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February 25, 2016

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Mountain Biking association will begin construction of new Avalanche Park trail

By Michelle Medjesky

BOYNE CITY/CHARLEVOIX - Bike riders and hikers in Charlevoix County this year are sure to find even more opportunities for both two wheeling and two-footed adventures than ever before.

Whether you enjoy mountain biking, hiking, snow shoeing or just cruising this area's ever-growing non-motorized trail system, area residents and seasonal visitors alike will certainly be delighted by recent improve-

ments and proposed developments in the area's trail and cycling opportunities.

In Boyne City this month, city commissioners gave a unanimous thumbs-up to allow the Top of Michigan Mountain Biking Association to begin construction of a professionally sculpted trail system and existing trail improvements at its much-utilized Avalanche Preserve park.

The MMBA will be using its own money to build the trails, which will be constructed by a

firm called Dirt Artisans of Covington, Kentucky, which states on its website that it is devoted to "Specializing in Natural Surface Trail Design, Construction and Maintenance" and building trails that are "sustainable, cost-effective, rugged paths for hiking, running and off-road biking".

The trails Dirt Artisans has planned for Avalanche Preserve will entertain three skill levels, including a 2.8 mile-long beginner level trail, a 4.1 mile-long intermediate level trail and a

roughly 1.5 mile-long stretch of a professional/expert level trail.

MMBA President Steve Schnell assured Boyne city commissioners his group will foot the bill for construction of the new trails and upgrades to existing ones through a private fundraising campaign. He said the group hopes their effort eventually pay off by drawing cyclists from around the world to Boyne City and their subsequent experiences will swiftly render it "a premier destination" for those who enjoy the sport.

Schnell said the trails are also expected to delight hikers, cross country skiers and snow shoers but will not be suitable for horseback riders or any type of motorized traffic.

Construction of sections of the trail is set to progress in phases as the MMBA raises funds for the project, and Schnell said it's hoped some sections will be complete this year. Boyne City Manager Michael Cain said city staff is overseeing

See **Bike Trail** -2A

SPORTS REPORT



Ellsworth sophomore, Sophia Sommer (3) brings the ball upcourt against Harbor Light. (PHOTO BY JODELL DANBERT)



Colton Sieradski (23) of Boyne City pushes the ball upcourt late in the fourth quarter in the Ramblers LMC win over the Rayders. (PHOTO BY CHRIS FIEL)

Munson Healthcare Charlevoix Hospital program wins National Hospital Charitable Services Award

CHARLEVOIX - The Munson Healthcare Charlevoix Hospital School Nurses Program was among 10 programs from across the country named a Program of Excellence by the Hospital Charitable Services Awards, a national program sponsored by Jackson Healthcare.

The multifaceted School Nurses Program was created by Munson Healthcare Charlevoix Hospital and serves community residents who experience the greatest disparities in health status and access by providing four registered nurses in nine local school systems - where previously there were none - at no cost to the schools.

The ten programs were commended for exceptional work in setting new standards for impacting the underserved in their communities in sustainable ways. At a banquet that was the culmination of the National Hospital Charitable Services Conference in Atlanta, Georgia, each winning program was presented with a very generous \$10,000 investment toward their growth. There to receive the award were Kathy Jacobsen, Director of Community Health Education for the hospital and one of the school nurses, Chris Signs-Warstler, RN.

"Through the dedicated hard work of the school nurses, not only has the medical safety in the schools greatly increased, but students have been given the opportunity to learn about healthy lifestyle habits that will last a lifetime," said Kathy Jacobsen. "One of the most rewarding successes has been the dramatic decrease in chronically absent students."

"These initiatives are not alone in giving back to their communities," said Charles R. Evans, FACHE, Chairman of the Hospital Charitable Services Awards program.

"What makes them truly extraordi-



Chris Signs-Warstler, RN (Boyne Falls, Boyne Concord, NW Academy, St. Mary's School); Kathy Jacobsen (Director of Community Health Education). COURTESY PHOTO

nary is the impact they achieve through their commitment to serving others, and the outstanding ways they make substantial and caring contributions."

Jackson Healthcare instituted the Hospital Charitable Service Awards in 2010 to honor exemplary hospital-sponsored community programs, share their stories and make them

models for other programs. Jackson Healthcare also uses the awards to cultivate a community hospital programs that want to encourage and learn from one another, and establish best practices. Each nominee had to demonstrate excellence in at least one of five areas: community impact, innovation, collaboration, transferability and/or best practice.

DNR Grant will help fund Banks Day Park

By Tina Sundelius

ELLSWORTH - Two grants were accepted and raises were given at the February 22 Banks Township Board meeting.

A resolution to accept the \$44,400 DNR Passport Grant that the board has been working on securing for the last 5 years was passed. The grant requires \$15,600 in matching funds from the township and is earmarked to make improvements at the Banks Day Park. "The grant requires a lot of dotting the i's and crossing the t's. We need to be strict about the bid process," explained Township Treasurer Katy Postmus who is heading up the project. The multifaceted project must be completed by March 2018.

A resolution to accept a grant to purchase 6 closed circuit surveillance cameras to be placed inside the township hall was enthusiastically accepted. The Michigan Township Participating Plan Risk Reduction Grant Program is sponsored by the township's insurance carrier and includes a mount for a camera that eventually be purchased by the village that will oversee the new community square.

At the board's request, the County Road Commission sent a second bid for repairs to N. Church Road. The original bid was \$108,000. The new bid is \$40,000 and includes resloping and reshaping and adding 4 inches of gravel. It does

See **Banks Twp.** 2A

Index

Weather.....	2A
Obituaries	2A
News Briefs.....	4A
Health.....	7A
Local Sports.....	1-2B
Class-Ads/Real Estate	3-6B

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weather

THURSDAY



HIGH: 27
LOW: 16

FRIDAY



HIGH: 27
LOW: 20

SATURDAY



HIGH: 30
LOW: 12

SUNDAY



HIGH: 18
LOW: 11

MONDAY



HIGH: 23
LOW: 12

snowfall

DATE	2014-15	ATLANTA	DATE	2015-16
2/23/2015	...44.6	BOYNE FALLS	2/22/201637
2/23/2015	...81.5	CHARLEVOIX	2/22/2016	...64.5
2/23/2015	...49.5	EAST JORDAN	2/22/2016	...52.8
2/23/2015	...94.1	GAYLORD	2/22/2016	...76.1
2/23/2015	...123	KALKASKA	2/22/2016	...110
2/23/2015	...94.6	MIO	2/22/2016	...41.4
2/23/2015	...27.8	PETOSKEY	2/22/2016	...97.2

record temps

DAY	AVG LOW	AVG HIGH	RECORD LOW	RECORD HIGH
FEB 2515°36°	...-20° (1963)	...55° (1976)
FEB 2615°36°	...-31° (1963)	...62° (2000)
FEB 2715°36°	...-16° (1994)	...62° (2000)
FEB 2816°37°	...-17° (1963)	...55° (1998)
FEB 2916°37°	...-21° (1980)	...60° (2000)
MAR 114°36°	...-27° (1962)	...58° (2000)
MAR 215°36°	...-29° (1962)	...51° (1998)
MAR 315°37°	...-24° (1972)	...64° (1974)

OBITUARIES

William Earl Martin, 69

(JANUARY 29, 1947 - FEBRUARY 18, 2016)

William E. Martin of Ellsworth died Thursday, Feb. 18, 2016 at his home. He was born January 29, 1947 in Isabella County to Earl and Stella Mae (Pridgeon) Martin. He married Susanne Howe on May 15, 1965 in Isabella County. They lived in Bellaire and moved to Banks Township in 1979. Bill enjoyed hunting, fishing and spending time with his family. Surviving are his wife Susanne; children Mel (Gene) Morrison of Charlevoix, Lois (Ed) Nachazel of

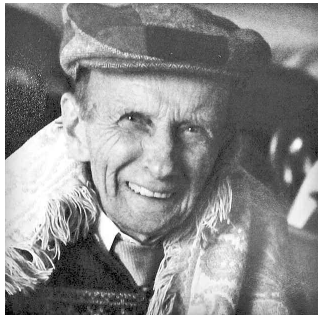
Ellsworth, Billie Jo (Steve) Gawne of Petoskey; grandchildren Christian, Sara, Dana, Lucas and Cody. He was preceded in death by his parents and all his siblings.

The funeral service was held at Hastings Funeral Home on Monday, February 22. The Rev. David Kroon officiated. Burial will be in Two Rivers Cemetery, Two Rivers, Michigan. For those wishing to make memorial contributions the family suggests Hospice of Northwest Michigan or Good Samaritan Family Services.

The family was served by Hastings Funeral Home in Ellsworth, online at www.hastingsfuneral.com

Clarence "Jerry" Jerome Adams

JANUARY 5, 1930 ~ FEBRUARY 20, 2016 (AGE 86)



Clarence Jerome "Jerry" Adams passed away on Saturday, February 20th at Hilland Cottage in Petoskey, Michigan.

He was born and grew up

in Detroit, Michigan on January 5, 1930 to parents Clarence Adams and Mary Cecilia Adams (McNulty). On November 20th 1954 he married Nancy J. Mattson. He was a First Lieutenant in the Army National Guard and served for 12 years. Jerry and Nancy later moved to Farmington, Michigan where their four daughters were born. Jerry taught as an audio visual technician at high schools in the Detroit area. In 1969 they moved their family to Boyne City, where they opened a pizza restaurant known as the Alpine Inn. He was a tradesman and an entrepreneur. Among other things he enjoyed building homes and working with wood. Jerry loved his family

and enjoyed every opportunity to spend time with them. He was very proud of his Irish heritage and would feign an Irish accent and dance a jig to his favorite Celtic tunes. He did everything in his life with a smile on his face. Jerry is survived by his wife Nancy Adams (Mattson); daughters Robin (David) Bricker, Leasa (Peter) Friedrich, Laurie Hoaglund and Karen (Andy) Driver; two sisters Betty McKay and Mary Deray; fifteen grandchildren and fifteen great grandchildren. Preceded in death by two granddaughters Carrie Bricker Hauger and Jonah Hoaglund; two great grandsons Phoenix Jerome and Wylie Sundance; two son in laws Denny Morrison and

Neal Hoaglund. Jerry had a special place in his heart for the many dogs who shared his life. Visitation will be held 6:00 to 8:00 PM Wednesday, February 24th at St Matthew Catholic Church in Boyne City. Mass will be celebrated 12:00 noon on Thursday, February 25th at St Matthew Catholic Church with visitation being held from 11:00 am until the timer of service. Family and friends wishing to share a thought or memory are encouraged to do so online at www.stonefuneralhomeinc.com. Stackus Funeral Home of Boyne City is serving the family.

BANKS TWP.

CONTINUED FROM PG. 1A

not include ditching and culverts. A motion to give township board members a 2% salary increase was approved. "If we all got a 2% raise it amounts to \$1,228," said Township Clerk Donna Heeres. Last year salaries were kept the same. "Our salaries are very comparable to all the surrounding Townships," said Heeres. Other townships also offer pensions and health insurance which Banks does

not. As renovations to the township hall are nearing completion, the final addition, a lift, is scheduled to be installed the week of March 7. A motion to approve the submission of a grant application for up to \$50,000 from Rotary Charities was passed. If the township gets the grant it will be applied to the cost of the lift and overall project. The next regular board meeting is scheduled for March 21 at 6 pm. The Ellsworth leadership team meeting is scheduled for March 3 at 6 pm. The Ellsworth Atwood Community Forum is scheduled for March 23 at 5:30 pm.

TOAST TO LITERACY — PUBLIC THANK YOU

On behalf of the Board of Directors of the Char-Em United Way, I would like to thank the many donors, sponsors and volunteers who helped make our 3rd Annual "Toast to Literacy" a huge success. We want to extend a special thank you to our sponsors - Castle Farms, Bay Harbor Foundation, Petoskey Plastics, King Insurance, Huntington Bank, and Fox Motors Charlevoix. The Toast to Literacy raised over \$6,000 in support of the Dolly Parton Imagination Library, part of Char-Em United Way's Education Initiative focusing on early literacy skills. This program mails one new, age-appropriate, book every month to registered children under the age of five in our counties and the proceeds from this event will support 200 children. There are currently over 1300 children enrolled in the program.

Lorraine Manary, Executive Director
Char-Em United Way

FURTHER ADVENTURES OF THE BIG PLUG

To the Editor, EVERYBODY KNOWS it's over even as they bow to the Great God Cyber. Print is wavering but still extant, sort of like some mummy halfway unwrapped at an undisclosed artifact museum somewhere in Cairo. That's, um, Cairo, Illinois of course although it could just as easily be Fort Something, Indiana. Cyber technology

LETTERS TO THE EDITOR

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

is moribund in denial. This is not unlike betting on hedge funds, mutual stocks, or scratch tickets, or the big one, The Lotto. This Pie in the Sky jackpot is tantalizing, sure enough, and just as elusive. Ad revenue is reportedly diminishing even in online advertising, assuredly in press offline. That's traditionally where the money was, advertising. Circulation begot revenue to be sure and was considered the bread and butter but ads were the gravy. We see it now whenever accessing a website, the popup ad before the main feature, that wait of X number of seconds before canceling out or waiting for the extent of the ad to conclude. That wavering sense of desperation pervades, like pacing the floor at the New York Stock Exchange with your life savings in the balance, the difference between buying new shoes for your kids or putting them up for adoption.

And scams. Newspapers and magazines never could even imagine the craft of online scams proliferating via internet. Some are so clever and compelling that it's a wonder the propounding geniuses hadn't invented the wheel all over again. And all to get our meager dollars illegally. There are actually people sitting in prisons by dint of having fallen for some cyber scam via siphoning funds from their companies' bank accounts, intending of course to pay it back when they got rich. Some scams are actually funny if you can get beyond the "hook", decipher the odd linguistics, orthographic and semiotic abnormalities to catch the

sucker punch awaiting at the reel end of the fishing line. This could be some guy cross town or a guy in a turban halfway across the world. They might seem backward or fanatic but they're not stupid. Every time the power lines to homes and businesses are interrupted - and they always are and always will be - connections go dead of course because it's all coming through electrical current as primary color and cable or dish as secondary. It's all very amazing considering satellite communications and all things universal that we mere earthbound beings have concocted. One might think that electric lines could be improved to a point of no interruptions due to weather but it hasn't happened yet. Those who can afford it have backup generators for electricity but there are none for cable, dish, etc.

It's too good to last, this ease of communications, research and development, literary convenience, all things pertaining to reading and writing, and entertainment. Like they say, if it sounds too good to be true... It's Star Trekian. And now one can do all this via a handheld device like Dick Tracy of yore. As government, business, individuals, education partake more and more and leave the former techniques behind, all become more dependent upon the continuance of the new method of purveying and recording transactions.

A power outage ought to inform us that this is a tenuous proposition, having to wait for some workman to come repair our system, try to insure backup capac-

ity for documents, wondering whether to indulge in computing when weather threatens, etc. Yet the march of progress continues, as new models are unveiled every year, nay, every month. And what of the old models? Trash. Not only yesterday's garbage but stuff you can't even toss without "proper" facilities to do so, or so we're counseled. New models invariably render useless most former models of anything but for the antique buffs who find interest in preserving and rebuilding them. But can or will the worldwide grid of power and web be repairable if it comes to devastating conditions of survival as in war, terrorist attack, earthquake, etc? Surely there are people working round the clock to ensure continuous connection but catastrophes do happen with predictable unpredictability.

If these outages keep occurring and if old models are automatically rendered defunct, the message in the bobbing bottle is clear enough even through opaque glass that this can't last indefinitely. Everything wears out. The industry, indeed all industries seem not to grasp the entropy factor at work here. Thus, enjoy it while we can but understand that things will keep changing, sometimes forever. Perhaps some future generation will find some of these devices in some archaeological dig and wonder how to decipher them, play them, reenact whatever it was they once did. Until then, have fun, be famous - for 15 minutes.

Mitchell Jon MacKay,
East Jordan

Charlevoix County News
VOLUME 7, ISSUE 37

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Published by Michigan Media, Inc., PO Box 1914, Gaylord, Michigan 49734.

POSTMASTER: Send address changes to Charlevoix County News,
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Distributed to Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood.
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BIKE TRAIL

CONTINUED FROM PG. 1A

the project and city commissioners will be apprised of any changes that may evolve during that process.

And those who love to bike, jog or just walk their dog should also delight in news that the recreational, non-motorized trail system linking Boyne City and Charlevoix-and eventually funneling into the Little Traverse Wheelway

is slated to begin next week. Boyne City Manager Michael Cain said construction is scheduled to begin March 3 on the first phase of the project to construct a 15 mile-long, non-motorized trail that will eventually link the two cities and take its position as part of the Little Traverse Wheelway. Cain said the first phase will include constructing the trail from Boyne City to Young State Park, which has been approved by the Michigan Department of Transportation. The approval came after much delay and numerous concerns, including some

from the U.S. Fish and Wildlife Service that construction of a trail at Young State Park might disrupt breeding of a threatened species of long-eared bat. Now that the plan has finally met approval by various agencies and councils, the trail's construction is set to be completed in five phases, the first being from Boyne City to Young State Park, the second a 3.3 mile-long section that will originate at the Little Traverse Wheelway junction in Charlevoix and phase three to include a 2.9 mile-long section through Horton Bay.

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First place winner Stafford's Weathervane and artwork from various grade levels at Charlevoix Montessori Academy. COURTESY PHOTO.

Montessori Soup Cook-off results announced

On February 18, 2016, Charlevoix Montessori Academy hosted its 7th Annual Soup Cook-off at the Charlevoix Public Library with soup from local restaurants and artwork from the students at CMA. Stafford's Weathervane wowed the crowd with a Reuben soup and walked away with first place. That

French Place was runner-up with a Carrot and Chicken soup. Participating restaurants included Kelsey's Lakeside Grille, Friske's Farm Market, Grey Gables, Front Porch, That French Place, Smoke on the Water, Villager Pub, Scovie's and Stafford's Weathervane.



Charlevoix Montessori eighth graders Thomas Landrie and Tyler Quast made sure to try every restaurant's soup. COURTESY PHOTO

Sara Ward joins Charlevoix County Community Foundation staff

The Charlevoix County Community Foundation is pleased to announce the selection of Sara Ward as the organization's new



Director of Development and Donor Services. A 2003 graduate of The University of Michigan, Ms. Ward comes to the Community Foundation having previously served as the Program Officer with the Petoskey-Harbor Springs Area Community Foundation, where she has worked in community philanthropy for the past 8 years. Ms. Ward has extensive experience in the nonprofit realm, having also served on the staff of the Women's Resource Center.

At the community foundation, Ms. Ward will work to grow the foundation's grant-making capacity, with a focus on short and long-term development objectives, stewardship activities and planned giving.

"Sara is a terrific addition to our team," said Foundation President, Chip Hansen. "She has all of the characteristics we looked for; experience; a passion for community philanthropy; a friendly and compassionate nature, and more," he said. "She will play a major role as we work to grow the community foundation's ability to meet the needs of Charlevoix County in the future."

Ward is excited to get started. "I am delighted to join the talented team at the Charlevoix County Community Foundation," she said, adding, "they have a focus on the future, and I look forward to learning more about making a difference close to home through community philanthropy in this donor-focused role."

Being prepared for the future is a focus of the Board of Trustees, too. "Adding this position is a key target in the foundation's Strategic Plan," said Board Chair, Michelle Cortright. "As a Board, we've been so pleased to see our growth over the past several years, both in asset size and grant-making capacity," she said. "We see this position as an investment in our future, and are delighted to attract an individual of Sara's caliber to the community foundation."

The Charlevoix County Community Foundation is a grassroots charitable organization made up of various funds – all of them established by local donors. Some funds are earmarked for specific causes, and others are open-ended to meet changing needs. The funds are held in permanent endowment, so they can continue to grow and generate income to enhance the quality of life in Charlevoix County, now and for generations to come. For more information about the grant-making process, establishing a fund or making a gift, please contact the Charlevoix County Community Foundation at (231) 536-2440, or online at www.c3f.org.

Scholarship offered for graduating home school senior

North Central Michigan College provides a Presidential Scholarship to one graduating senior from a home school within our service area. Presidential Scholarships are offered for full tuition (up to 20 contact hours per semester) and mandatory fees for four consecutive semesters (fall and winter only). Field study fees are not included. Scholarship recipients must register for the fall

semester immediately following their spring high school graduation. This is a competitive scholarship.

To be considered, a student shall:

- Complete an online Application for Admission to North Central by April 1 of their graduation year.
- Have a minimum 3.5 overall high school grade point average

(include a high school transcript complete through the nominee's seventh semester)

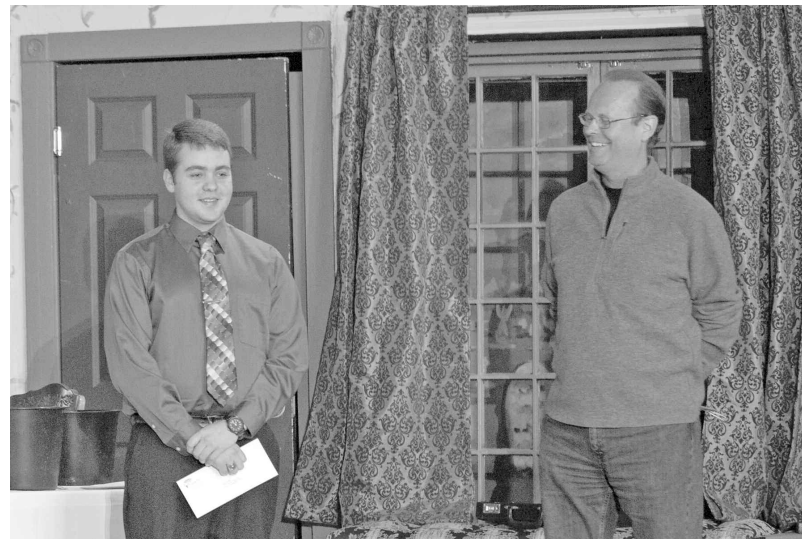
- Submit ACT/ SAT scores (ACT score of 18 or above for ENG and a Reading score of 21 or above; SAT score of 430 or above for ENG and a Reading score of 450 or above).
- Submit a recommendation letter that addresses their academic potential and leadership qualities

- Submit a statement that addresses academic and career goals and how North Central will help to meet those goals

All documentation must be received no later than April 1, 2016. For more information, contact Renee DeYoung, Vice President of Student Affairs, at (231) 348-6618.

Crooked Tree Arts Center's 2016 Youth Arts Scholarship

Crooked Tree Arts Center is pleased to announce they are now accepting applications for their Youth Arts Scholarship. New this year, CTAC is offering a total of seven \$500 scholarships for graduating high school seniors living in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska and Leelanau counties, who are pursuing fields of study in the arts. This includes visual arts, performing arts, theatre, dance and music. One scholarship recipient will be chosen from each county. This addition of scholarships to five new counties is generously supported by the Kroeger-Mainland Family Fund of PHSACF. The fund also supports the Youth Arts Festival in both Petoskey and Traverse City. Crooked Tree Arts Center fo-



CTAC Scholarship Photo: Last year's Emmet County recipient, Sam Luebke, is honored on stage by Anthony Ryner, CTAC Chairman. COURTESY PHOTO

cuses on youth arts education through the Dorothy Gerber

Music Education Program, Crooked Tree Youth Orchestra

and Jazz Band, School of Ballet, Youth Arts Show, Young Writers Expo, Docent School Tours, and a wide variety of classes and workshops throughout the year. Thousands of area students are engaged in the arts through their experiences with the Arts Center.

The deadline for consideration is March 31, 2016. Applications are available in area high school guidance offices or online at www.crookedtree.org. Award recipients will be honored at the annual Youth Arts Awards Night on Wednesday, April 27, 2016 presented by and held at Crooked Tree Arts Center-Petoskey. An awards reception will also be held at CTAC's Traverse City location; date to follow. For more information please contact the Arts Center at (231) 347-4337.

Sculpture will honor Boyne City's Heritage and dedication to arts in public spaces

By Michelle Medjesky

Boyne City officials say they're hoping a project that's in the works will do double duty to serve their community both by honoring its rich heritage in the lumbering industry and in reinforcing the city's recent dedication to the arts in public spaces.

The Boyne City Main Street Program, in collaboration with the Michigan Economic Development Corporation and the Michigan State Housing Authority, announced this month that it has launched a new crowdfunding campaign to commission a life-size, bronze sculpture of a logger drawing in logs from the water and place it at the mouth of the Boyne River in Old City Park.

To be called "The Last River Draw", the sculpture will be designed and crafted by local artist Martha Sulfridge and is intended to honor of the area's deep ties to the lumbering industry. It will furthermore cultivate the idea of having more public art available to enhance community spaces, said Lori Meeder, executive director of Boyne City's Main Street program.



This artist's rendering of the life-size bronze sculpture of a logger drawing in logs from the water called "The Last River Draw" that's planned for placement near the mouth of the Boyne River in Old City Park to honor this area's lumbering heritage and promote public art. (COURTESY PHOTO)

Meeder said Sulfridge is an "extraordinary sculptor" and that city officials feel lucky to have found a local talent like her to play such an important role in the project. Meeder noted fabrication of the base log of the sculpture will be done by Wally Barkley and

Andy Poineau will be engineering its placement, which will be partly on shore and partly extended into the Boyne River itself.

"This is such an exciting project for us. It has all the elements of what makes Boyne City special," Meeder said.

The project is moving forward through the Michigan-based crowdfunding platform Patronicity with a goal of raising \$25,000 by April 7. If the project campaign raises that much by the deadline, they will qualify for a matching grant of an additional \$25,000 provided through the Michigan Economic Development Corporation and Michigan State Housing Authority.

The group's Patronicity campaign had raised more than \$10,000 as of Tuesday, February 23.

"We have the financial support of so many people and organizations, we have a group of dedicated volunteers spearheading our fundraising efforts, we have many, many businesses engaged in fundraising efforts. It is truly a project FOR everyone FROM everyone," said Meeder, adding, "This is how we get things done in Boyne City."

To donate to the Boyne City's Patronicity campaign and help fund the bronze sculpture "The Last River Draw" project, go to: www.Patronicity.com/LastRiver-Draw

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News Briefs

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CHARLEVOIX ONCE UPON A MATTRESS

February 27, 7pm & February 28, 2pm. Join Charlevoix Middle/High School in this hilarious tweaking of the fairy tale, "The Princess and the Pea", Queen Aggravain has ruled that none may marry until her son, Prince Dauntless marries. However, she has managed to sabotage every princess that comes along. When Sir Harry and Lady Larken learn that they are going to be parents, wed or not, he goes off to the swamps and brings back Princess Winnifred ("Fred" to her friends). The queen is horrified and immediately begins to scheme, but Winnifred, with some help from Sir Harry, the King, and the Jester, isn't going to be quite so easy to get rid of. \$7 adults, \$5 students, \$20 family of four (Sunday matinee only).

CHARLEVOIX NORTHERN MICHIGAN BRASS BAND CONCERT

February 28, 3pm, First Congregational Church, 101 State Street. A winter concert by the Northern Michigan Brass Band featuring "something for everyone." Selections by Gershwin, Holst, Walton, Sousa and more. \$10 for adults, students admitted free.

EAST JORDAN EAST JORDAN PUBLIC SCHOOLS EXTRAVAGANZA

March 5, Castle Farms. Everyone is welcome to join us at a fun fundraising event for East Jordan Public Schools. The evening starts with a complimentary Happy Hour sponsored by The Landing restaurant from 5:30-6:00. After that follow good eats, a cash bar, fun and games, silent and live auctions, DJ and dancing, and photo booth until 11:00pm. There's never a dull moment! Tickets are on sale now for \$50. Free childcare is available at the High School by reservation. Sponsors, Donations and Volunteers are most welcome. For tickets, to reserve childcare or more information call 231-536-2259.

CHARLEVOIX ONCE UPON A MATTRESS

March 5, 7pm & March 6, 2pm. Join Charlevoix Middle/High School in this hilarious tweaking of the fairy tale, "The Princess and the Pea", Queen Aggravain has ruled that none may marry until her son, Prince Dauntless marries. However, she has managed to sabotage every princess that comes along. When Sir Harry and Lady Larken learn that they are going to be parents, wed or not, he goes off to the swamps and brings back Princess Winnifred ("Fred" to her friends). The queen is horrified and immediately begins to scheme, but Winnifred, with some help from Sir Harry, the King, and the Jester, isn't going to be quite so easy to get rid of. \$7 adults, \$5 students, \$20 family of four (Sunday matinee only).

BOYNE CITY REINCARNATION AND PAST LIVES

March 6, 6:30pm, Lifetree Café. Déjà vu, reincarnation, and past-life therapy will be explored at Lifetree Café. The program—titled "Reincarnation: Have You Been Here Before?"—features filmed interviews with people describing past life experiences as well as religion experts who share views about the afterlife. Admission to the 60-minute event is free. Lifetree Café is located 401 S Park St., Boyne City.

CHARLEVOIX BLOOD DRIVE

March 10, Noon-5:45pm. Community Reformed Church, 100 Oak Street. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

BOYNE CITY FREE MOVIE

March 11, 6:30pm, The Friends of the Boyne District Library are presenting a free movie series in the Community Room. Snacks will be available for a donation. Movie shown will be: Koyla (PG-13) 1997 (subtitled).

EAST JORDAN FREE SECOND SATURDAY

March 12, Noon-4pm, Raven Hill Discovery Center. Join the fun this Saturday at FREE (Families Reaching for Educational Excellence) Families can explore the hands-on museum and animals indoors and enjoy the outdoor exhibits as weather permits. Bring the whole family or make it a special event for parent and child.

CHARLEVOIX BUSINESS EXPO & TASTE OF CHARLEVOIX

March 16, 4-7pm, Castle Farms. 6th Annual Charlevoix Area Chamber of Commerce Business Expo & Taste of Charlevoix. For more information call 231.547.2101.

BOYNE CITY CHAMBER BUSINESS AFTER HOURS

March 17, 5:30pm, Lynda's Real Estate Service, 27 South Lake Street. Co-sponsored by Family Fare.

BOYNE CITY FREE MOVIE

March 26, 6:30pm, The Friends of the Boyne District Library are presenting a free movie series in the Community Room. Snacks will be available for a donation. Movie shown will be: Flash of Genius (PG-13) 2008.

BOYNE CITY FARMERS MARKET

The Boyne City Winter Farmers Market is being held at the Red Barn on Saturday's from 9am-1pm through April.

BOYNE CITY POLICE DEPT.

MONDAY, FEBRUARY 8

0251 Car parked blocking southbound lane in the 200 block of on S. East St.
0702 Driving complaint coming into town on Pleasant with no tail lights. Was stopped at Lake and North.
0856 Assist citizen in the 400 block of State St
1050 Private property damage accident in the 400 block of N Lake St
1312 911 hang up call in the 200 block of E Water St
1322 Parking complaint in the 200 block of E Water St.
1450 2 vehicle Property

damage accident in the 100 block of S Lake St.

1710 Report of missing license plate from the 700 block of Douglas St

1936 Family dispute in the 800 block of Douglas.

2356 Assist EMS with a medical alarm activation in the 1300 block of Boyne Ave

TUESDAY, FEBRUARY 9,

0952 Report of IRS scam from the 800 block of State St

1026 Report of IRS scam from Marshall Rd

1058 Vehicle unlock on Elm St

1508 Property damage accident in the 800 block of Thompson.

1652 Report of Treasury Dept scam from the 600 block of E Main

1906 Vehicle unlock on Brockway St.

1930 Assist citizen in the 400 block of State St

2004 Personal injury accident at W. Michigan and Robinson.

2030 Property damage accident at W. Michigan and Charlevoix St.

2136 Assist EMS with suicidal subject.

WEDNESDAY, FEBRUARY 10

0739 Motorist assist at W. Michigan Ave. and N. Lake St.

1553 Disturbance reported in the 500 block of N Lake St

1630 Report of IRS scam

1731 Report of verbal dispute in the 200 block of E. Cedar.

2205 Arrested subject on warrant at the PD

THURSDAY, FEBRUARY 11

1046 CSC complaint in the 1000 block of Boyne Av

1848 Report of intoxicated subject in the 300 block of E Division St

FRIDAY, FEBRUARY 12

1509 Report of vehicle stopped in the middle of Lakeshore Dr near Erber

1513 Report of vehicle parked in the 100 block of E Water St all day

1555 Shoplifting complaint in the 100 block of E Water St

1602 Vehicle unlock in the 1000 block of Boyne Av

1753 Motorist assist on Front St at Division St.

2019 Report of a barking dog in the 400 block of Groveland.

2246 Vehicle parked in the road at Lake and Division. It was overheating. Removed

2316 Suspicious situation in the 600 block of N Lake St.

SATURDAY, FEBRUARY 13

0312 Report of two vehicles heading towards Boyne with highly intoxicated drivers. One was located on Fall Park Rd by Sheriff Dept

0928 Assist Sheriff Dept on Springwater Beach Rd.

1533 Property damage accident at E. Division St. and S. Park St.

2005 Assist MSP with an assault in progress at Boyne Mtn.

2152 Located a truck in the ditch on Lexamar Dr near Moll Dr

2021 Report of a prowler or

possible home invasion in progress in the 200 block of W Lincoln

1053 911 hang up in the 500 block of S Park St

1059 Vehicle unlock in the Industrial Park

1115 Assist Sheriff Dept at Behling Rd and Pleasant Valley Rd.

1144 Assist Sheriff Dept and EMS with CPR at 131 and Addis Rd.

1811 Dispatched to a Juvenile complaint in the 400 block of N. East St. Resolved itself before I arrived.

1843 Threats complaint reported in the 600 block of N. East St.

2237 Assisted Sheriff Dept on Laurie Rd.

2311 Assist EMS on Roosevelt St.

Boyne Falls Public Schools STUDENT OF THE WEEK



Trevor Dunham

Grade: 10

Parent's Name(s): Kevin and Jody Dunham

Future Plans: Culinary

Favorite Book: The Last Apprentice series

Hobbies and Interests: Video Games

Favorite School Activities: Tim's favorite school activities are physical education and social studies.

Staff Comments: "Trevor Dunham is a student that stands out in his ability to never give up. His persistence is a character trait that will benefit him throughout life. Trevor has a talent with pottery, and has created some beautiful and creative pieces of artwork this school year. Trevor is helpful, kind, and caring. Congratulations, Trevor!" – Melissa McGuiness

East Jordan Public Schools STUDENTS OF THE MONTH

Ted Nachazel

I have had Ted in class both as a 10th grader and as a 12th grader. It has been so fun to see the transformation over the course of these three years. As a 10th grader, he was quiet and pretty shy in class, rarely speaking up in class discussions. This year, as a 12th grader in AP English, he has found his voice.

I can always tell when Ted is thinking in a class discussion. He raises his eyebrows, scrunches his lips, then tips his head from side to side as if he is considering both sides of the argument, and finishes off with a slight nod of the head. Then he'll either agree or disagree with what has been said. He always has an insightful comment to add.

At the Mr. EJ Pageant, Teddy commented that he followed someone's advice and stepped out of his comfort zone. It was amazing to watch this quiet, shy 10th grade student develop into a 12th grader who would take the stage and totally try something new. This group of seniors has been so fun to teach; I'll certainly miss Teddy when he graduates.

Other teachers shared comments as well:

Mr. Essenberg:
I admire Ted for his hon-



esty, integrity, and perseverance. –

Mr. Cross:
I have had the pleasure of having Ted in several classes over the last few years. He has done several outstanding drawings in the Drafting lab. Ted is a great problem solver, and has always been helpful and polite. I have no doubt that he is going to be successful in whatever he chooses to pursue in life.

Well deserved Teddy!

Havanna Lafferty

Havanna is a great student. She is kind and hard working. She sets a good example in the classroom for others around her. She is working hard to be what I call a "locked on listener." Havanna gives her best when she does her school work.

She is well-liked by her classmates and all of her teachers. She is kind-hearted and helpful to others.

She is involved in the community activities and supports our extra curricular activities. She is a future Red Devil athlete. I am so proud of Havanna, and proud to be her teacher. She is an excellent choice for our Student of the Month.

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Northern Michigan Outdoors

Curling is a growing sport in Northern Michigan

By Patrick W. C. Bevier

If you live in northern Michigan and are searching for a new challenge in the outdoor realm give the blossoming Petoskey Curling Club a look-see. The PCC usually has 6-12 curlers, of all experience levels, at each session on the hockey rink at Petoskey's Winter Sports Park. They curl on Tuesday's at 6:00 pm and Sunday's at 2:00 pm. The club members encourage newcomers and enjoy teaching this winter sport, invented in the sixteenth century in Scotland, to others. You'll learn all of the lingo like how important it is to throw a rock (aka stone) into the house or use your "brush" (broom) carefully to avoid a "burned stone" (nullified stone that has been touched by the broom) with the goal of hitting the "button" (center of target). It's not as easy as it may look on the winter Olympics. It takes practice and patience to consistently land your stones in the "house", which is the target of concentric circles painted on the ice. The goal is similar to archery or darts in that you strive to get as many of your stones as close as possible to the button. The PCC now has a casual Thursday night league featuring six newly formed teams. They exchange the pre-game greeting of, "good curling" at 6:00 pm and 7:30



Petoskey Curling Club members Derek Allerding (l.) and Ben Walker practice their craft recently at Petoskey's Winter Sports Park.



Sheridan Elementary students Kiley Bromley (l.) and Addison Schlappi give curling a try at a recent kid's clinic at the Winter Sports Park in Petoskey.

pm. Membership for the PCC is \$40 annually or you can just drop in for \$10. Visit www.petoskey-curling.com for more information on how you can hit the "sheet" (the ice surface you curl on)! But, Petoskey is not the only place for folks to try curling. As a matter of fact, some well-established clubs exist in particular in Lewiston and Traverse City. The Lewiston Curling Club has a mar-

velous indoor curling stadium that hosts tournaments and weekly curling opportunities. They have been hosting the Presidents Curling Club Championship Tournament all the way back to 1978! Another club thrives in Traverse City and they'll host the 2nd Annual Cherry Bombspiel Bonspiel (tournament) April 22-24, 2016. The Traverse City Curling Club plies

their passion on indoor ice and offer 2-hour lessons for \$30.00 a person. Curling is not just for men. Teams of ladies are very competitive in the sport, be it at the Olympic or small club level. Indeed, two of the teams in PCC league consist of ladies. Kids have also begun to show up for the clinics the club has hosted. For more information on the

Lewiston and Traverse City Curling Clubs visit www.lewiston-curlingclub.com and www.tccurling.org, respectively. Hope to see you on the sheet in any of these venues in the near future. Where else can you throw stones at a house and not get yourself into some serious hot water!

A blend of old, new and homemade too at Gaylord's Homespun Antiques & Crafts



Homespun Antiques & Crafts is located right next to the historic Sugar Bowl Restaurant in downtown Gaylord. Photo by Jim Akans

By Jim Akans

For shoppers seeking at spot to find antique, vintage, new as well as homemade craft items, look no further than the wide array of fascinating goods offered at downtown Gaylord's Homespun Antiques & Crafts, located right next to the historic Sugar Bowl Restaurant. Established by Sue Nowak in May of 2010, the shop has a wide array of items conveniently organized by product type. "Customer's regularly comment how nicely organized the store is," affirms Sue Nowak. "Many people also tell us that we have a lot of inventory so I keep wondering if I should change our name to the "lots of stuff" store!" Nowak originally started out renting booth space at downtown craft shows. She opened a store lo-

cation on South Otsego Avenue in Gaylord and relocated to Elmira in 2009. Pursuing an interest to have a store in downtown Gaylord she surveyed the space connected to the Sugar Bowl and was motivated by the idea people might browse her store while waiting to enjoy a meal at the restaurant. She decided to make the move in 2010. She recalls, "On opening day we did more business than we did in several months combined at the Elmira location. This is a great spot." Items on display at Homespun Antiques & Crafts represent several vendors, many of which are local, who rent space in the store as well as items Nowak and her husband Larry find at auctions and estate sales. Among the items customers can find are dishware, glassware, tons of books, CD's, DVD's, vinyl records and home

décor products and accessories. They have American Doll clothing, handmade knit sweaters, socks and mittens, hand woven rugs, crochet top dish towels have recently added brand new and collectible Christmas decorations. "We will also be introducing craft supplies in the near future," notes Nowak. "We truly do offer a blend of the old, the new and the handmade too at Homespun Antiques & Crafts." Homespun Antiques & Crafts is located at 230 West Main Street in downtown Gaylord. Winter hours are 11 am until 5 pm Monday through Saturday and Summer hours are 10 am to 5 pm Monday through Saturday and 12 pm to 4 pm on Sunday. They can be reached by calling (989) 731-4305.



Established by Sue Nowak in May of 2010, downtown Gaylord's Homespun Antiques & Crafts is a must see destination for shoppers seeking antique, vintage, new as well as homemade craft items. PHOTO BY JIM AKANS

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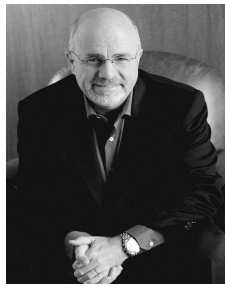
Northern Michigan Treasure Hunter's Guide to area antique, consignment, resale and thrift shops

<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 Lowes), 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>MIO</p> <p>Strawberry Patch Resale & Consignment Store Downtown Mio, Mio MI (989)826-1503 Open Mon – Sat 10 am to 5 pm</p> <p>PETOSKEY</p> <p>Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p>
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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

DAVE Says



Dave Ramsey

Dave Says

(Should Retirees Move Investments to a CD?)

Dear Dave,
My wife and I are in our early 70s, and we're retired. We have about \$136,000 in

corporate bonds and \$200,000 in mutual funds. Considering our age, should we move the investments into a CD?
Kurt

Dear Kurt,
There's always a chance you'll lose money if you leave it in mutual funds and bonds. That's the nature of the market. But there's another kind of risk based on what you're proposing, and that's risk of value due to

inflation.

Assuming you two are in good health, you could expect to live another 10 to 20 years. Most current CD rates are less than 1 percent. Even if they rise to 2 or 3 percent in the future, do you really want to see that kind of return when inflation is likely to rise 4 percent annually? That's in itself a type of risk, so I would urge you to keep that in mind.

No, I wouldn't advise moving all of your money to CDs. If I were in your shoes, I'd live off the income generated by my mutual fund investments. As for the corporate bonds, I'm not a big fan of those. They entail almost as much risk as mutual funds without the good returns (on average) over a long period of time.

If you're concerned about

stability, I'm okay with you taking a little money from your bonds and putting it into a CD right now. But I wouldn't touch the mutual funds.
—Dave

(Her Birthday Money Is Symbolic)

Dear Dave,
My wife received \$100 from her parents for her birthday. When I asked what she planned to do with it, she said she was going to add it to her spending money. I think she should put it toward us paying off debt, but I bit my tongue and didn't say anything. We're in pretty good

shape financially, so should I mention it or just let it go?
Charles

Dear Charles,
I'm sure you're a smart man, so you'll understand when I tell you — for the sake of your marriage and mental health — to let this one go. Seriously, is \$100 going to move the needle that much? It's her birthday, and it was a gift designed to let her do something nice for herself. There's absolutely nothing wrong with her spending a little bit on herself on her special day.

If she had asked me about this, I would have told her it was fine. If she had asked me about putting it toward debt, I would have said that's fine, too. It's not a big deal for someone to have a little fun once in a while. But it's a bad plan

for you to try to get at her gift. Just let it go, and do your part to make sure she knows that you love her and that she has a great birthday!
—Dave

* Dave Ramsey is America's trusted voice on money and business and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 11 million listeners each week on more than 550 radio stations and digital outlets. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.



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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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
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WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

IT'S TAX TIME AGAIN

The Charlevoix Senior Center is again offering free high-quality tax help through the VITA Foundation Tax-Aide program, giving peace of mind and economic benefits to taxpayers, and their families.

The program will be available every Tuesday from 9:00 a.m. to 1:00 p.m., beginning on February 9th and ending on April 12th, 2016.

The preparers will be: Liny Arnold, Randy Cebulski, Evelyn Davis, Bill Keehn, John Loucks, and Nancy Moore, with Cheryl Coates serving as greeter.

Please bring the following documents with you:

- ___ Copy of last year's income tax return
- ___ Social Security cards or other official documentation for yourself and all dependents
- ___ W-2 forms from each employer
- ___ Unemployment compensation statements
- ___ SSA-1099 form for Social Security Benefits you received
- ___ All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc) showing interest and/or dividends, and documentation showing original purchase price of sold assets.
- ___ 1099-MISC showing any miscellaneous income
- ___ 1099-R form if you received a pension or annuity
- ___ W2-G form for gambling income
- ___ all forms indicating federal income tax paid
- ___ dependent care provider information (name, employer ID, Social Security number)
- ___ All receipts or canceled checks if itemizing deductions
- ___ Receipts showing sales tax paid on new motor vehicles in purchased 2015 (automobile, truck, RV, motorcycle etc)
- ___ Receipts for any other large or unusual purchases
- ___ Receipts for any energy efficient home improvements
- ___ Receipts for college tuition or student loans
- ___ Property Tax bills for 2015 and winter of 2014 if paid in February 2015
- ___ Health Insurance Bills
- ___ Automobile Insurance Policy (for medical portion of premium paid)
- ___ Home Heating Bills (Nov 2014 thru Oct 2015)
- ___ NEW – If medical insurance was purchased through the marketplace, include Form 1095 and if reimbursed for premiums, Form 1095A.

BOYNE AREA SENIOR CENTER ACTIVITIES

Wednesday, February 24
10:30am Wii Bowl Practice
Various Card Games

Thursday, February 25
10am "Basic" Spanish
11am Arthritis Foundation
Exercise Program
Wii Bowling

Friday, February 26
BIRTHDAY DAY!
11am Roger Hartson
Raffle
Rummikub

Monday, February 29
Pretty-Bag Bingo -
Gift Certificate Prize
10:30am Line Dancing
Rummikub

Tuesday, March 1
10:30am Adv Board Mtg
Pretty-Bag Bingo -
Free Lunch Prize
Mexican Train

Wednesday, March 2
10:30am Wii Bowl Practice
Various Card Games

CHARLEVOIX SENIOR CENTER ACTIVITIES

Wednesday, February 24
10am-1pm Veterans Services
12:45pm Bingo

Thursday, February 25
BIRTHDAY DAY
11am Chair Yoga Class
11:30am Kevin Johnson Music
1pm Wii Bowling Practice
1pm Mahjong

Friday, February 26
9:30am Craft Class
1pm Rummy

Monday, February 29
1pm Bridge
1pm Woodcarving
7pm Bible Study

Tuesday, March 1
9am-1pm Tax Assistance
11am Chair Yoga Class
1pm Paint Class

Wednesday, March 2
12:45pm Bingo

EAST JORDAN SENIOR CENTER ACTIVITIES

Wednesday, February 24
GAME DAY!
Pool Table / Ping Pong
10:30am Crafts
1pm Cards

Thursday, February 25
11am KARAOKE DAY!
10:30am Chair Exercise
1pm Paint Class

Friday, February 26
Bingo/Raffle 50/50
11am John Slough

Monday, February 29
Exercise Room
8am-1pm Walking M-F
10:30am Chair Exercise

Tuesday, March 1
10am E.J. Story Time
12:30pm Bingo -
Meal Ticket Prize

Wednesday, March 2
GAME DAY!
Pool Table / Ping Pong
10:30am Crafts
1pm Cards

CHARLEVOIX COUNTY SENIOR CENTER MENU

Wednesday, February 24
COOK'S CHOICE

Thursday, February 25
PASTA w/MEAT SAUCE

Friday, February 26
HOT TURKEY SANDWICH**

Monday, February 29
SLOPPY JOE w/BUN

Tuesday, March 1
CHICKEN SHEPARD'S PIE

Wednesday, March 2
STUFFED PEPPER

**NON-MEAT CHOICES AVAILABLE FRIDAYS DURING LENT

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News

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Annual spring weight restrictions going into effect on area roads

The Michigan Department of Transportation (MDOT) and local agencies are enacting spring weight restrictions, an annual move to protect roads. Effective 8 a.m. Friday, Feb. 19, weight restrictions will be imposed and enforced on all state trunkline highways from the Michigan/Indiana and Michigan/Ohio state line north to and including the entire stretch of I-96 at Grand Haven, east to and including I-69 from Lansing to Port Huron. State routes typically carry M, I, or US designations.

Effective at 5 a.m. Saturday, Feb. 20, weight restrictions will be imposed and enforced on all state trunkline highways from the Michigan/Indiana and Michi-

gan/Ohio state line north to and including the entire stretch of M-20 at US-31, east to US-131, north to US-10, continuing east to M-25, including the Thumb. State routes typically carry M, I, or US designations.

When roads that have been frozen all winter begin to thaw from the surface downward, melting snow and ice saturate the softened ground. During the spring thaw, the roadbed softened by trapped moisture beneath the pavement makes it more susceptible to damage, similar to a sheet of glass supported by a waterbed. It's also the time of year when potholes begin forming due to the freeze-thaw cycle.

In the restricted areas, the following will apply:

- On routes designated as "all-season" (designated in green and gold on the MDOT Truck Operators Map), there will be no reduction in legal axle weights.

- On routes designated as "seasonal" (designated in solid or dashed red on the MDOT Truck Operators Map), there will be a posted weight reduction of 25 percent for rigid (concrete) pavements and 35 percent for flexible (asphalt) pavements.

- All extended permits will be valid for oversize loads in the weight-restricted area on the restricted routes. Single-trip permits will not be issued for any overweight loads or loads exceed-

ing 14 feet in width, 11 axles and 150 feet in overall length on the restricted routes.

MDOT determines when weight restrictions begin each spring by measuring frost depths along state highways, observing road conditions, and monitoring weather forecasts. Weight restrictions remain in effect until the frost line is deep enough to allow moisture to escape and the roadbeds regain stability.

County road commissions and city public works departments put in place their own seasonal weight restrictions, which usually, but not always, coincide with state highway weight restrictions. Signs are generally posted to indicate which routes have

weight restrictions in effect.

For weight restriction information and updates, call 800-787-8960, or you can access this information on MDOT's website at www.michigan.gov/truckers, under "Restrictions." All-season routes are designated in green and gold on the MDOT Truck Operators Map, which is available online. You also may sign up to receive e-mail alerts.

Trucking companies located in New Jersey and Canada can obtain information by calling 517-373-6256.

Drs. Oz and Roizen

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



NEW SOLUTIONS FOR STINKY PITS

When Dr. Armpit (aka The University of Ghent's Chris Callewaert) runs into people who still suffer from stinky pits despite three-times-a-day showers and copious amounts of deodorant, he doesn't turn up his nose at their predicament. In fact, he spends his days sniffing out a solution. Hint: It's not conventional antiperspirants.

According to new research published in the journal PeerJ, antiperspirants and deodorants alter your skin's bacterial biome, your body's first line of defense against disease. (It's part of your innate immune system, which includes your skin, proteins, and T and natural killer cells.) Kill off or confuse those skin-dwelling bacteria, and you may get an overabundance of microbes that break down odorless sweat molecules and produce smelly compounds. The result: anti-perfume.

So, what's the solution? Dr. Armpit advocates an armpit biome transplant! He's tried it on twins (one stinky, one sweet) by harvesting some of the sweet twin's pit bacteria. He then transferred them to the stinky twin's pits, and voila! -- the stinky twin's malodor disappeared and stayed gone. But so far, for unrelated folks, the armpit biome transplant works for only about four days. So you may want to try other solutions.

- Splash cider vinegar on your pits after a shower to keep the Ph there bacteria-unfriendly.

- Eat chlorophyll-rich foods like kale, wheat grass or parsley.

- Apply milk of magnesia

to stinky areas; this laxative ushers out the bad smells.

- And get at least 30 minutes of exercise most days; sweating regularly makes for sweeter sweat.

THE RIGHT FAT CHANCE

Former San Diego Chargers lineman Nick Hardwick retired from both the National Football League and his daily 5,000-plus calorie diet, which included saturated-fatty foods like a post-dinner 32-ounce tub of whole yogurt followed by a pint of Ben & Jerry's ice cream! He traded it in for "a giant salad topped with a lean meat, two tablespoons of almond butter, mustard, oil, balsamic vinaigrette and hot sauce," and lost 85 pounds in five months. Now he has a fighting chance to play out his days in a healthy retirement.

Hardwick's dietary game plan (cut sat fat, boost healthy fats) echoes what researchers from the Tufts Friedman School of Nutrition and Science Policy have laid out in their new expose of dietary fat follies: Looking at data from 3.8 billion people around the world, they discovered that not eating enough vegetable oil (olive, grapeseed, safflower, peanut, canola, walnut, almond) contributes to more cardiovascular-related deaths than eating saturated fats!

The researchers say that getting 12 percent of your calories (appropriate for your age, health and activity level) from polyunsaturated fats is optimal for preventing heart disease; less than 10 percent from sat fat is also OK. In a 2,000-calories-a-day diet, 220 calories should come from PUFAs -- and MUFAs (monounsaturated fats), too! That's around a tablespoon

of extra-virgin olive oil and 10 to 14 walnut halves. So get on the heart-healthy team by passing on sat fats and running down healthy fats instead. You'll score big time, every time.

HOW TO SPOT THE RED FLAGS ON FOOD AND DRINK LABELS

Last August, when a fast-moving rabbit hopped onto the Bristol Motor Speedway during a NASCAR race, officials brought out the red flags to signal a complete stop as they figured out how to get the hoppin' creature safely off the track. Now, the drivers and millions of fans know exactly what a red flag signals, but how many of you can spot (and pay attention to) the red flags on food and beverage labels?

Our top three red flags on labels: 1. Partially hydrogenated fats and oils -- trans fats. 2. Added sugars (maltose, dextrose, fructose, any syrup, cane anything). 3. Processed meats with sodium nitrite (a preservative); that's a sign it's a meat you should skip for a lot of reasons.

Now, if we can just get the food industry to make those red flags on labels readable! A recent study in the journal Pediatrics found that when clear warning labels are put on sugar-sweetened beverages, 60 percent of parents choose not to buy them. (That's great, but hey, remaining 40 percent, pay attention!) Without the clear warning, it's easy to be fooled. For example, one brand of grape juice pours out 8 teaspoons of added sugar per serving. Another right next to it on the shelf has no added sugar! It's up to you to find hidden red flags and stop buying those

items.

So when you shop, take the time to read the ingredients list, and bring those reading glasses. The companies put the info in such small type, you'll need them!

ESCAPE THE VAPE

"Ant Man" (Paul Rudd) may have been 2015's most endearing super bug, but there's nothing to like about the antibiotic-resistant superbug MRSA and other hard-to-defeat pathogens. In fact, you want to do everything you can to stay clear of them. And now that includes just saying "No" to vaping!

Researchers at UC San Diego School of Medicine recently did a lab-based test on the effects of e-liquids from seven manufacturers. Their study published in the Journal of Molecular Medicine found that daily inhalation of e-cig vapors triggers inflammation, kills off cells in your airways and lungs, and boosts the virulence of bacteria.

For example, vaping makes staph infections (Staphylococcus aureus) able to resist antimicrobials -- not a good thing, since runaway staph infections can be lethal. Plus, while one group of lab mice all recovered from infection with the antibiotic-resistant superbug S. aureus (MRSA), 25 percent of another group died when they were infected with MRSA that had been pre-exposed to the vapors from e-cigs. Egad!

If this isn't enough to convince you to put down the vape, maybe it will convince regulators that vaping poses a huge public health risk by cultivating super, superbugs.

For help recovering from nicotine addiction or habituation to vaping non-nicotine liquids, go to sharcare.com or cleveland-clinic.org -- search for Dr. Mike's "smoke-free plan for successful quitters." It takes commitment, time and the ability to try and try again if you slide backward, but with support, the right plan and determination you can escape the vape!

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Boyne Appétit! announces drawing winner



The first Wine Wednesday monthly drawing winner presentation; left to right: Mary Gergel, Melissa Jollette, Pam Chipman. COURTESY PHOTO

The first winner of the Wine Wednesday Monthly Drawing is Mary Gergel of Boyne City. Mary and her husband Jack enjoyed the Wine Wednesday in January and were able to visit all eight participating businesses in one night. While they challenged themselves to visit to them all, she would not recommend this to others as they were very rushed.

"We did not start off with the intention of doing them all but as we made our way along the trail, we figured we might be able to do it and arrived at our last stop right at 7 p.m.," Mary said. "For the February event, we took our time and enjoyed a more leisurely pace. The ones we didn't make it to, we hope to get to in March."

Mary was presented with a \$40 gift certificate to use at one of the nine establishments that participate in Wine Wednesday. Held on the first Wednesday of the month, the next Wine Wednesday will be

March 2 from 5 p.m. to 7 p.m. The program will run through June 1 this year. The nine purveyors currently participating are the Boyne Pub, Cafe Sante', Northern Table, Porter Creek Fish House, Red Mesa Grill, Boyne River Inn, Lake Street Market, The Wine Emporium and Friggy's SOBO Pub. Each participant can enjoy featured wines with food pairings. Punch cards are available at all nine businesses as well as the Chamber of Commerce office. A drawing is held each month for a gift certificate.

Boyne Appétit! is a collaboration of the Boyne Area Chamber and Boyne City Main Street, spearheaded by a committee comprised of local restaurateurs and volunteers, and encompasses restaurants and food and drink retailers in Boyne City, Boyne Falls, Advance and Walloon Lake.

For more information please contact mainstreet@boynecity.com or 231.582.9009 or visit <https://www.facebook.com/groups/boyneappetit>



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Girl Scouts hold "World Thinking Day" event



Over 140 Girl Scouts representing 15 Gaylord area troops and two Boyne City area troops, held a World Thinking Day event at the Gaylord Middle School last Saturday. Shown here the scouts form a circle around a "Chain of Friendship" paper link chain created during the event. PHOTO BY JIM AKANS

By Jim Akans

Each year, on February 22, Girls Scouts gather to celebrate "World Thinking Day," providing an opportunity to honor the birthdays of Lord Robert Baden-Powell and wife Olave, who founded the scouting movement in 1909, as well as the formation of the Girl Guides Movement (known as Girl Scouts here in the states). Here in northern Lower Michigan, over 140 Girl Scouts representing 15 Gaylord area troops and two Boyne City area troops, held a World Thinking Day event at the Gaylord Middle School last Saturday.

A day filled with activities designed to get the participants thinking about Girl Scouts across the globe, it is a centerpiece event for the World Association of Girl Guides and Girl Scouts (WAGGS). On Saturday, after a "Parade of Nations" around the Middle School gymnasium, each troop set up a table representing a country of their choice, which had displays providing information about that country, snacks and mementos reflecting those countries, and the girls even dressed in costume reflecting the regions culture. Activities also included dry painting using corn, and each scout created a paper



The scouts also participated in a "Take Action Project," for the community, collecting 66 hygiene packs and approximately \$80 in gift cards that were presented to Amy Croff, representing the area Child Protective Services organization. PHOTO BY JIM AKANS

link that became part of a huge "Circle of Friendship" chain, which they gathered around at the end of the event.

The scouts also participated in a "Take Action Project," for the com-

munity. This year, the troops collected 66 hygiene packs and approximately \$80 in gift cards that were presented to Amy Croff, representing the area Child Protective Services organization.

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Thursday, March 3

7 p.m.

Conference Rooms 3 and 4 • Iron Horse Café

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Registration opens at 7:30 a.m.
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