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Friendly & Positive News and Sports!

Charlevoix Chamber Hosts 5th Annual Business Expo

Norma Jean Babcock

CHARLEVOIX: The Charlevoix Chamber of Commerce is hosting the 5th Annual Business Expo and Taste of Charlevoix on Thursday, March 19 from 4:00 to 7:00 pm at Castle Farms where attendees can discover area businesses and what they offer as well as try samplings of the flavors dished up at local restaurants.

The event gives area residents and visitors alike the opportunity to learn what business resources, restaurants and venues Charlevoix has to offer. It also serves to help business owners and potential business owners to

network, and set up connections that can foster even more success. This Expo is the largest of its kind held in Charlevoix County, as it includes 75 exhibits.

The exhibits showcase what new products, services and talents area businesses offer which gives those perusing the event the ability to discover new doctors, dentists, marketers, dealerships, newspapers and more. Each business can then reach out to others and learn how to make creative connections to offer even more services to the residents of Charlevoix county, making the event not only interesting and enjoyable, but also profitable in the long run.

The event will have live demonstrations, product tests, and free food. Additionally, this year marks the 1st Annual Expo Basket Raffle, which includes several baskets that have been created by area businesses with a value of at least \$150. Enjoy goodies from businesses like Beaver Island Boat Company, Central Drug Store, Charlevoix Harbor Wear, The Clothing Company, Odawa Casino, Revolution Bike, 9 & 10 News, Charlevoix Country Club/ Yacht Club & Marina, and the Chamber itself. The proceeds from these baskets will go directly to the



PHOTO BY M. CHRIS LEESE
Cheryl LaLone (from left) and Richard Christner, both of Charlevoix State Bank, smile as they help Lisa Schofield and her mother Nancy Waldron register for the free iPad drawing at the 2014 Business Expo.

See Business Expo—9A

sports



Red Devil center, Thomas Brandell (22). (PHOTO BY CINDA SHUMAKER)



Charlevoix senior Alexis Tribfelner (11) takes an open jumper as the Harbor defense closes out on her. (PHOTO BY CINDA SHUMAKER)

From four leaf clovers to a pot of gold, St. Patrick's Day inspires good luck and fortune

By Jim Akans

Whether you be of Irish heritage or not, tis' the time of year we all tend to go a bit green and believe good luck and good fortune lay near as we gather to celebrate St. Patrick's Day. Four leaf clovers and a pot of gold at the end of the rainbow inspire visions of leprechauns clad in green attire and pocketbooks overflowing with greenbacks, and a jolly limerick or two brings smiles, good cheer and temporary retreat from life's routines.

Now the hero of St. Patrick's Day, St. Patrick himself, was actually born Maewyn Succat, the son of a wealthy landowner, in Britain somewhere around 385 AD. He was captured by pirates and taken to Ireland during his impressionable mid-teens, and spent several years in slavery herding sheep.

Maewyn returned to Ireland when he was in his 30's and became a bishop, adopting the Latin name Patricius, later shortened to Patrick. St. Patrick is said to have used the three-leafed clover, or shamrock, to symbolize the concept of the holy trinity in his ministry. St. Patrick is believed to have passed away on March 17th in the year 461 AD, and thus it is on the occasion of his death that St. Patrick's Day is celebrated each year.

Three-leaf shamrocks from St. Patrick's times evolved into the lucky four-leaf clover variety much sought after today. They are a symbol of good luck and good fortune that according to some estimates can be found only once among 10,000 of the regular three-leaf brand that choke the grass in many a lawn.



Enjoy the "luck of the Irish" this weekend and on the "official" St. Patrick's Day; Tuesday, March 17th. GRAPHIC BY 123RF.COM

The image of the precious shamrock was widely popularized to baby boomers in America by "Lucky the Leprechaun," who first appeared on children's cereal boxes back in 1963. Children pur-

See St. Patrick's—3A

BOYNE CITY COMMISSION MEETING, MARCH 10, 2015

Officers shown appreciation for life saving actions

By Tina Sundelius

BOYNE CITY--Boyne City Commissioners were presented with a video taken from one of the police department's dashboard cameras during a 911 call and in turn presented the responding officers with Awards of Appreciation.

The 17 minute video was narrated by Ambulance Director John Lamont and Chief of Police Jeff Gaither. It contained live footage of Police and EMS responding to the scene of a heart attack victim. Lamont gave statistics, stating that prehospital cardiac arrest victims have only a 16% chance for a positive outcome which improves to 40% if electricity is available within the first 4 minutes. In the video the officers at the scene immediately connected an automated external defibrillator to the Police car's battery, gave the patient one shock and then began manual compressions until and even after the ambulance arrived. Robert Clubb, the cardiac arrest victim was in attendance, and thanked and hugged each officer as Mayor Ron Grunch presented them with Certificates of Appreciation. "It's the result of a great team effort between the

See Boyne City Commission—8A

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weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
HIGH: 47 LOW: 30	HIGH: 52 LOW: 31	HIGH: 38 LOW: 25	HIGH: 45 LOW: 33

snowfall records

2012-13	2013-14	2014-15	Amt
3/11/2013	3/10/2014	3/9/2015	88
3/11/2013	3/10/2014	3/9/2015	59.8
3/11/2013	3/10/2014	3/9/2015	74.9
3/11/2013	3/10/2014	3/9/2015	101.3
3/11/2013	3/10/2014	3/9/2015	129.4
3/11/2013	3/10/2014	3/9/2015	31.1
3/11/2013	3/10/2014	3/9/2015	61.4
3/11/2013	3/10/2014	3/9/2015	106

Boyne Falls
Charlevoix
Cheboygan
East Jordan
Gaylord
Mio
Onaway
Petoskey

record temps

DAY	AVG	LOW	AVG	HIGH	RECORD LOW	RECORD HIGH
MAR 12	18°	18°	40°	15°	(1980)	68° (1990)
MAR 13	19°	19°	40°	9°	(1960)	68° (1990)
MAR 14	19°	19°	41°	7°	(1963)	72° (1995)
MAR 15	19°	19°	41°	7°	(1956)	79° (1990)
MAR 16	20°	20°	41°	8°	(1998)	67° (2003)
MAR 17	20°	20°	42°	6°	(1967)	72° (1966)
MAR 18	20°	20°	42°	7°	(1967)	69° (1966)
MAR 19	21°	21°	43°	12°	(1989)	59° (1976)

OBITUARIES

Agnes M. Christ, 86

(APRIL 26, 1928 - MARCH 5, 2015)



Agnes M. Christ of Charlevoix and Largo, Fla., passed away Thursday, March 5, 2015, in Largo. She was born April 26, 1928, in Charlevoix to William and Hulda (Rieth) Thorp. Agnes graduated from Charlevoix High School in 1947. On June 14, 1947, she married Arthur Christ in Charlevoix, and he preceded her in death in 1976.

Agnes worked at Freedman Aircraft (now Harbor Industries) for fifteen years as an inspector. She also worked for the Nathan Cummings family at their home on Lake Charlevoix. Agnes owned and ran a ceramics shop outside of her home. She attended the Charlevoix Community Church of God and the Iron-ton Congregational Church. Agnes was a member of the Charlevoix Senior Center.

She is survived by her son, Philip Christ of Dunedin; daughter, Nanette (John) Ellis of Largo; grandchildren, Josh, Erin and Eric Christ, Christy (Fred) Satterfield, Tony Ellis; great-grandchildren, Victor and Violet Satterfield; sisters, Wilma (Ron) Sitzema of Ellsworth, Alice (Chuck) Bricker of Petoskey; sister-in-law, Peggy Thorp of Charlevoix; brother-in-law, John Powell of Charlevoix. Agnes was preceded in death by her brothers, Edward, Albert, and John, and sis-

ters, Thelma Powell and Hildabel Bruce.

Funeral will be 1 pm, Thursday, March 12, at the Winchester Funeral Home in Charlevoix where visitation will begin at 11 am. The Reverend Neil Turner of the Charlevoix Community Church of God will officiate. Burial will be in Brookside Cemetery in Charlevoix.

Please sign Agnes' guestbook at www.winchesterfuneralhome.com

Jeff Kring, 30

(JUNE 9, 1984 - MARCH 4, 2015)



Jeffrey Michael Kring left this world suddenly on Wednesday, March 4, 2015 at the University of Michigan Hospital in Ann Arbor.

Jeff was born June 9, 1984 in Petoskey the son of David and Debbie (Jones) Kring.

He grew up in Harbor Springs where he attended high school and graduated in 2003. During this time, Jeff played on several sports teams but excelled in basketball, earning multiple varsity letters. He attended Northwood University in Midland and also the National Auto Dealers Association Dealer Candidate Academy in Washington D.C.

He was employed at the family business along with his father and brother, Dave Kring Chevrolet-

Cadillac in Petoskey where his most recent position was Assistant Sales Manager.

Jeff was an outdoorsman but especially loved hunting, ice fishing, boating, golfing, snowmobiling and camping with his family. But most important to Jeff were his wife and children.

On Feb. 13, 2009 he married Molly Forester in Petoskey.

Jeff is survived by his wife Molly and his son Evan, 6 and daughter Riley, 5; parents Dave and Debbie Kring of Harbor Springs; brother, Matt and his wife Amy and their children Kaitlyn and Noah of Harbor Springs; Grandmother Bertie Jones of Petoskey; In-Laws Cliff and Rhonda Forester of Inver Grove Heights MN.; brother-in-law Scott and his wife Amber of Coon Rapids, MN.; and numerous aunts, uncles and cousins.

Jeff was an amazing father, husband, son, brother, uncle, brother-in-law and special friend to many, especially the entire Behan family, DJ and Maggie Jakeway, and Adam and Debbie Riehl.

Contributions in memory of Jeff may be made to Petoskey-Harbor Springs Area Community Foundation, Jeff Kring Memorial, 616 Petoskey Street, Suite 203, Petoskey, MI 49770

Funeral services for Jeff will be 11:00 AM Friday, March 13, at the United Methodist Church in Petoskey, Pastor Sherry McGuffin will officiate. Visitation will be on Thursday from 5-8 PM at the Stone Funeral Home.

Wiliminta "Billie Jo" Duff, 80

(FEB. 6, 1935 - MARCH 7, 2015)

Wiliminta (Billie Jo) Duff of East Jordan passed away peacefully Saturday, March 7, 2015, at her home, surrounded by her loving family.

She was born on Feb. 6, 1935, in Boyne City to William and Lois Howie.

On Nov. 14, 1953, she married Robert Duff. They were married for 61 years. Bob and Billie Jo started their lives together in Flint. They later moved their family north to her hometown of Boyne City where they raised their four children.

Billie Jo formed many friendships through the Red Hat Society. She had a green thumb and had beautiful flower gardens. She also had a passion for feeding and watching wild birds. Billie Jo was an excellent seamstress and took pride in making her children's clothing as well as Halloween costumes for her grandchildren.

She taught herself how to use the computer, which gave her much joy because she could keep in touch with her family and friends. Her grandchildren referred to her as a tech savvy computer whiz and often called her for technical help.

Billie Jo is survived by her husband, Robert; her children, Kelly (Barb) Duff of Spring Lake, Mich., Shelli Hesselroth of Minneapolis, Minn., Barb (Dan) Yenglin of Charlevoix and Susie (Dean) Hicks of Boyne City; grandchildren, Kevin Duff, Patrick (Angel) Duff, Molly Duff, Sara Hesselroth, Jake Hesselroth, Bailey (Visar) Grajevci, Brock Yenglin, Katie Hicks, Kylie Hicks; one great-granddaughter, Ariana Grajevci; and two brothers, Carlton Howie and Gordon (Gail) Howie.

She was preceded in death by her parents, William and Lois Howie; her brothers, Jim and Tom; and sisters, Phyllis and Ardie.

Her family will remember her as a very loving and devoted wife, mother and grandmother. She always put her family before all else. She will be missed dearly.

Janice Faye Murray, 52,

(FEB. 14, 1963 - MARCH 5, 2015)



Janice Faye Murray, 52, formerly of Troy, Michigan, passed away Thursday, March 5, 2015, at her home in East Jordan

She was born on February 14, 1963, in Bellaire, the daughter of Zell and Alice June (Ager) Murray. Janice graduated from East Jordan High School in 1981 and Lake Superior State University in 1985.

She spent most of her accounting career as a consultant for financially troubled businesses. Many of those years were with McTevia and Associates before she opened her own consulting firm of Murray Advisors. Janice lived in Troy for most of that time and recently moved back to East Jordan on the property she had as a vacation home.

She enjoyed golfing, boating and spending time with her family and friends. Janice was an avid Notre Dame fan and a Jimmy Buffet fan. She served on the board of directors of Variety the Children's Charity and was active in her parish.

She is survived by five siblings, Ronald Murray, Cathy Downey, Carol Weidlich, Mark (Ruth) Mur-

ray and Marsha Murray; seven step-siblings, Joseph (Sarah) Pienta, David (Dorothy) Pienta, Timothy (Sandy) Pienta, Michael (Marilyn) Pienta, Anthony (Bonnie) Pienta, Ruth Ann (Bob) Robinson and Edward (Mary Jo) Holm; one sister-in-law, Donna Murray; several aunts; and many nieces and nephews. She was preceded in death by her Father, Zell Murray; her mother, Alice June (Ager) Murray-Pienta-Holm; one brother, Jack Murray; step-fathers, Joseph Pienta and Harold Holm; and one stepsister, Rose Marie Lisk.

Funeral services were held on Monday, March 9, 2015 at St. Joseph Catholic Church in East Jordan. Rev. Fr. James Gardner officiated. A graveside service at St. Joseph Calvary Cemetery in East Jordan will be announced in the spring.

The family received friends on Sunday from 2:00 to 4:00 P.M. and 6:00 to 8:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan. A Rosary service was held on Sunday evening at 7:30 P.M. at the funeral home. Memorial contributions may be given to the American Cancer Society.

Larri Gilbert Allen, 64

(MAY 22, 1950 - FEB. 8, 2015)



Larri Gilbert Allen died Sunday, February 8, 2015, at his home in East Jordan, Michigan.

He was born on May 22, 1950, in Lansing, Michigan. He married Gail Shaler Boone on October 31, 1997 in East Jordan.

Larri was a workaholic. He owned and operated Larri's Lawn Care in the East Jordan area for many years. He also worked as a sexton for several local cemeteries.

He is survived by his wife, Gail Allen of East Jordan; daughter, Angela (Bob) Gotts of Fountain Inn, South Carolina; son, Kevin (Jessica) Allen of Denver, Colorado; step son, Clayton (Tina) Boone of Vanderbilt; step daughter, Jenee' (Jason) Tanner of Boyne City; eight grandchildren, Andrew, Resi, Tyler, Savannah, Cameron, Julia, Dakota and Matthew; brother, Jerry (Marsha) Hosler of East Jordan; sister, Betty (Greg) Smith of Marana, Arizona; his favorite aunt, Norma Jean Hilliker of East Jordan; and his beloved dog, Molly.

Larri was preceded in death by an infant daughter, Renee Lynn Allen in 1970; his father, Franklin Allen; mother, Bonnie Hosler; infant sister, Tammy Allen; sister, Jeanie Kay Gensen; and step son, Richard Boone.

Funeral services were held on Wednesday, February 11, 2015, at 4:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan. President Terrell Belford of the Church of Jesus Christ of Latter Day Saints in Gaylord officiated

Memorials may be given to Charlevoix County Humane Society, 614 Beardsley Street, Boyne City, MI 49712.

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Community Needs Assessment survey being conducted

Northwest Michigan Community Action Agency is administering a Community Needs Assessment survey to help determine needs in the communities it serves. This will help the Agency prioritize programming and services. Please complete the survey by visiting our homepage at www.nmcaa.net. We appreciate your participation and efforts in assisting us to make the greatest impact possible in our 10 county service area. The survey should only take about 5 minutes.

If you do not have a computer or access to the internet, other arrangements can be made so you can participate in the survey. Call 800-632-7334 to inquire!

Request for Boyne Arts Collective members to pick up personal property prior to building move

The "BAC" will be moving to a new site in Boyne City within the next month.

Our new location is in the "planning stage" and you will be notified shortly regarding a final decision.

Because of the above, members need to pick up all personal property - such as art, materials, furniture, appliances, paint, brushes, ladders, or tools - now housed in the present BAC by March 31, 2015. The present BAC location is being worked on by the owner and all BAC material must be removed.

If you are not in our area at this time, please make arrangements for someone to pick up your materials. Please call - 1-231-409-8785 - if you have any questions.

St. Patrick's

continued from 1A

sued Lucky who lamented they were "always after me Lucky Charms," a sugar and grain version of his pot o' gold; consisting of "magically delicious" stars, moons, hearts and especially hard to find green clovers, or shamrocks

The tradition of associating the color green with St. Patrick's Day is likely due to the affiliation with St. Patty's legend, though it is believed St. Patrick actually preferred blue as the color of his vestments. Green actually didn't become associated with St. Patrick's Day until the 19th century. Today, green is everywhere on St. Patrick's Day. We have green beer, green hair, green water in the Chicago River, green clothing worn somewhere to keep from getting pinched, and of course, green shamrocks.

And that pot of gold at the end of the rainbow... apparently rainbows are actually circular and have no end. Thus searching for something as valuable as a pot of gold at the end of a rainbow is a safe bet for an unattainable mythological quest. However, on such a spirited occasion as St. Patrick's Day anything is possible!

So grab some green and enjoy the luck of the Irish this St. Patrick's Day. As one popular Irish toast proclaims: 'may the roof above us never fall in, and may we friends beneath it never fall out.'

Veteran of the Month

The "Veteran of the Month" for March 2015 is Lyle Dudley Green. Born June 10th, 1916 in Boyne City, Mich., Green graduated from Boyne City High School in the class of 1935 following an exceptional athletic high school career. In Jan. of 1940 Green went to work for the U.S. Postal Service Post Office in Boyne City as a mail clerk and mail carrier performing postal duties selling stamps, money orders and other postal supplies. On July 13th, 1942 Green was inducted into the Army entering into active duty on July 25th, 1942 in Charlevoix County, Mich. and following two months basic training, where he qualified Expert with the M1 carbine rifle, he was assigned to the 342nd Ordnance Depot Company serving three months as a mail clerk, six months as a message center chief, ten months as a clerk typist. On March 22nd, 1943, while home on leave, Green married Margretta Bolser making their home in Boyne City. On Feb. 12th, 1944 Green departed the U.S.A. arriving in Scotland on Feb. 19th, 1944 participating in Battles and Campaigns at Normandy, Northern France, Rhineland, Ardennes and Central Europe serving as an Automotive Parts Clerk, for fifteen months, where he worked in a store-room receiving, storing and issuing spare parts and tools in connection with the repair of small arms, such as rifle, automatic rifle, heavy and light machine guns, kept stock records, took inventories and requisitioned parts to maintain stock limits. On Oct. 22nd, 1945 Green departed the European African Middle Eastern Theater of Operations arriv-



LYLE DUDLEY GREEN

ing in the U.S.A. on Nov. 1st, 1945 and on Nov. 6th, 1945, at The Separation Center, Indiantown Gap Military Reservation, Penn.,

Green received an Honorable Discharge having attained the Non-Commissioned Officer rank of Sergeant and was awarded the following Decorations and Citations: The World War II Victory Medal, The Good Conduct Medal, The American Campaign Medal and The European African Middle Eastern Campaign Medal with Five Bronze Battle Stars. Having completed his military obligation, Green returned to Boyne City and the Postal Service retiring in 1978. Green then owned and operated his own accountant service and was also employed by Northwestern State Bank in Boyne City. Green gave back to his community by serving as Justice of the Peace and was a sanctioned athletic official and officiated at football, basketball and baseball games in the area. Green enjoyed golf, bowling, attending Masonic Lodge and Eagles Club meetings and spending quality time with his family and friends. On Sept. 11th, 1983 Lyle Dudley Green answered the final call and is being honored by his daughter Trudy Green, stepdaughter Mindy Simmons and their families.

To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between 3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month in front of the American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.

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Adapting to Daylight Savings Time

By Deb Hagen-Foley

Daylight Savings Time (DST) began last weekend, March 8. Have you felt any effects from the loss of an hour over the weekend? A German researcher reported that the disruption in circadian rhythms, the body's internal clock, is disrupted with the start of Daylight Savings Time. Adjusting the clocks does not adjust our circadian rhythms. This disruption is maintained until daylight savings time ends in November, according to this research.

Disruption of sleep pattern results in sleepiness during the day, a loss in productivity and an increase in unproductive activities, such as "cyberloafing," unproductive computer activity. The loss of an hour of sleep is also related to an increase in heart attacks and automobile accidents, the result of sleep deprived drivers. Work-related accidents are more severe following the change to daylight savings time.

Researchers have also quantified the financial costs of DST. According to the research documenting an increase in heart attacks, workplace injuries, particularly in mining and construction, and cyberloafing, the cost of DST in 360 metro areas that observe Daylight Savings Time is estimated at as much as \$434 million, the equivalent of \$1.70 per person. It might be even higher, since workplace accidents in other fields, such as transportation and manufacturing, were not included.

If you got to bed early on Saturday and usually get seven to eight hours of sleep, you may not have noticed the change to DST very much. If you are sleep deprived and typically get six or fewer hours of sleep per night or if you had caffeine or alcohol before bed on Saturday, you may have felt the loss of an hour over the weekend.

Are you feeling the impact of the change to DST? Were you more tired than usual on Monday morning? Did you drive to work in the dark with extra caffeine to keep you awake? A desire to increase your caffeine intake is understandable, but this will not help you to adapt to DST. It would be better to maintain or even reduce the amount of caffeine you consume after the switch to DST.

Begin to relax and prepare for bed an hour before you plan to go to bed. Take a warm bath. Meditate. Have some caffeine free tea. Turn off electronic devices. These sources of artificial light do not help you to develop natural circadian rhythms. Go to bed earlier for a few days - even 15 to 30 minutes earlier - and rise at the same time as you usually do, or even a few minutes earlier. Take advantage of the extra hour of daylight in the evening. Get outside and enjoy some sunshine - it will help your body adjust to Daylight Savings Time more quickly.



Techniques for Relieving Stress

By Curt Hagedorn

Now more than ever we all need to learn ways to conquer stress, for ourselves and for others. Because, as we all know, stress can be a communicable disease. If you're stressed out it is likely everyone around you is going to end up bouncing off the walls as well. Fortunately, there's a lot you can do; from taking a short time-out to total immersion in a stress free environment.

The simplest way to eliminate stress can be summed up in one word: Breathe! When you feel that tension level beginning to rise, close your office door (or duck into that bathroom stall) or just stop moving for a moment. Place your feet flat on the floor, put your hands on your knees or at your sides, close your eyes and just breathe until your short, shallow breaths become long deep ones. If you can lie down on your back, lie down. You can learn to do this discretely no matter where you are taking in long deep breaths through your nose and exhaling slowly until you're feeling calm again. If you're a high stress individual, setting aside some time three times a day, even 15 minutes,

for a simple breathing exercise like this can make a tremendous difference in your tension level.

An even more effective way to make sure you maintain your cool is regular exercise. A popular exercise choice for reducing stress is yoga. Yoga is a series of exercises based upon breathing and stretching, tension and release, and both mental and physical concentration that can be adapted to almost anyone's level of fitness. You don't have to be able to put your feet behind your neck or stand on your head to get the stress releasing benefits of yoga, but if you really commit, you just may find yourself looking and feeling a great deal younger yourself.

For those of us who would rather let our credit cards get the exercise, there are massage centers, spas and other temples of relaxation in just about every city and town in the nation. From places where you can walk in off the street for a fifteen-minute chair massage at a minimal cost, to upscale spas where a package of massage, facials, body wraps and other goodies can run into hundreds of dollars. If you can manage to give yourself the time, even

once a week, you can emerge feeling like a whole new you. And don't think these treats are just for women only. More and more men are realizing the benefits of a little tender loving care in getting through their stress filled lives. In fact, many corporations are providing chair massages, fitness centers, classes and other amenities to keep their top performers in tip-top, stress-free shape. (Note: You might want to put that in the suggestion box.)

If your stress level has gotten to the point where the idea of taking fifteen minutes for a quick massage makes you even more stressed out, it's time for drastic action. Carve a weekend, or a week, out of your schedule and set out on a total de-stress adventure. These can be as close as around the corner, or only a few hours away, but can seem like a hideaway on another planet. Many famous hotels and spas will open their arms for a special weekend getaway with all of the resources of these grand luxury palaces at your disposal (for rates with vary with the seasons.) Many of these resorts blend the spa experience with golfing, bicycling, fishing, swimming in a stream-fed pond

or relaxing in a steam room.

Many local salons have expanded their services to include many of the things you would find at a day spa. Just down the street you can find many of the relaxing services that were once only available at spas and you can be in and out in just a couple of hours.

Finally, if you just can't get away, transform your own environment. Personal care emporiums carry at-home spa treatments, bath products, new age music, Zen teas and the like (even that yoga video you've been looking for.) Buy a Zen fountain, aromatherapy candles and at-home facial, foot bath and paraffin hand wax treatments and turn your own bathroom into a de-stress center. Or if you'd rather be pampered, you can get a massage, a haircut, a facial, a cosmetic makeover and a manicure all on the spur of the moment, without ever leaving the premises (and at a reasonable price.) If that doesn't remove stress from your life, go back to the beginning and just breathe!

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News

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LETTERS TO THE EDITOR

Letters may be submitted by e-mail to office@CharlevoixCountyNews.com.

EJ Lions Club Mother of the Year nominations

The East Jordan Lions Club is seeking nominations for the 2015 East Jordan Mother of the Year award. Nominations should be submitted with a brief, 200 words or less, summary of why the individual is worthy of this honor. Nominations submitted in 2014 will be considered for the 2015 award. The deadline for "Mother of the Year" nominations is Friday, April 17. Nominations should be mailed to East Jordan Lions Club, PO Box 845, East Jordan, MI 49727. The club will host the annual Mother/Daughter Banquet at 6pm on Saturday, May 9 at the East Jordan High School. For more information, contact Sherry Pursel at 231-536-7117.

MISSIVE TO CITY HALL

WATER WOES EAST JORDAN

To the Editor,

AND ELSEWHERE. It's been a rough winter as statistics tell, worst in at least fifty years, as last year, 2014, was the highest snowfall on record in as many years. That's saying something for this latitude historically. What's happening here? Global warming in reverse? Well, yes. That's how it works as the poles melt and the interior freezes and floods. All that snow and cold have to go somewhere.

To get to the point here, it was the diligent work of the DPW and City Hall that "unthawed" my waterworks after three days without. Those guys were out there in zero weather all day figuring out a workaround solution for water flow, finally coming up with a hose from fire hydrant to water meter to circumvent the frozen city water line under the street as that was finally determined to be the source of freeze. This was due, per information from Butch Breaker the former DPW Superintendent circa 1978, some 34 years, to water mainlines not having been buried deep enough below frost-line stratification. Perhaps there was more snow cover in yesteryear, not enough

technological expertise, not so cold, who knows? In any case, first an attempt was made to thaw the waterline through the meter pit but after two hours that proved impossible due to our -20 degree weather of late, the meter and the house not having been the source of the freeze.

So, an insulated hose from the hydrant to the meter solved the dilemma and we are advised to keep a tap running until spring free of charge but for calculated water usage via past bills. Okay, that worked and continues to work but what of future problems with weather? Can we be assured that running a pencil-sized stream of water for three-four months a year will be compensated with adjusted water bills? There seems some leeway for argument there. You know, it's an honor system, promises, promises... "Sure we ran our water; Sure we'll compensate your bill" &c &c: good luck with that. What we need is a City Commission determination in writing as to this impasse. Also, what of future weather complications? We can hardly expect the city to dig up all streets to lower the water line level or install meters in every basement; that would be a project tantamount to the cost of all property herein. What to do, what to do? Keep on "unthawing" frozen pipes seems to be the only an-

swer. To extenuate this premise it should be noted that our water was running at the time of freeze. A basement bakery tap was activated that night previous and when I went down to check after discovering the upstairs water was not running, that tap was still running as were all other on that level. I thought perhaps some freeze had occurred upstairs though that didn't make sense but soon discovered that all waterworks were hence shut down within. The problem had to be outdoors, some residual water being the last gasp of flow from the meter but not enough pressure left to service upstairs. It was then determined that it was not the meter but further underground. The solution could only come to digging up the pavement or some other plan. Digging up pavement opens a can of worms of other complications. Future considerations include the double driveway surrounding said water meter which is now piled high with snow insulation; what then if the driveway is cleared of snow for parking? Or does it even matter if the problem emanates from far underground yards away?

Anyway, thus consulting with Roberta at City Hall who relayed the message to Tom Cannon, newly inaugurated City Manager, a good choice since Tom has lots of parks and recreation experience, thence

the crew showed up next day and proceeded as said to work all day to find a resolution. Man, I gotta say as I was watching and sipping warm wine from the warmth of home above (one of the few select joys of age: get somebody else to do it), those guys earned their pay that day, six trucks, seven workers, plumbers and sundry equipment out there all day in that zero weather. We might complain about utility bills but when it comes to heat and water there's no complaining when it comes to getting things functioning again. One worker, Joe Prevo, laid on the frozen ground for hours trying to "unthaw" those pipes.

I'm a writer and artist and all but I've done my share of remodel and repair and I've got to say that I understand that those guys and gals came through like sports champions that day, rock stars, both physically and bureaucratically. They, as they say, giterdun. And those who know me know I'm the curmudgeonly wise guy at City Hall meetings, so when I offer praise I hope you know I really mean it. I even thought about running for City Mayor but Russ Peck and Paul Timmons are a lot better looking than me.

*Appreciatively,
Mitch MacKay, East Jordan*

Drs. Oz and Roizen

Television's Dr. Oz and Cleveland Clinic's Dr. Roizen report on health, wellness and quality of life.



FEELING TIRED? TRY THIS

Hang on to your coffee mugs, North Americans. You lost 191 million hours of sleep on March 9, the first workday of Daylight Savings Time. Every year when clocks across the U.S. and Canada "spring forward," most of you are left longing for more -- and better -- zzz's. Quality sleep can make you look years younger and feel less grumpy, and protect you against weight gain, depression, heart disease and diabetes. Plus, new research suggests that good sleep can help prevent brittle bones and serious digestive-system

problems.

Unfortunately, a whopping 50 million to 70 million of you don't get enough deep, refreshing sleep. You're up late working, tweeting, watching "The Tonight Show," opening a box of Girl Scout cookies ... and, often, doing all that at the same time. As a result, your body clock gets discom-bobulated, and that makes levels of the stress hormone cortisol and the feed-me hormone ghrelin rise; production of blood-sugar-controlling insulin gets messed up. As a result, you gain weight and

may see your blood pressure and blood sugar rise. You become more vulnerable to infections because your immune system takes a hit too. One new study from Oregon Health and Science University suggests that the systems that erode and then rebuild your bones get thrown out of whack, so there's more tearing down and less reconstruction. And recent research from Massachusetts General Hospital and Rush University Medical Center has found that getting less than five to six hours of shut-eye on a regular basis increases risk for flare-ups of ulcerative colitis and Crohn's disease.

Sometimes it's wise to start your quest for better sleep at your doctor's office. Make an appointment if you have severe or long-standing insomnia or signs of obstructive sleep apnea (like extreme daytime tiredness or a partner's report that you snort and gasp for breath at night). Otherwise, try these better-sleep strategies:

Clean up your sleep routine. Good sleep hygiene tells your mind and body that it's time to sleep. We recommend: no coffee within three hours and no exercise within two hours of bedtime. Keep

your bedroom cool and dark at night. No TV, computers or smartphone before bed (the blue light resets your brain to morning time!). And, of course, make time for intimacy.

Skip the nightcap. A drink at bedtime can help you fall asleep faster, but as your body processes it, your restorative stages of sleep are dinged. You'll feel drowsier in the morning, and a study from Australia's University of Melbourne suggests that you may have trouble with memory and sharp thinking, too.

Kick pets off your bed. A new Mayo Clinic study reported that 1-in-10 pet owners had their sleep disturbed by their animals. Cats and dogs snored, whimpered, wandered and begged to go outside. If possible, have them sleep in their own cage or space, and if they keep you up, keep them out of the bedroom.

Eat healthy fats. Say "yes" to fish, like salmon, wild trout and sardines, or take 900 mg of algal-based DHA daily. They're all rich in omega-3 fatty acids, which is key for brain function. In one British study, getting plenty of these beneficial fats every day was associated with

longer, deeper sleep. It could be because omega-3 levels are linked with healthy levels of the sleep-regulating hormone melatonin.

Take a power nap. In a new French study, stress hormone levels rose and a protein associated with strong immunity fell in sleep-deprived people. But those who caught a 30-minute catnap found that immune functions were restored and stress hormone levels returned to normal. Nap early (before 5 p.m.) so your bonus snoozing doesn't interfere with nightly sleep.

Still not sleeping? Try CBT-I. That's short for "cognitive behavioral therapy for insomnia," a short course of therapy aimed at retraining your mind and body for great sleep. Studies show that it works better than a sleeping pill. Find a CBT-I therapist through the websites of the American Board of Sleep Medicine or the Society for Behavioral Sleep Medicine.

* * *

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BOYNE CITY POLICE DEPT.

MONDAY, FEBRUARY 23

- 1220 Report of possible suspicious vehicle in the 1000 block of Boyne Av
- 1645 Property damage accident at Lincoln and Grant.
- 1720 Report of IRS scam in the 700 block of N Park St.
- 1912 Report of possible phone scam offering a cash loan
- 2226 Vehicle in the ditch at Marshall and Lakeshore.

TUESDAY, FEBRUARY 24

- 1018 Assault reported in the Industrial Park
- 1040 Suspicious situation reported in the 300 block of Silver St
- 1149 Vehicle lost tire on Boyne Ave near High St.
- 1210 Citation issued for violation of 2 hour parking ordinance in the 100 block of E Water St
- 1708 Citation issued for Careless Driving, and no proof of insurance in the 400 block of N Lake St

WEDNESDAY, FEBRUARY 25

- 0338 Road Hazard at S East and Main.
- 1206 Report of recurring

driving complaint in the area of Brockway/Harris and Hemlock

- 1350 Report of suspicious subject in the 600 block of E Lincoln.
- 1543 Report of debit card fraud in the 100 block of N Park St
- 1921 Driving complaint reported on M-75 N, careless driver heading into town
- 2235 Gasoline drive off from the 400 block of N Lake St

THURSDAY, FEBRUARY 26

- 1118 Juvenile complaint in the 300 block of N Lake St

FRIDAY, FEBRUARY 27

- 0003 Assist Fire Dept in the 600 block of N. East vehicle fire
- 0710 Assist MSP in the Industrial Park
- 0850 Single vehicle accident at Groveland and Line.
- 1104 Vehicle unlock in the 1400 block of Pleasant Av
- 1303 Found meds dropped off at Police Dept
- 1330 Suspicious subject at corner of State and Jefferson.
- 1450 Assist DHS in the 400 block of Hemlock.
- 1743 Assist citizen in the 300 block of Vogel.
- 2011 Assist to MSP with intoxicated subject at Boyne Mtn

SATURDAY, FEBRUARY 28

- 0327 Arrested subject for OWI high BAC and Possession of Marijuana at S. West near Division
- 1006 Assist EMS at the indoor Farmers Market.
- 1026 Citation issued for Disregarding Steady Yellow Signal at Water and Park.
- 1453 Arrested subject for DWLS 1st, Possession of Marijuana and FOC warrant.
- 1529 Parking complaint in the 500 block of Grant St.
- 1847 Property damage accident on Pleasant Ave. near Ann St. Citation issued for running the stop sign.
- 2025 Retail fraud in the 400 block of N Lake St
- 2224 Assisted Emmet County
- 2346 Assist Sheriff Dept on Studer Rd

SUNDAY, MARCH 1

- 0035 Assist Sheriff Dept with a vehicle in the ditch on Behling near Jaquay.
- 0724 Vehicle unlock in the 500 block of Poplar St.
- 1129 Citation issued for Speed at E. Division and Contractor Dr.
- 1223 Citation issued for Speed at E. Division and S. Park.
- 1248 Assist Sheriff Dept with natural death on M-75 S.
- 1329 Assist Sheriff Dept

- with a suicidal subject on Camp Ten Rd.
- 1725 Alarm in the Industrial Park
- 2248 Request for welfare check from the 300 block of E Division St

CHX. COUNTY SHERIFFS DEPT.

March 2-8

- 911 Hang Up Call.....1
- Abandoned Vehicle.....1
- Abuse.....0
- Alarm.....4
- Animal Complaint.....7
- Annoyance.....0
- Assault.....0
- Assist Citizen.....2
- Assist Motorist.....1
- Assist Other Agency.....9
- Attempt to Locate.....4
- Attempted Suicide.....1
- Bank Alarm.....0
- Boating Accident.....0
- Boating Violation.....0
- Breaking & Entering.....0
- Car/Deer Accident.....11
- Citations Issued.....15
- Civil Complaint.....1
- Criminal Sexual Conduct.....0
- Death.....0
- Disorderly Person.....0
- Disturbance.....2
- DNR Complaint.....2
- Domestic Dispute.....1

- Driving Complaint.....7
- Fireworks Complaint.....0
- Found Property.....0
- Fraud.....1
- Health & Safety.....0
- Hit & Run.....0
- Intoxicated Person.....1
- Juvenile.....2
- Larceny.....5
- Lockout.....5
- Lost Property.....0
- Malicious Destruction of Property.....3
- Mental Subject.....0
- Minor In Possession.....0
- Miscellaneous Criminal.....2
- Missing Person.....0
- Noise Complaint.....0
- Operating Under the Influence...0
- Paper Service.....12
- Parking Violation.....0
- Personal Injury Accident.....2
- Personal Protection Order.....0
- Private Property Accident.....0
- Property Check.....33
- Property Damage Accident.....13
- Prowler.....0
- Road Hazard.....4
- Snowmobile Accident.....1
- Snowmobile Violation.....3
- Stalking.....0
- Suspicious Situation.....8
- Threat.....2
- Traffic Stop.....38
- Trespassing.....1
- Unknown Accident.....2
- Unlawful Driving Away of Auto...0
- Vehicle in the Ditch.....5
- Violation of Controlled Substance Act..0

MULTIPLE INJURIES IN TWO VEHICLE CRASH ON US131

On Friday, March 6, 2015 at 7:37 p.m. the Charlevoix County Sheriff's Office responded to a two vehicle personal injury traffic crash which occurred on US 131 at Clarion Road in Melrose Township.

37 year old Christal Roat, of Onaway, was traveling Northbound on US 131 approaching Clarion Road in her 2002 Ford Taurus. 26 year old Nicholas Fenzan, of Novi, was turning right onto US 131 from Clarion Road in his 2014 Ford Fiesta. Fenzan turned into the path of Roat's vehicle which struck his vehicle on the driver's side. Neither Fenzan, nor his passenger, Casey Zachary Swiss of Park City, Utah, were injured.

Roat's rear passenger side passenger, 17 year old Alyssa Roat, received minor injuries in the crash and was treated and released at the scene by Emmet County EMS. Crystal Roat and two of her other passengers were injured in the crash. They were identified as being 14 year old Garret Roat and 40 year old Jamie Muscott of Petoskey.

The Charlevoix County Sheriff's Office was assisted at the scene by the Melrose Fire Department, Emmet County EMS, and an off-duty Boyne Valley Township Fireman and an off-duty Hudson Township Fireman.

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

College Night at Charlevoix Middle/High School

Students and parents will have a unique opportunity to explore a wide variety of higher education options at the Annual Northern Michigan College Night on Thursday, March 19th, from 6:30 p.m. - 8:00 p.m. The free college fair will be hosted by Charlevoix Middle/High School, 5200 Marion Center Rd., Charlevoix.

Designed for high school students and their families, College Night introduces students and their parents to representatives from approximately 50 post-secondary institutions including colleges, universities and trade schools.

Participants will receive important information about educational plan-

ning, gather literature, speak one-on-one with representatives from these institutions, and visit displays from various colleges, universities, trade schools, and the armed forces.

For more information, students may contact Charlevoix Middle/High School at 231-547-8206.

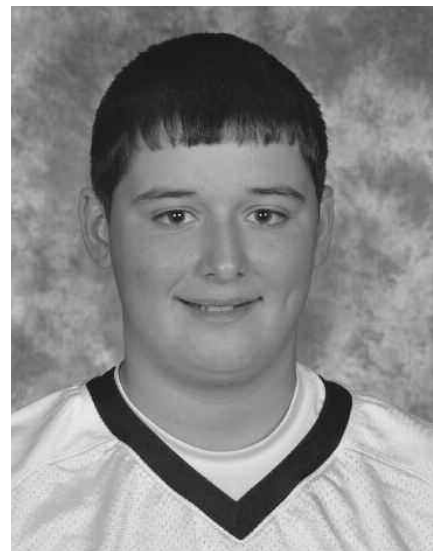
Boyne Falls Robotics Team going strong



Boyne Falls School's inaugural Robotics team, Team Shock, is doing well. In Michigan they are currently ranked 47th out of 118 teams after week one of competition. They compete in Traverse City at Traverse City Central High School on Friday, March 13 with matches beginning at 10:00a.m. and Saturday, March 14th beginning at 9:00a.m. Admission is free but space is limited. Come early. The team is still looking for sponsors so if your business or you are personally interested in making a donation towards the innovation of the future please contact one of the team members at 231-549-2211 at the office or email pgregory@boynefalls.org. COURTESY PHOTO

Boyne City High School

Student of the Week



Jacob Robinson

Grade: 9

Parent(s): Barb and Galen Robinson

FUTURE PLANS/GOALS:

"I would like to be on varsity for all of the sports I attend."

School Activities:

Football, Basketball, Baseball

Hobbies and Interests:

"I like to work in shop class and make projects out of wood."

Staff Comments:

"Jacob is a class leader in U.S. History and always takes his education seriously. Great job, Jacob!" Ben Bolser, Student Teacher

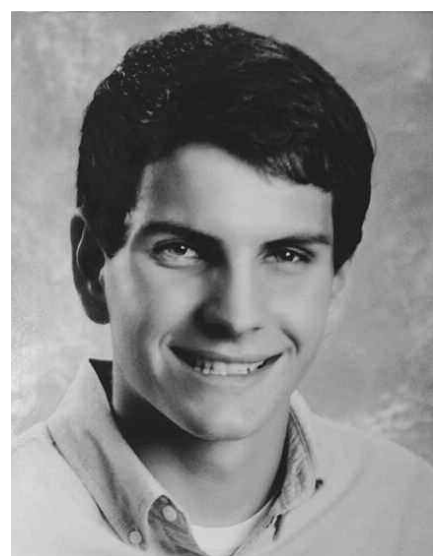
"Jacob is an outstanding student! He is a mature, dedicated young man who appreciates educational opportunities. Great job Jacob!" - Michele Deming, US History Teacher

"Jacob is a motivated student who is involved and conscientious." - Aaron Fritzsche, English Teacher

"Jacob is an exemplary student. He is self-motivated and always puts forth a great deal of effort. Jacob is a diligent student who strives for excellence. He is friendly, respectful, and has excellent problem-solving skills. Jacob is hard-working and his assignments are of the highest quality. It has been a pleasure to have him in class this year as he is an outstanding student. Congratulations Jacob, you are very deserving of this award." - Elizabeth Hemming, Science Teacher

Boyne City High School

Student of the Week



Andrew Stevens

Grade: 12

Parent(s): Harold and Jody Stevens

FUTURE PLANS/GOALS:

Attend Grand Valley State University to study Business Management

School Activities:

Cross-Country, Basketball, Baseball, NHS, Student Council, Grade School Basketball Coach

Hobbies and Interests:

Golf

Favorite Book

Art of Racing in the Rain by Garth Stein

ADDITIONAL COMMENTS:

"I am thankful for the great staff, teammates and friends we have here at Boyne City High School."

Staff Comments:

"Andrew is instrumental in many of the activities at Boyne Falls High school. From captaining the varsity basketball team to helping with NHS/Red Cross blood drives, he tirelessly works for the benefit of his classmates, school, and community. Andrew excels in the classroom especially math and hopes to someday manage golf courses." - Kurt Nothstine

OPINION

Keep Public Notices in Public View

State Rep. Amanda Price (R-Holland) is once again beating her drum in the House Committee on Local Government to remove public notices from Michigan's newspapers.

Public notices are legally required notices from our villages, cities, townships and counties that advise the public on such things as requests for bids, zoning board meetings and tax tribunals. House Bill No. 4183, introduced by Price and a host of others, would phase out publication of public notices in newspapers and instead place them on the municipalities' own websites.

A similar bill sponsored by Price was voted out of committee during last year's lame duck session and was never brought before the full house for vote. But Price and her recruits are back again, implying that newspapers will no longer be relevant in Michigan's communities in ten years and insisting that placing the public notices online on government-owned websites will broaden transparency and access.

Along with other members of the Michigan Press Association, *County Press* publisher Wes Smith appeared in front of the Committee on Local Government last week to testify that our readers and all of Michigan's citizens would be ill-served by the proposed changes to public notice rules.

The bill under consideration would become an unfunded mandate for which Michigan's 1,800-plus villages, cities, townships and counties would have to cut other programs in order to pay for equipment, internet access and training of their personnel to facilitate the proper posting, archiving and safeguarding of public notices on their websites.

We're not buying the idea that printed newspapers will be obsolete in ten years. Pundits have pronounced newspapers dead since the first days of radio - we're still here serving our communities and watchdogging government. But the viability of print is a minor point and a needless, lengthy argument regarding the public notice issue. If access to

public notices through the internet is the issue; that is easily resolved by this newspaper and most papers throughout Michigan that already have functioning websites upon which the public notices can be placed alongside their print versions.


A few weeks ago at the City of Lapeer Commission meeting, discussion regarding the Karegnondi Water Authority pipeline was tabled due to the lack of a quorum. A concerned citizen attending that meeting asked the commissioners when the discussion would resume.

This concerned citizen did not ask, "Will you put up a public meeting notice in city hall?" The citizen did not ask, "Will you post a public meeting notice on the city website?" No, this concerned citizen asked, "Will you put a public meeting notice in the newspaper so I and other concerned citizens will know when to show up and make our voices heard?"

If you want keep public notices in plain view in your local newspaper, contact Rep. Lee Chatfield (R-Levering) the chair of the House Committee on Local Government and let him know how you feel. Rep. Chatfield can be reached by phone at 517-373-2629 and his email address is LeeChatfield@house.mi.gov. You can also contact Charlevoix County's state representative, Triston Cole. **PHONE:** 517-373-0829 **EMAIL:** TristonCole@house.mi.gov

You can also send us a letter to be published in the Charlevoix County News. We'll be sure to forward your comments to our state legislators. We need to work together to protect your right to know and your right to be heard.

Reprinted from the Lapeer County Press Sunday editorial 3.8.15



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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

NEWS BRIEFS

EAST JORDAN

Business After Hours

March 12, 5 – 7pm, Jordan River Arts Council.

BOYNE CITY

Community Housing Needs Forum

Boyne District Library, 201 E. Main Street, Boyne City, on March 12th from 6:00-7:00 pm. The Housing Forum is being held to generate community discussion about housing needs in Boyne City. Issues to be discussed include current and future housing needs of the community, and barriers to quality housing for families and seniors.

BOYNE CITY

Friday Night Film Festival at Boyne Library

The Friends of the Boyne District Library are starting a new Friday Night Film Festival with showtimes at 6:30 p.m. Snacks are available for a donation. March 13: The Sapphires, a comedy/drama, great music from 1968 (2013, PG-13).

BOYNE CITY

Irish Heritage Dinner

Friday, March 13 - Boyne City Eagles Hall featuring a traditional Irish feast, Jeannine Sladick's Irish dancers, live Irish music from John Richey and friends, story teller Ron Fowler and an Irish dinner provided by the Boyne City High School Hospitality Program. \$13 in advance for adults, \$7 for children ages 6 to 12. 101 River St. Doors open and music starts at 5:30 p.m., dinner at 6. Tickets at the Boyne Chamber, Country Now & Then/Up the Lazy River, call 231-582-6222 or email info@boynechamber.com for reservations.

BOYNE CITY

Antje Duvokot in Concert

March 14, 8pm. Freshwater Gallery, 217 S. Lake Street. Tickets and information call (231) 582-2588.

EAST JORDAN

Hoops for Hope

The annual Hoops for Hope Basketball Game will be held in the East Jordan High School Gym on Saturday, March 14 at 6:00 PM. Please join us to watch the East Jordan Teachers take on the East Jordan Coaches. Bake Sale, Concessions, Raffles and More!! Fun for the whole family. Proceeds support the Charlevoix County Relay for Life

BOYNE CITY

Business After Hours

Pat O'Brien and Associates Real Estate will host the Boyne Area Chamber's next Business After Hours at 128 Water St. from 5:30 to 7:30 p.m. on St. Patrick's Day, Tuesday, March 17. Business people are invited to this festive St. Patrick's Day-themed event, which is also Pat O'Brien's birthday. Admission, hors d'oeuvres and beverages are complimentary. Food and drink will reflect the Irish heritage, and there will be door prizes and giveaways.

CHARLEVOIX COUNTY

Wellness Wednesday

Charlevoix Area Hospital's "Wellness Wednesday" 8-11am, Wednesday, March 18, at Jordan Valley Rehabilitation

Center, 100 Main Street in East Jordan. Wellness Wednesday Health Screens include: Total Cholesterol, HDL, TC/HDL Ratio, Glucose level, Body Mass Index (BMI) score, Fat Percentage, and a Blood Pressure reading. No fasting required. If fasting an LDL and Triglyceride reading can also be obtained. Cost for the service is \$15. Hemoglobin A1C Levels can also be done for known or borderline diabetics for an additional \$5. Participants will receive a blood pressure log and all test results at the time of the screening. No appointment is necessary. For further information, contact the office of Community Health Education at Charlevoix Area Hospital: (231) 547-8906 or by email: community-health@cah.org

NORTHERN MICHIGAN

Project Connect

Project Connect will be held from 1 to 7 p.m. Wednesday, March 18 at the Odawa Casino in Petoskey. Project Connect is a day of service for those in need in Charlevoix and Emmet Counties. If you or someone you know is struggling with financial problems, housing issues, employment challenges or health concerns, they are invited to attend this day of free services. This event will connect individuals with a range of health and human services provided by over 60 local non-profit agencies and businesses.

CHARLEVOIX

Charlevoix Chamber of Commerce Business Expo and Taste of Charlevoix

The 5th Annual Charlevoix Chamber of Commerce Business Expo and Taste of Charlevoix, taking place at Castle Farms on Thursday, March 19, 2015, from 4:00 – 7:00pm. \$5 admission.

BOYNE CITY

Friday Night Film Festival at Boyne Library

The Friends of the Boyne District Library are starting a new Friday Night Film Festival with showtimes at 6:30 p.m. Snacks are available for a donation. March 27: The Love Punch, Some British froth from Emma Thompson and Pierce Brosnan (2014, PG-13).

EAST JORDAN

Business After Hours

April 16, 5 – 7pm, The Zone Sport Lounge. Sponsor: Coldwell Banker Schmidt of East Jordan

BOYNE CITY

Cancer Crusaders '50's Dance Fundraiser

April 18, 6pm – midnight. Northern Michigan Cancer Crusaders 50's Dance Party fundraiser. Eagle's Hall, 106 River Street, Boyne City. Music by TNT + Tim the DJ. Twist Contest, Celebrity Performers, Prizes, Cash Bar, Silent and Ticket Auctions. Come dressed as a 50/60's personality for a chance to win a prize. \$6 donation. 100 percent of money raised goes to individuals with cancer to assist with gas card to get to treatments, lodging, medical expenses and prosthetics. For more information contact Gail Farley at (231) 582-2424.

BOYNE CITY

Business Expo & Taste of Boyne

The Expo will be held from 3 to 7 p.m. Thursday, April 23, at the former Carter's store. This expo is always one of Northern Michigan's largest business networking events, as 1,300 people come to see 95 local exhibitors, including a dozen Taste of Boyne food booths. Admission to the event is \$5. Soft drinks, Michigan wine and beer will be available.

EAST JORDAN

Business After Hours

May 7, 5 – 7pm. Somerset Pointe Yacht Club (also the sponsors of the event!)

ELLSWORTH

Pig Roast/Ellebration

The Pig Roast/Ellebration tradition continues! This year's event will take place on Saturday, June 20th. It will feature a hometown parade, a great meal, lots of games for children and teens, the annual horse pull and archery events and lots more. New this year will be a tractor cruise and a motorcycle tour.

NORTHERN MICHIGAN

Junior Achievement volunteers

Junior Achievement's local Board of Directors is looking for volunteers that would like to share their leadership skills to increase the growth of Junior Achievement programs in area schools. For more information on numerous opportunities, contact the area's District Director Mark Pankner at janso@ja.org or call 231-582-4660.

BOYNE CITY

Boyne Volunteer Network

Boyne volunteer network is a joint project of the Boyne District Library, Boyne City Main Street Program and the Boyne Area Chamber of Commerce. It's easy to participate - just go to www.boynevunteers.org and fill out the application form, which will tell us your skills, interests and contact information. We will contact you later about volunteer opportunities that may interest you. If you have questions or would like to learn more about how to include your organization and volunteer needs in this new network, contact Monica Kroondyk at the Boyne District Library by phone at 231-582-7861 or by email at kroondykm@boynelibrary.org.

EAST JORDAN

Christian coffee house

Open Door Christian coffee house will be held every first and third Saturday at the East Jordan Community Center on Main St. Refreshments are available; free coffee and a small charge for pizza and soda. We have a lot of wonderful talent right here in northern Michigan. Great fellowship, everyone is welcome to come

NORTHERN MICHIGAN

Playgroups

Playgroups for children 0-60 months and their pre-school aged siblings are offered free through the Women's Resource Center of Northern Michigan. Playgroups will help you find out more about your child's developmental stage; learn new games and activities to play with your child; and

share ideas, parenting experiences and concerns with the playgroup facilitator and other parents. This fall/winter, Playgroups are held: 9:30-11am Tuesdays at Jordan Valley District Library Community Room, East Jordan; 9:30-11am Wednesdays at United Methodist Church, Alanson; 9:30-11am Thursdays at Christ Lutheran Church, Boyne City; 9:30-11am Fridays at United Methodist Church, Petoskey. Call (231)347-0067 or visit wrncm.org for more information.

CHARLEVOIX

Messy church

This is a fun way of doing church for families. There are crafts, Bible stories learning about the God who loves you, songs, and free meal. Children must be accompanied by parent or adult. This is a non-denominational event which takes place on the first Sunday of each month at 4 – 6 pm at the Charlevoix United Methodist Church, 104 State St. Your call is appreciated for meal count at 547-2654.

CHARLEVOIX COUNTY

Seniors ride free

Residents aged 60 and over will now be able to ride the Charlevoix County Transit free of charge within Charlevoix County. Seniors please contact the Charlevoix County Transit for your ride at 231-582-6900. This program is made possible through the cooperation of the Charlevoix County Commission on Aging and the Charlevoix County Transit.

CHARLEVOIX

Story time

Weekly Story Time is hosted every Thursday at 10:30am and all children and their parents or caregivers are invited to attend. Story Time at the Charlevoix Library is geared towards children birth to five years old. Ms. Laura, story teller extraordinaire, reads stories, sings songs, interacts with finger plays, and sometimes even dances with the kids.

MDOT says "spring forward" means be alert for pedestrians and bicyclists

Michigan Department of Transportation (MDOT) urges motorists, bicyclists and pedestrians to "spring forward" safely with the start of daylight saving time last Sunday. Motorists should be aware that sunrise now occurs one hour later, meaning that it will be darker later in the morning.

"Driving through school zones becomes more challenging for motorists during the first week of the time change," said State Transportation Director Kirk T. Steudle. "Pedestrians and bicyclists should wear brighter, reflective clothing in order to be seen more easily, and those behind the wheel need to pay close attention and eliminate distractions while driving." According to the Na-

tional Highway Traffic Safety Administration (NHTSA), 4,735 pedestrians died in traffic crashes in 2013 and 66,000 were injured (7,000 of these injuries happened to children 14 and younger). NHTSA reports more crashes occurred in dark conditions (72 percent) than in daylight conditions (25 percent).

Motorists are reminded that bicyclists are permitted to ride on most roadways in Michigan. Bicyclists are reminded that, as legal roadway users, they are required to obey all traffic laws, signs and signals. A person operating a bicycle upon a highway or street at less than the existing speed of traffic shall ride as close as practicable to the right-hand curb or edge of the roadway

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BOYNE CITY COMMISSION

continued from 1A

departments here in Boyne City," said Grunch.

The Commissioners also passed a motion to authorize city staff to apply for a DNR Passport Recreation Grant in the amount of \$10,350 to add fitness trails at the dog park. "It's a great project, I'm in full support," said Commissioner Tom Neidhamer. A contract to grind the brush pile and log and stump piles at the North Boyne Yard in the amount of \$26,950 was approved as well as a motion to repair three aeration blower motors at the water treatment plant for a cost of \$16,400. The

plant has 4 blowers to oxygenate the lagoons and 3 of them are presently broken. "We've never had a situation like this since we've built the plant," said City Manager Michael Cain.

City Commissioners were given copies of the budget to take home and review. "This budget is the one that is the largest proposed deficit that we have and the one that makes me probably the happiest. We are taking money out of savings to do projects we have been talking about for a long time," said Cain. A Budget Work Session is scheduled for Tuesday, March 15 at 8a.m.

The next City Commission meeting is scheduled for Tuesday, March 24 at noon.



Officer Remsberg, Robert Clubb, Mayor Ron Grunch, Assistant Chief Spate and Chief of Police Jeff Gaither. The officers were presented with Certificates of Appreciation by Mayor Grunch and heartily thanked by heart attack victim Robert Clubb.

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Calling all artists - 6th Annual SOBO Arts Festival will take place on June 27th at Veterans Park



The Arts will be celebrated in Boyne City, Michigan, Where Life Meets Lake, at the 6th annual SOBO Arts Festival, June 27, 2015. Located in Veterans Park, adjacent to the Farmers Market and close to downtown, the park offers ample shade and open space on the shore of Lake Charlevoix

Artist demonstrations and hands-on activities blend with over 40 artists on display in this juried art show. Food Trucks featuring farm to table menus will also be onsite. SOBO Arts Festival is always the last Saturday of June and is a jump-start to the 4th of July week celebration.

Applications for artists are now online. Or call Becky Harris at 231-330-2704. For additional information, visit www.soboartsfestival.com or call the Boyne City Main Street 231.582.9009.

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Ready to work. Quality topper, roof light. 111 K. One 4WD. One 2WD.
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Roof rack, lots of cargo room with good MPG.
AS LOW AS \$199 A MONTH



2003 CHEVY TRAILBLAZER LT
4WD, 3rd row seat, tow pkg, solid family SUV.
AS LOW AS \$199 A MONTH



2011 CHEVY SILVERADO 4X4
Seats 6, ext. cab, very clean.
AS LOW AS \$249 A MONTH



2010 FORD E-350 HIGH RISE CARGO VAN
One owner.
SALE PRICE \$12,900



2012 FORD FOCUS
36 MPG, nice car.
AS LOW AS \$199 A MONTH



3 TO CHOOSE FROM
2007 FORD RANGER
Auto, air. Just \$599 down and payments
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List of Northern Michigan communities with mandatory run-water notices

*Bay Mills Indian Community reservation
 *Bellaire
 *Benzonia
 *Beulah
 *Boyer City (pencil width)
 *Boyer Falls
 *Cadillac
 *Charlevoix
 *Cheboygan
 *East Jordan
 *Elk Rapids (recommended advisory)
 *Ellsworth
 *Empire
 *Ewart is under a recommendation of a water run but bills will not be adjusted at this time.
 *Frankfort (pencil width)
 *Filer Township in Manistee County
 Run-water order for all township water users. Should run a pencil sized stream continuously until further notice
 *Gaylord (Increase flow of water to the size of a pencil)
 *Grayingling
 *Harbor Springs (suggests running a stream of water the diameter of a drinking straw)
 *Kalkaska (diameter of a pencil) Contact the Village Office at (231) 258-9191 to advise you have begun running water. You will not receive credit if you do not call the Village Office to advise your water is running.
 *Kingsley
 *Kinross Township Water and Sewer Department customers
 *Lake City
 *Mackinaw (for residential customers only)
 *Mancelona Area Water and Sewer Authority
 Please run water the size of a drinking straw or pencil. Size of a pencil lead is not enough to prevent frozen pipes
 *Manistee
 *Manton
 *Mio
 *Onaway
 *Petoskey
 *Rogers City
 *Roscommon
 *Superior Township in Chippewa County
 *Suttons Bay (advisory - size of pencil)
 *Thompsonville
 *Village of Buckley
 *West Traverse Township

USDA Provides One-Time Extension of Deadline for ARC/PLC Programs

Agriculture Secretary Tom Vilsack announced today that a one-time extension will be provided to producers for the new safety-net programs established by the 2014 Farm Bill, known as Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC). The final day to update yield history or reallocate base acres has been extended one additional month, from Feb. 27, 2015 until March 31, 2015. The final day for farm owners and producers to choose ARC or PLC coverage also remains March 31, 2015.
 "This is an important decision for producers, because these programs provide financial protection against unexpected changes

in the marketplace. Producers are working to make the best decision they can. And we're working to ensure that they've got the time, the information, and the opportunities to have those final conversations, review their data, and to visit the Farm Service Agency to make those decisions," said Vilsack.
 If no changes are made to yield history or base acres by March 31, 2015, the farm's current yield and base will be used. A program choice of ARC or PLC coverage also must be made by March 31, 2015, or there will be no 2014 payments for the farm and the farm will default to PLC coverage through the 2018 crop year.
 "These are complex decisions, which is why we launched a strong education and outreach campaign back in September. Now we're providing a one-time extension of an additional month so that every producer is fully prepared to enroll in this program," said Vilsack.
 Nationwide, more than 2.9 million educational postcards, in English and Spanish, have been sent to producers, and over 4,100 training sessions have been conducted on the new safety-net programs. The online tools, available at www.fsa.usda.gov/arc-plc, allow producers to explore projections on how ARC or PLC coverage will affect

their operation under possible future scenarios.
 Covered commodities include barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium grain rice (which includes short grain rice), safflower seed, sesame, soybeans, sunflower seed and wheat. Upland cotton is no longer a covered commodity.
 To learn more, farmers can contact their local Farm Service Agency county office. To find your local office visit <http://of-fices.usda.gov>.

BUSINESS EXPO

continued from 1A

Chamber Sponsorship Fund, which goes to a Charlevoix High School Graduate every year.
 The Taste of Charlevoix event, which runs in the same building and concurrently with the Expo, gives visitors a taste of 10 local restaurants. The event is in its 3rd Year and gives the restaurant owners the opportunity to win the 2015 Best in Taste award as voted by the people attending the event. Restaurants involved this year include; American Spoon Foods, Bella Vita, Bridge Street Tap Room, Cherry Republic, Cre8tive Cupcake, Friske Orchards, Gray Gables Inn, Kelsey's Lakeside Grille, Pigs Eatin' Ribs, Odawa Casino, and Smoke on the Water. Those who attend the Expo are given 11 Free Taste Tickets

so they can try each offering, and then vote on their favorite before leaving.
 The event is a must attend for those interested in reaching out to other business owners and for those considering opening a business in Charlevoix. It also serves as a stop for residents and those considering becoming residents of Charlevoix as they learn what "Charlevoix the Beautiful" has to offer.
 The event is sponsored by Beacon Dental Center, Blue Cross Blue Shield of Michigan, Castle Farms, Fox Charlevoix, Northern Michigan Review, Northern Broadcast INC WKLT-ESPN Radio-The Fox, and 9 & 10 News/ Fox 32.
 For those interested in further information, check out the chamber of commerce website at www.charlevoix.org.

"Doing the Most Good" – Gaylord Salvation Army Family Store offers shopping and community value

By Jim Akans

The Salvation Army Family Store and Donation Center in Gaylord is a win-win for both area shoppers and for the local community. The shop, one of six being rolled out in the organization's Eastern Michigan division between 2012 and 2014, opened on October 26th of last year, and is operated under the direction of Lori Oldenburg, Store Manager and Timothy Schroeder, Eastern Michigan Division Family Store Consultant.



The Salvation Army Family Store is operated under the direction of Store Manager Lori Oldenburg, (at center) and Eastern Michigan Division Family Store Consultant, Timothy Schroeder (at right). Brian Jergenson, (at photo left) is the Business Manager for Salvation Army in Otsego County. The Salvation Army Family Store and Donation Center in Gaylord is a win-win for both area shoppers and for the local community. The Store is located at 919 S. Otsego Avenue in Gaylord. PHOTO BY JIM AKANS

"The inventory we carry comes from community donations," Schroeder explains, "and we rotate that inventory consistently to keep it fresh for our customers. Our revenue, after expenses, is utilized to help fund the work the Salvation Army does in this community for those in need. We are up 35% over last year and have also increased our staff. We want to thank the community for all of their donations, for shopping here and for helping others do the most good."

Brian Jergenson, Business Manager for Salvation Army in Otsego County, notes, "In Otsego County, much of the funding we receive is used to help residents in need of assistance for paying utility bills. We work in cooperation with First Call for Help and the Otsego Housing & Homeless Coalition and other community service organizations in assisting individuals and families in need.

We also provide disaster assistance for shelter and food, and on a more limited basis, we offer help for paying for prescriptions and gas vouchers."
 Revenue from the Gaylord Salvation Army Family Store is critical in supporting the Salvation Army's mission of "Doing the Most Good." The store also provides employment for approximately 20 people. Shoppers are



impressed with the stores clean, well lit and organized atmosphere, as well as the outstanding values that can be found among the huge variety of items ranging from men's, women's and children's clothing, books, DVD's, household and kitchen ware, toys, and even large items such as furniture, televisions and appliances.
 Schroeder points out, "We also

offer a 15-percent discount for Senior shoppers every Wednesday, and a 15-percent discount for those serving or who have served in the military on Thursdays."
 Shoppers will also find half-off specials each week, and the store offers pick-up service for donated items. In keeping with the organization's mission of "Doing the Most Good," clothing items that aren't sold are baled and sent to 3rd world countries.
 "Many people don't realize that the Salvation Army is a church," states Schroeder. "We are Christian mission and a Christ-center organization. We are about helping others."
 The Salvation Army Family Store is located at 919 S. Otsego Avenue in Gaylord, and is open Monday through Saturday from 10 am until 7 pm. For those wishing to drop off items for donation (this is especially welcome during the slower first few months of the year), they can stop by between 9 am and 7 pm Monday through Saturday – phone (989) 448-2357

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THURSDAY MARCH 19
 At the Ellsworth Elementary school at 6873 Church St. from 5:00 to 7:00pm.
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 Come help kick off the celebration for the Good Samaritans 25th Year!!!!

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SATURDAY – Fill a bag of clothing for \$5.99

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 06176 Old U.S. 31 South, Charlevoix, MI 49720
(231) 547-0133 • Cell (231) 881-0353
 Web: dkellyantiques.com
 E-Mail: donkellyantiques@yahoo.com

Hidden Treasures

Northern Michigan Treasure Hunter's Guide to area antique, consignment, resale and thrift shops

<p>CHARLEVOIX Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org</p> <p>Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com</p> <p>EAST JORDAN Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p>	<p>ELLSWORTH Good Samaritan Furniture & More Store 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org</p> <p>Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org</p> <p>FREDERIC Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300</p>	<p>GAYLORD A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500</p> <p>Angels at Work Resale 1523 S Otsego Ave., Gaylord 989.448.8615</p> <p>Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes), Gaylord 989-705-1747. www.goodwillnmi.org</p> <p>Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357</p> <p>Homespun Antiques & Crafts 230 West Main Downtown Gaylord 989-731-4305 Mon – Sat 10-5, Sun Noon - 4</p>	<p>GRAYLING The-Brickery.com Two floors of treasures 107 Ottawa, Grayling, One block north of the light 989-348-8999</p> <p>HARBOR SPRINGS New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980</p> <p>MANCELONA Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606</p>	<p>MIO Strawberry Patch Downtown Mio 989-826-1503</p> <p>PETOSKEY Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p> <p align="right">To add your business listing to this directory call 989-732-8160</p>
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Charlevoix County Commission on Aging

"The mission of the Charlevoix County Commission on Aging is to provide the highest quality senior services in partnership with the community. We focus our efforts on advocacy and support for seniors and their caregivers by promoting health, wellness, and education to achieve a dignified and enriched quality of life."

218 W. GARFIELD ST.,
CHARLEVOIX, MI 49720

Phone: (231) 237-0103,
Toll Free: (866) 428-5185
Fax: (231) 237-0105

Office Hours:
Monday - Friday 9AM-5PM

COA BOARD

Shirley Gillespie, Director
Richard Fish, Chair
Ruth Gee, Vice-Chair
Suzanne Carlson, Secretary
Richard Gillespie, Board Liaison
Jean Kinsley, Janet F. Shepherd
and Jerry Kelts

OFFICE STAFF

Shirley Gillespie, Director
Theresa Graham, Receptionist
Jolynn Michel, Database
Tracey Rupinski, Clinical Manager

LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:

Ann Partridge
26215 Main St, BI, 49782
231-448-2022

Boyer Area Senior Center:

Terri Powers
411 E. Division, PO Box 964
Boyer City, MI 49712
Phone: 231-582-6682

Charlevoix Senior Center:

Nona Jadwin
06906 Norwood Road
Charlevoix, MI 49720
Phone 231-547-5361

EJ Community Center

Brenda Skop
116 Main Street,
East Jordan, MI 49727,
Phone: 231-536-7831

THE COA OFFERS THE FOLLOWING SERVICES:

- Congregate Meals
- Foot Care Management
- Emergency Communication Devices
- Home Delivered Meals
- Homemaker Services
- In-Home Respite
- Information & Referral
- Medicare D Counseling
- Medication Management
- Personal Care Assistance
- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

Did You Know... Food Safety Facts:

- ❑ "Rinsing" meat and poultry is dangerous. You're doing more harm than good when you wash raw chicken or meat. You could splash juices onto your sink, countertop, and other surfaces. That can spread bacteria and raise your chance of food poisoning. And remember, always wash your hands well before and after handling raw food.
- ❑ There is no "5-second rule". As a kid, the "5-second rule" probably sounded like a good idea. That's a perfectly good piece of candy! But less than a second is long enough for food to pick up harmful bacteria. Use the 0-second rule instead: Once something hits the floor, throw it away.
- ❑ Fresh (and "good") ground beef isn't always red. If all of your ground beef has turned gray or brown and smells, it might be spoiled. But if the outside is red and only the inside is a little dull, grayish brown, you don't need to worry. Fresh-cut meat is purplish and turns bright red when it's around oxygen. The inside of the meat might be grayish-brown because it hasn't been near the air.

AREA MARCH HAPPENINGS

3/14, 21, 28, Saturdays, 9am - 1pm

BOYNE CITY FARMERS' MARKET

In the Red Barn next to the Boyne City District Library.
www.boynechamber.com

3/13, Friday - 3/15, Sunday

BOYNE MOUNTAIN - KIDS' FESTIVAL WEEKEND

Village party with a cook-out, coloring contest, wagon rides, and many more fun family events. Visit www.boyne.com.

3/13, Friday, 6:00pm - 3/15, Sunday, 10:00am

CAMP DAGGETT - FATHER/SON WEEKEND

Fathers, stepfathers, grandfathers or big brothers are invited to bring their sons/grandsons (ages 7-14) for a fun filled weekend. For more info or to register, contact Ed Leverenz at 231-347-9742, ext. 112.
www.campdaggett.org

ister, contact Ed Leverenz at 231-347-9742, ext. 112.
www.campdaggett.org

3/14, 20, 21, 7:00pm; 3/15, 2:00pm

"HIGH SCHOOL MUSICAL"

Produced by Boyne City High School Drama Department, Performing Arts Center.
www.boynechamber.com

3/18, Wednesday, 1 - 7pm

PROJECT CONNECT

A day of free services for those in need at the Odawa Casino, Ovation Hall, in Petoskey. Volunteers needed. For more info, call Char Em United Way @ 231-487-1006 or visit the website @ www.ProjectConnect231.org.

3/19, Thursday, 4:00 - 7:00pm

CHARLEVOIX BUSINESS EXPO

One of the largest business networking events, the expo will feature 75 booths in a wide range of categories, including retail, professional, industry, service, tourism and more. The expo will also feature the Taste of Charlevoix where area restaurants will set up and offer attendees a sampling of their culinary specialties. Admission \$5.
www.charlevoix.org

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www.charlevoix.org

wit and charm have pleased audiences throughout the country. She has been classically trained in the art of prestidigitation (skill in performing magic/conjuring tricks with the hands).
www.crookedtree.org. (Gilbert Gallery)

3/26, Thursday, 5:30 - 7:00pm

MARCH SWIRL

Join us for wine tastings in our galleries. Mingle among beautiful art, listen to local musicians, and sample fine wines and food from local restaurants. Tickets may be purchased on-line, telephone, or at the door. Event takes place at the Crooked Tree Arts Center in Petoskey.
www.crookedtree.org

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, March 12 Wii Bowling 11am Knitting & Crochet Charlevoix Seniors for Lunch & Wii Bowling	Friday, March 13 Foot Clinic (by Appt) 11am Backwoods Maestros Raffle	Monday, March 16 Line Dance Brown-Bag Bingo - Gift Certificate Prize	Tuesday, March 17 ST. PATTY'S PARTY!! Green Beer, Munchies & Prizes! 11am Ray & Tom	Wed., March 18 Foot Clinic (by Appt)	Thursday, March 19 Wii Bowling 10am "The Brook" Candy Store
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, March 12 11am Chair Yoga Class 1pm Pinochle Wii Bowling at Boyne City	Friday, March 13 9:30am Craft Class 12pm American House Choir 1pm Rummy	Monday, March 16 1pm Bridge 1pm Woodcarving 7pm Bible Study	Tuesday, March 17 ST. PATTY'S PARTY!! 11am Chair Yoga Class 11:30 Music by Roger Hartson 1pm Paint Class 1pm Rummy AARP TAX PREP 9am-1pm	Wed., March 18 12:45pm Bingo	Thursday, March 19 11am Chair Yoga Class 11:30am Back Porch Music 1pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, March 12 Foot Clinic KARAOKE DAY! 10am Advisory Bd Mtg	Friday, March 13 11am Ray & John Bingo/Raffle	Monday, March 16 Foot Clinic & BP 8am-1pm Walking M-F	Tuesday, March 17 St. Patrick's Day Party! 10:30am Line Dancing 11am Party! 12:30pm Bingo	Wed., March 18 GAME DAY!	Thursday, March 19 KARAOKE DAY!
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, March 12 HAMBURGER w/BUN	Friday, March 13 MACARONI & CHEESE	Monday, March 16 CRUNCHY CHICKEN	Tuesday, March 17 CORNED BEEF & CABBAGE	Wed., March 18 COOK'S CHOICE	Thursday, March 19 BAKED CHICKEN
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THIS PAGE SPONSORED BY THE FOLLOWING CHARLEVOIX COUNTY BUSINESSES



VALLEY ASSISTED LIVING
ADULT FOSTER CARE
Kevin and Marlene Robinson
01970 Valley View Road, Boyne Falls
231.549.2026
robinsonliving@gmail.com

Charlevoix County Transit System

HOURS OF OPERATION
6am-7pm Monday-Friday
9am-4pm on Saturday
231-582-6900



The Brook
Retirement Communities
of Boyne City

701 Vogel Street Boyne City • ph.: 231.582.4300



www.whyLyndas.com
27 S. Lake St., Boyne City • 231-582-9555

CENTRAL DRUG STORE

www.central-drug.com
Charlevoix

Save a lot

food stores

East Jordan