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August 20, 2015

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CHARLEVOIX CITY COUNCIL MEETING, AUGUST 17, 2015

Charlevoix City Council Discusses Future Infrastructure

Norma Jean Babcock

CHARLEVOIX: On Monday, City Council discussed ways to fund a \$6.2 million infrastructure plan that will rehabilitate multiple streets in the near future.

According to City Manager Mark Heydlauff, the city has created a large scale plan to fix 14 blocks worth of problems stemming from outdated water mains and storm sewer systems. City

staff plans to start construction in 2016 and run through 2017 to fix those issues, as well as replace curbs and gutters. The estimated cost for the project is \$6.2 million, which staff intends to divide across the two years. This high cost is necessary according to Heydlauff who reminded council of the recent winters when multiple water mains broke; creating an excess of \$1 million worth of damage.

"The problem will not solve itself...there's no hoping for things to just get better," stated Heydlauff.

He then offered council four options they could use to finance the project; ranging from conducting a water rates study to determine if current rates are raising the needed amount for improvements, to approaching voters to ask for a raise in the operating millage. The last solution could prove espe-

cially difficult however due to caps created by the State of Michigan. This cap on the millage, called the Headlee law, would require council to ask voters to allow the city to increase their taxes beyond what is currently allowed by the infrastructure and operating millages.

Normally the city would utilize funds saved in the infrastructure millage to tackle these kinds of projects; however after the havoc recent winters have wrought on

roads and the massive project on State St., that fund wouldn't be sufficient to cover this project even if financed out 20 years.

These realizations caused some on council to look for alternative means of funding, with First Ward Representative Jeffrey Porter expressing his hope that city staff will look into the budget and see if there are cuts that can be made to

See Infrastructure -3A

Still time to apply for AmeriCorps openings

The start of school is just around the corner and there is still time to apply for a handful of openings to become a Charlevoix-Emmet Intermediate School District AmeriCorps member and positively impact area elementary students. AmeriCorps members have the opportunity to make a difference through literacy efforts, community service projects, volunteering with nonprofits, conducting outreach presentations, improving leadership skills, and much more.

As part of the ISD's AmeriCorps program, members are assigned to a local elementary school to serve as a reading tutor. Applicants must have a positive, patient and encouraging manner while working one-on-one with at-risk students.

The full-time positions are a 10-month commitment and require completion of 1,700 hours of service throughout the 2015-2016 school year. Benefits include a living stipend of \$12,100, an education award of \$5,645, and single-subscriber health insurance for those who qualify. Members must be at least 17 years of age, have a high school diploma or GED, and be free of any criminal convictions.

The Char-Em ISD AmeriCorps program serves 11 school districts within ISD service area of Charlevoix, Emmet, and northern Antrim counties.

To apply or find more information, visit www.charemisd.org and look for the AmeriCorps logo on the right hand side of the homepage, or call 231.547.9947.



EMMET-CHARLEVOIX COUNTY FAIR OPENS TUESDAY

The Emmet-Charlevoix County Fair is set to open once again this Tuesday, August 25 and continue through the Sunday, August 30.

By Jim Akans

The midway will soon be bustling with carnival set-up activity, the 4-H livestock barns will be filling up, vendors and exhibitors will begin creating their spaces in the 10,000 square foot Community Building, and the 2,500 seat Grandstand area is being prepared for a week of exciting shows. It's an annual tradition that has been thrilling Emmet and Charlevoix county residents and visitors to the area over 100 years, and the Emmet-Charlevoix

Country music star Chris Young perform at the Emmet-Charlevoix County Fair on Friday, August 28 starting at 7pm, and tickets are now available through a link on the Emmet-Charlevoix County Fair web site. COURTESY PHOTO



County Fair is set to open once again this Tuesday, August 25 and continue through the Sunday, August 30.

Music fans will have a fantastic opportunity to see country music star Chris Young perform at the Emmet-Charlevoix County Fair this year. Young, whose hit singles include the chart-topping songs 'Voices', 'Getting' You Home', 'Tomorrow and You', has been hailed by Billboard Magazine as "one of the strongest, most distinctive voices among country's current crop." He will appear at the fair on Friday, August 28 starting at 7pm, and tickets are now available through a link on the Emmet-Charlevoix County Fair web site.

Other exciting events scheduled for the grandstand area during fair week are horse pulls, MXR Supercross Racing, a Monster Truck show and Auto Cross racing. Ticket pricing varies per event and can be found on the fair web site.

Of course, carnival rides and games are a staple every year at the fair. Skerbeck Carnival will open their rides on Tuesday, August 25 at 2pm and at noon every day for the rest of the week. Daily wrist bands \$20 each on Wednesday and Thursday, and "dollar rides" will be offered on Friday from noon until 6pm. For those who love to spend several days coming back again and

again to enjoy the rides, a Mega Ride Pass is also available, which allows rides all week long, as many times as they wish. The price of the Mega Pass is \$60 if purchase at the fair office by Monday, August 24, or \$70 thereafter.

Building on a tradition that is well over 100 years old, the Emmet-Charlevoix County Fair is well seasoned in entertaining those of every age and interest, and the weeklong adventure is also truly a bargain. Parking is free, and gate admission is a very reasonable \$5 per person (12 and under are free) each day.

Partial Schedule through Thursday, August 27

For a full schedule of events, visit www.emmetchxfair.org

SATURDAY, AUGUST 22

Open Class Registration 1-6 pm
 Tri-County Horse Show 8:30 am

SUNDAY, AUGUST 23

Open Class Registration Noon-6 pm (All Classes)
 Tri-County Speed Horse Show 1 pm

See County Fair -8A

East Jordan man pleads guilty to drug charge

Elijah James Kibbe, 34, of East Jordan, pleaded guilty as charged to possession of a controlled substance, a felony that carries a maximum penalty of four years in prison. He was previously convicted of maintaining a drug house and therefore, his possible sentence is enhanced to eight years in prison.



Trial on the case was scheduled to begin today but Kibbe entered his plea before the jury was chosen.

On January 27, 2015, Charlevoix County Sheriff's Department deputies went to Kibbe's home in Wilson Township to arrest him on an outstanding warrant. As part of the arrest he was searched and a pen that had been converted into a straw was found in his pant pocket.

Deputy Ben Speigl observed a white powdery substance in the straw and sent the evidence to the Michigan State Police crime laboratory where it tested positive for amphetamine.

Kibbe will be sentenced by Judge Roy C. Hayes III on September 25.

"It was very good police work by Deputy Speigl that led to this arrest and conviction," Charlevoix County Prosecuting Attorney Allen Telgenhof said. "Due to his training and experience, he knew that this wasn't just a pen used for writing in the Defendant's pocket."

"I want to publicly thank all of the jurors who were called and came to the courthouse. They were ready to go forward as I was. Though the Defendant chose to give up his right to a trial and plead guilty, it would not have happened if they had not been a part of this process."

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HIGH: 68 LOW: 55	HIGH: 81 LOW: 61	HIGH: 87 LOW: 63	HIGH: 82 LOW: 57	HIGH: 71 LOW: 54	HIGH: 75 LOW: 56	HIGH: 80 LOW: 58

record temps

DAY	AVG LOW	AVG HIGH	RECORD LOW	RECORD HIGH
AUG 20	53°	80°	36° (1964)	95° (1955)
AUG 21	53°	80°	35° (2004)	99° (1955)
AUG 22	53°	80°	33° (1950)	89° (1968)
AUG 23	53°	79°	36° (1967)	93° (1968)
AUG 24	53°	79°	30° (1967)	93° (1948)
AUG 25	53°	79°	34° (1977)	96° (1948)
AUG 26	52°	79°	37° (1963)	92° (1948)
AUG 27	52°	79°	36° (1968)	93° (1948)

OBITUARIES

Clifford "Dave" Kenney, 68

(OCT. 29, 1966 - AUG. 6, 2015)

Clifford, "Dave" Kenney died Thursday evening on August 6, 2015, at his home in Jordan Township, Antrim County, Michigan.

He was born on July 9, 1947, the son of Cash Henry and Eunice E. (Sutton) Kenney. On October 29, 1966, in Gaylord, he married Carol L. Berger.

Dave, as he was known, owned and operated Kenney's Logging as well as operating a farm and a saw mill. He loved spending time with his family and in the great outdoors as well as his beloved dogs.

He is survived by his wife, Carol L. Kenney; two sons, David (Melissa) Kenney of Harbor Springs and Dennis (Tanya) Kenney of South Rockwood; three grandchildren, David (Amanda) Kenney, Kayla (Nicholas) Kenney and Nicolas Kenney; one great grandchild, Nikkie Kenney; his mother, Eunice E. Kenney of Charlevoix; one brother, Robert (Fran) Kenney of Ellsworth; and two sisters, Eleanor King and Arlene St. John, both of Mancelona. He was preceded in death by his father, sister, Louise Ollila; and three brothers-in-law, Floyd Ollila, Mike St. John and Robert King.

A memorial service will be held on Saturday, August 22, 2015 at 11:00 A.M. at the Lighthouse Missionary Church in East Jordan.

James DeMond Stambaugh, 67

(FEB. 28, 1948 - AUG. 11, 2015)

James DeMond Stambaugh of Beaver Island, passed away Tuesday, August 11, 2015, at his home. He was born February 28, 1948, in Sturgis to Donald and Zelma (Powers) Stambaugh. He attended Western Michigan University where he earned a Bachelor of Arts, and then a Master of Arts in English. From 1977 to 1987, Jim taught English at White Pigeon High School, then from 1987 to 2007, at Beaver Island Community School.

During the Vietnam Era, Jim served as a Sergeant in the US Marine Corps.

Jim was a member of the Beaver Island Fire Department, the Beaver Island EMS, and the Boy Scouts of America.

He is survived by his wife, Donna (Weller) Stambaugh of Beaver Island; children, James "Tony" (Dorenda) Stambaugh of Lexington, Ky., Clint Stambaugh of Sturgis, Jason (Christine) Stambaugh of Savannah, Ga., Jessica (Kevin) Kinser of Constantine; thirteen grandchildren.

An informal celebration of Jim's life will take place 2 PM, Friday, August 21, at the Beaver Is-

land Community School. Memorial contributions may be made to the Beaver Island Fire Department or to the Beaver Island Rural Health Center.

Please sign Jim's guestbook at www.winchester-funeralhome.com

Donna L. Koronka, 81

(JUNE 15, 1934 - AUG. 14, 2015)

Donna L. Koronka of Gaylord was called home to be with her Lord and Savior on August 14, 2015, after a courageous battle with cancer, at Grandvue Medical Care Facility in East Jordan. She was born June 15, 1934 in Gaylord and was a 1953 graduate of Gaylord High School. She was a lifelong resident of Gaylord.

A member of St. Mary Cathedral, Donna participated in the Altar Rosary Society. She was most proud to be a mother, grandmother, and great-grandmother. She was devoted to all family activities and will be missed by all who loved her. She instilled in her family a passion for life, and great moral values that have been passed on and is shared by her children and grandchildren.

She is survived by her loving children, Victoria (Michael) Beltz of Mar-

quette, Mary (Bob) Gapinski of Rozet, WY, Douglas (Amy) of Williamsburg and Sue Sides of Gaylord; grandchildren, Melissa (Steve) Derby, Julie Beltz, Jeff (Sarah) Beltz, Penny (James) Matchinski, Amy (Steve) Peppersack, Wendy (Zach) Miller, Heather (Obie) Kidd, Ethan Koronka, Trevor (Tamara) Sides, Brittney (Brent Horrigan) Sides and 12 great grandchildren.

She was preceded in death by her husband, her first and only love, Frank; parents, Elwood Giffin and Easter Mary Darby; sister, Darlene Greene and infant brother, Elwood O. Giffin Jr.

Mass of Christian Burial will be held on Wednesday, August 19 at 11 AM from St. Mary Cathedral.

Visitation at Nelson Funeral Home was held on Monday, August 17 from 5-8 PM, Tuesday, August 18 from 2-8 PM, with a Rosary service at 7 PM, and at the church on Wednesday from 10 AM until the time of Mass.

Memorial contributions in her honor may be made to the Susan G Komen for the cure or Grandvue Medical Care Facility through Nelson Funeral Home, P.O. Box 1548 Gaylord, MI 49734.

Joan G Giem (Hobson), 83

(DEC. 5, 1931 - AUG. 13, 2015)

Joan G Giem of Boyne City passed away on Thursday, August 13, 2015 at Boulder Park Terrace

in Charlevoix.

A funeral service to celebrate Joan's life was held Monday, August 17, 2015 at Stackus Funeral Home in Boyne City. Burial followed at Maple Lawn Cemetery with Pastor David Behling officiating.

Joan was born on December 5, 1931 in Chicago, IL the daughter of Floyd and Gladys (Landwer) Hobson. She grew up in the Boyne City area and in 1947 she married Frederik A Ouder Kirk who preceded her in death on October 31, 1973. Joan later married Don Giem who also preceded her in death.

Joan owned and operated a cleaning business primarily at Bay View in Petoskey and studied to become a nurses-aide. After completing her studies she then worked at Bortz Health Care in Petoskey and several other nursing facilities.

Joan is survived by her children Stella Jean Parker-Dexter, Joan Elizabeth (Richard) Morford, Frederik Henry (Margie) Ouder Kirk and Jason (Susan) Fletcher; nine grandchildren; ten great grandchildren and sister June Bellant.

She is preceded in death by her husband's Frederik A Ouder Kirk and Don Giem; and sister Charlotte.

Memorial donations to honor Joan may be directed to the Little Traverse Humane Society.

Family and friends wishing to share a thought or memory of Joan are encouraged to do

so online at www.stonefuneralhomeinc.com.

Betty Jean Beeby, 92

(MARCH 26, 1923 - AUG. 11, 2015)

Betty Pearl Beeby of Eastport, well-known local artist of hundreds of paintings, pen and ink drawings, books, and a grand mural at the Mackinac Visitors Center, passed away on August 11, 2015.

She leaves behind her four children, James Beeby, Jane (Salomon) Suwalsky, John (Kathleen) Beeby, Josie (Roy) Ellison as well as five grandchildren, and one great-grandchild. She will be sadly missed.

Her memorial service was held on Sunday, August 16, 2015 at her home and studio, 6027 N. M-88, Eastport, MI. In lieu of flowers, please donate to the Betty Beeby Art Scholarship at the Jordan River Art Council, 301 Main St., East Jordan, 49727.

Arrangements are being handled by the Central Lake Chapel of Mortensen Funeral Homes. Please sign her online guestbook at www.mortensenfuneralhomes.com.



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EAST JORDAN CITY COMMISSION MEETING, AUG. 18, 2015

Fall Festival planned for September



A commendation for service to the city was presented to Myra Hoffman, wife of longtime deputy and city DPW member Timothy Hoffman

By Tina Sundelius

EAST JORDAN - The ordinance that was introduced at the August 4 meeting to amend the official city zoning map to rezone the area near the Crossroads Resale store from residential to commercial was approved.

Another amendment to the parking ordinance was introduced. The amendment would add a section that reads, "Any vehicle parking in a parking lot or parking space must move their vehicle at least every 48 hours for cleaning and snow removal or a citation will be issued." The introduction was discussed and accepted. "Last year a big issue was that some apartment tenants were parking in city lots and not moving their cars for days on end," said City Administrator Tom Cannon.

Plans for a new Fall Festival were discussed. "We're always

trying to find ways to maintain our campers and events after summer is over," said Cannon. The event is planned for September 26 in Tourist Park from 11a.m. - 4p.m. and all proceeds will be used to purchase a groomer for the softball/baseball fields. The groomer will cost \$2,400. Although they are still investigating insurance questions, the commission approved a motion to apply for a liquor license for the event.

A commendation for service to the city was given to the wife of Timothy Hoffman. Hoffman served the city as a deputy police officer and as a member of the DPW. Hoffman's wife Myra accepted the framed commendation for him. "Thanks very much for sharing him with us," said Mayor Russ Peck. Myra responded with, "I wish he was still around."

Although the commission approved a lease agreement with the ambulance authority for the new

fire hall at the July 21 meeting, small changes were made to the lease and it was brought back to the commission to be reapproved. Changes included removing a name of someone no longer on the authority, stating that the lessor is responsible for maintenance and repairs of the overhead doors and items that dealt with collective bargaining. The 3 year lease was approved again and sent to the Authority to be approved by them.

In his report Cannon informed the commission that Terry McDonald has been hired as the new Police Chief and will be sworn in at the September 1 meeting the same day he begins his new position. "For several reasons I believe Terry is going to do a wonderful job here," said Cannon.

The next meeting is scheduled for Tuesday, September 1 at 7 p.m.

Permanent History Exhibit becomes reality at 1910 Water Works Building

On Wednesday, August 26th at 4pm the community is invited to gather and celebrate the opening and dedication of the permanent Historical Interpretive Center in the 1910 Water Works building in Boyne City. Located on East Division Street, the 1910 Water Works building is the oldest building the city owns. Decommissioned in the 1970's, the little building, subject of considerable public pride when it was built in 1910 and named to the National Register of Historic Places in 1998, had fallen into disrepair and was slated for demolition.

A group of local citizens, working with city officials, persuaded the community to preserve and restore the building. It was completely restored and returned to operation as a city water system booster station with restrooms which are available to the public. It was reopened in July of 2011 with the hope that the space in the front of the building would become a Historical Interpretive Center. In 2012, the City of Boyne City, C2AE, Richard Neumann Architect, and Graham Construction were one of five recipients of the Governor's Award for Historic

Preservation for the rehabilitation of the Boyne City 1910 Water Works Building.

The City of Boyne City and the Charlevoix County History Preservation Society at Raven Hill Discovery Center are very proud to announce the project has become a reality and will be celebrating with an old fashioned ice cream social. Opening remarks and tour beginning at 4 PM. The public is invited to join in the celebration. For more information or questions please call Georganna at 231-883-9867.



On Wednesday, August 26th at 4pm the community is invited to gather and celebrate the opening and dedication of the permanent Historical Interpretive Center in the 1910 Water Works building in Boyne City. COURTESY PHOTO

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INFRASTRUCTURE

CONTINUED FROM PG. 1A

redirect funds toward the project. Porter also asked if the city could use the money saved in the electric fund for the project as that fund currently has \$3 million dollars in reserve. However, Heydlauff indicated that doing so wasn't the best option as it would deplete the electric fund, which could cause

problems if those utilities ever needed fixing.

"I think that would be robbing Peter to pay Paul, and neither Peter nor Paul would get ahead," Heylauff compared.

Though the audience was small, one member, Del Terrial Jr. stated that he felt looking into rates was the best way to go when it came to financing the project.

"Rate structure and user fees is the way to go," said Terrial, who also opined

that the city should "incentivize conservatism" when it came to water usage.

Ultimately council didn't decide on one method for funding the project but asked city staff to research further options including a potential millage increase. Currently, the city asks 13 mills of taxpayers. This project could see a proposal for an increase of 2-3 mills if the city chooses to take that route.

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Rayders win District Volleyball Title...Pg 2B

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East Jordan State of the Community Luncheon

By Tina Sundelius

EAST JORDAN—East Jordan is heading in the right direction and its future is bright was the message members of the community walked away with after hearing four keynote speakers discuss the status of the city, schools, and DDA at East Jordan's State of the Community Luncheon Tuesday, November 11.

An air of optimism filled the Harvest Barn hall as 26 East Jordan High School seniors and other members of the community listened intently to Mayor Russell Peck whose speech focused on the challenges and infrastructure improvements that still lie ahead for the city. "All in all things are looking up, we're heading in the right direction. Together we will position our community for a resilient and sustainable future. Indeed, East Jordan's future is bright," he concluded.

Peck not only talked about all that the city has accomplished but emphasized the infrastructure improvements needed to accommodate new growth. "We are very optimistic about the future of our community and that optimism comes from the exciting new directions we have been heading," he said. He cited the city's sewer system that is already operating at 98%

capacity, sidewalks, and sea-pillings to be installed at the southwest side of the harbor next to the bridge intended to stop silt from filling the harbor (construction to begin in December) as projects that will further enable the city to grow. He mentioned the new well house (al-open 24/7 recycling center and the \$12,000 Kayak facility in the park which he stated presently "looks like an art project." "We are developing the kind of community we have envisioned for future generations. There is a positive energy," he said.

DDA Chairman Tom Teske, Entrepreneur Director with the Northern Lakes Economic Alliance Tom Ernst, Chamber of Commerce Director Mary Fac-Stewenson addressed an audience of community leaders at the third annual State of the Community Address Tuesday, November 11. "East Jordan's future is bright," said Peck.



SPORTS



BOYNE CITY 47 NEGAUNEE 0

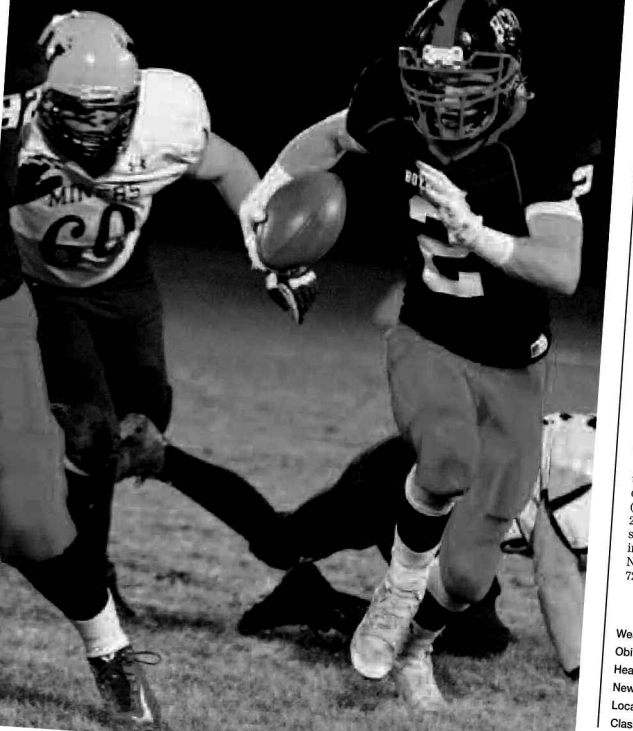
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District Champs!



Boyer City's Luke Sage (2) follows an opening for another big gain. Sage finished with 63 yards on nine carries and a touchdown. Full Story in Sports. (PHOTO BY CHLOE SHERMAN)

Boyer Area Community Christmas

"That no child in the Boyne area be without a Christmas"

Over the last 60 years your generous donations ensured thousands of Boyne area children had a merrier Christmas.

With the holiday season approaching we, the volunteers of Boyne Area Community Christmas, are asking for your support. All of your donations are greatly appreciated and can be in the form of non-perishable food items, new unwrapped toys, games or books. If you would like to donate monetarily, please make checks payable to Boyne Area Community Christmas and send them c/o Eleanor West, Treasurer at 915 Robinson Street #15, Boyne City, MI 49712. All donations can be dropped off at the Boyne City Education Center by using the Pine Street entrance. We will be accepting donations from November 19 until December 19, 9am to 4pm.

If you need any additional information, please contact Ruth Witek at (231) 582-3192 or (231) 798-2787. If you would like to submit the name of a child in need, please contact Nancy Hosmer at (231) 582-7246.

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News

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Baker College CNC machinist program

Northwest Michigan Works! is offering one full or two half scholarships for the Baker College computer numerical control (CNC) machinist certificate program that is available at Baker College's advanced manufacturing lab located at the Charlevoix Middle/High School (CMS/HS). Eligible applicants are individuals who have been unemployed for 28 weeks or more since January 2008. Classes begin Monday, Sept. 28.

"Northwest Michigan Works! provides scholarships for job training programs across the region that lead to employment in high-demand careers," said Janie McNabb, Michigan Works! chief operating officer. "The number of scholarships awarded will depend upon the applications we receive."

"We are grateful to Northwest Michigan Works! for support of this program," said Kelly Smith, Baker College of Cadillac president. "It can quickly move an unemployed resident with good skilled trades aptitude into the workforce — into a good job with advancement potential."

Mark Lagerwey, Baker College of Cadillac dean of business and technology, said that the CNC machinist program, now in its third year in Charlevoix, is an excellent example of a collaborative initiative that involves the public schools and manufacturing employers.

"Together, we are more quickly helping meet the strong demand for trained CNC machinists throughout northern Michigan," he said. "Baker College delivers direct-credit machining and computer aided design classes to CMS/HS students during the day. The college-level courses are provided in the evening, which is convenient for students who work during the day."

Individuals interested in applying for the scholarship should contact Michigan Works! Career Advisor Renee Zaika at 231 347-5150 or 231 439-5231.

For information about the Baker College CNC machinist program, contact Lagerwey at 231 876-3149, or Audrey Charmoli in the Baker College admissions office at 231.876.3119 or audrey.charmoli@baker.edu

Crooked Tree Arts Center fall class registration opening

On Monday, August 17, Crooked Tree Arts Center – Petoskey and Traverse City children and adult fall classes and workshops open for registration. Tried and true classes will be returning for the fall line-up including, CTAC's School of Ballet classes, Figure Drawing, pottery classes for all ages, Music and Me, and Adventures in Art, just to name a few.

A new season of culinary classes will be christening the newly renovated CTAC Kitchen beginning in September, with classes on both Tuesdays and Thursdays. "Back by Popular Demand" is the theme for the gastronomic courses, with classes being put on by Pond Hill Farm, American Spoon, Cafe Santé, Crooked Tree Breadworks, and other local restaurants.

New classes are also being added into the mix of traditional fall favorites, some of which are Jewelry in the Making for Grades 4th – 8th, Framing 101, Pocket Sketching Workshop. Everyone is an Artist!, Kid, Meet Camera. Camera, Meet Kid. for kids from Kindergarten – 3rd Grade, and Grades 4th-8th, and a daytime adult pottery class. Another new addition



Artists in the making (from left to right), Cadence Glass, Ally Goelz, Eloise Roberts, Olivia Nemece, Cassidy Whitener, and Abby Donovan with their finished pieces. In Step-by-Step Painting or Painting & Pizza, students will create one-of-a-kind works of art. COURTESY PHOTO

for fall is CTAC's take on the popular Drink & Draw events. The Arts Center will be offering Painting & Pizza for upper elementary and middle schoolers, and Dish & Dabble for adults who'd like to have a fun night out, painting and snacking on hors d'oeuvres. Boyne Falls artist, Martina Hahn will provide instruction and

guidance for both children and adults.

A 10% discount will be offered for members who sign up between August 17 – 28, on all Performing Arts and Visual Arts classes of 3 weeks and longer. This discount excludes CTAC School of Ballet classes, culinary classes, and workshops.

For more information, to

register, or to become a member, contact the Crooked Tree Arts Center at 231-347-4337 or visit www.crookedtree.org. The Crooked Tree Arts Center is located at 461 E. Mitchell Street, downtown Petoskey, and at 322 Sixth Street, Traverse City.

BOYNE CITY POLICE DEPT.

MONDAY, AUGUST 3, 2015

- 0623 Citation issued for Speed at N. Lake St and Groveland St.
- 0912 Abandoned boat trailer in the Industrial Park
- 0946 Report of threatening text messages in the 900 block of Wilson St
- 1029 Report of individual taking dog into businesses trying to pass it off as therapy dog
- 1248 VIN Inspections in the 1300 block of Boyne Av

- 1303 Open Door at 447 Pearl St. All Secure
- 1345 Assist EMS in the 100 block of E Water St
- 1540 Suspicious activity reported in the 1100 block of Boyne Av
- 1713 Assisted Fire Dept in the 700 block of Wenonah St
- 1737 Report of phone scam in the 200 block of North St.
- 1746 Vehicle unlock in the 400 block of N Lake St
- 1759 Noise ordinance violation in the 500 block of N Lake St.
- 1804 MDOP to vehicle in the 600 block of Jefferson.
- 1959 Assist EMS with at-

- tempted suicide at the top of Avalanche
- 2219 Suspicious vehicle reported inside the fence at Avalanche.
- 2254 Assisted EMS in the 1400 block of Marshall.

TUESDAY, AUGUST 4, 2015

- 1035 Civil issues reported on Roosevelt St.
- 1135 Report of phone scam ordering her to appear before magistrate.
- 1238 Assist citizen in the 300 block of N Lake St
- 1248 Vehicle unlock in the 600 block of N Lake St
- 1458 Report of IRS fraud scam.
- 1712 Report of a dog running at large around the Industrial Park. Gone on arrival
- 1727 Report of a sickly raccoon in the yard in the 1000 block of Haven Ct.
- 1748 Dispatched to the shelter to lodge 3 dogs.
- 1900 Retail fraud in the 100 block of E Water St.
- 1935 Animal complaint in the 700 block of Ottawa

WED., AUGUST 5, 2015

- 0246 Report of gunshot in the area for Lincoln and Lewis. May have been firework from Lincoln and Boyne Av.
- 0821 Bond condition violation in the 300 block of N Lake St
- 0846 Received complaint about activity in the area of Lewis and Franklin. Constant yelling and swearing and driving recklessly.
- 1027 Found bike dropped off at PD
- 1355 Salvage Inspection
- 1545 Lost wallet between Lake St and Boyne Falls.
- 1803 Vehicle unlock in the Industrial Park.
- 2330 Alarm in the 400 block of S Park St.

THURSDAY AUGUST 6, 2015

- 0800 Found phone turned into PD. Was returned to owner.
- 1221 2 vehicle private property damage accident in the 1000 block of Boyne Av
- 1311 Vehicle unlock in the 100 block of E Water St
- 1347 Assist EMS in the 200 block of W Lincoln

- 1442 Served with No Trespass Order in the 800 block of S Park St
- 1544 H&R accident on W Water St.
- 1710 Assist EMS in the 200 block of E Water St.
- 1737 Found phone on Wilson St. Returned to owner.

FRIDAY, AUGUST 7, 2015

- 1103 Found watch reported to PD
- 1344 Trespass complaint in the 300 block of E Division St
- 1540 Civil custody issues in the 300 block of E Division St
- 1830 Citation issued for no certificate of registration, Expired Plate, and Improper Transfer Use of Plate at Lake and Lower Lake
- 2351 Suspicious activity in the 100 block of S Lake St

SATURDAY, AUGUST 8, 2015

- 0001 Assist EMS in the 300 block of E Division St
- 0048 Assist Sheriff Dept with driving complaint on M-75 N. Arrested subject for OWI high BAC, DWLS. Citation issued for speed and no proof of insurance.
- 0940 Assist EMS in the 400

- block of N Lake St
- 1020 Vehicle unlock at Peninsula Beach
- 1427 Vehicle unlock in the 400 block of N Lake St
- 1434 Complaint of loud bass coming from a vehicle on Bailey St.
- 1444 Assist the Sheriff Dept and EMS with an accident on M-75 S.
- 1425 Report of lost cell phone in Veteran's Park
- 2038 Driving complaint Wildwood Harbor coming toward town.
- 2053 Assist Sheriff Dept on driving complaint Old State and Old State Loop.
- 2302 Suspicious subjects in the 1000 block of Lakeshore Dr.
- 2308 Subject skateboarding in the roadway Front and Pine
- 2345 Assist EMS with intoxicated subject in the 300 block of E Division St.

SUNDAY, AUGUST 9, 2015

- 1027 911 Check in the 200 block of Front St.
- 1156 Driving complaint on Boyne Ave coming in to town.
- 1527 Welfare check in the 900 block of Wilson St.

- 1710 Report of dog running at large at Avalanche parking lot
- 1740 Motorist assist in Veteran's Park
- 1805 Missing person from the 700 block of N Lake St
- 1918 Alarm in the 100 block of River St.

INFORMATION ON BREAKING & ENTERING SOUGHT

The Charlevoix County Sheriff's Office is looking for help from the public to solve a breaking and entering that occurred on Flagg Road in Charlevoix County. Sometime in July a thief entered a cabin on Flagg Road near Sequanota Road and took a new wood stove, a picture frame with a clock on it, a handmade six (6) sided mirror with birch trim, and a blanket with wolves on it. If you have any information on the crime you are asked to contact 911 or the Charlevoix County Sheriff's Office. The owner is offering a \$500.00 reward for information leading to the capture of the suspect.

Charlevoix
County News
VOLUME 7, ISSUE 9

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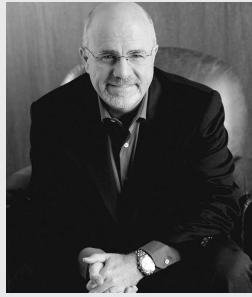
Our Beach House is available to rent for parties and special occasions.

The Tourist Park and Beach and Municipal Harbor are operated by City of East Jordan Parks Department

News

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DAVE Says



Dave Ramsey

(Don't argue about it)

Dear Dave,
My wife and I really got serious about your plan. We even sold our house to become completely debt-free. Now, we're trying to help my mom and dad. They liked your plan at first, and even taught Financial Peace University (FPU) at their church. Then, everything changed. They went out and leased a new car, bought another one on payments, and picked up a bunch of credit cards. They're trying to tell us that you really do this stuff too. How can we help them?

Michael
Dear Michael,
What you're describing is so inconsistent it's hard to grasp. I mean, how do you go teach FPU and

then come back and claim Dave uses credit cards and does all those other dumb things? How do you do that then go lease a car and buy a new car and argue against what you've been teaching in a class? I don't know. But I do know that I don't mess with any of that stuff!

They're not really asking for your opinion. So, I don't think they can be helped until there's some kind of an opening. It's like the old adage says: "Those convinced against their will are of the same opinion still." I'd just tell them you're on different pages about this stuff. Let them know you love them, but that you're in complete disagreement on this topic and you're not going to argue about it with them.

There are always things you disagree about in families from time to time. But the truth is they went on a financial bender.

When they wake up with a hangover, you might be able to help them, but right now they're drunk. They're financially drunk. They're buying everything in sight, and they're rationalizing it and justifying it.

Just pray for them, love them, and be in their lives. Continue to do what's smart, and try to avoid arguments. See where it goes from there. Maybe, when they sober up financially, they'll ask for some help.
—Dave

(Due diligence)

Dear Dave,
I own a small business specializing in cell phone repair. Sometimes I buy phones and parts on eBay. I can make sure the phones are not stolen by running a check on the serial numbers. However, I cannot be certain about the individual parts. Is there a way I can ensure I'm not dealing with stolen parts?

Gordan
Dear Gordan,
I would try to deal only with reputable sellers. eBay, I believe, has a ratings system and you have power sellers and so forth. Try to find someone who has a steady stream of cell

phone parts, someone who's a reputable, long-time seller and doesn't appear to be a fence. eBay doesn't tolerate that kind of stuff if they can find it.

I would also do a reasonable amount of due diligence in terms of research. But at the end of the day, you can't completely guard against that unless it's a serial-numbered item. I wouldn't say never buy anything on places like eBay, but I would try to use some common sense and judgment.

I used to say I had a bad gut feeling. Then, a pastor friend of mine told me not to call the Holy Spirit a gut. It's not a gut feeling; it's God's spirit — listen!
—Dave

* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Call MISS DIG in advance of digging projects

With damages up nearly 20 percent in 2015, Consumers Energy reminds do-it-yourself homeowners that August 11 (8-11) should provide an important reminder to call MISS DIG at 8-1-1 to have underground utilities marked at no cost before digging.

"It's important to share this critical safety message because we know when homeowners and contractors contact MISS DIG before digging and wait three business days for utilities to be located, there is less than a 1 percent chance of hitting one of those buried lines," said Mary Palkovich, vice president of energy delivery for Consumers Energy.

A total of 147 homeowner damages to underground natural gas and electric lines have been reported through this July, a 17 percent increase over a total of 126 damages through July 2014. Some utilities may be buried just a few inches below ground and can easily be hit when using only a shovel for simple gardening projects like planting small shrubs and even flowers.

"Sixty-nine percent of homeowner damages to underground utilities occur because no contact was made with MISS DIG first. Contacting MISS DIG at 8-1-1 or online through elocate.missdig.org is the most important step in any digging project," Palkovich said. Those who fail to follow safe digging practices can cause injury to themselves and others, as well

as property and utility damages.

Each weekend in 2015 has brought several damages to underground utilities by homeowners. Areas where damages have been heaviest include the metro Detroit area, Flint, Lansing, Kalamazoo and Jackson.

Practicing these five safe digging steps help prevent unintentional dig-ins to gas, electric, cable, water, sewer and fiber optic lines.

1. Plan your job.
2. Contact MISS DIG at 8-1-1 or elocate.missdig.org to place a locate request.
3. Wait three business days, then check Positive Response at response.missdig.org to obtain a list of utilities on your job site to be sure all utilities have been marked or cleared. Then, dig safely.

4. If excavating using power equipment within 48 inches of a marked area, you must first hand-expose the lines.
5. If you contact or damage a utility line, contact the utility owner immediately. If the damage results in a dangerous situation, call 9-1-1.

Consumers Energy, Michigan's largest utility, is the principal subsidiary of CMS Energy (NYSE: CMS), providing natural gas and electricity to 6.6 million of the state's 10 million residents in all 68 Lower Peninsula counties.

For more information about Consumers Energy, go to www.ConsumersEnergy.com.

Kelly's Antiques & Furniture Barn offer quality vintage and custom furniture

By Jim Akans

When looking to refurnish, redecorate or simply revitalize the furniture and accessory items in your home or cottage, don't miss the opportunity to check out the amazing selection of vintage and custom furniture at Kelly's Antiques & Furniture Barn located in Charlevoix. The fascinating facility encompasses over 7,000 square feet of ever changing vintage furniture and accessories, plus another 1,500 square feet of custom furniture items. From antique wicker to Early American and European imports, the vast selection is sure to tantalize the imagination of virtually every furniture shopper.

Don Kelly founded his business back in 1985, as he recalls, "it was in a small room off my garage. I loved working with furniture, and while attending a furniture show I discovered a new type of finish stripper that worked extremely well. I went home, tried it out, and started my new busi-



Kelly's Antiques and Furniture Barn is located at 6176 Old US 31 South in Charlevoix. The fascinating facility encompasses over 7,000 square feet of ever changing vintage furniture and accessories, plus another 1,500 square feet of custom furniture items. COURTESY PHOTO.



ness. It kept expanding and I moved into my current location in 1990."

Kelly adds, "Something we specialize in is wicker furniture items. People love old wicker furniture, and we also sell lots of old pine, oak and items made from other woods as well. Vintage furniture is generally made with solid wood or very good veneers. The workmanship and craftsmanship is excellent."

The services offered at Kelly's Antiques & Furniture Barn also include

customizing the size of furniture to match the customer's needs, and they will paint, stain and refinish items to match the customer's décor if they desire.

Kelly's Antiques and Furniture Barn is located at 6176 Old US 31 South in Charlevoix. They are open Monday through Saturday from 9 am until 3 pm, and Sunday by appointment. For additional information, please call (231) 547-0133 or visit www.dkellyantiques.com.

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Hidden Treasures

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

<p>CHARLEVOIX</p> <p>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>Goodwill Retail and Donation Center 402 Petoskey Avenue Charlevoix 231-437-6176</p>	<p>CHEBOYGAN</p> <p>Goodwill Retail and Donation Center 982 S Main St., Cheboygan 231-445-9300</p> <p>EAST JORDAN</p> <p>Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p> <p>ELLSWORTH</p> <p>Good Samaritan Furniture & More Store 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org</p>	<p>ELLSWORTH</p> <p>Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org</p> <p>FREDERIC</p> <p>Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300</p> <p>GAYLORD</p> <p>A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500</p> <p>Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowses), Gaylord 989-705-1747. www.goodwillnmi.org</p>	<p>GAYLORD</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</p> <p>The-Brickery.com <i>Two floors of treasures</i> 107 Ottawa, Grayling, One block north of the light 989-348-8999</p>	<p>HARBOR SPRINGS</p> <p>New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980</p> <p>PETOSKEY</p> <p>Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p> <p style="text-align: right;">To add your business listing to this directory call 989-732-8160</p>
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ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Ellsworth rallies community to transform downtown with new park

The Michigan Economic Development Corporation and the Village of Ellsworth today announced a new crowdfunding campaign through Michigan-based crowdfunding platform Patronicity. The campaign will support the activation of a vacant downtown lot into a public green space.

If the community hits its crowdfunding goal of \$26,000 by August 31, MEDC will provide a \$26,000 matching grant with funds made possible by the Public Spaces Community Places program. For project details and to donate, please visit: www.Patronicity.com/Ellsworth

In December, 2011, the building that occupied the now vacant lot burned down, deemed a complete loss. The fire revealed an opportune location for a

new town square located next to the Township Hall.

"Public Spaces Community Places is a good resource for communities to restore or activate public spaces," said MEDC Community Development Director Katharine Czarnecki. "We are pleased to be able to partner in this effort to transform a vacant lot into a community gathering place for residents and visitors."

Money raised through the crowdfunding campaign will go toward phase one of the public park project. This includes site preparation and grading, installation of utilities, tearing down an old garage structure and landscaping. Once completed, the park will also include public restrooms and an open air pavilion.

"Now is the time for all

those persons who have wanted something done with that corner to step forward and make the dream a reality," said Village President Hugh Campbell. "We really appreciate the community coming out to help us with this project. This park will be a community asset that will be around for generations of citizens to enjoy, and we really couldn't do it without the support of the community and MEDC."

The total cost for phase one is approximately \$67,000. The Village of Ellsworth and Banks Township have already pledged a combined total of \$15,000, with the crowdfunding campaign meeting the remaining amount.

Public Spaces Community Places is a collaborative effort of the MEDC, the Michigan Municipal League, and Patronicity

where local residents can use crowdfunding to be part of the development of strategic projects in their communities and be backed with a matching grant from MEDC. Communities, non-profits and other business entities can apply at <https://patronicity.com/puremichigan>.

Pure Michigan is a brand representing business, talent and tourism initiatives across Michigan. These efforts are driven by the Michigan Economic Development Corporation, which serves as the state's marketing arm and lead advocate for business growth, jobs and opportunity with a focus on helping grow Michigan's economy.

For more on the MEDC and its initiatives, visit michiganbusiness.org.

State campaign promotes HPV vaccine to area families

The Michigan Department of Health and Human Services is stepping up its efforts to alert teens and their parents about the need for vaccination against the Human Papillomavirus (HPV) and other preventable diseases. HPV vaccine is recommended to prevent cervical and other cancers. MDHHS is sending letters to the parents of adolescents in the state aged 11-18 years who are overdue to get their first dose of HPV vaccine. Joshua Meyerson, M.D., Medical Director for the Health Department of Northwest Michigan, said the Health Department understands parents may have questions upon receiving the letters.

"We support the State's efforts to alert parents and teens of the benefit from the HPV vaccine and other immunizations," Dr. Meyerson said. "The HPV vaccine is safe and effective, and should be recommended to both girls and boys."

Nearly 80 million Americans are currently infected with HPV, and an additional 14 million are infected every year. Half of those newly infected with HPV are between the ages of 15 and 24. HPV infection is the main cause of cervical cancer and can also lead to other

cancers in males and females as well as being the primary source of genital warts.

Dr. Meyerson explained that the HPV vaccine is most effective when given at 11 to 12 years of age because that's when the body produces the greatest immune response and, like all vaccine-preventable diseases, it is best to receive the vaccine before there is risk of exposure. The vaccine provides long-term protection following completion of the three-dose series.

Parents who receive the MDHHS letter should contact their family physician or the Health Department with any questions, or to schedule an immunization appointment. Health Department immunization appointments may be scheduled by calling (800) 432-4121.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.

Craft Vendors Needed For Leaf Peeker Craft Show

The Leaf Peeker Craft Show held in downtown East Jordan on Saturday, October 17, 2015 from 10:00 AM – 4:00 PM has openings for both indoor and outdoor craft vendors. The craft show is held in conjunction with the 6th Annual East Jordan Pumpkin Festival. Leaf Peeker Craft Show Vendors will set up in the East Jordan Community Center and the Civic Center with entrances from both Main Street, as well as Civic Center Drive or

outside on Main Street in front of the Community Center. Electricity is available for an additional fee. The craft show continues to be a successful event, bringing many shoppers interested in get a head start on their holiday gift list. For more information on the show or the Pumpkin Festival contact the East Jordan Area Chamber of Commerce Office at 231-536-7351 or e-mail to info@ejchamber.org

12th Annual Day of Caring Needs YOU

In observance of the National Day of Service and Remembrance, you're invited to join Char-Em United Way's Day of Caring on Friday, September 11, 2015. Hundreds of local volunteers along with thousands of other groups statewide and millions of people nationwide plan to pay tribute as part of the single-largest charitable service effort in the U.S.

The goal of the National Day of Service and Remembrance is to bring Americans together in the same spirit of compassion, unity, and service that existed after the 9/11 attacks. Day of Caring for Charlevoix and Emmet Counties focus is with local non-profit organizations and senior citizens. Day of Caring is an incredible opportunity for people in the community to get involved and volunteer their time to benefit local communities.

Volunteer registration is now open for Day of Caring projects. Volunteer teams will complete various tasks for non-profit organizations, schools, and government

agencies as well as home maintenance for senior individuals. Projects might include painting a hallway, building shelves, organizing a pantry, weeding a garden, raking leaves and much more.

This year the need is great in the Charlevoix area for senior individuals struggling to stay independent in their homes. Project requests that we have received via the Charlevoix County Commission on Aging include painting, minor home repairs, cleaning and window washing, weeding and tree trimming and much more.

Available projects are listed online through Char-Em United Way's Volunteer Connections at <http://charemunitedway.galaxydigital.com/>. Search keywords "Day of Caring" to find a project that fits your time, skills and passion. Click on "Respond to Need" and you will be contacted by United Way staff with details to complete your volunteer match. Or you can call the Char-Em United Way office at 231-487-1006 to register as a volunteer.

Find time for mindfulness

By Deb Hagen-Foley

Do you have a "to-do" list that is longer than your "all-done" list? Do you have multiple on-going demands for your time and attention? Does it feel like you never have a moment to relax? Do you try to do two or more things at once because there's never enough time to get it all done? When you do attempt to multi-task, which is really task-switching, do you find yourself making errors and having to repeat your steps?

Multitasking is encouraged by much of society, given the variety of demands for our attention. Electronic devices have only accelerated this path. Task-switching, according to the research, results in a loss of time as the brain identifies which task to process.

Mindfulness is the opposite of multi-tasking. Mindfulness refers to a state of active, open attention on the present, living in the moment and accepting it without judgment. Mindfulness has multiple benefits for well being. As people develop an ability to be in the present moment, they experience less emotional over-reactivity and improved ability to react appropriately in any situation. Being

mindful makes it easier to appreciate the pleasures in life as they occur and helps you to be engaged in activities. Mindfulness creates a greater capacity to deal with adverse events also.

The goal of mindfulness is to achieve a state of alert, focused relaxation, deliberately paying attention to thoughts and sensations without judgment. There are ways to benefit from mindfulness without a large time commitment. Find ways to incorporate mindfulness into your everyday activities. Mindfulness means paying attention to the moment, letting go of distractions, and noticing the experience, without judgment. Pay attention to the sensations of your body and recognize the experience of your mind, without getting caught up in thoughts about the past or future.

Mindfulness can be practiced without going into a meditative stance. I found I could practice mindfulness on the train. I noticed my breathing, and by taking several slow, deep breaths, the stress of rushing to get to the train station on time began to fall away. I notice the sound of the train on the tracks, the doors being opened and closed, the grayish day outside

the window. Thoughts of the conference just finished and the work waiting upon my return home begin to interfere and I push them away. There is a momentary sense of calm.

There are any number of activities that lend themselves to the practice of mindfulness, such as cooking dinner, walking the dog, driving the car or cleaning house. The goal is to pay attention to the moment and all of your senses, what you hear, smell, taste or touch. Try not to give in to distractions, such as listening to the radio. Instead, notice what is happening in the moment. What do you see? How do you feel? Notice your thoughts as they come and go, return to the moment.

As you continue to practice mindfulness, you may notice that your ability to focus on specific tasks becomes easier and your ability to complete a task without being distracted by an event from the past or thoughts of the future improves. Most immediately, you will likely develop a greater appreciation for those ordinary activities that you are using to cultivate your mindfulness as you notice what is happening in the moment.

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231-237-0103
www.charlevoixcounty.org/coa.asp

News

Dr. Oz and Roizen

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



each step a rolling motion from heel to toe; avoid flat-footed strides. Good equipment: You'll need well-cushioned, well-heeled, flexible-soled shoes that bend at the ball of the foot.

3. Let your arms help you. Bend arms 45 to 90 degrees and let them swing naturally with each step. Beware: No flapping chicken wings!

4. Chin up; look ahead about 10-20 feet. You'll be able to clearly see your path while maintaining good posture -- so important for proper breathing and muscle tone. Engage your core, too, so you support yourself using your pelvic and stomach muscles.

Now grab your step counter and a walking buddy. You're hitting your stride!

ARE YOU MISSING A CHANCE TO SAVE YOUR LIFE?

In 1736, Ben Franklin famously said, "An ounce of prevention is worth a pound of cure." He was talking to his fellow Philadelphians about that city's extreme threat of fire. (He established the Union Fire Company to put out fires if prevention failed!)

A Centers for Disease Control and Prevention's weekly report recently sounded the alarm that around 30 percent of folks who already have had a heart attack or stroke or who experience angina are not opting for the prevention that a pennies-a-day dose of aspirin can provide. They pointed out how 75-162 mg a day (far less than an ounce) can prevent recurring cardio problems. That's worth a lot of pounds (and dollars) that you might otherwise have to spend on a cure -- if you're lucky enough to survive another round of heart problems.

For folks with stable ischemic heart disease, aspirin use can cut the risk of another stroke or heart attack by 37 percent, the need for angioplasty by 53 percent and the risk for unstable angina by 46 percent. (We each take 162 mg daily with half a glass of warm water before and after to ease potential gastro problems.)

Added bonus: Aspirin also helps reduce the risk of at least nine different cancers. And a 2011 meta-study of eight randomized clinical studies found that daily aspirin reduced the overall risk of dying from cancer by 20 percent. The largest benefit was in avoiding gastrointestinal cancers, particularly colorectal cancer. Breast, lung and prostate cancer risks also were significantly reduced. Aspirin may be your ounce of prevention.

=Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

=(c) 2015 Michael Roizen, M.D. and Mehmet Oz, M.D.

=Distributed by King Features Syndicate, Inc.

WITHOUT A GOUT

When the cartoon character Courage the Cowardly Dog's owner Eustace Bagge is taken over by Big Toe, a menacing microbe that talks like Edward G. Robinson in "Little Caesar," you know that swollen, purple digit is up to no good. (Trust us on this one.)

The same could be said for the ever-increasing menace of swollen digits that often signal a gout attack. Overall prevalence of gout in North American has jumped two-to-four-fold in the past 40 years. Around 8.3 million folks have the condition, and as more people are diagnosed with metabolic syndrome (three or more of these five conditions: high triglycerides, a large waist size, low healthy HDL cholesterol, high blood sugar and high blood pressure) the number of cases will skyrocket. One study showed that 63 percent of folks with gout also had metabolic syndrome; while only around 25 percent of folks without gout had it.

Although it's a form of arthritis, gout is also associated with an increased risk of hypertension and cardiovascular disease. Eating high-purine foods such as red meats and shellfish, being overweight and drinking too much can contribute to developing gout and triggering attacks.

You can help prevent gout by keeping blood pressure and blood lipid levels in check; avoiding most saturated and all trans fats, processed carbs, added sugars and syrups; walking 10,000 steps a day (1 minute of aerobic activity equals 100 steps); and de-stressing with 10 minutes of mindful meditation daily. Toe the line, and Big Toe will be nowhere around!

TIME FOR AN OIL CHANGE?

The Houston Oilers left Texas for Nashville in 1996 with the hope that becoming the Tennessee Titans would help improve their record of 16 losing seasons in 34 years. At first it looked like a promising move. They headed to Super Bowl XXXIV in 2000. But last year they had only two wins with 14 losses. Clearly, they're still in need of an oil change! And so

are many of YOU.

Your intake of "Oilers" -- that is, salad and cooking oils -- has gone from around 10 pounds per person annually in the 1950s to 35 pounds today. Highly processed oils and those invented in the 20th century are best avoided. That, says Dr. Mike's Cleveland Clinic Wellness Center, means you should steer clear of inflammatory oils such as corn oil, shortening made with hydrogenated palm oil and soybean oil. Solid fats like margarine also increase inflammation.

Instead, opt for cold-pressed or expeller-pressed oils; they've been extracted without use of a chemical solvent. For high-heat cooking, choose polyunsaturated fats like grapeseed or avocado oil. For all other purposes, opt for monounsaturated oils like olive, almond, peanut, safflower, sesame and canola oil.

Polyunsaturated and monounsaturated fats help lower lousy LDL cholesterol and help prevent some cancers and stroke. And omega-3, in the form of alpha-linolenic acid (ALA) in canola and walnut oil, reduces plaque buildup in the arteries and keeps blood sugar levels in check.

Bonus tip: Algal and fish oils have DHA-omega-3s, which reduce brain, eye and joint inflammation.

WALK THIS WAY

When John Cleese paced across the floor in Monty Python's "Department of Silly Walks," there was no end to the ways he could think of to perambulate. But when it comes to getting in your 10,000 steps a day -- an essential building block of your good health -- there really is a right way to put one foot in front of the other, and a whole lot of wrong ways. And making those missteps can discourage you from getting the physical activity you need. So here's a step-by-step guide to walking wise:

1. Don't overextend your stride. It may seem like fun, but stretching your stride puts pressure on your shins, throws off your balance and risks injury. Better way: Keep your head level (don't bounce up and down) and your body centered. Push off your back leg for power.

2. Roll through your step. Make

Notice of Finding of No Significant Impact

The USDA Rural Utilities Service (RUS) has received an application for financial assistance from the Charter Township of Filer, Manistee County, Michigan. As required by the National Environmental Policy Act, the RUS has assessed the potential environmental effects of the proposed project and has determined that the proposal will not have a significant effect on the human environment. An Environment Impact Statement will not be prepared.

The City of Jordan is planning a new mechanical treatment plant that utilizes extended aeration activated sludge for the treatment process. The collection system remains the same, with the majority of wastewater being pumped through the main pump station prior to being conveyed via force main to the WWTP. The manual screen at the main pump station may be removed. An oxidation ditch is in the form of a ring or oval-shaped channel (steel or concrete). This particular form of mechanical treatment plant uses rotors or discs to highly agitate the wastewater in order to provide oxygen to the biomass within the reactor. The oxygenated wastewater is then moved slowly through the channels in order to create an environment to reduce the organics and other parameters such as inorganic nitrogen and possibly phosphorus.

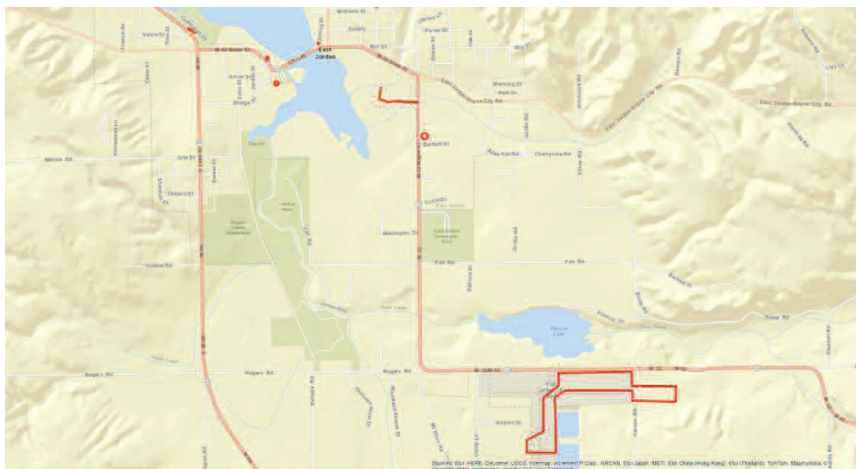
Copies of the Environmental Assessment are available for review at:

USDA Rural Development Area Office
1501 Cass Street, Suite A
Traverse City, MI 49684
(231) 941-0951

City of East Jordan
201 Main St
East Jordan, MI 49727
(231) 536-3381

Gosling Czubak Engineering Sciences
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A map of the general location of the proposal is shown here.



For further information concerning this Notice, contact Blake Smith, Area Specialist at (231) 941-0951 ext. 127

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ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Aten Places closes Concert Series with Ellis Paul

Aten Place will closeout their 2015 Summer Concert series with Boston based singer-songwriter Ellis Paul. Ellis is an internationally acclaimed troubadour who for more than a quarter century, over the expanse of nineteen albums and numerous critical awards, including the sound tracks for several movies, will bring his music to the Aten Place stage at 7:30 pm on Saturday, August 22nd.

Ellis Paul is one of those gifted singer-songwriters who some may refer to as a folksinger. He is more. For lack of a better word, he is a singular storyteller, a musician whose words reach out from inside and expresses the feelings, thoughts and sensibilities that most people can relate to in one way or another. He's an observer, a philosopher, and an astute storyteller who shares with his listeners the life lessons he's learned.

His music has been shared with a wider audience through commercials, documentaries, TV shows and in the soundtracks of several blockbuster films, among them three by the Farrelly Brothers -- "Hall Pass" (starring Owen Wilson and Alyssa Milano), "Me, Myself, & Irene" (starring Jim Carrey) and "Shallow Hal" (starring Jack Black and Gwyneth Paltrow). Peter Farrelly summed up the sentiments of all those who have come to know and appreciate Paul's music by referring to him as "a national treasure." Ellis Paul is the perfect artist to close the Aten Place Concert series with



Aten Place will closeout their 2015 Summer Concert series with Boston based singer-songwriter Ellis Paul. COURTESY PHOTO

memories that will last until next summer.

Tickets are \$16 and can be purchased in advance by using the online order form or calling (231) 549-2076. Ordering advanced tickets is highly recommended. Tickets can also be purchased the evening of the show starting at 6:00 pm, with performances beginning at 7:30 p.m. Advanced tickets and schedule details are available by visiting www.atenplace.com.

Aten Place is located 1/2 mile south of Cherry Hill Road on Old Mackinaw Trail in Boyne Falls. The venue is a ninety plus year old oak frame barn with seating for 180, overlooking the Boyne River valley, in the shadow of Boyne Mountain. Aten Place is a non-profit endeavor, and no food or beverage is sold on the premises. Many patrons bring snacks and desserts to share at intermission. There is also a covered picnic pavilion for those who wish to come early and enjoy the grounds and peaceful setting.

COUNTY FAIR

CONTINUED FROM PG. 1A

MONDAY, AUGUST 24

4-H Horse - Fitting & Showing and English Classes 11 am
Open Class Swine Show 4 pm
4-H Market Livestock Swine Show 6 pm
4-H Horse Jumping 7 pm

TUESDAY, AUGUST 25

Carnival Rides Open at 2 pm!
Senior Citizen & Handi-Capable Citizen Day: Free Gate Admission
Community Center opens 10 am-9 pm
Open Pony Pulls Noon
4-H Horse - Fitting & Showing and Western Classes 11 am
Mini-horse Pull 2:30 pm
MUSIC 'Second Time Around' 3-6 pm 4-H & Open Class Lamb Show 4 pm
Open Horse Pulls 6 pm
4-H Market Livestock Lamb Show 6 pm
4-H Horse Speed Show 7 pm

WEDNESDAY, AUGUST 26

Carnival Rides Open at Noon!

Kids' Day: Ride One Price!
Community Center open 10 am-9 pm
4-H/Open Rabbit & Pocket pets 9 am
4-H Speed Horse Show 11 am

Dog Agility Show Noon
Pedal Pulling by the barns Noon
4-H Goat Show 1 pm
Exotic Animal Show following Goat Show
Farm to Table demos 2-5 pm
Open Beef & Dairy Show 3 pm
4-H Market Livestock Dairy Feeder 4 pm
Market Livestock Jr. Beef Show 4:30 pm
4-H Market Livestock Steer Show 6 pm
NEW! MXR Supercross 7 pm

THURSDAY, AUGUST 27

Carnival Rides Open at Noon!
Kids' Day: Ride One Price!
Community Center open 10 am-9 pm
4-H Horse Trail-Reining & Patterns 11am
Home Depot free Kids' Build 1-4 pm
Market Livestock Auction 3 pm
Monster Truck Show 7 pm

Thursday through Sunday schedule will appear in the 8/27 edition of the Charlevoix County News.



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EAST JORDAN SUMMER LUAU PARTY & SIDEWALK SALES

August 21, 10am-5pm, Downtown East Jordan. Fabulous Sales, restaurant specials, nature hike, kayak, canoe, golf, Jordan River Arts Council, Plein Air Group artist gathering, free popcorn. For additional info call East Jordan Chamber at (231) 536-7351 or visit www.ejchamber.org.

ELLSWORTH GOOD SAMARITAN FAMILY SERVICES ANNIVERSARY CELEBRATION

August 21, 6-9pm, A Matter of Taste at Tapawingo. A celebration of 25 years serving families. Auction, Live Music, Wine & Cheese Reception (Adults only please) Win a Trip to the Top of the Mackinac Bridge! On Saturday, August 22, 1-4 PM we will celebrate again at Ellsworth Community Park Pavilion with chicken, hot dogs, ice cream, live music, karaoke, a bounce house & yard games. There is no charge - Donations Welcome.

EAST JORDAN BARN CONCERT WITH SKY & SIGNAL

August 22, 5:30pm, Bluestem Farm, 4218 M-32. Before the concert, meet the farmers and get an up-close look at the animals, vegetable gardens, woods, and fields that make Bluestem Farm an interconnected patchwork of good, clean food. After the farm tour, we'll share a potluck meal and listen to the lush vocals of Sky & Signal, a singer-songwriter trio that explores issues of love, nature, and growth. Great for all ages. Families are most welcome. Event parking is on the north side of M-32, on the dirt road side of Adams Road. No dogs, please. No alcohol or smoking. Free, but donations are gladly accepted on behalf of the band.

EAST JORDAN COMMUNITY TEC DAY

August 22, 10am-4pm, Raven Hill Discovery Center. At Community TEC (Transportation Exploration and Challenges) Day families can explore all kinds of old and new water, land and air transportation, as well as meet challenges, like stomp rockets, foam rockets and mini-sailboats. Families can even "enter" their own cars in the car show, lining up with likeminded others and opening their car hood to show youngsters what it looks like under there. Wooden and recumbent bikes and kayaks will be on display too. All outdoor TEC displays and exhibits are free of charge. Regular admission of \$10 per person will apply for anyone who wants to play in the hands-on museum and see the animals.

CHARLEVOIX AREA EMMET-CHARLEVOIX COUNTY FAIR

August 25-30, Emmet-Charlevoix County Fairgrounds. The Emmet-Charlevoix County Fair is every bit the slice of Americana you would expect from a county fair. From big-name entertainers like Chris Young to a carnival midway, and 4H shows to monster trucks, this 110-year tradition has something for everyone in the family.

BOYNE CITY HISTORICAL INTERPRETIVE CENTER DEDICATION AND OPENING

August 26, 4pm, 1910 Water Works Building on

East Division Street. The City of Boyne City and the Charlevoix County History Preservation Society at Raven Hill Discovery Center are proud to announce the project has become a reality and will be celebrating with an old-fashioned ice cream social. For more information or questions call Georganna Monk at 231-883-9867.

BOYNE CITY TAILGATE PARTY

August 27, 5:30-7pm, The Boyne City Boosters invite local football fans to join them for a tailgate party before the first Rambler football game. They will be serving chicken and hot dogs before the game against Division 8 power Mendon. The JV game starts at 4:30 p.m. and the Varsity at 7.

CHARLEVOIX DINING 4 PAWS

August 29th. Folks all over Northwest Lower Michigan will host dinner parties, inviting their friends to come to a benefit for the Charlevoix Area Humane Society. The parties can be themed, fancy or just a potluck. Area restaurants will also host parties with special dinner rates with a portion of the bill to benefit the CAHS. During the dinner parties, the host will solicit a donation from each guest. Party starting times can be varied; however, at 8pm all participants are invited to a grand afterglow party at the Charlevoix Country Club's historic Shanahan Barn. At the Afterglow, we will have desserts prepared by the best area restaurants and desserteries in northern Michigan, celebrate the fundraising results with cocktails and dancing to the live swing dance music of the Pine River Jazz Band. Contact the CAHS at 231-582-6774 for more information or to register your party.

CHARLEVOIX CHARLEVOIX EVENING GARDEN CLUB PLANT SALE

September 5, 9am-Noon, Ferry Beach. Do you need more flowers for your garden at a great price? There will be a variety of shade and sun plants from members gardens. This is the Club's only fundraiser for our community projects. For more information contact: Colleen @ 231-547-0891

BOYNE CITY 3RD ANNUAL BOYNE CITY TRIATHLON

September 6, 8am, Peninsula Beach Park. Events include a Sprint Distance Duathlon, Sprint Distance Triathlon and Olympic Distance Triathlon. Register and race as an individual or be part of building a two or three-person relay team. Beginners should not worry since there is a separate category for professional athletes. Stay tuned to this newsletter for more information next week. Proceeds support Team Lucky Seven and its mission to fight brain disease. Register at www.boynecitytriathlon.com.

CHARLEVOIX FIRST FRIDAY BUSINESS BREAKFAST

September 11, 7:30-8:30am, Shanahan Barn at the Charlevoix Country Club. \$5 for Chamber members and \$7 for non-members.

EAST JORDAN BALLROOM DANCE

September 11, 6:45-9:15pm, East Jordan Civic Center. Live music by the Jordan Valley All Stars.

Includes a professional dance lesson by the 2 Left Feet Dance Company at 6pm. Suggested donation - \$10 per person, children 12 and under free. Bring your own soft drinks and snacks. For more information please call (231) 533-8368.

CHARLEVOIX CHAMBER AFTER HOURS AND CAR RAFFLE

September 16, 6-9pm, Shanahan's Barn at Charlevoix Country Club. Raffle tickets are \$100 each or three for \$200. While only one lucky winner will drive home in a shiny new car, second place will receive \$500 and third place will receive \$250. Each ticket admits two to the evening's raffle party which includes food, cash bar, door prize giveaways provided by area merchants, and front row seats to the action. Purchase the winning ticket today by contacting the Charlevoix Area Chamber of Commerce at 231-547-2101 or email info@charlevoix.org.

BOYNE CITY BUSINESS AFTER HOURS

September 17, 5:30-7:30pm, Red Mesa Grill. Boyne Chamber's Business After Hours event cosponsored by the Boyne City office of First Merit Bank. Business After Hours is the Chamber's regular business networking event, held at different members' locations each month. There is no charge for admission or refreshments, except for special events like the Annual Meeting.

BOYNE CITY BUSINESS TRANSITION PLANNING

September 21, 5pm, Boyne District Library. Boyne City Main Street Program has invited a panel of experts to offer advice on the key ins and

outs of transitioning your business. The panel of experts will discuss all aspects of a business transition, including the financial and tax planning strategies, how your business is valued and the legal aspects of the transaction - all critical to helping you successfully navigate through this important decision. For more information or to register call Boyne City Main Street at 231-582-9009 or email Mainstreet@boynecity.com.

BOYNE CITY FARMERS MARKET

The Boyne City Farmers Market outdoor market season is in full swing, open every Wednesday and Saturday from 8am-noon at Veterans Park.

CHARLEVOIX FARMERS MARKET

Charlevoix Farmers Market, East Park, Thursdays, 9am-1pm along Bridge Street, downtown Charlevoix. Follow event updates on: www.facebook.com/CharlevoixFarmersMarket

EAST JORDAN FARMERS MARKET

Thursdays, 9am-1pm at Sportsman's Park (Bridge Street). On Facebook at EastJordanFarmer'sMarket

NORWOOD TOWNSHIP FREE FIREWOOD

In the next two or three weeks, extensive work will be done on the trees in the cemetery.

All of the small limbs and brush will be removed, but the wood than can be used as firewood will be stock piled for use by our Norwood citizens. If you are interested in some of this wood, please contact the Township and we will advise you when it is available. It will be free, all you have to do is remove it. You can contact the Supervisor norwood-supervisor@yahoo.com if you would like to participate in this program.

supervisor@yahoo.com if you would like to participate in this program.

EAST JORDAN SUMMER FOOD SERVICE PROGRAM

East Jordan Public Schools plans to sponsor a food service program this summer under the U.S. Department of Agriculture's Summer Food Service Program for Children. We plan to operate this food service program at East Jordan Elementary School, 304 Fourth Street. We will be serving breakfast from 9:00 am - 9:30 am and lunch from 11:30 am - 12:30 pm, Monday through Friday. This feeding program will operate from June 15, 2015 through August 21. Meals will not be available on July 3 and July 6.

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.boynevolunteers.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

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.

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We'll help you expand your customer base all over Northern Michigan Advertise your business in the Weekly Choice to reach consumers in 42 towns.

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The Charlevoix County News is the local weekly newspaper for all of Charlevoix County. Local News and sports from Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood. Available on News Stands for 75 cents or have the newspaper delivered to your home for as low as \$35 a year.

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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."

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Office Hours:
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LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:

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

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

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Brenda Skop
116 Main Street,
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THE COA OFFERS THE FOLLOWING SERVICES:

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- 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

MEDICARE NEWS

I'm turning 65 this year and wondering if my Medicare will start automatically?

It's an interesting question that we are often asked, and the answer is maybe.

If you are currently receiving Social Security retirement benefits, you will be sent a no-notice including your new red, white, and blue Medicare card. This is sent out at least three months prior to your Medicare effective date, which is normally the first day of the month that you turn 65. The notice will ask if you want Part B coverage to start on your effective date of Medicare. You have the option to refuse it, but unless you are still working or have some form of credible health care coverage, you will be subject to penalties and a delay in starting Part B, if you decide to sign up later.

For those who are not drawing Social Security benefits you will need to be proactive and take the necessary steps to apply for Medicare before you turn 65. You can do this by going to the agency's website at ssa.gov and clicking on the "Online Services" link to access the online application. If you feel more comfortable applying at your

local Social Security office, you can do that also, but you should call for an appointment ahead of time.

If you have had at least 10 years of qualified work history, your Medicare Part A insurance will be free, so those who are eligible should always accept this coverage. There is a premium charge for Part B amounting to \$104.90 per month in 2015. Medicare Part A covers primarily hospital expenses. Part B covers all other costs, to include such items as doctor visits, radiology, blood work, durable medical equipment and many other items. Medicare pays only for 80% of what they approve, leaving the balance up to you unless you have other supplemental coverage.

Unfortunately, some folks who are not drawing Social Security benefits when they turn 65, are unaware that they need to actively apply for Medicare. Government rules establish a 7 month window to enroll in Part A and Part B, starting with three months before the month they turn 65, the month you become 65, and 3 months afterward. If that

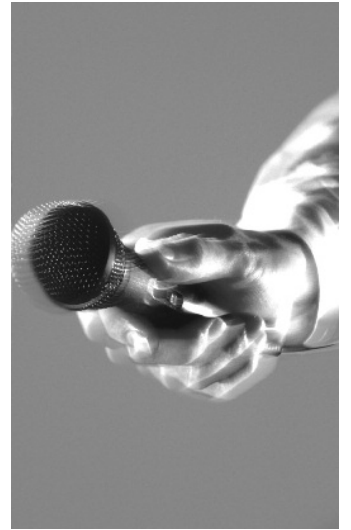
period is missed, then penalties might apply and the benefits will not start until July 1st of the following year. It is important that you place this on your calendar, as a reminder, if you are not currently drawing Social Security benefits.

Missed enrollment periods have become enough of an issue that Congress is getting involved by urging the appropriate Federal agencies to provide notification to all individuals who are about to become 65. This would be a great idea to ensure that those who are eligible for Medicare, but not automatically enrolled, are reminded that they need to apply.

Beneficiaries can obtain local help regarding this topic or any other item associated with Medicare and Medicaid insurance programs by contacting a trained and certified counselor with the Medicare/Medicaid Assistance Program (MMAP). Simply call our toll free number at 800-803-7174 and leave a message.

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan

East Jordan Community Center News!



EVERY THURSDAY AT 11AM WE HAVE KARAOKE DAY!

Everyone is invited to come and join in. You don't have to be a professional to sing. We just want to have fun and a good time. We have a Karaoke machine and lots of CDs. You can also bring your own favorites.

There is music at 4pm for our Wednesday night dinners at 5pm.

(Last one August 26th!) There is also music every Friday at 11am and we just started having music every Monday with the band JUST HAVING FUN. They also are doing a JAM session on Tuesday nights at 6pm here at the Community Center. Come have some fun!

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, August 20 11am Arthritis Foundation Exercise Program Wii Bowling	Friday, August 21 11am O.J. Atkins Raffle	Monday, August 24 Pretty-Bag Bingo - Gift Certificate Prize Line Dancing	Tuesday, August 25 Pretty-Bag Bingo - Free Lunch Prize	Wednesday, August 26 LAST NIGHT DINNER- POTLUCK-STYLE!! A DISH TO PASS GETS YOU IN! 5-6pm POLISH SAUSAGE & ALL THE TRIMMINGS! 5:30-7pm Sunshine String Band... Plus Raffle!	Thursday, August 27 11am Arthritis Foundation Exercise Program Wii Bowling
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, August 20 11am Chair Yoga Class 1pm Canasta	Friday, August 21 BIRTHDAY DAY 9:30 Craft Class 11:30 Adolph Cwik Music 1pm Rummy	Monday, August 24 1pm Bridge 1pm Woodcarving 7pm Bible Study	Tuesday, August 25 11am Chair Yoga Class 1pm Rummy 1pm Wii Bowling in Chx w/Petoskey Friendship Ctr	Wednesday, August 26 LAST NIGHT DINNER! 2:45 pm Bingo	Thursday, August 27 11am Chair Yoga Class 1pm Canasta
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, August 20 KARAOKE DAY!	Friday, August 21 11am Dollar in the Jukebox Bingo BAKE RAFFLE—everyone bring something!	Monday, August 24 8am-1pm Walking M-F 11am Music	Tuesday, August 25 10:30am Line Dancing 12:30pm Bingo	Wednesday, August 26 LAST NIGHT DINNER! FAREWELL TO SUMMER PARTY! 4pm BARRY LOPER	Thursday, August 27 KARAOKE DAY!
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, August 20 COOK'S CHOICE	Friday, August 21 SALISBURY STEAK	Monday, August 24 CRUNCHY CHICKEN	Tuesday, August 25 VEGETABLE LASAGNA	Wednesday, August 26 COOK'S CHOICE	Thursday, August 27 COOK'S CHOICE
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