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specials

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East Jordan school board and teachers head for next step

Mediation for contract not successful, the parties enter fact-finding stage

B. J. Conley

EAST JORDAN — With no contract in sight after more than two years, teachers and area residents attended Monday's Board of Education meeting to voice concerns about the lack of progress.

The impediments to an agreement between the board and teachers include a proposal that teachers take a decrease in their base salary and that they contribute to the expense of their health insurance package.

"I've worked in this district for 25 years and most of that time has been good," teacher Karen Jervey said. She went on to say that the stress of the negotiation process has caused physical ailments for her.



PHOTO BY B. J. CONLEY
An audience made up of teachers and residents of East Jordan met with the East Jordan Public Schools Board of Education on Monday to discuss the lack of a teachers' contract. The meeting was held in the auditorium of the high school.

Teacher's Contract— 5A

Boyne City looks to attract more snowmobilers to the community



B. J. Conley

BOYNE CITY — Snowmobilers have not yet made Boyne City's downtown a destination and the city wants to do something about it.

City commissioners discussed on Jan. 10 how to target routes that are easily accessible into downtown where snowmobilers will shop and dine. The closest designated snowmobile trail into the city is approximately seven miles away in East Jordan, with the next closest trail approximately nine miles away east of Boyne Falls, the city manager Michael Cain said.

The recreational snowmobile riders may have another reason for not cruising into Boyne City. Some people have said they think there's an attitude among some citizens and city leaders that the city doesn't want the snowmobiles downtown.

But Cain says that's not the case.

"At this point I think we should work to make it known that we are open to all responsible groups and individuals, including snowmobilers. There seems to be a perception and maybe a past history that we are not that we need to overcome," he said.

Commissioners generally agreed that it would be beneficial to find easy access to Boyne City's downtown and to make snowmobilers feel welcome. More discussion will be held at future meetings.

reporterbjh@gmail.com

sports

Keegan LaBlance splits the Elk Rapids defense on his way for two of his 20 points against Elk Rapids.

PAGE 1B

PHOTO BY CINDA SHUMAKER

Ashley Drenth (35) of Ellsworth and Olivia Herring (22) of Bellaire battle for a rebound in the Lancers victory on Jan. 16.

PAGE 3B

PHOTO BY SCOTT RICHARDS

Charlevoix State of the Community updates business and citizens



Charlevoix's 2012 State of the Community event was held at the Castle on January 11. The Charlevoix Area Chamber of Commerce organized the event and speakers included Erin Bemis, president and CEO of the Chamber, Rob Straebel, City manager, Dr. Joshua Meyerson, Medical Director for the Health Department of Northwest Michigan, Chief Charles Burley, Commander of the Charlevoix U.S. Coast Guard Station and Cheryl Potter Browe, clerk and fiscal officer for Charlevoix County.

B. J. Conley

CHARLEVOIX — The Charlevoix Area Chamber of Commerce hosted a State of the Community event at Castle Farms on Jan. 11. Chamber president and CEO, Erin Bemis welcomed the audience and spoke about the progress that has been achieved and the work still to come.

"Join us in the work of making our community one of the best in Michigan for businesses, individuals and families to thrive, grow and succeed," Bemis said.

City manager Rob Straebel recited the city's improvements in 2011, including the completion of a new water line on Bridge Street, new utility upgrades and road resurfacing on Meech Street, improvements to the Charlevoix Golf Clubhouse and other projects.

Grant money helped with the

State of Community— 3A

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| | | | | | | |
|----------------|--|---|---|---|-----------------|---------------------|
| weather | THURSDAY | FRIDAY | SATURDAY | SUNDAY | snowfall | record temps |
| | | | | | | |
| | HIGH: Low 20's LOW: Upper 0's | HIGH: Upper 10's LOW: Low 10's | HIGH: Upper 20's LOW: Mid 20's | HIGH: Low 30's LOW: Mid 20's | | |
| | | | | | | |

| | 2010-11 Amount | 2011-12 Amount |
|-------------|---------------------|----------------------|
| Atlanta | 1/17/2011.....22.7 | 1/16/201213.4 |
| Charlevoix | 1/17/2011..... 51.7 | 1/16/201210.3 |
| East Jordan | 1/17/2011.....61.4 | 1/16/201225 |
| Gaylord | 1/17/2011..... 68.7 | 1/16/201243.7 |
| Mio | 1/17/2011.....10.9 | 1/16/2012 13.1 |
| Onaway | 1/17/2011.....37.2 | 1/16/201216.6 |
| Petoskey | 1/17/2011.....55.1 | 1/16/201225.3 |

| Day..... | Avg. | High..... | Avg. Low..... | Record High..... | Record Low |
|-----------|------|-----------|---------------|------------------|--------------|
| 1/19..... | 30°F |13°F |53°F | (1996) | -21°F (1982) |
| 1/20..... | 30°F |13°F |45°F | (1999) | -11°F (2009) |
| 1/21..... | 30°F |13°F |43°F | (1957) | -28°F (1970) |
| 1/22..... | 30°F |13°F |51°F | (2002) | -17°F (2005) |
| 1/23..... | 30°F |13°F |50°F | (1969) | -20°F (2005) |
| 1/24..... | 30°F |13°F |48°F | (1969) | -17°F (2004) |
| 1/25..... | 30°F |13°F |51°F | (1950) | -10°F (2004) |

COUNTY RECORDS

CIRCUIT COURT
The following cases recently received sentencing in the Charlevoix County Circuit Court:
Matthew Allen Gregware, 26, Boyne City. Possession of marijuana. Sentenced to 60 days in jail.

Myles Patrick Newton, 19, East Jordan. Fleeing and assaulting a police officer. Sentenced to 18 months minimum and 4 years maximum in prison.

Neil Curtis Thybault, 30, Brighton. Driving while intoxicated, 3rd offense and driving while license is suspended. Sentenced to 365 days in jail.

Floyd Herman Hughey, 48, East Jordan. Larceny. Sentenced to 150 days in jail.

DISTRICT COURT

The following cases were recently decided in the 90th District Court for the County of Charlevoix:

Kevin Thomas Balch, 34, Charlevoix. Disorderly person/drunken. Sentenced to pay \$350 in fines and costs.

Nancy Jean Schihl-McGeorge, 48, East Jordan. Failure to report an accident. Sentenced to pay \$300 in fines and costs.

Caleb Edson Tompkins, 22, Boyne City. Driving while license suspended. Sentenced to pay \$335 in fines and costs.

Sarah Marie Roberts, 21, Petoskey. Driving while intoxicated, 2nd offense. Sentenced to pay \$1,730 in fines and costs and to 365 days in jail with credit for one day, serve 30 days, 304 days held in abeyance, 30 days of community service work and two years on probation.

Kathleen Ann Beer, 37, Charlevoix. Driving while intoxicated with a child in the vehicle. Sentenced to pay \$1,380 in fines and costs and to 365 days in jail with credit for one day, serve 20 days, 314 days held in abeyance, 30 days of community service

work and two years on probation. Kathleen Ann Beer, 35, Charlevoix. Driving while intoxicated. Sentenced to pay \$1,005 in fines and costs and to 93 days in jail, 93 days held in abeyance and two years on probation.

Sandra Mae McSawby, 55, Charlevoix. Open intoxicant in vehicle. Sentenced to pay \$350 in fines and costs.

Jonathan Leon Goforth, 21, Petoskey. Disturbing the peace. Sentenced to pay \$250 in fines and costs.

Hunter Michael-George Sarasin, 18, East Jordan. Possession of marijuana. Sentenced to pay \$575 in fines and costs and to 365 days in jail, 350 days held in abeyance, 15 days of community service and nine months on probation.

Richard Lee Bellmer, 2/72, Charlevoix. Failure to report an accident. Sentenced to pay \$300 in fines and costs.

Andrew Alan Johnston, 24, Walloon Lake. Malicious destruction of property and stalking. Sentenced to pay \$1,100 in fines and costs and to \$903.89 in restitution and to 365 days in jail with credit for 27 days, serve 63 days, 275 days held in abeyance and two years on probation.

Brandon Paul Shomin-Shenoskey, 20, Conway. Minor in possession of alcohol, 3rd offense. Sentenced to pay \$200 in fines and costs and to 20 days in jail with credit for five days, serve 15 days.

ASSUMED NAMES:
The following businesses recently filed with the Charlevoix County Clerk's office for an assumed name for doing business:

Sweet Painting, 8292 Shrigley Road, Charlevoix by Rickie William Sweet.

Creation Farm Charlevoix, 229 Bridge St., Charlevoix by Michael A. Hulbert and Anne M. Saugemino.

The Ausdicious Rabbit, 310 North St., Boyne City by Jasmine E. Witthoef.

Deer Meadows Residents, 315 E. Division St., Boyne City by Lynn Hankins.
Heirlooms of the Earth, 108 E. Upright St., Charlevoix by Reid Richard Beojen.
Jamie's Kitchen, 624 Petoskey Ave., Apt. A, Charlevoix by Jamie L. Sylvester.
Rags by Ruth, 910 Blanchard Road, Petoskey by Ruth G. Thelen.

MARRIAGE LICENSES

The following people have recently filed for marriage licenses with the County of Charlevoix:
Michael Paul Gady, 30, Grandville and Kimberly Lynn Mead, 38, East Jordan.
Dean Wayne Rogers, 45, Charlevoix and Karla Jean Ice, 42, Charlevoix.
Gerald Jon Cipriani, 61, Charlevoix and Candy Kay Short, 45, Charlevoix.
Ralph Kenneth Hazel, 38, Charlevoix and Tena Starr Walter, 42, Charlevoix.

CHX COUNTY SHERIFF'S DEPT.

January 9-15

- 911 Hang Up Call3
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- Assault.....1
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Vehicle in the Ditch5
Violation of Controlled Substance Act 1

BOYNE CITY POLICE DEPT.

Monday, January 9

8:19am 2 vehicle property damage accident on Boyne Av near Brockway St
12:12pm Report of damage to tire in the 300 block of E Division St
2:47pm Report of possible phone scam in the 300 block of E Pine St
4:51pm Assist EMS in the 900 block of Wilson St
9:15pm Lodged stray dog at the shelter

Tuesday, January 10

1:01am Arrested subject on PPO violation
10:31am Poodle running at large in the area of N Lake and Court Streets
2:47pm Request for assistance with insubordinate subject in the 1000 block of Boyne Av
3:22pm Damage to vehicle in the 100 block of Boyne Av
6:07pm Arrested subject on warrant in the 500 block of N Lake St
7:24pm Fireworks complaint in the 500 block of N Lake St
6:21pm Alarm in the 200 block of S Lake St

Wednesday, January 11

2:52am Assisted Sheriff Department with MIP party on Fall Park Rd near Zinc Rd
10:50am Report of suspicious vehicle in the 500 block of N Lake St
11:53am Report of suspicious subject at the corner of Douglas and Lincoln
6:58pm Assist Ems in the 300 block of E Division St
11:30pm Assist Sheriff Department with OWI

Thursday, January 12

9:00am Medications found in the 1000 block of Boyne Av
1:03pm Request for assistance removing subject from premises in the 1000 block of Boyne Av
1:21pm Needle found in the 700 block of Wenonah St

THE SHERIFF'S DESK

Car Strikes Fuel Pump Structure at BayShore Gas Station

Sheriff Schneider reports on January 15, 2012, Charlevoix County deputy along with Petoskey Public Safety responded to a personal injury vehicle crash on U.S. 31 at Bayshore Market. Law enforcement officers were assisted by Allied EMS and Charlevoix Township and Emmet Fire services.

Driver Adele Forbrige (53) of Petoskey was traveling east bound on U.S. 31 when she lost control of her vehicle. Forbrige struck the support beam to the fuel pumps awning at the Bayshore gas station.

Forbrige was transported to Northern Michigan Regional Hospital for treatment of injuries sustained in the crash. Forbrige was suspected of injury to her left leg. Forbrige was wearing her seatbelt at the time of the crash.

Scam Telemarketing being reported throughout the area

Sheriff Don Schneider is reporting a number of complaints from citizens receiving telephone calls from alleged financial agencies requesting information on the citizen's account, whether it's a bank, credit union, credit card company, etc. The calls are very specific at first stating the citizen's information and then gradually end up requesting personal and financial account information. Please, be sure to NEVER give any personal or financial information out over the telephone.

1:51pm Civil complaint in the 500 block of Hannah St
4:55pm Report of phone scam in the 300 block of Silver St

Friday, January 13

9:41am Unlock in the 500 block of N Lake St
12:22pm Unlock in the Industrial Park
1:01pm Report of snow being pushed into roadway at Court and Addis Streets
3:03pm Received driving complaint from the 200 block of Franklin St
8:18pm Motorist assist at Hull and Division Streets

Saturday, January 14

2:16am Citation issued for No Tail Lights
3:11am Assist EMS in the 500 block of N Lake St
7:20am Assist Sheriff Department with accident on Pleasant Valley Rd

11:00am Responded to false alarm on W Water St
11:59am Subject reporting water rushing from fire hydrant at Avalanche
12:28pm Citation issued for speed.
4:02pm Report of erratic driver on Division St
5:20pm Escorted bus through town
Sunday, January 15, 2012
11:40am Parking complaint at Line and E Michigan
1:42pm Civil complaint on E Main St
8:56pm Made warrant arrest on Franklin St

Sunday, January 15

11:40am Parking complaint at Line and E Michigan
1:42pm Civil complaint on E Main St
8:56pm Made warrant arrest on Franklin St

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Charlevoix County News

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FROM PAGE 1 State of the Community

purchase of snow removal equipment at the airport and in-car cameras and audio equipment for city police vehicles, among other items. Of the estimated \$1.9 million cost of improvements, more than 54 percent was obtained in grant funds. In 2012, the city proposes major utility and street improvements to Clinton Street and the White Parking Lot.

"The city council and staff are extremely optimistic about the future and will continue making strong investments into our infrastructure without any anticipated future tax increases," Straebel said.

A report on the Charlevoix Public Schools showed all schools meet or exceed the strenuous guidelines of federal and state legislation. Technology is up-to-date in the schools and includes the interactive "Smart Board" technology in every classroom. Student test scores exceed regional, state and national averages on an annual basis.

Commander Charles Burley of the U.S. Coast Guard Station in Charlevoix spoke about activities conducted during 2011.

"During 2011, Station Charlevoix logged almost 900 hours underway while conducting training, executing 62 search and rescue cases, 195 Law Enforcement stops, including two BUT's and several Vessel Terminations for unsafe or hazardous conditions," Burley said.

In 2012, the Coast Guard Station plans to continue with Operation Paddle Smart and Waterway Watch. These programs assist the Coast Guard in search and rescue operations.

reporterbjh@gmail.com

BUSINESS SPOTLIGHT

Fox Motors Charlevoix selected as Charlevoix Chamber Business of the Month

By Jim Akans

The Charlevoix Chamber of Commerce has selected Fox Charlevoix as the January Business of the Month, recognizing the company's longstanding commitment in helping to make Charlevoix an outstanding community in which to live, work and play.

Fox Charlevoix GM/Chrysler and Fox Charlevoix Ford/Lincoln were founded in 2006, and they operate under the expert guidance of John Cueter, Northern Division Director. In addition to the dealerships in Charlevoix, Mr. Cueter directs three other dealerships in Northern Michigan; Fox Grand Traverse, Mercedes-Benz of Traverse City, and BMW of Traverse City. Together, approximately 150 people are employed at these dealerships, with approximately 50 of those employees right here in Charlevoix.

Mr. Cueter states that the best part of being a Charlevoix area business is the people he and his staff serve on a daily basis.

"People here really love where they live and work and it shows," he states. "The residents in Charlevoix are also very loyal and tend to do business in the area they live. And of course, it is a really beautiful place!"

The company and employees are also very active in the community. While Cueter notes that the scope of community fundraising events and organizations they have been involved with over the years are too numerous to list individually, some examples include Charlevoix Schools, Toys for Tots, Big Brothers/Big Sisters, March of Dimes, Father Fred Foundation, the Charlevoix Chamber of Commerce, and many others.

Perhaps the most significant key to Fox Charlevoix's ongoing success is the team's unrelenting commitment to ensuring their customers are satisfied with their experience at the dealerships. Services such as a free shuttle, free loaner vehicles for customers having work done at the dealership's body shop, discounted rental cars for all service work, VIP sales and service discounts for Charlevoix residents – these are just a few examples of the many ways Fox Charlevoix goes above and beyond in providing excellence in customer service.

"This is a people business," Cueter affirms. "Satisfying our customers needs is also a real satisfaction to everyone on our team. Our goal is to provide remarkable service to our



The Charlevoix Chamber of Commerce has selected the team at Fox Charlevoix as the January Business of the Month. COURTESY PHOTO

customers. The people in Charlevoix are a pleasure to do business with...we love being a part of this community."

For additional information, visit Fox

Charlevoix's website at www.FoxCharlevoix.com or call (231) 547-9900.

TRACKING LEGISLATION

A weekly compilation of selected bills, resolutions and actions of the House and Senate in the state Legislature. To see more detail contact www.legislature.mi.gov/

HB 5240 of 2012: Introduced by Rep. Dave Agema on Jan. 11, 2012. A bill that would assure that the board of a school district or board of directors of a public school academy shall ensure that instruction on the following topics is provided in a grade and age level appropriate manner for all of its pupils in grades K to 12: That the purpose of government is to protect and ensure the unalienable rights of the people; that the structure of government includes the concepts of separation of powers and checks and balances.

School boards shall allow the reading or posting documents that reflect the history of the United States, including the Declaration of Independence, the Constitution of the U.S., the Federalist Papers, the Anti-Federalist Papers, the Bill of Rights, the Pledge of Allegiance to the flag of the U.S. and the Northwest Ordinances.

The board of public schools and public academies shall ensure that each pupil recites the Pledge of Allegiance each school day. A U.S. flag will be displayed in each classroom.

STATUS: Read a first time and referred to the Committee on Education.

SB889 of 2012: Introduced by Sen. Judith Emmons on Jan. 11, 2012. This Bill would prohibit the Department of Natural Resources and Environment from promulgating rules that would prohibit the open burning of household waste from a one family or two-family dwelling at the location of the dwelling.

STATUS: Introduced and referred to the Committee on Natural Resources, Environment and Great Lakes.



STATE OF MICHIGAN CAPITOL BUILDING
PHOTOGRAPHER: BRIAN CHARLES WATSON

Compiled by B. J. Conley
01-14-12



E.J. Sno-Blast Poster Contest Winners

East Jordan Sno-Blast Committee with the assistance from Mary Murray of East Jordan Public Schools held a poster contest for 3rd and 4th grade students. The students were asked to create posters to promote the 31st Annual Sno-Blast incorporating the events being held during the festival. The following winners were awarded gift certi-

ates from BC Pizza of East Jordan. Thank you to the sponsor and to all the students who participated in the contest.

Adrianna Fuller - Best incorporation of events
Jayden Weber - Most Original
Hailey Bell - Most Creative
Becca Wood - Neatest

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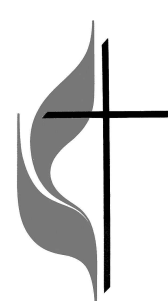
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Banks Township Board Considers Township Park Options at Meeting

By Tina Sundelius

At the Jan. 16 meeting of the Banks Township Board options for improvements to the Township Park were presented for consideration, Sheriff Bean gave his year-end report, and US Senate candidate, Gary Glenn, addressed the board and the eight citizens present.

Kevin Makarewicz with C2AE, an architecture and engineering firm out of Gaylord hired to assist in developing schematic design options for Banks Township Park, presented four options that incorporate the "needs and wants" the board provided him in a list. The list included

drainage improvements, new steps, beach enhancement, a gazebo, handicap parking and accessibility around the park, slope stabilization, a grill, bike rack, a cement pad for motorcycle parking, and a 40X20 foot pavilion with tables.

"Accessibility needs to be a priority for us, our population is aging and there are children in wheelchairs too," said Katy Postmus, Township Treasurer.

Although the pavilion is on the board's wish list it may not make it past the planning stages which will take until 2013.

"We have to consider who uses the park. When I go there a bookworm is

sitting there, an old couple is taking a walk and the parking can't support the cars a pavilion that draws a party of 60 people," said Postmus.

In order to afford the project the Township is applying for several grants; the Michigan Recreational Passport Grant and the Michigan Natural resources Trust Fund Grant.

During his year-end report Sheriff Dan Bean gave a comparative breakdown on 911 calls to past years. "Traffic stops were quite a ways up," said Bean. B&E's not in progress, Larceny and personal accidents were also up from past years.

"We had a busy year. I know the traffic stops have been an issue (county

wide), we continually get complains on people driving too fast and bad drivers." Marine complaints were way down with only one. Banks Township had 799 total calls in 2011. Bean also told the board that Officer Mike Bingham will be leaving for Afghanistan on Jan. 25 and a new temporary Road Patrol Officer, Mark McCool, will begin the three month training needed to take Bingham's place on Jan. 22. McCool is from the Mancelona area and is a Certified Police in the Marine department.

US Senate hopeful, Gary Glenn, attended the meeting to introduce himself. Glenn reminisced about his

time spent on a county board and how during that time it was he who introduced the first medical savings account health care plan for county employees. "My Dad taught me to love my country and he taught me I can make a difference if I do more than just talk about it," said Glenn.

The Annual Planning Together Workshop hosted by the Township Board will be held Monday, April 23, this year's speaker will be Antrim County Conservation Officer Heidi Schaffer. The Banks Township Planning Commission will be holding a public meeting on February 13, at 7:30. The next Township Board meeting will be February 20 at 7:30.

FROM PAGE 1 Teacher's Contract

Another teacher wanted to know when the impasse will end and said that the community and the teachers could not take another year of turmoil.

But it doesn't look like a new contract will be signed anytime soon. The school district board of education has been in mediation with the Michigan Education Association for months to no avail. It recently approved proceeding to the next step known as fact finding. A third party from the Michigan Employment Relations Commission will listen to both sides and read briefs in support of the differing views. The fact finder will then make a recommendation to the board and the teachers' representative. The recommendation is non-binding so if either side refuses the recommendation, the parties are again at an impasse.

The board produced a statement at Monday's meeting that explained its position. The board stated that a decrease in salaries would still leave the pay of teachers at the top of the salary scale at approximately \$70,000 per year and thousands of dollars more in retirement and healthcare benefits.

"Unfortunately the

current circumstances have left the district with limited funds. There is just not enough revenue to meet our expenses," board president Scott Nachazel said.

The teachers' statement presented at the meeting on Monday took issue with the school board seeking attorney advice in the dispute because, it said, more than \$26,000 has been paid from the general fund, thus far. But, the board says that any attempt by a union to coerce a public employer about the public employer's choice of negotiators violates the Public Employment Relations Act. Further, that legal counsel in these unsettled financial and legal times is vital to protect the interests of the community that the district serves, it said in the board's statement.

The information from the teachers said that the board proposes a 5.5 percent salary cut now and an additional 0.5 percent decrease in pay for every month the contract is not settled.

The board states that all other employees have recognized the district's financial position and have taken salary and benefits concessions for several years to assist the district during the difficult financial times. Superintendent Susan Wooden has volunteered to take the same salary decrease taken by the teachers.

reporterbjh@gmail.com

Harbor Springs Habitat for Humanity Restore helps build dreams

By Jim Akans

When someone purchases an item from the vast inventory of new and gently used home improvement products at the 9,500 square foot Habitat for Humanity Restore facility in Harbor Springs, they not only enjoy huge savings in price, they are helping to build the new home dreams of the families the Habitat organization helps each year. It is truly a win-win situation, the expansion of a vision that began back in 1976 when Millard and Linda Fuller founded Habitat for Humanity. To date, over 400,000 affordable houses have been built by Habitat affiliates, housing more than 2 million people worldwide.

Harbor Springs Habitat for Humanity Restore Director, Bob Bystrom, states, "There were 28 Restores in Michigan when we started this one four years ago. Today there are approximately 50 here in Michigan, and over 800 nationwide. We offer a wide variety of home improvement items, such as windows, doors, plumbing and electrical products, lawn and garden products, light fixtures, paint and more."

The inventory also includes a constantly changing selection of gently used furniture and home accessories. About the only type of item they don't carry is clothing, and as with every Habitat for Humanity Restore in the state, they no longer accept box springs or mattresses.

Bystrom notes that local businesses, area contractors, and people in the community donate the vast majority of the items offered in the store. Since Habitat for Humanity Restore is a non-profit organization, those donations are typically tax-deductible for the donor. Proceeds from the sales at the Restore are utilized to assist affiliate Northwest Michigan Habitat for Hu-

manity build quality, energy efficient, new home for families in Emmet and Charlevoix Counties.

"When we open our doors back in March of 2007," Bystrom recalls, "Northwest Michigan Habitat for Humanity was building approximately one and a

half home per year. That capacity has now jumped to four to five homes per year, and last year there were seven active projects. Since opening, we also es-

imate that we have diverted approximately 11,000 tons of waste that would have ended up in landfills." Harbor Springs Habitat for Humanity Restore is located at 8460 M-119 in Harbor Springs, and hours of operations are Monday through Friday, 9:30



HarborHabitatRestorePhoto; Customers shopping at the Habitat for Humanity Restore facility in Harbor Springs not only enjoy huge savings in price, they are helping to build the new home dreams of the families the Habitat organization helps each year. COURTESY PHOTO

am to 5:30 pm, and Saturday 8:30 am to 2:30 pm. For details, call 231-347-8440 or visit www.northwestmihabitat.org/Restore.htm

store.htm

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Boyne City High School STUDENT of the Week

Jessica Dowty



GRADE: 9

PARENTS: Julie and Allen Dowty

SCHOOL ACTIVITIES:

Cross Country • Student Council

Basketball • Track

Pride Team

HOBBIES AND INTERESTS:

Running, Sports

Spending time with family and friends

FUTURE PLANS/GOALS:

"After high school, I plan on going to college and becoming a doctor. I would also love to run cross country in college."

STAFF COMMENTS

"As a freshman, Jessica is making a positive impact on BCHS. She is an outgoing, hard-working, young lady with great personality." (Mr. Ivie, Band Teacher)

"Jessica has been a tremendous addition to our Pride Team. She always has lots of good ideas and is willing to help out with anything!" (Mrs. Place, Media Specialist)

"Jessica is a very conscientious student; she is very reliable and cares about her own learning. Congratulations Jess." (Mrs. Clausen, Calculus Teacher)

A "Slam-Dunk" Night Of Family Fun!

Harlem Globetrotter's 2012 World Tour Comes to Petoskey High School Monday evening

By Jim Akans

Gather up the family and get ready for an action-packed evening of basketball showmanship at its finest. The world-renowned Harlem Globetrotters are coming to Petoskey High School this Monday evening, January 23rd to thrill adults and children alike with their unique brand of ball-handling wizardry, hilarious antics, and crowd pleasing entertainment. It promises to be a night that will create memories that will last a lifetime.

The YMCA of Northern Michigan has organized the event, and Director, Larry Wood, notes, "This is very much a family-oriented event. Those of us who grew up marveling at such Globetrotter legends as Curly Neal and Meadowlark Lemon will find this current team is just as much fun and has those same amazing talent levels that we remember. Seeing the Harlem Globetrotter in action is timeless and ageless fun and excitement."

Wood contacted the Harlem Globetrotter's headquarters located in Phoenix, Arizona last year to inquire if the team had plans for visiting Michigan locations in 2012. Working with Gary Hice, Athletic Director at Petoskey High School, and Carlin Smith, Petoskey Chamber Director, the group successfully coordinated the Globetrotters upcoming appearance this Monday evening.

"The Globetrotters are accustomed to playing all types of venues," notes Wood, "from huge arenas such as the Palace at Auburn Hills to high schools across the country. We are particularly grateful that the Globetrotters organization is providing an opportunity for kids participating in the YMCA team to meet the players before the game, and are making it possible for all kids who are part of the YMCA basketball program to attend the game on Monday evening."

Proud inductees of the Naismith Memorial Basketball Hall of Fame, the Harlem Globetrotters have entertained well over 130 million fans in 120 countries during their 86-year legendary reign as the "Superstars of the Court." Today, a new elite group of players takes the court to electrify audiences. In addition to the new stars of the Globetrotter roster, including Special K Daley and Flight Time Lang, the outstanding "rookies" include Paul "Tiny" Sturgess,



The world-famous Harlem Globetrotters will entertain adults and children alike at Petoskey High School on Monday, January 23rd starting at 7 pm.

PHOTO COURTESY OF THE HARLEM GLOBETROTTERS.

the world's tallest pro basketball player at 7-foot, 8-inches, and Jonte "Too Tall" Hall, the shortest Globetrotter ever at 5-foot, 2-inches.

The Globetrotters team thrilling the crowd at Petoskey High School well also feature top finishers from the 2011 College Slam Dunk Contest, including the slam-dunk runner-up John "Jet" Williams of UNC-Asheville and semifinalist Darnell "Spider" Wilks of the University of Cincinnati.

"The Globetrotters are excited to welcome a new generation of stars to carry on the storied tradition of the world's most entertaining basketball team," said Globetrotters CEO Kurt Schneider. "This year's rookie class features some of the most talented and promising players from across

the world."

This exciting event at Petoskey High School will begin at 7 pm on Monday evening, and tickets, at \$25 per person, can be purchased at the YMCA of Northern Michigan, online at www.harlemglobetrotters.com or www.ticketweb.com, or by calling 866-468-3401.

"We are having a lot of interest in this event," notes Larry Wood, "so we encourage folks to purchase their tickets as soon as possible. As has always been the case with a Harlem Globetrotters event, attendees will be treated to a mix of tremendous blend of skill and comedy. This promises to be a very entertaining evening for those of every age."

DAVE Says

Lay the foundation first!

Dear Dave,
We've read about your plan, and we're in pretty good shape financially, but we don't know what to do next. We have \$400,000 in a 401(k) for retirement, but we don't have an emergency fund or any other savings. The only debt we have is our house. What should we do about Baby Steps 4 and 6?

Mary
Dear Mary,
You guys have done a great job of saving for retirement and staying out of debt. Let's go over the Baby Steps you mentioned. Baby Step 4 is putting 15 percent of your income into Roth IRAs and pre-tax retirement plans. Baby Step 6 is paying off your home early.

The thing that worries me is you've completely skipped Baby Step 3, which is having three to six months of expenses in an emergency fund. This is money set aside strictly for emergencies, not vacations, toys or a new car. The problem right now is if you have a real emergency, you'll have to cash out your 401(k). If you do that, the government's going to penalize you 10 percent, plus your tax rate. That's about a 40-percent kick in the teeth just because you didn't do things in the right order!

Again, you're in pretty good shape overall, but in building your financial house you've put the roof on before you've laid the foundation. If I'm you, I'm going to temporarily stop my 401(k) contributions until I get my emergency fund fully loaded. By temporarily, I mean six months at most. That way, you'll be covered when life happens without having to sacrifice your retirement

savings!
—Dave

Just what she needs



Dave Ramsey

Dear Dave,

My daughter is a student and has \$13,000 in student loan debt. Recently, her grandparents dissolved an LLC, and they want to give her a gift of \$12,500. Should she use this money to pay off the loans, or invest it in a Roth IRA and keep working to pay off the student loans herself?

Meg

Dear Meg,

Let's look at it this way. Pretend she didn't have any student loan debt. Would it be wise for her to borrow money on a student loan in order to invest in a Roth IRA? Of course not. If you don't pay off the loans, and invest it instead, it's just like you borrowed money to invest. That's not a good plan.

Your daughter needs to get her student loan mess cleaned up, and this is the perfect opportunity to do just that. And I think it's pretty cool that God gave her what she needs to fix things. Besides, she can't do a Roth IRA, except to the point that she has an earned income, anyway.

The last thing this girl needs is a pile of debt waiting on her when she gets out of school. She's not in a position to be an investor right now. The minute she pays off her student loans, she should get to work on saving a pile of money for an emergency fund so she can complete her studies without racking up more debt!

—Dave

* For more financial help, please visit daveramsey.com.



Jim Daly

FOCUS ON THE FAMILY

with Jim Daly & Juli Slattery



Dr. Juli Slattery

WIFE SEES REAL ESTATE VENTURE AS POTENTIAL FINANCIAL MESS

Q: I've found a great rental property, but my wife doesn't want us to buy it because doing so would require going into debt. What do you think?

Jim: There are so many variables involved that your best option would be to consult a financial planning or real estate expert. Specifics aside, you should know that you're not alone — arguments over finances are one of the leading causes of marital conflict, when a mountain of debt is involved.

Let's explore the issue of debt a bit further, since that seems to be your primary sticking point. Financial experts Ron Blue and Jeremy White have noted that men and women respond to debt differently. Men tend to become workaholics as a first response to debt, even though more work and longer hours are not the answer. A wife typically wants her husband to be home (BEGIN ITALS)more (END ITALS) during a financial crisis, not less. Also, a husband

often won't tell his wife when he takes on more debt, because he's afraid she'll react negatively.

Women, on the other hand, have an innate need for (BEGIN ITALS)security (END ITALS), so the prospect of debt makes them anxious. Even if a husband suggests going into debt to finance a business opportunity or investment, many wives will respond negatively. Some resort to "nagging" their husbands about finances at every opportunity. This often indicates their desire for open communication on the issue. Others go to the opposite extreme, pretending the debt doesn't exist and spending money carelessly.

When it comes to finances, the husband's basic drive to provide may conflict with his wife's basic need for security. That is why you and your wife need to communicate with each other (BEGIN ITALS)before (END ITALS) debt is assumed. And no matter what you decide, make sure the decision is mutual. That will help avoid bitterness and re-

sentment later on.

Q: My husband is obsessed with his job. He works 50 to 60 hours a week and even when he's home, it seems that he's always thinking about work. Meanwhile, I'm home alone with three little kids. What do I do?

Juli: What you're describing is a typical challenge for a couple five to 10 years into marriage. Just because it's typical doesn't mean it's not serious. Many marriages have fallen apart in the first decade as the husband pursues his career and the wife plunges into motherhood.

You need to take care of yourself. As a busy mom with three little ones and a preoccupied husband, you must find some breathing room or you will continue to feel burned out and angry. Get involved in a mother's group in your church. Trade "mommy days" with another mom just to go to the grocery store by yourself. You need a break!

Also, you have to address this issue with your husband. Express to your husband how much you miss him and how you feel like you are drifting into different worlds. In these busy years, you are unlikely to have lots of time and energy for each other, but you have to stay connected. No matter the cost, schedule a date night twice a month. Be willing to hear about his work (share his world) and ask him for regular scheduled time with you and the kids (your world). Work together to find things that you enjoy doing together: cooking, exercise, a book club. You need to get back to enjoying life together.

If you find that these suggestions are falling flat, it's time for you two to get some counseling. Don't wait until your anger has festered for several years and you can barely stand to be in the same room together.

**

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News

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OBITUARIES

Angie M. Barkley, 93

Angie M. Barkley of Boyne City, died Sunday, Jan. 15, 2012, at home surrounded by her loving family.

A graveside memorial service for Angie will take place in the spring.

Stackus Funeral Home of Boyne City will announce service details at a later date.

Eugene LoVasco, 83

Eugene LoVasco died Saturday, Jan. 14, 2012, at his home near East Jordan.

Burial will be in Glen Eden Memorial Park in Livonia.

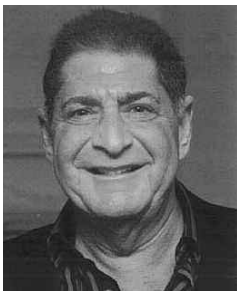
There will be no services. Arrangements are by the Winchester Funeral Home in Charlevoix.

Robert D. Mardigian, 59

Robert D. Mardigian, 59, of Boyne City, passed away on Jan. 12, 2012, with his family by his side.

Beloved son of the late Edward and the late Helen

Mardigian. Loving brother of Edward (Janet) Mardigian Jr. and the late Marilyn (Dr. Thomas G., M.D.) Varbedian. Dear uncle of Matthew and Grant Mardigian and Susan Varbedian (Tim) Lucken, Nancy Varbedian and Molly Varbedian McLogan. Dear great-uncle of Griffin, Katie and Emily. Robert will also be missed by his cousins and friends.



The funeral service took place Monday, Jan. 16, at the church. Interment was in White Chapel Cemetery, Troy.

In lieu of flowers, memorial donations are suggested to St. John Armenian Church or Michigan Animal Rescue League.

To send a condolence, go to www.EKFH.net. Arrangements have been entrusted to Edward Korkoian Funeral Home; (248) 541-8325.

Elsie Jean Stutzman

(DEC. 15, 1942 - JAN. 13, 2012)

Elsie Jean Stutzman, 69, of Boyne City, died Friday, Jan. 13, 2012, at Hiland Cottage in Petoskey after a three-year battle with breast cancer.

Jean was born Dec. 15, 1942, in Petoskey, the daughter of Albert and Olga (Kieble) Johncheck of Boyne City.

On July 25, 1964, she was married to Robert Charles Stutzman of Boyne City.

Jean and Robert had three sons, Robert, David and Steven. These three sons were blessed to have them as parents.

Jean had a deep love for her sons and most of all for her Lord Jesus. She went to church at the Free Methodist Church of Boyne City.

She is survived by her family: Robert (Laura) and their son,

Alexander, of Boyne City, David (Violet) of Bradenton Florida, Steven (Wendy) of Boyne City.

She was preceded in death by her husband, Robert.

A funeral service will be 5 p.m. Wednesday, Jan. 18, at the Free Methodist Church in Boyne City with visitation from 4 p.m. until the time of service. Pastor Jason Reynolds will be officiating.

The family would like to give special thanks to Hiland Cottage for taking care of Jean in her last days; and to Stackus Funeral Home for its help and support; also to all Jean's family and relatives and friends for being there for her and her sons.

But most of all the family wants to give thanks to the Lord Jesus Christ for giving them the strength through this time of sorrow.

The family requests memorial donations to be directed to Hiland Cottage of Petoskey or Boyne City Free Methodist Church.

Family and friends wishing to share their thoughts or memory of Jean are encouraged to do so online at www.stonefuneralhome-inc.com.

Stackus Funeral home of Boyne City is serving the family.

Alice Hinkley

(MAY 5, 1910 - JAN. 10, 2012)

Alice Hinkley, 101, of Melrose Township, died Jan. 10, 2012, at Northern Michigan Regional Hospital in Petoskey.

Alice was born on May 5, 1910, in Melrose Township, to Joseph and Rachel (Spring) Ecker and was raised in Melrose Township, attending school in Clarion and at Petoskey High School.

On Sept. 14, 1935, she married Henry Hinkley in Petoskey. The couple made their home in Melrose Township most of their married lives, but had resided in East Bay View for a number of years, where they owned and operated the Bay View Cabins for 19 years. Henry preceded Alice in death on Aug. 6, 1984.

Alice was a former member, pianist, and Sunday school teacher at the Clarion Bible Church in Clarion and the Edgewater Bible Church in East Bay View, and later attended the Walloon Lake Community Church until she was no longer physically able to attend. She loved to read, quilt, do crossword puzzles, play scrabble, do jigsaw puzzles, tend to her garden and feed the birds. Alice also was known for canning and freezing the produce from her garden.

Alice is survived by two children, Max (Dianne) Hinkley and Dixie Carlisle, both of Melrose Township; five grandchildren, Max, Leisha, Krista, Curtis, and Courtney; seven great-grandchildren, Alex, Madlyn, Carter, Tara, Kaleigh, Bethany and Katrina; three sisters, Mary Swartout of Petoskey, Grace Perkins of Lake Orion, Mich., and Patricia Kujawski of Boyne City, Mich.; and by a brother, Mark, of Petoskey.

Alice was preceded in death by her parents; husband; and by five brothers, Gordon, Eugene, William Dean, Ole Wellington, and Willis Joseph.

The funeral service was Friday, Jan. 13, at the Stone Funeral Home in Petoskey. In lieu of flowers, please make a charitable contribution to a charity of your choosing.

Linda K. Force

(OCT. 23, 1937 - JAN. 9, 2012)

Linda K. Force, age 74, of Boyne City, died Monday, Jan. 9, 2012, at Hiland Cottage after a courageous battle against pancreatic cancer.

Linda was born on Oct. 23, 1937, in Grand Rapids, the daughter of James and Kathryn (Eickenhout) Mieras. On June 17, 1955, she married Robert W. Force.

Linda was a member of the Free Methodist Church in Boyne City. She was very passionate about flowers and enjoyed being a member of the Boyne Valley Garden Club.

Linda is survived by her children, Dennis (Diane), Christopher, Amy (Arlie) Syers, Elizabeth (Mike) Kondrat and Eric (Chris); 17 grandchildren and three great-grandchildren.

She is preceded in death by her parents; husband, Robert W. Force; and son, Brian.

A funeral service was Friday, Jan. 13, at the Boyne City Free Methodist Church. Pastor Jason Reynolds officiated.

A private graveside service will take place at Winchester Cemetery in Byron Township.

The family requests memorial donations to be directed to Hiland Cottage of Petoskey or the Boyne City Free Methodist Church.

Family and friends wishing to share a thought or memory of Linda are encouraged to do so online at www.stonefuneralhome-inc.com.

Stackus Funeral Home of Boyne City is serving the family.

Lake Superior State University releases 37th Annual "List of Banished Words"

Lake Superior State University released its 37th annual List of Words Banished from the Queen's English for Misuse, Overuse and General Uselessness a day early this year, on Dec. 30. It's an amazing list that is bound to generate some blowback.

"Worn-out words and phrases are the new normal this year, but with some shared sacrifice, we can clean up the language and win the future," said an LSSU representative.

LSSU wordsmiths emerged from their man cave long enough to release the new list, something the school has done since 1976.

"With the addition of this year's nominations, the list of words and phrases banished over the years has become ginormous."

Former LSSU Public Relations Director Bill Rabe and friends created "word banishment" in 1975 at a New Year's Eve party and released the first list on New Year's Day. Since then, LSSU has received tens of thousands of nominations for the list, which includes words and phrases from marketing, media, education, politics, technology and more.

AMAZING

Received the most nominations. LSSU was surprised at the number of nominations this year for "amazing" and surprised to find that it hadn't been included on the list in the past. Many nominators mentioned overuse on television when they sent their entries, mentioning "reality" TV, Martha Stewart and Anderson Cooper. It seemed to bother people everywhere, as nominations were sent from around the US and Canada and some from overseas, including Israel, England and Scotland. A Facebook page – "Overuse of the Word Amazing" – threatened to change its title to "Occupy LSSU" if 'amazing' escaped banishment this year...

"It's amazing that you haven't added that word to your list over the years. Totally, absolutely, really amazing. Not quite astounding, but still amazing." Charles Attardi, Astoria, NY

"Although I am extremely happy to no longer hear the word 'awesome' used incorrectly and way too often, it appears to me it is quickly being replaced with 'amazing.' Pay attention and you will no doubt be amazingly surprised to find that I am right." Gregory Scott, Palm Springs, Calif.

"People use 'amazing' for anything that is nice or heartwarming. In other words, for things that are not amazing." Gitel Hesselberg, Haifa, Israel

"Every talk show uses this word at least

two times every five minutes. Hair is not 'amazing.' Shoes are not 'amazing.' There are any number of adjectives that are far more descriptive. I saw Martha Stewart use the word 'amazing' six times in the first five minutes of her television show. Help!" Martha Waszak, Lansing, Mich.

"Banish it for blatant overuse and incorrect use...to stop my head from exploding." Paul Crutchfield, Norwich, Norfolk, UK

"The word which once aptly described the process of birth is now used to describe such trivial things as toast, or the color of a shirt." JP, Comox, British Columbia, Canada

"Anderson Cooper used it three times recently in the opening 45 seconds of his program. My teeth grate, my hackles rise and even my dog is getting annoyed at this senseless overuse. I don't even like 'Amazing Grace' anymore. Sarah Howley, Kalamazoo, Michigan

"The word has been overused to describe things only slightly better than mundane. I blame Martha Stewart because to her, EVERYTHING is amazing! It has lost its 'wow factor' and has reached 'epic' proportions of use. It's gone 'viral,' I say! I'm just sayin'!" Alyce-Mae Alexander, Maitland, Florida

BABY BUMP

Although nominated by many over the years, this phrase came in as a close second to "amazing" this year.

"This is a phrase we need to finally give birth to, then send on its way." Mary Sturgeon, Vancouver, British Columbia, Canada

"I'm tired of a pregnancy being reduced to a celebrity accessory. Or worse, when less-than-six-pack abs are suspected of being one." Afton, Portland, Oregon

I am so sick of that phrase! It makes pregnancy sound like some fun and in-style thing to do, not a serious choice made by (at the very least) the woman carrying the child." Susan, Takoma Park, Maryland

"Why can't we just use the old tried-and-true 'pregnant'? I never heard anyone complain about that description." Eric, Poca, West Virginia.

SHARED SACRIFICE

"Usually used by a politician who wants other people to share in the sacrifice so he/she doesn't have to." Scott Urbanowski, Kentwood, Michigan

OCCUPY

"'Occupy Wall Street' grew to become Occupy 'insert name of your city here' all over the country. It should be banished because of the media overuse and now people

use it all the time, i.e. 'I guess we will occupy your office and have the meeting there.' 'We are headed to Grandma's house – Occupy Thanksgiving is under way.'" Bill Drewes, Rochester Hills, Michigan

"It has been overused and abused even to promote Black Friday shopping." Grant Barnett, Palmdale, California

"Why couldn't they have used a more palatable kind, like pecan or peach?" Bob Forrest, Tempe, Arizona

BLOWBACK

Sometimes exchanged with "pushback" to mean resistance.

"'Blowback' is used by corporate (types) to mean 'reaction,' when the word 'reaction' would have been more than sufficient. Example: 'If we send out the press release, how should we handle the blowback from the community?'" John, Los Angeles, California

MAN CAVE

"Overused by television home design and home buying shows, has trickled down to sitcoms, commercials, and now has to be endured during interactions with real estate people, neighbors and co-workers. Jim, Flagstaff, Arizona

"It is not just over-used, it is offensive to we males who do not wish to hunker (another awful word, often misused) down in a room filled with stuffed animal heads, an unnecessarily large flat-screen TV and Hooters memorabilia. Not every man wants a recliner the size of a 1941 Packard that has a cooler in each arm and a holster for the remote. So please, assign 'man cave' to the lexicographic scrap heap where it so rightly belongs." David Hollis, Hubbardville, New York

THE NEW NORMAL

"The phrase is often used to justify bad trends in society and to convince people that they are powerless to slow or to reverse those trends. This serves to reduce participation in the political process and to foster cynicism about the ability of government to improve people's lives. Sometimes the phrase is applied to the erosion of civil liberties. More often, it is used to describe the sorry state of the U.S. economy. Often hosts on TV news channels use the phrase shortly before introducing some self-help guru who gives glib advice to the unemployed and other people having financial difficulties. Robert Brown, Raleigh, North Carolina

PET PARENT

"Can a human being truly be a parent to a different species? Do pet 'owners' not love

their pets as much pet 'parents' do? Are we equating pet ownership with slave holding? This cloyingly correct term is capable of raising my blood sugar. Lynn Ouellette, Buffalo, New York

WIN THE FUTURE

A political phrase worn wherever you look – to the left (President Obama) or the right (Newt Gingrich).

"On its very face, it's an empty, meaningless phrase. It basically says that anyone who opposes anything meant to 'win the future' must want to 'lose the future,' which is highly unlikely. But, hey, you may already be a winner." Jim Eisenmann, Madison, Wisconsin

TRICKERATION

"Why? Why? Why? This one seems to be the flavor du jour for football analysts. What's wrong with 'trick' or 'trickery'? No doubt, next year's model will be 'trickerationism.'" Gene Bering, Seminole, Texas

"A made-up word used by football analysts to describe a trick play. Sounds unintelligent. Perhaps they've had a few too many concussions in the football world to notice." Carrie Hansen, Grayling, Michigan

GINORMOUS

"No need to make a gigantic (idiot) out of yourself trying to find an enormous word for 'big.'" Coulombe, Sanford, Florida

"This combination of gigantic and enormous makes the hair stand up on the back of my neck every time I hear it. Each utterance reminds me of the high school dropout that first used this offensive word in my presence. Gina Bua, Vancouver, Washington

"This word is just a made-up combination of two words. Either word is sufficient, but the combination just sounds ridiculous. Jason, Andover, Maine

THANK YOU IN ADVANCE

"Usually followed by 'for your cooperation,' this is a condescending and challenging way to say, 'Since I already thanked you, you have to do this.'" Mike Cloran, Cincinnati, Ohio

For more information about Word Banishment and previous year's lists, visit www.lssu.edu/banished. The site includes history and a form for submitting words and phrases. Word-watchers may check the alphabetical "complete list" on the website before making their submissions.

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WINTER WORKSHOPS 2012

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January 28, 10:00 am-4:00 pm with break for lunch— **POLYMER CLAY**

Instructor—Babs Young
Students will learn a technique to make pins, pendants and /or earring using an imprint technique developed by Julie Picarello. the technique involves layering contrasting colors of clay, imprinting shapes and holes into the clay then making slices that will yield a multicolored surface with texture with finished pieces to take home. Cost: \$40.00 which includes a \$15.00 kit fee.

At sign up time further instructions will be given. Contact Instructor Babs Young, Phone 231 645 2220 or babsy@elkrapidsnet.com

February 11— **PAPER PIECING**,

Instructors—Sylvia Walworth and Marcia Waara.
Still in planning stage. To sign up and further information Contact Sylvia Walworth, 231 599 3065 sylwalworth@torchlake.com.

February 25, 12— 4 pm — **ZEN-TANGLE**

Instructors—Cynthia Tschudy and Babs Young
Concentration would be on teaching the basic pattern skills for building patterns for Zentangle with lots of opportunity for creativity. The last part of the session would be to show a wide variety of ways zentangle can be incorporated into different types of artistic creations. Cost: \$25.00. This includes a materials packet of several types of paper, black, white gray and black micro pen and a white pen. Also a small mat to mat one piece.

At sign up time further information will be given. Contact instructors Babs Young, Phone 231 645 2220 or babsy@elkrapidsnet.com or Cynthia Tschudy, Phone 231 544 6167 or ctschudy@torchlake.com

Is it SOUP yet?

Northwest Academy's Cabin Fever Artsy, Musical Soup Cook-off is back!

The Friends of Northwest Academy, in conjunction with the Charlevoix Circle of Arts, is sponsoring the 3rd Annual Cabin Fever Artsy, Musical Soup Cook-off. The event will again include a soup cook-off, student hand-painted soup bowls, and performances by the Northwest Academy Advanced Band students and other area musicians.

The "artsy, musical soup cook-off" will be held at the Circle of Arts (the old library at 109 Clinton St.) on Thursday, January 19, 2012 from 5:30-7:30 p.m. At least 8 area restaurants from Charlevoix, East Jordan and Ellsworth are planning to participate providing a wide range of soup delights for visitors to taste. Breads, rolls, cookies and beverages are an added bonus.

Community members of all ages are invited to the Circle of Arts to sample all of the soups. The cost to taste the soups is by donation, with a suggested \$2.00 per person minimum. Tasters will have an opportunity to vote for their favorite one after they have sampled the soups. At the end of the evening, the votes will be tallied and the winner will be announced. The winner will receive a plaque and recognition in various news publications.

All of the proceeds will be go toward Northwest Academy's "Band • Brushes • Books" program which supports the performing, visual and literary arts.

For further information, contact Laurie Lesser Hodgson at 231-547-2835 or 231-675-3077.



ABOVE: Tim May of Stafford's Weathervane Restaurant sets up for the cook-off.

BELOW: Evan Kroon, Madalyne May and Margie Guyot perform for the soup tasters.



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Mission Impossible - PG13: Friday 7pm; Sat. & Sun. 7pm; Mon - Thurs. 7pm
The Adventures of TinTin - PG 4:15pm Sat & Sun

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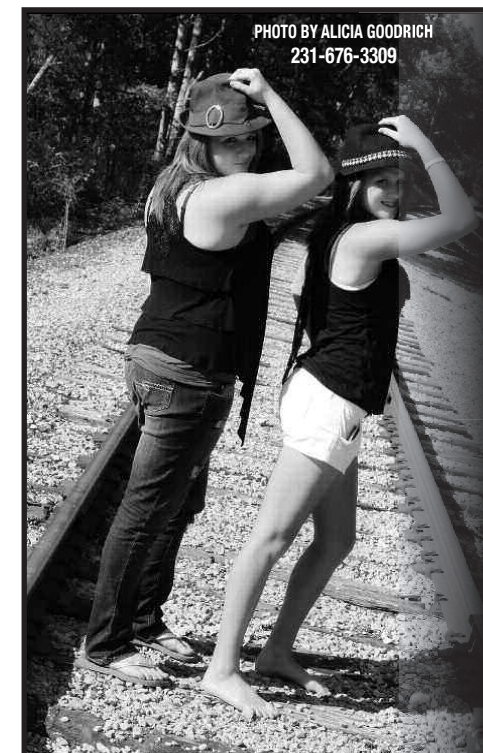
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EAST JORDAN

Spaghetti dinner

The East Jordan 6th Grade class will be holding a Washington D.C. trip fundraiser. Spaghetti Dinner on Thursday, January 19 at the East Jordan Middle School from 5-7 PM. Ticket price is \$6.00 single ticket and \$20 family ticket. There will also be a Silent Auction and Bake Sale. Tickets can be purchased from any 6th Grade student or at the door.

BOYNE CITY

Safe at home

Comfort Keepers of Northern Michigan has joined forces with local senior centers, fire departments and libraries to host free "Safe at Home" seminars. The events will feature hands-on demonstrations and information from safety experts. A seminar takes place at 2pm Jan. 19 at Boyne Public Library

BOYNE CITY

Blood drive

Will be held Jan. 20 at Boyne City High School from 8:30am to 2:15pm. To schedule a donation time or get more information about giving blood or platelets, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

EAST JORDAN

Wassailing Winter Celebration

Saturday, January 21st, 6pm. Join the Martha Wagbo Farm and Education Center for a potluck and winter celebration. Wassailing is an ancient rural tradition of toasting to the health of an orchard in hopes that a bountiful crop will ensue the following year. A community celebration, Wassailing is done on a January night beginning with a feast and libations, followed by a short procession to the orchard where toasts are made and torches lit. Bring a sled! Immediately following will be a sledding party! Free and open to the public. For more info, call 231-536-0333. Located three miles south of East Jordan.

CHARLEVOIX

Winterfolk Concert Series

Monday's, 6:30pm at Charlevoix Public Library,

220 W. Clinton St.

January 23: Melissa Welke

February 27: Ernie Min-del

March 26: Bob & Letty Faccett

CHARLEVOIX

Drug Use Trends in Charlevoix County

How can we respond? Drug use trends in Charlevoix County will be reviewed and updated information will be shared about national trends and how these are impacting our area. The program will also talk about how we need to respond at all levels: personal, family, school, and community responses. Audience: parents, grandparents and interested community members, especially community leaders and decision makers. Jan. 24, 6:30 - 8pm at the Charlevoix Library, 220 W. Clinton St. The speaker for this class will be Scott Kelly, Executive Director of BASES teen center.

EAST JORDAN

Breezeway Task Force Meeting

The kick-off meeting for 2012 will be held Tuesday, January 24, 5pm at the East Jordan Community Center. Anyone interested in helping on the 4th Annual Breezeway Cruise and anyone interested in a cycling event on the Breezeway are encouraged to attend. For more information contact Mary at 231-536-7351 or info@ejchamber.org

CHARLEVOIX

Check the Facts

Political, Health and Urban Legends. This event will be held at the Charlevoix Public Library on Tuesday January 31 at 6:30 pm. make sure you call to register for the event! 231.237.7340.

CHARLEVOIX COUNTY

Giving Circle grants

Are you part of an organization in Emmet and Charlevoix seeking funding for projects that help local women and girls? The Hestia Women's Giving Circle is welcoming applications for its sixth grant cycle. Applications are due February 1, and grants will be announced in May and awarded in mid-June. Organizations applying for grants must have 501(c) 3 non-profit status or be a school or government agency, or have a fiscal agent with non-profit status. The Giving Circle is a donor-advised fund of the Charlevoix County Community Foundation (CCCF) which also assists the Giving Circle in grant making and distribution. Applications will be available on the Foundation's website at www.c3f.org. Click on "All About Grants" and follow the Hestia link. Potential applications should call Maureen Radke at CCCF at (231) 536-2440 prior to filling out an application. For more information about the

Giving Circle, contact Christine Carpenter, chairwoman, at 348-0736, Diane Neal, secretary, at 242-0298, or send an email to INFO@hestiacircle.org.

EAST JORDAN

Winter Farmers Market

The East Jordan Garden Club is sponsoring a winter Farmers' Market, 10 am to 2 pm, at the East Jordan Civic Center. It will be open the second Thursday of each month; January 12, February 19, March 8 and April 12.

BOYNE CITY

Winter Farmers Market

Winter hours will be Saturdays from 10am to 2pm. The market will be held in the red building next to the library.

CHARLEVOIX COUNTY

Ride free to Senior Centers

Don't be a shut in this winter. Good food, good fun daily at any of the county's senior centers. Charlevoix County Transit 231-582-6900 provides free rides to and from any of the County's Senior Centers.

EAST JORDAN

Sno-Lovers Breakfast

East Jordan Sno-Mobilers Club House, Mt. Bliss Rd. Adults-\$6, Kids (5-10) \$3, Under 4 Free. Every Sunday, 7am - Noon

CHARLEVOIX

Indoor farmers market

The Charlevoix Winter Farmers Market will be held indoors at the Charlevoix Public Library the first Thursday of every month from 10am to 2pm, November through May.

CHARLEVOIX COUNTY

Advertising funds the County News

We love to run community announcements and news releases about all the things happening around the area in the Charlevoix County News. We help publicize hundreds of events and activities all across our area. Readers love the fact that the County News covers all of Charlevoix County. However, it is expensive to publish this newspaper each week filled with news and sports. Our main source of revenue comes from advertising. If your business or organization has an advertising budget, be sure to include the Charlevoix County News in your plans. Our advertising rates are far less than most other papers and your message will reach readers all across Charlevoix County. The Charlevoix County News is distributed on news stands and by subscription to Boyne City, Boyne Falls, Charlevoix, East Jordan, Ellsworth, Atwood and Walloon Lake. Contact us at Office@CharlevoixCountyNews.com.

EAST JORDAN

Winter Extravaganza &

Bean Pot

Saturday, February 4 from 10am - 3pm at the Jordan River National Fish Hatchery Right off the Jordan Valley snowmobile trail or access from Turner Road off US 131. Public Welcome, Hatchery Tours, Guided Snow Shoe Trail, (bring your snow shoes), Hot Beverages, friendly smiles and the East Jordan Sno-Mobilers Bean Pot. Fun for the whole family.

BOYNE CITY

Winterfest

The Boyne City Winterfest is adding cross-country skiing, snowshoeing and fishing events to its schedule when this year's event takes place on Saturday, Feb. 4. Everything in the family-friendly Winterfest is free. Here is the schedule: 12 to 2pm - CROSS-COUNTRY SKI AND SNOWSHOE RACES, Veterans Park, Lake Street. All ages; limited number of loaner snowshoes provided.

1pm - CROSS-COUNTRY SKI TOUR at Avalanche Mountain. For intermediate and advanced skiers.

2 to 5pm - CABIN FEVER FLY-TYING demonstrations at Freshwater Studio, 217 S. Lake St.

4 to 6pm - KIDS' GAMES including Frozen Fish Toss, Frozen Turkey Bowling, Broom Ball, Smoosh Racing in the 200 block of Water Street

4:45pm - CHILI COOK-OFF - bring one gallon of chili in a crock pot to Country Now & Then, 211 Water St. Tasting starts at 5 p.m. Prizes for Judges Choice and People's Choice. Call 231-582-2355 to register.

5pm - SNOWMAN CONTEST winners announced at 211 Water St. Enter the contest by Jan. 27 and notify the Chamber at 582-6222 or info@boynechamber.com. Residential and business categories. Snow sculptures are also welcome this year. Space and snow will be provided (upon request) in Sunset Park for those who would like to do this. Call 582-6222 or email jim@boynechamber.com.

6pm - SCAVENGER HUNT for teams of up to four people. Call 231-582-2355 to register.

8pm - Sean Ryan at Cafe Sante from 8 to 11 p.m. Saturday at One Water Street.

Fishing Contest: The Boyne Co-op Tackle Box is sponsoring a Winterfest Fishing Contest from 8 a.m. to 7 p.m. Saturday, Feb. 4. Entry fee is \$5, and every entry gets a dozen perch minnows free. Prizes will be \$50 gift certificates in four categories: Largest Perch - Adults), Largest Perch - Youth (under 18), Largest Walleye - Adults, and Largest Walleye - Youth. All entries will receive free hot dogs and hot chocolate and will be included in a drawing for additional prizes. You can register at the Boyne Co-op True Value, which has complete fishing equipment, bait and supplies in the Tackle Box section of the store at 113 S. Park St. Call 582-9971 for in-

formation.

Sunday - 1pm, CROSS-COUNTRY SKI TOUR at The Hill Nature Preserve on Charlevoix Street for beginner and intermediate level skiers. Due to extremely limited parking, please call the Chamber at 582-6222 to RSVP and meet at City Hall parking lot to car pool.

MANCELONA

White Pine Stampede

Skiers get ready, Michigan's longest-running point-to-point cross country ski race, the White Pine Stampede, will take place on Saturday, February 4. The 36th annual race will feature a 40K, a 20K and a 10K with all races starting at the Mancelona High School. The 20K and 10K will end at Schuss Village and the 40K concludes at the Summit at Shanty Creek. All races feature both classic and freestyle classifications.

CHARLEVOIX

Folk music concert

Fundraiser Feb. 8 at Charlevoix High School auditorium, 7pm. Featuring Red Tail Ring and Seth Barnard Band. Tickets are \$12 advance, \$15 at door. Tickets at Circle of Arts, elements, Clothing Company & Round Lake Books

EAST JORDAN

Singing Valentines

Here's your chance to do something special for your Valentine. The barbershop group (The Harmony Hunters) will be delivering singing valentines on Tuesday, February 14. The cost is \$25 in the East Jordan area (Charlevoix, Boyne City, Ellsworth, Central Lake, Bellaire). They will negotiate the cost to more remote locales. A portion of the proceeds will go to support the East Jordan Ministerial Association. You can visit www.singingvalentines.com to see how the Singing Valentine works. You can see video of live deliveries that other groups have done. Essentially, we will sing 2 songs and deliver a card and a flower to your sweetheart.

There are different ways that you can schedule your singing valentine:

1. Contact Mike Aenis by email maenis@cah.org or by phone (231)881-1451.
2. Call Dick Hartrick at 231-536-2271.
3. Harmony Hunters are a registered provider for singing valentines on the www.singingvalentines.com website. They are set up to receive inquiries that are within 20 miles of East Jordan. If you are further away from East Jordan than 20 miles and you want to book this way, please use the East Jordan zip code, 49727. That will help identify our group.

BOYNE CITY

Paint the town red

The Boyne City Booster Foundation has announced that their annual "Paint the Town Red" night will be held on Saturday, Feb. 25, at Boyne Mountain Resort's

Civic Center. This year's event promises to be even bigger and better than last year, when 300 people turned out for the gala fund-raiser. Local support of "Paint the Town Red" is vital to the success of our school programs. Proceeds will provide funding for programs and activities in the Arts, Athletics and Academics for the students of Boyne City Public Schools. Last year, the Boyne City Booster Foundation was able to contribute more than \$26,000. Tickets are available at Local Flavor Bookstore for \$50 person or through any committee member.

CHARLEVOIX

Shootout at the OK Corral

Join the Charlevoix Area Humane Society at 6pm Saturday, March 3 at the Weathervane restaurant for Shootout at the OK Corral. The fund-raiser will be a gunsmoking good time with dinner starting at 7pm. Help us figure out who dunnit and have a great meal with good friends at the same time. Tickets are \$75 per person, available at the Humane Society and the chamber offices in Boyne City and Charlevoix. For more information, call Jodie Adams at 231-582-6774

BOYNE CITY

Ice Out contest

The Great Lake Charlevoix Ice Out contest will be held again this winter as a fund-raiser benefiting the Alano Clubs of Boyne City and Charlevoix. Community members will have the opportunity to purchase guesses on the day and time the carefully selected rock, "Rocky Balboa", will fall through the ice. The person who picks the closest date and time will win \$1,000. The rest of the funds will be split between the two organizations. Rocky and a specially constructed clock will be placed on Lake Charlevoix near the marina lighthouse as soon as ice conditions allow. Tickets are available until March 15. The cost for each guess is \$2 and tickets will be sold by Alano Club board members and at participating businesses, including the Boyne Area Chamber, Local Flavor bookstore and Pat O'Brien Real Estate. Alano clubs manage facilities that host 12-step recovery programs such as Alcoholics Anonymous, Alanon, Alateen, Narcotics Anonymous, etc. to meet the needs of individuals, families and communities. For more information about this contest or the Alano Clubs of Boyne City or Charlevoix, contact Pat O'Brien at 231-582-1700 or Richard O'Leary at 231-547-9184.

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Charlevoix County Community Foundation Awards \$104,606 in Grants

The Board of Trustees of the Charlevoix County Community Foundation recently approved \$104,606 in grants, including \$26,430 in urgent needs for food, fuel and utility payment assistance for disbursement through food pantries and ministerial associations serving Charlevoix County residents. Other grants were awarded to:

BEAVER ISLAND ASSOCIATION (\$2,200) to eradicate/control invasive species on the island.

BOYNE CITY ELEMENTARY SCHOOL (\$510) for three robotics kits for the after school program.

BOYNE CITY PUBLIC SCHOOLS (\$600) to purchase various iPad applications.

CAMP DAGGETT (\$1,500) for scholarships for the adventure center program.

CHARLEVOIX AREA COMMUNITY POOL (\$1,117) to purchase a polar bear inflatable pool toy.

CHARLEVOIX COUNTY PARKS & RECREATION DEPARTMENT (\$26,800) toward construction of a 3.2 mile segment of the non-motorized trail along the Boyne City Road.

CHARLEVOIX COUNTY SHERIFF'S DEPARTMENT (\$2,500) to bring substance abuse prevention programming to schools in Charlevoix County.

CHARLEVOIX HISTORICAL SOCIETY (\$300) to scan & digitize historic photos for public use.

CITY OF BOYNE CITY (\$4,698) to continue the pedestrian walkway and erosion control program on the north bank of the Boyne River.

CONSERVATION RESOURCE ALLIANCE (\$3,500) to supplement the construction of a timber bridge over the Boyne River at Springbrook Road.

CROOKED TREE ARTS COUNCIL (\$2,500) for percussion instruments for the student orchestra.

EAST JORDAN PUBLIC SCHOOLS (\$900) for safety jackets for the transportation department.

EAST JORDAN PUBLIC SCHOOLS (\$1,444) for new equipment at the Community Pool.

HEALTH DEPARTMENT OF NORTHWEST MICHIGAN (\$3,000) for a social-emotional behavioral screening tool for children ages 0 to 5.

INSTITUTE FOR SUSTAINABLE LIVING, ART, AND DESIGN (\$900) for scholarships to attend a Small Farm Conference to be held in Grayling, MI January 28, 2012.

LAKE CHARLEVOIX ASSOCIATION (\$3,500) for a fish habitat improvement program on Lake Charlevoix.

NORTHERN HOMES COMMUNITY DEVELOPMENT CORPORATION (\$2,000) to support the home foreclosure prevention program.

NORTHERN MICHIGAN REGIONAL HEATH SYSTEMS FOUNDATION (\$1,528) toward the Vital Care hospice adult bereavement program.

NORTHWEST ACADEMY (\$1,500) to purchase four iPads for special needs students.

PLANNED PARENTHOOD OF WEST & NORTHERN MICHIGAN (\$2,000) for Project Safe & Healthy, a program promoting healthy relationships and reproductive health education for teens.

RAVEN HILL DISCOVERY CENTER (\$2,000) to cover family entry fees for the Second Saturday program at the Discovery Center on the second Saturday of each month.

ST. JAMES TOWNSHIP (\$4,269) for exterior renovations to the St. James Lighttower on Beaver Island.

TIP OF THE MITT WATERSHED COUNCIL (\$6,900) to implement the gaps analysis & stormwater control ordinance throughout Charlevoix County.

VOICES WITHOUT BORDERS (\$100) to produce a collaborative musical performance at the Boyne City Public School Auditorium.

WALLOON LAKE TRUST (\$1,910) toward a comprehensive Walloon Lake watershed management study.

The grants represent distributions from a wide range of donor advised, field of interest and unrestricted community foundation funds. "This collection of approved grants represents a rich and diverse investment in Charlevoix County—from winter time urgent needs to lighthouse renovations. Our investment base is paying off in grants back to the community and our donors have leveraged these grant funds even further with a demonstrated willingness to support area efforts," said Maureen Radke, Program Officer.

A charitable organization dedicated to improving and enriching life in the area, the Charlevoix County Community

Foundation accepts gifts from individuals, families, businesses, and civic groups and manages them as permanent endowments. Every year, a portion of the investment income is used to support programs in education, the environment, the arts, human services, health and wellness, youth activities, community development, and various civic projects. The principal of the endowment continues to grow, providing perpetual charitable capital to benefit Charlevoix County's residents and nonprofit organization.

Since it was founded in 1992, the foundation's net assets have grown to more than \$22 million, and grants totaling more than \$11.4 million have been distributed for the common good.

The foundation welcomes inquiries and grant requests. The next deadline for submitting a grant request is March 1, 2012. For more information about grantmaking opportunities, or the community foundation, call 231/ 536-2440, or visit the foundation's website at www.c3f.org.

SANCTITY OF LIFE

National Sanctity of Human Life Day will be observed on Sunday, January 22nd

By Jim Akans

This Sunday, January 22nd, will mark the 29th observance of "National Sanctity of Human Life Day," a special day originally designated by former President Ronald Reagan back in January of 1984 to focus on the intrinsic value of human life and the fundamental right to life.

Sanctity of Human Life Day is held on the Sunday in January that falls closest to the day on which the Roe vs. Wade Supreme Court case was decided; January 22nd, 1973. The proclamation of National Sanctity of Human Life Day has been heralded by National Right to Life as a "wonderful statement of what the pro-life movement is really all about."

Sanctity of Human Life Sunday provides an opportunity for pregnancy centers to share information about the work they

do to bring life-affirming resources to their communities and to empower women and men to choose life for their unborn children. While abortion has been the primary issue of focus for this day of observance, developments in science and medicine have also brought the issue of bioethics, such as stem cell research and physician assisted suicide, to the forefront. For many, the observance of Sanctity of Human Life Sunday has expanded to embrace a commitment to protecting all human life.

Across the nation, activities for those supporting Sanctity of Human Life Sunday on January 22nd will include pro-life marches and gatherings, support of the ongoing work of local pregnancy centers, and promotion of the pro-life message through social media.

For additional information, please visit www.care-net.org.



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What's in store for Health Care Reform in 2012?



By Jim Akans

As the 2012 Presidential campaign heats up, health care reform once again promises to be a top news story in the coming months. While the initiatives set to go into effect this year are fairly limited, there are a few new provisions to be aware of.

Medicare will see the greatest number of changes. Starting January 1st, doctors who join together as "Accountable Care Organizations" (ACO's) to coordinate preventative patient care groups will be able to share in cost savings they achieve for Medicare, providing they meet quality thresholds for preventative treatment and reducing unnecessary hospital admissions as established through the new health care law.

Also starting January 1st, Part D of Medicare cost sharing will change so full benefit dual eligible beneficiaries receiving home and community-based care services will be equal to cost sharing for those who receive institutional-based care. Rebates paid to Medicare Advantage plans will be reduced while bonus payments will be offered to high-quality Medicare Advantage plans. New procedures are also established for providers and suppliers participating in Medicare, Medicaid and CHIP for screening, oversight and reporting to aid in fraud and abuse prevention. The law also requires existing and new federal health program to report racial, ethnic and language data to assist in identifying and reducing health disparities starting March 23rd.

Beginning October 1st, 2012, a

value-based purchasing program will begin for Medicare to offer hospitals a financial incentive to improve quality of care, and skilled nursing facilities, home health agencies and ambulatory surgical centers will be required to develop and implement value-based purchasing programs. Hospital performance is required to be publicly reported, starting with measures relating to heart attacks, heart failure, pneumonia, surgical care, infections, and patient perception of care. Medicare payments made to hospitals will also be reduced for "preventable" hospital readmissions effective October 1st.

In an attempt to reduce paperwork, cut costs and reduce informational errors in the health care industry, the new law institutes a series of changes starting in October designed to standardize billing and implement rules for secure, confidential exchange of health information.

The Health Care Reform law also creates a voluntary, long-term care insurance program; CLASS (Community Living Assistance Services and Supports), which provides cash benefits to adults who become disabled. However, last October U.S. Health and Human Services Secretary (HHS) Kathleen Sebelius sent a letter to Congress stating HHS does not foresee a viable path toward CLASS implementation at this time.

Additional information about the health care reform implementation timetable can be found at <http://healthreform.kff.org>.

Help for smokers to keep their New Year's resolution to quit

It's barely mid-January and most of us have already abandoned our New Year's resolutions. According to Lynne DeMoor, who coordinates the Health Department's Tobacco Reduction Coalition, quitting smoking may be the most important resolution a smoker ever makes.

"My advice to smokers?" she said, "Don't quit quitting. It often takes several tries before a smoker quits tobacco for good."

According to the U.S. Centers for Disease Control (CDC) & Prevention, almost 50 million smokers have successfully quit. In fact, since 2002, the number of former U.S. smokers has exceeded the number of current smokers. Cigarette smoke contains more than 7,000 chemicals and chemical compounds, many of which are toxic or cause cancer. Smoking is one cause of dangerous plaque buildup inside your arteries. Plaque is made of cholesterol and scar tissue. It clogs and narrows your arteries. This can trigger chest pain, weakness, heart attack, or stroke. Plaque can rupture and cause clots that block arteries. Completely blocked arteries can cause sudden death.

"Fortunately, people who stop smoking can greatly reduce their risk for disease and premature death, said DeMoor. "And the younger you are when you quit, the better your chance for avoiding these problems. So don't wait!"

Quitting smoking:
- lowers the risk for lung and other types of cancer
- reduces the risk for coronary heart disease, stroke, and peripheral vascular disease.

- reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States

- reduces the risk for infertility among women during their reproductive years. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

If you quit smoking, you will also help protect your children, family, and friends from exposure to secondhand smoke that can cause immediate harm to the nonsmokers who breathe it. When others are exposed to secondhand smoke from cigarettes, platelets in their blood get sticky and may form clots, just like in a person who smokes. This exposure increases their risk for heart attack and death. Secondhand smoke can also cause lung cancer.

If babies and children are ex-

posed to secondhand smoke from cigarettes, they may suffer from bronchitis, pneumonia, and ear infections. Exposure may make them wheeze and cough more often. If they have asthma, breathing in secondhand smoke from cigarettes can trigger an attack that may be severe enough to send them to the hospital. Secondhand smoke also causes sudden infant death syndrome (SIDS).

There is no safe amount of secondhand exposure. Breathing even a little secondhand smoke can be dangerous. Quitting smoking will improve your health and protect others from exposure to secondhand smoke. Although no single approach works best for everyone, many effective quit methods are available. Talk to your doctor or health care provider about quitting, call 1-800-QUIT-NOW, or visit www.smokefree.gov for free information and support.

You can get ready by setting a quit date in the next few days and by changing your environment (e.g., get rid of all cigarettes and ashtrays in your home, car, and place of work and don't let people smoke in your presence). Also, think about your past attempts to quit. Think about what worked and what did not. And once you quit, don't smoke.

Get support and encouragement. Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways. For example, tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out where you can see them.

Talk to your health care provider (doctor, dentist, nurse, pharmacist, psychologist, or smoking cessation coach or counselor). Get individual, group, or telephone counseling. Counseling doubles your chances of success. The more help you have, the better your chances are of quitting. Counseling can help you identify and overcome situations that trigger the urge to smoke. Free programs are available at local hospitals and health centers. Call your local health department for information about programs in your area. Telephone counseling is also available free of charge at 1-800-QUIT-NOW.

Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task. When you first try to quit, change your routine. Use a different route to work. Eat breakfast in a different place. Do something to reduce



your stress. Take a hot bath, exercise, or read a book. Plan something enjoyable to do every day. Drink a lot of water and other fluids. Talk to your doctor about medication. Medications can help you stop smoking and lessen the urge to smoke.

Over-the-counter "nicotine replacement therapies," or NRTs, can help. These are medications that contain nicotine to help reduce your cravings and withdrawal symptoms so you can focus on changing the behavior and habits that trigger your urge to smoke. NRTs available without a doctor's prescription include nicotine lozenges, nicotine gum, and nicotine patches. You can also get a prescription from your doctor for NRTS such as nicotine inhalers and nasal sprays that act much like the over-the-counter NRTs. Other prescription medications like bupropion SR and varenicline tartrate do not contain nicotine and work in different ways to help reduce your urge to smoke. These medications are FDA-approved and proven to be effective in helping smokers to quit. Talk to your doctor or health care provider.

Quit counseling can be combined with over-the-counter or prescription medications, too. Counseling and medication are effective when used by themselves for treating tobacco dependence. However, the combination of counseling and medication is more effective than either alone.

"Regardless of how you decide to quit, whether you use medicines, counseling, or simply stopping smoking now, the most important thing is to try and stick to it," DeMoor said.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For additional information visit www.smoke-free.gov.



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