

Island School Adopts New Program to Help Students Focus

By Jessica Delaney

Students at Mackinac Island Public School will have a new beat to tap their toes to this coming year with the arrival of a new Interactive Metronome Project. Previously, the nearest provider of the program was Grand Rapids.

Interactive Metronome is a computer program designed to promote brain performance. More specifically, its purpose is to help teach people to focus for longer periods of time, increase physical endurance and stamina, filter out distractions, improve ability to monitor mental and physical actions, and improve overall performance.

The interactive metronome was originally created to help people with neurological and motor difficulties. It is often used for people having difficul-

ty with sensory integration, Attention Deficit Hyperactivity Disorder (ADHD) and other learning and developmental disorders.

The Metronome operates somewhat like an interactive computer game. The user is outfitted with headphones and sensors on the hands and feet. An assessment is run to test rhythm and timing, and then a series of exercises are given. After the session, a reassessment is performed to see what improvements were made.

The program will be brought to the Island through the collaboration of teacher Laura Eiseler, registered nurse Margaret Horn, and a grant received from the Mackinac Island Community Foundation.

Ms. Horn became involved in the project through a personal experience. Her son has

Attention Deficit Disorder (ADD) and autistic spectrum disorder, so Ms. Horn investigated different clinics for treatments. The Occupational Therapy Clinic in Detroit recommended the Interactive Metronome for people having difficulties with sensory integration.

She was unable to find anywhere in northern Michigan that offered the program, however, the nearest facility being in Alcona county. It is not currently offered anywhere in the Upper Peninsula.

Ms. Horn wanted to bring the program to the Island, and spoke with Ms. Eiseler, who had been her son's second and third grade teacher.

"I knew Laura was always looking for innovative research-based programs to help children achieve success," said Ms. Horn.

The two women sought and received a grant from the

Community Foundation's Youth Advisory Committee, Foundation Executive Director Jennifer Blowski noting that "it's really unique that we can do this here."

The \$3,530 grant will cover the cost of the program and equipment and the cost for Ms. Horn to become certified to administer the program. In addition, the grant includes enough money and time to put 10 students through the program. If there is more interest, or if more students would benefit, the program will be available at a cost of \$10 an hour.

Students will participate in the program based on parent and teacher recommendations. Though it is not a replacement for medication, the Interactive Metronome program can provide a second source of treatment, or even primary treatment for those who are not currently receiving any medication, said Mrs. Horn.

One of the most exciting aspects of the program, she said, is that it has lasting effects. For people with ADHD, missing a day of medication means losing the medicine's benefits. With the Metronome program, however, benefits last for up to a year, and long-term studies are assessing whether benefits last beyond that.

In addition to being used to help combat ADHD and other development disorders, the Interactive Metronome has been used to help athletes work on coordination, endurance, and motor skills. In fact, the program has been used in sports from the high school level to professional. The Professional Golfer's Association Player of the Year, Vijay Singh, has used the Interactive Metronome.

Mackinac Island, however, will be targeting students with ADHD and developmental

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Custom Street Engine To Be Ruffled for St. Ignace Library at Car Show

A specialized hot rod crate engine, valued at nearly \$17,000 and dubbed "the biggest, baddest street engine from GM Performance Parts," will be the prize in a raffle to benefit the St. Ignace Public Library this month. Tickets cost \$5 each and are limited to 5,000, said librarian Cindy Patten, with the winner to be drawn Saturday, June 25, at the St. Ignace Car Show.

The ZZ572/620 Deluxe engine has 620 horsepower and a long list of specialized features, including aluminum oval port cylinder heads, dual plane

intake manifold port matched to oval port heads, and high lift hydraulic roller camshaft, may leave some people scratching their heads over just what to do with it. But to a hot rodder or car collector, such as those who come to the annual Car Show, this engine is a dream, said Ed Reavie of Nostalgia Productions.



This hot rod crate engine will be the prize.

"This is a magnificent piece

of machinery," Mr. Reavie said. "This will melt the back wheels off the rims of anything, in any gear."

All of the people who go to car shows would absolutely love to have this engine. And for those who may not have a use for it, it would be a very marketable item to sell. For a \$5 ticket, you have a chance to win something worth about \$17,000."

The engine is being donated to the library by General Motors, a longtime sponsor of the Car Show, said Mr. Reavie, representing a generous donation and a good opportunity for the community library.

"GM really likes coming to St. Ignace, and they wanted to do something special," Mr. Reavie said. "This is a great opportunity for the library, and it's not something GM offers just anywhere. This is something special."

General Motors will ship the crated engine to the raffle winner, Mr. Reavie said.

Proceeds from the raffle will be used to purchase desks, tables and chairs, a circulation desk, and furniture for the library's quiet room.

Tickets are available at the library or by mail by sending a check for \$5 and a stamped, addressed envelope to the library at 110 Spruce Street, St. Ignace, MI 49781.

Library volunteers will be on hand downtown during the Car Show June 25 to sell tickets as well.

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