Prescott Elementary PTO is hosting a Trunk or Treat on Saturday, Nov. 1, from 4 p.m. to 6 p.m. in the W-P Elementary School parking lot, located at 8878 Prescott Rd., Whittemore. For more information, call 989-756-2502 or email crainerb@wpas.net

Happy Halloween and be safe out there!

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**1ST OCTOBER
BREAST CANCER AWARENESS**
LET'S UNDERSTAND ABOUT IT


**YOU ARE IMPORTANT**
BREAST CANCER AWARENESS
Learn more about all breast cancer-related subjects and don't miss any of our events.

**1ST OCTOBER
LET'S TALK ABOUT BREAST CANCER**
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