

**PRESQUE ISLE CO. COUNCIL
ON AGING SENIOR NEWS**

ISSUE NO 317



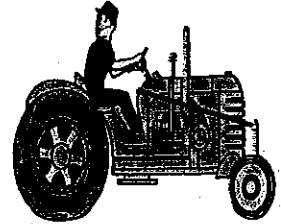
www.piccoa.org

6520 Darga Hwy. Posen, MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559



June 2011

Greetings to all...

Happy Fathers' Day to the men who have helped raise a child. May you enjoy the fruit of your blessings. May you be surrounded by your love ones. Relax and enjoy the day.

Our Easter Day Dinner Raffle Winners at the Posen Center were:

Alice Szymanski
Bea Richard
Christine Chalupniczak
Veronica Kaszubowski

Our Mother's Day Dinner Raffle Winners at the Presque Isle Clubhouse were:

Kathy Phipps
Lolly Rouleau
Betty Vollmar
Bev Pupos
Peggy Houck

Our Mother's Day Raffle Winners at the Posen PICCOA Center were:

Donna Hunkele Gloria Fuhrman
Pat Bruning Leona Hoppe
Ann Smigelski Doris Sorget
Mary Billings Rosa Rosenbrock
Betty Henry Gail Romel
Veronica Kaszubowski

Our Easter Day Raffle Winners at the Onaway PICCOA Center were:

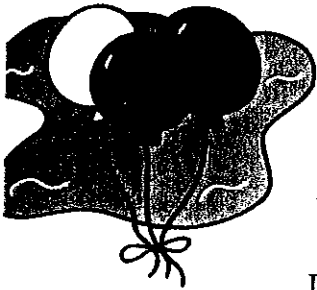
Bob Frasier Gertrude Freel
David Cooksey Justine Witucki
Rosemarie Trafelet Shiella Brown
David Feaster Robert Carter
Imogene Faith Warren Trafelet

Our Mother's Day Raffle Winners at the Onaway PICCOA Center were:

Gwen Tomlinson Linda DeYoung
Eleanor Freel Hilda Mann
Waneva Freel Pauline Peterman
CONGRATULATIONS TO ALL

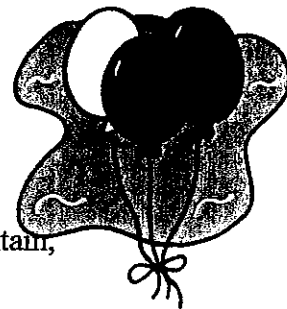
Project Fresh will be taking place at PICCOA this summer. We do not have the applications yet but you can register by calling Meg at 766-8191 or Marilyn at 733-2559. Project Fresh program helps Seniors that are 60 years of age or older with \$20.00 worth of coupons to purchase produce through our local farmers or farmers' markets. There are only 84 slots available so it is a first come, first serve basis.

Bus Passengers: You can go on a picnic! Pack your food, pick up your friends by PICCOA bus, have the driver drop you off at the park and enjoy. PICCOA will be doing the Band Concerts, contact Meg on the dates and time. Enjoy the month...Barb Nagi




**Happy June
Birthday's**

- Lorene Quade
 - Blanche Hentkowski
 - Ann Haske
 - Betty Curtis
 - Mary Jane Malone
 - Claris Robinson
 - Mary Jane Woloszyk
 - Roxy Abrey
 - Anthony Kaszubowski
 - Elizabeth Konieczny
 - Janet Langley
 - Beth Getzinger
 - Harold Hopp
 - Toni Mitter
 - Thomas Hallaron
 - Daniel Mulka
 - Rosslyn Crull
- *****



What Makes a Dad

God took the strength of a mountain,
 The majesty of a tree,
 The warmth of a summer sun,
 The calm of a quiet sea,
 The generous soul of nature,
 The comforting arm of night,
 The wisdom of the ages,
 The power of the eagle's flight
 The joy of a morning in spring,
 The faith of a mustard seed,
 The patience of eternity,
 The depth of a family need,
 Then God combined these qualities
 When there was nothing more to add,
 He knew His masterpiece was complete,
 And so, He called it ... Dad.



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Office, PLC**
 "When Peace of Mind Matters"
**Wills, Trusts,
Probate, Real Estate
Guardianship,
Business Law**
**Judy McFalda
Attorney-at-law**
 989-734-4486

Know your Congress
Seanator Carl Levin (D-MI)
 D C Phone 202-224-6221
 Dc Fax 202-224-1388

Senator Debbie Stabenow (D-MI)
 D C Phine 202-224-4822
 D C Fax 202-228-0325

Representative Dan Benishek R
 DC Phone 202-225-4735
 DC Fax 202-225 4710

Senator Howard Walker (37th)
 Phone 517-373-2413
 Fax 517- 373-5144



That's Only 56 Years Ago!

Comments made in the year 1955
Submitted by Kara LaMarre, NEMCSA

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00."

"Have you seen the new cars coming out next year? It won't be long before \$1,000.00 will only buy a used one."

"If cigarettes keep going up in price, I'm going to quit; 20 cents a pack is ridiculous."

"Did you hear the post office is thinking about charging 7 cents just to mail a letter."

"If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store."

"When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying DAMN in "Gone With The Wind", it seems every new movie has either HELL or DAMN in it."

"Did you see where some baseball player just signed a contract for \$50,000.00 a year just to play ball? It wouldn't surprise me if someday they will be making more than the President."

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."

"It won't be long before young couples are going to hire someone to watch their kids so they can both work."

"I'm afraid the Volkswagen car is going to open the door to a whole lot of foreign business."

"There is no sense going on short trips anymore for a weekend. It costs nearly \$2.00 a night to stay in a hotel."

"If they think I'll pay 30 cents for a hair cut, forget it."

"No one can afford to be sick anymore. At \$15.00 a day in the hospital, it's too rich for my blood."

"The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."

DID YOU KNOW???

SubmittedBy: Kara LaMarre, NEMCSA

The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are more chickens than people in the world.

Winston Churchill was born in a ladies' room during a dance.

Women blink nearly twice as much as men.

All the ants in Africa weigh more than all the elephants.

Leonardo Da Vince invented the scissors.

Peanuts are one of the ingredients of dynamite!

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

An ostrich's eye is bigger than its' brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated.

If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.

"Stewardesses" is the longest word typed with only the left hand.

And "lollipop is the longest word typed with your right hand.

No word in the English Language rhymes with month, orange, or purple.

Our eyes are always the same size from birth. But our nose and ears never stop growing.

A cat has 32 muscles in each ear.

A goldfish has a memory span of three seconds.

A shark is the only fish that can blink with both eyes.

Barb Nagi

Judy's Strawberry Pretzel Salad

1 ½ cup crushed pretzels
4 ½ Tbs. White sugar
¾ cup butter, melted
1 cup white sugar
2 (8oz.) Packages cream cheese
1 (8oz.) Container frozen whipped topping, thawed
1 (6oz.) Package strawberry flavored gelatin
2 cups boiling water
1 (16oz.) Package frozen strawberries

Preheat oven to 350 degrees. Mix together the pretzel, 4 ½ tablespoons sugar, and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or lightly toasted. Set aside to cool completely. In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes. In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

Recipe4Living

Coffee beans are rich in vitamins, minerals, antioxidants, and amino acids. Coffee can reduce one's risk of dementia.

Strawberry Banana Split Cake

2 C. graham cracker crumbs
½ C. butter, melted
¼ C sugar
½ C butter softened
2 C. Confectioners sugar
1 Tbs. Milk
1 tsp. Vanilla extract
3 large firm bananas
2 8oz cans crushed pineapple, drained
2 qts. fresh strawberries, sliced
2 cups whipping cream
¼C. Confectioners sugar
1½ cup chopped walnuts

Combine the crumbs, butter and sugar and press into an ungreased 13 x 9 x 2in. dish. Chill for 1 hour. In a mixing bowl, cream butter, confectioners sugar, milk and vanilla. Spread over crust chill for 30 minutes. Layer with bananas, pineapple and strawberries. In a small mixing bowl, beat cream until soft peaks form. Add confectioner's sugar beat until stiff peaks form. Spread over fruit. Sprinkle with nuts. Chill until serving.

Recipe4Living

Nuts contain a great deal of viamin E. A brain-healthy vitamin. It can help prevent memory loss due to aging. Walnuts contain omega-3. Doctors recommend eating one ounce of nuts per day.

Barb Nagi

COUNTRY CHICKEN
CASSEROLE

- 2C. Condensed Chicken Noodle Soup
- 2C. Milk
- 8oz. Uncooked elbow macaroni
- 3C. Boned chicken diced
- 2C. American cheese, shredded
- 1/4C. Onion minced
- 4 hard boiled eggs, shelled and sliced
- 3 pimientos, chopped and drained
- 1tsp. Seasoned salt
- 1/3C grated Parmesan cheese

Preheat oven to 350 degrees. Blend soup and milk in a baking dish, then stir in macaroni, chicken, cheese, onion, eggs, pimientos, and salt. Cover and bake for an hour and 25 minutes. Uncover, sprinkle with Parmesan, and bake for another 5 minutes, or until cheese is golden brown.

COUNTRY TURKEY
CASSEROLE

- 1can Condensed Cream of Celery Soup
- 1can Condensed Cream of Potato Soup
- 1C milk
- 1/4tsp. Dried thyme leaves, crushed
- 1/8tsp. Ground black pepper
- 4C cooked cut up vegetables*
- 2C cubed cooked turkey or chicken
- 4C prepared Herb Seasoned Stuffing

Stir the soup, milk, thyme, black pepper, vegetables and turkey in a 3 quart shallow baking dish. Spoon the stuffing over the turkey mixture. Bake at 400 degrees for 25 minutes or until the stuffing is golden brown. *Use a combination of cut green beans and sliced carrots. Serve with caesar salad and prepared cranberry sauce For dessert serve ice cream.

CORNBREAD SALAD

- 1 Box Jiffy cornbread mix, baked according to directions, cooled and crumbled
- 8 to 10 strips of crisp fried bacon, cooled and crumbled
- 1 diced green bell pepper
- 1 diced purple onion
- 4 diced med. tomatoes
- 1/2C diced sweet pickles

DRESSING:

- 1C mayonnaise
- 1/4C sweet pickle juice
- 2Tbs. sugar

Layer ingredients in a 2 qt casserole dish in the following order:

- 1/2 of crumbled cornbread
- 1/2 of diced vegetables
- 1/2 of pickles
- 1/2 of dressing

Repeat layers. Top with bacon crumbs.

Refrigerate for 2 hours. Mix well before serving.

Safe Driving For Older Adults

Katie Kuznicki, Assistant Director

It's a rite of passage – something which provides freedom and independence – our drivers' license.

There comes a time, however, when we need to weigh our independence with the safety of ourselves and others. According to AAA Foundation for Traffic Safety, “crash rates begin to increase as drivers reach their late 60's or early 70's, and increase more rapidly after about age 75”.

The Foundation for Traffic Safety has come up with a short survey which can clarify this. The strengths and weaknesses of the answers provided point out ways to improve or modify driving habits. The survey can be found at <http://aaafoundation.org/quizzes>. Specifically, as we age, reaction time and strength decrease. Depending on medications, judgment and reasoning may also be affected.

That doesn't mean that the keys need to be taken away!

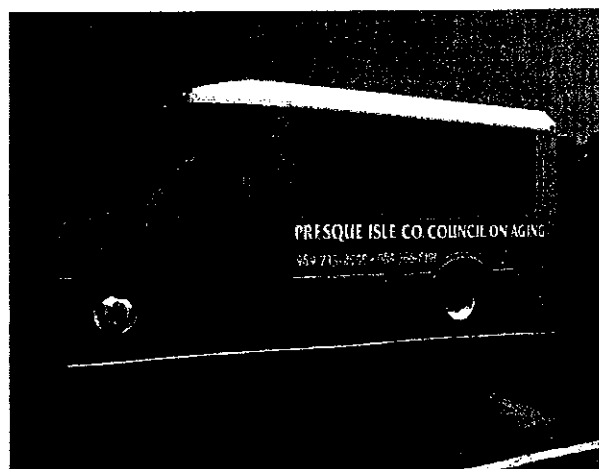
It does mean that seniors must be aware that they are driving “a two-ton machine that can easily cover 80 feet in one second” according to a posting by www.accidentfund.com.

Accident Fund continues by stating that some issues need to be addressed by all drivers. These include being distracted by cell phones (talking, texting or emailing), being tired, or being rushed (going faster than the posted speed limit, rushing through construction zones, and driving too fast for weather conditions).

Besides these driving concerns, seniors also need to be aware of changes in their body and mind. To counter loss of strength and flexibility, seniors can take part in fitness and flexibility training. Coordination and strength are also needed and can be supplemented by

newer cars with automatic shift, power brakes, adjustable pedals, and wider mirrors. Placing a booster cushion on the seat may also help the driver see more clearly. Driving during day light hours and only in known areas are also key in reducing confusion and the affect of poor lighting.

Another resource is available from the Michigan State Police and the Michigan Academy of Family Physicians. This brochure is called “How's My Driving” which is available online at http://www.michigan.gov/documents/ElderlyDriving_0909_84709_7.pdf.

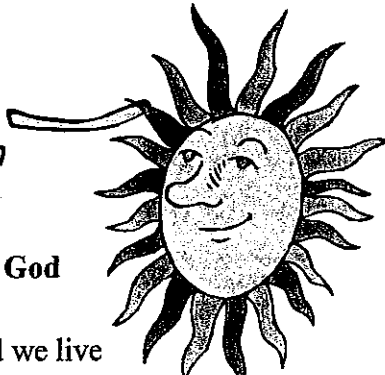
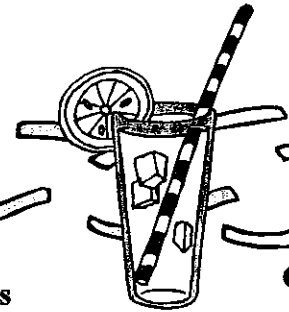
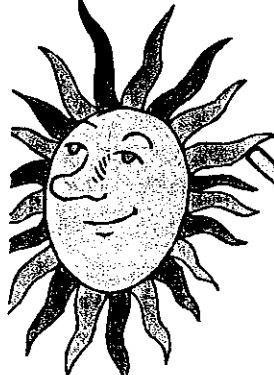


PICCOA does offer another option; bus transportation within Presque Isle County Monday through Friday.

By taking the PICCOA bus, seniors are able to reduce the stresses of driving, whether they are physical or mental in nature. There is also a significant financial savings when taking the bus. That is to say, seniors can eliminate the cost of auto insurance, vehicle maintenance, and the ever rising cost of gasoline.

For more information on the PICCOA bus service, please contact Meg Bruning at 989-766-8191 or Marilyn LaFave at 989-733-2559.

(If you do not have access to a computer, and are interested in any of the online documents, please contact Katie at the Posen Center.)



Onaway Site News
Happy Father's Day
To All The Father's

Our Birthday and Bingo Party Will be
 On Tuesday June 7th.at 2:30 Bus will
 be available.

Our Father's Day Dinner will be on
 Sunday June 19th.with a door prize
 drawing for the men.

We had a nice turn out for our
 Easter Party.

Every one enjoyed the music.
 Thank you Vern for providing the music.

I want to thank everyone who
 participated in my Mother's Day
 Bake Sale.

We have our Huron Beach meals
 Started again for the summer, I'm hoping we
 have good turn outs, so we can continue
 having the meals there.

Marilyn Lafave

LEGAL SERVICES
NEED LEGAL HELP ???
 Call
DAVE BISGROVE,
ATTORNEY -AT-LAW
1-800-872-4832

piccoa.org

One Nation under God
 By Roger Robicheau

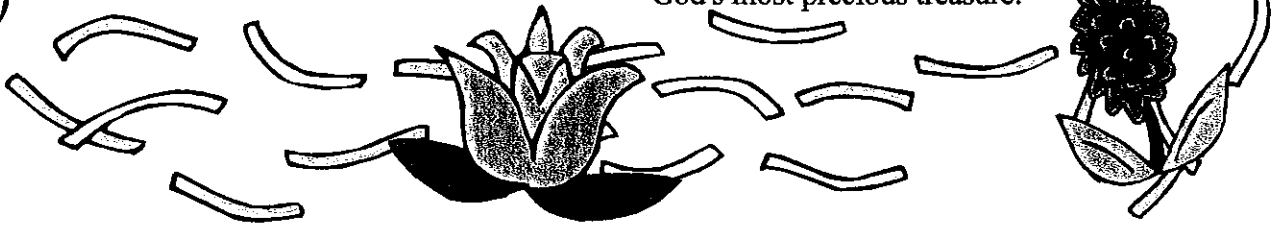
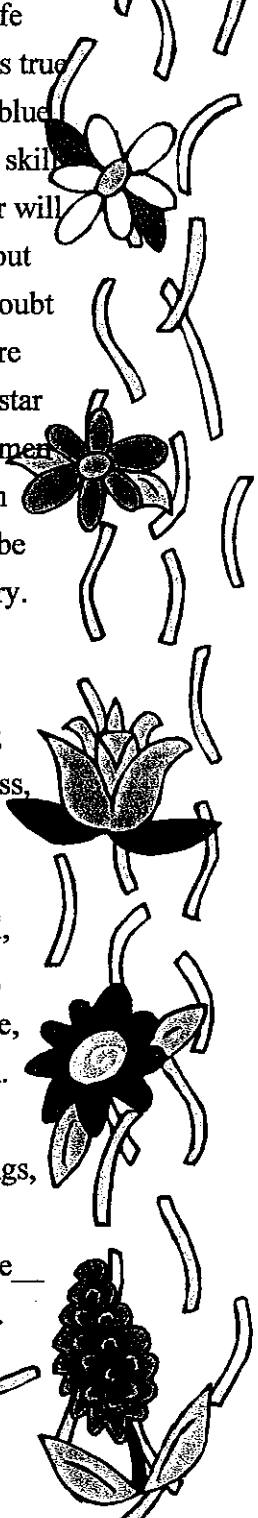
One Nation Under God we live
 think about all some had to give
 We the people share freedom's life
 in a world of ever present strife
 Be greatful to those who keep this true
 Warriors of our red, white, and blue
 They're trained by those of great skill
 Honed to perform, so strong their will
 They show what love is all about
 They'll fight for us, there is no doubt
 Defending bravery what we are
 No holding back each heartfelt star
 Highly praise these men and women
 Giving thanks time and again
 Those in uniform will always be
 The golden pride of this country.

To You Father

Once again it's Father's Day,
 When fathers reign supreme;
 My heart is filled with happiness,
 For Dad, to me you're king.

In my eyes you're ten feet tall,
 There's nothing you can't do,
 The many gifts you gave to me,
 I'll use my whole life through.

Oh yes, you gave me many things,
 Gifts I cannot measure,
 But most of all you gave me love__
 God's most precious treasure.



Hello Everyone !

Our first raffle was held and the winner was Marian SeEVERS.

Make sure to buy a ticket to get in our monthly raffle. I will try to have a different prize every month.

Our Summer Concerts are going to be starting on Fridays at Lakeside Park this month. The first concert will be Evangelische & Schinekel Gymnasium Choir from Germany. Make sure to watch for the schedule and bus times.

Did you know that an Alzheimer's Support Group is held In Rogers City the 2nd Tuesday of each month? The next meeting will be June 14th, from 2:00-3:00 p.m. If anyone has an interest in attending this meeting let me know and I can schedule a bus.

As always if you need a ride to go shopping, banking, Dr. appointments, or just to visit, give us a call to schedule a bus ride .Meg@ 989-766-8191 or Marilyn@ 989-733-2559



Advance Directive, etc.

An Advance Directive is a document that is meant to give health care professionals an understanding of your medical preferences if you cannot speak for yourself. When needing treatment, an Advance Directive tells them 'in advance' what you would most likely want to have happen. Many people may call them "Living Wills," but a Living Will may only address your treatment options and not allow you to appoint someone to speak for you if you are unable to communicate. Another document that is useful is called a "Durable Power of

Attorney for Health Care" and it allows you to designate someone to speak for you if you are unable to speak for yourself.

The other critically important thing an Advance Directive usually does is to appoint someone specific to make medical decisions on your behalf if you are unable to make them. It's vital to speak with that person about your values and expectations since it is a serious responsibility. The person named in the Advance Directive is meant to make decisions that are closest to what you would want if you could speak for yourself.

The State Bar of Michigan has the following forms available:

Durable Power of Attorney for Health Care
www.michbar.org/elderlaw/pdfs/dpoa_hc.pdf

Living Will at www.michbar.org/elderlaw/pdfs/livingwill.pdf

Do-Not-Resuscitate Order (with physician's signature) www.michbar.org/elderlaw/pdfs/dnr_phys.pdf

Do-Not-Resuscitate Order at
www.michbar.org/elderlaw/pdfs/dnr.pdf

The State of Michigan has the following forms available (all at one web site);

Durable Power of Attorney for Health Care, Living Will, Do Not Resuscitate Declaration and Declaration of Anatomical Gift.

The web address for these forms is www.michigan.gov/documents/miseniors/Advance_Directives_230752_7.pdf

If you don't have access to a computer and you would like copies of any of these forms please call PICCOA at 1.989.766.8191 and ask for John or Katie and we can put a copy in the mail for you.

John, In-Home Services Coordinator.

THREE THINGS EVERY EXERCISE PROGRAM SHOULD HAVE

Compliments of: Rogers City Physical Therapy & American Council on Exercise

A complete fitness program must include aerobic exercise, muscular strength, and flexibility exercise. Aerobic exercise does good things for your cardiovascular system and is an important part of weight management. Muscular conditioning can improve strength and posture, reduce the risk of lower back injury, and is also an important component of a weight management program. Flexibility exercise is needed to maintain joint range of motion and reduce the risk of injury and muscle soreness.

AEROBIC EXERCISE CAN BE AS SIMPLE AS WALKING

Walking is a weight-bearing aerobic exercise. So are jogging, rope skipping, and dance-exercise. Aerobic exercise is any activity that uses large muscle groups in a continuous, rhythmic fashion for sustained periods of time. There are also non-weight-bearing aerobic exercises, such as bicycling, stationary cycling, swimming, and rowing.

Keep the pace comfortable. A very important aspect of your exercise program is the intensity. You should exercise at a comfortable pace. You can measure your exercise heart rate to check the intensity of your exercising, or you can take the "talk test." To measure your heart rate, take your pulse as soon as you stop exercising. Count your heartbeat for 10 seconds, then multiply that by six to convert it to a one-minute heart rate. If you keep your exercise heart rate within a range of 55 percent to 80 percent of an estimated maximum heart rate (220 minus your age), you're doing well. The talk test is easier to accomplish. Just exercise at a pace that allows you to carry on a conversation while you're exercising.

How often should you exercise? Three to four days of aerobic activity is fine for general health maintenance. If you're trying to lose weight, aim for four or more days a week, being sure you take off at least one day a week.

How long should you exercise? Work up to 20 or more minutes per session for general health maintenance. For weight loss, gradually work up to 45 minutes or longer at low to moderate intensities in a low- or no-impact activity.

STRENGTH CONDITIONING GIVES YOU A CHOICE

Pick calisthenics, free weights, or machines. Just be sure that your strength training includes exercises for every major muscle group, including the muscles of the arms, chest, back, stomach, hips, and legs. Start with a weight that's comfortable to handle and keep it up for eight repetitions. Gradually add more repetitions until you can complete 12 repetitions. For greater strength conditioning, add more weight and/or more repetitions, in sets of eight to 12, when the exercise becomes easy.

STRETCH FOR FLEXIBILITY

Proper stretching involves holding a mild stretch of 10 to 30 seconds while you breathe normally. Always warm up before you stretch. Like strength conditioning, flexibility exercises should include stretching for all the major muscle groups.

ONE LAST THING TO REMEMBER . . .

Always check with your doctor before beginning any exercise program, especially if you're over 40, or have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes, or a family history of heart disease.

Rogers City Physical Therapy offers a gym membership at their clinic. If you would like to start an exercise program, they can set up a program to meet your fitness and health goals. For more information, call 734-7607.



ROGERS CITY PHYSICAL THERAPY



- ◆ Orthopedic Injuries/Surgery
- ◆ Neurological Disorders
- ◆ Back / Neck Pain
- ◆ Leg, hip, knee, ankle & foot pain/injuries
- ◆ Hand & wrist pain/injuries
- ◆ Shoulder & arm pain/injuries

Your fast recovery is our goal.



989-734-7607

Ask your doctor for a referral and give us a call

506 North Bradley Hwy
Rogers City, MI 49779

Presque Isle County Council on Aging

Activities June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PICCOA Bus Schedule Onaway Tuesday 9:00am- 3:00pm Call Marilyn at 989-733-2559 Bus in Rogers City Monday 9:00am- 3:00pm Tue. Wed. Thur. & Fri. 8:00 am- 4:00 pm Call Meg at 989-766-8191			1 Posen Birthday Hilltop 1:00	2	3	4
5 Onaway 5 Meal Draw	6 Cheboygan Bus	7 Onaway Birthday & Card Party 2:30 / Bus ***** Huron Beach Meal 1:00	8	9 CSFP Commodity Onaway 9-10 Posen 12-1:00	10	11
12	13	 14 Huron Beach Meal 1:00 ***** Flag Day	15	16	17	18
19 Father's Day	20	21 Huron Beach Meal 1:00 pm ***** Summer Begins	22	23	24	25
26	27	28 Huron Beach Meal 1:00 *****	29	30		



Presque Isle Co. Council on Aging

Menu June 2011



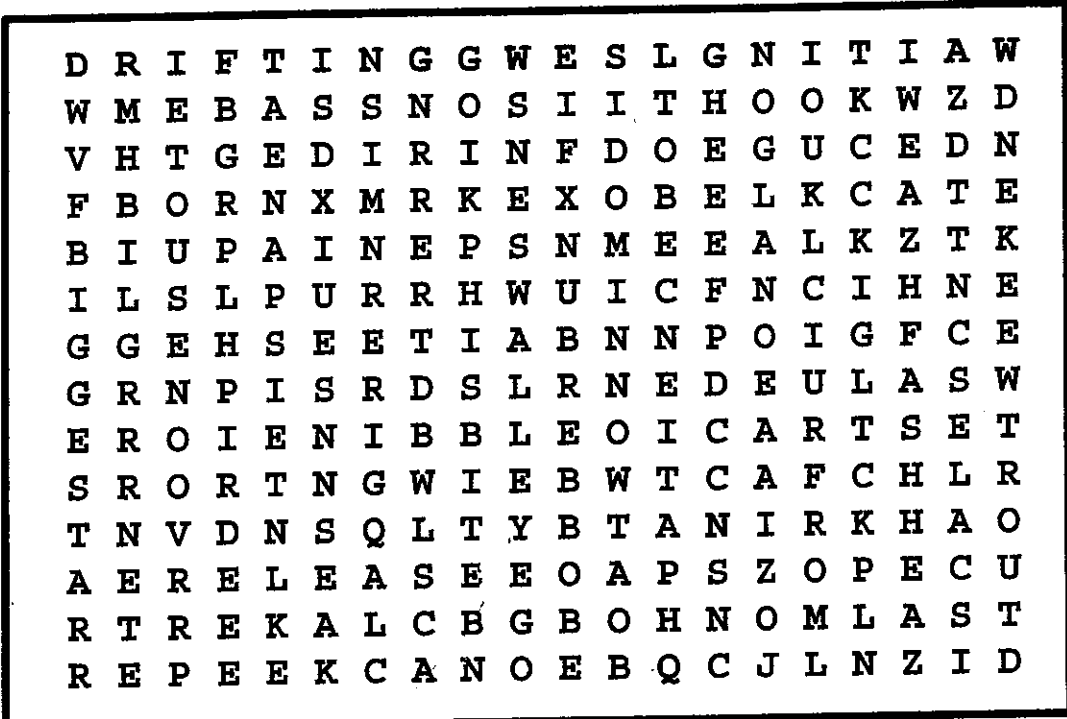
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Sunday 5th Posen Chicken Brst. Rice Green Beans Tossed Salad Tropical Fruit	Federal and State Dollars only Cover a Portion of the meals. Donations are important to PICCOA. Dinner is a suggested donation of \$2;50 for 60and over. The Meal cost is \$5:00 for under 60 . PICCOA	Swedish Meatballs Noodles Broccoli Carrot Raisin Salad Applesauce	1 2	Chicken Legs Noodles Beets Applesauce	Rygwelski's IGA Finest Homemade Sausage IGA Tablerite Meats 495 S. First St. Rogers City, MI 49779 1-888- KABASA 989-734-3248 *****	
Onaway 5 French Toast Sausage Patties Scrambled Eggs w/ Cheese Banana Tomato Juice	Hamburger 6 Stroganoff Mixed Vegetables Noodles Coleslaw Pineapple	BBQ Pork 7 Ovenbrown Potatoes Peas Pears	8 Cooks Choice	9 Lasagna Carrots Pears		
Turkey 12 Mash Potatoes Carrots Cranberries Tossed Salad	Goulash 13 Peas & Carrots Apricots Carrot Raisin Salad	Meatloaf 14 Mash Potatoes Wax Beans Peaches	Sloppy 15 Joes Oven brown Potatoes Winter Blend Coleslaw Applesauce	16 Chicken Pot Pie Mixed Veg. Coleslaw Mandarin Oranges	Tom's Family Market & Deli Best Meat and Produce in Town Deliveries Made Daily 29579 State St. Onaway Mi. 49765 989-733-8229 Pharmacy 733-4106 *****	
Boiled 19 Dinner Ham/ Potatoes Carrots/ Cabbage Strawberries	Fish 20 Parsley Potatoes Wax Beans Peaches	Beef 21 Stroganoff Noodles Broccoli Carrot Raisin Salad Applesauce	22 Country Fried Steak Potatoes Beets Pineapple	23 Hamburger Steak American Fries Winter Blend Pears		
Crispy Chicken 26 Mashed Potatoes Baked Beans Pineapple	27 Swiss Steak Boiled Potatoes Carrots Mixed Fruit	Turkey 28 Sandwich Bed of Lettuce Soup Mandarin Oranges	29 Swedish Meatballs Noodles Mixed Vegetables Pears	30 Sausage American Fries Peas & Carrots Applesauce		

Menu subject to change due to availability of food.
 Weekday meals served at 5:00
 Soup served at 4:30 Both Sites
 Sunday Meal, Onaway 1:00

Posen Meal 4:00
 Soup, Salad & Dessert Bar
 3-3:45pm

Fishing on the Lake



fishing
lures
bait
sinker
line
boat
dock
canoe
bass
perch
trout

salmon
carp
catfish
waiting
fillet
stringer
casting
patience
scales
caught
nibble

bite
rod
worm
minnow
relaxing
drifting
weekend
lake
sunrise
dinner
cook

life preserver
tackle box
sport
release
whopper
biggest
keeper
bobber
hook
net

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This popular species of sport fish is also known as "Yellow Pike."

Answer: _____

Lynn Street Manor

4255 S. Lynn St. Onaway, MI 49765
989-733-2661

A secure Apartment Community
For the older Adult over 62
HUD Subsidized, Utilities included in rent
One Bedroom Units
Rent Based on Income
Carpeting, Appliances, Laundry, Trash
Security System, Handicapped Unit
Barrier Free Restrooms, Storage Space.

Becks Funeral Home

229 N. 1st. St.
Rogers City, MI 49779
989-734-2288

Ted Beck: Owner & Manager
Cheryl Beck: Director of Pre-Need
Serving all of Presque Isle County
With Professional Funeral Care
Plenty of off Street Parking

Village Flower and Gift

* Wedding Flowers * Crafts * & Plants
* Trees & Shrubs
Paul & Colleen Konieczny
7295 State St. Posen, MI 49776
989-766-2642



Thunder Bay
COMMUNITY HEALTH SERVICES

Family Practice Health Care
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