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# Charlevoix County News

February 28, 2013

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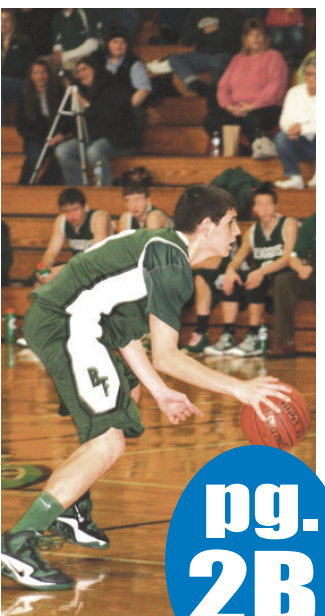
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## SPORTS



Logger sophomore guard **Andrew Stevens** looks to move the ball against the Huskies defense. (PHOTO BY RACHEL LANGE)

pg. 2B



Boyer City's **Madison Wellman**, age 14, qualified for the Nationals in snow boarder cross over the February 22-24 weekend during competition at the Cannonsburg Ski Resort in Grand Rapids, Michigan. COURTESY PHOTO

pg. 3B

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# Inaugural Dogman Challenge Bike Race was a Great Success!

The Dogman has been defeated! The inaugural Dogman Challenge Fat Bike Race, which was held at Mt McSauba Recreation Area on Saturday, February 23rd was a great success!

The Dogman Challenge is a two-hour fat bike race hosted by Revolution Bike in Charlevoix. Racers looped through a 1.7-mile course on the groomed trails behind Mt McSauba and the single-track trails of North Point Nature preserve. The weather was perfect for the event, and the riders enjoyed the fast and challenging course through the snow covered woods. Following the Dogman Challenge Race was the Dogman Dash fun race. Dashers took turns conquering an exhilarating single mile loop course behind the mountain.

At the end of the race, the Winner's Circle was shared by Chris Hansen - 1st place winner from Gaylord, Steve Shultz - 2nd place winner from Petoskey, Jeff Shoff - 3rd place winner from Gaylord, Bob Volant - 4th place winner from Gaylord and Dan Mann - 5th place winner from Charlevoix.



ABOVE: The inaugural Dogman Challenge Fat Bike Race, which was held at Mt McSauba Recreation Area on Saturday, February 23rd was a great success! Shown here are Dogman Dash participants (left to right); Colby Ferguson & Dawson Olstrom from East Jordan. COURTESY PHOTO



THE WINNER'S CIRCLE (l-r): 5th place winner Dan Mann of Charlevoix 2nd place winner Steve Shultz of Petoskey, 3rd place winner Jeff Shoff of Gaylord, 4th place winner Bob Volant of Gaylord, 1st place winner Chris Hansen of Gaylord. COURTESY PHOTO



1st place winner of the 2013 Dogman Challenge was **Chris Hansen** of Gaylord, who tore up the course! COURTESY PHOTO

Revolution Bike would like to thank Bo Boss and the crew at Mt McSauba for their fantastic support, Ferguson & Chamberlain, Associates for donating the survey ribbons and stakes that were used to mark the course, the great group of racers that took on The Challenge, the Dogman Dash participants, our vol-

unteers, and everyone that came out on race day to cheer the riders on.

Plans are already under way for the second annual Dogman Challenge event slated for February 22, 2014. For more race day photos and event details check out The Dogman Challenge on Facebook.

## Boyer City harbor dredging project moves forward

By Jim Akans

At the Tuesday, February 26th Boyne City Commission meeting, commissioners approved moving forward with the permit application for a harbor marina dredging project, hopefully to take place for the summer boating season. With lake levels at a low, Boyne City Harbormaster Barb Brooks is in the process of submitting a permit application to the Michigan Department of Environmental Quality (MDEQ) that would allow dredging to take place funded by a \$105,000 grant.

The DEQ can take up to 90 days to review the application, and there is currently a "non-dredge" period window between May 15th and July 15th, so time is of the essence if the project is to take place in time for this summer's boating season. Brooks will be soliciting bids over the next couple of weeks for taking sediment samples in the harbor as those samples must be submitted during the permit application period. Once the actual dredging is underway, Brooks estimates it will take a couple of weeks to complete that process.

Another marina related agenda item was the commission approval for charging the same rates this year as in 2012 for both transient and seasonal docking fees. In consideration of the work that needs to be done at the marina, these rates will be employed rather than the increase that was proposed by the Michigan Waterways Commission. Staff will also be authorized to adjust rates for transient boaters and offer group discount rates during the upcoming season.

Commissioners also approved going forward with the Douglas Street reconstruction project. The project will involve the closure of part of Douglas Street from Cedar Street to Pleasant Av-

See *Dredging Project*—12A

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## Half a billion thanks!

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# News

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## 3rd Annual Ellsworth Shiverfest on the Breezeway was a wonderful success

**ABOVE:** Held from February 15th through the 17th, this year the weather participated to make for the best Shiverfest yet! Among the many exciting outdoor events were the inventive cardboard sled races. Courtesy photo

**LEFT:** Saturday evening the temperatures dropped pretty low, so despite the clear and moonlit sky, only the bravest souls ventured out for the Dark Sky Hike at the House on the Hill Bed and Breakfast. For those that did, it was a magical experience. Courtesy photo



Submitted by Alana Haley

Held from February 15th through the 17th, this year the weather participated to make for the best Shiverfest yet! Friday evening, the Ellsworth's Best Dessert Tasting was won by Mary Beth Jones whose heavenly Angel Food Cake garnered the most votes. Many grateful raffle winners took home the tasty donated desserts.

Saturday's near perfect winter day brought snowmobilers, parents and children to Ellsworth Community Park to participate in the "Snowmobile Drive-in" and "Kids Shiver in the Park" events. Inventive cardboard sleds were judged and raced and colorful artworks were created

in the snow. But the most fun was had simply enjoying sledding and free hot dogs, s'mores and hot chocolate compliments of sponsors Glens Market of East Jordan and The Gold Nugget Bar & Grill of Ellsworth alongside the warming fire pit. Anglers were out enjoying the day on Lake Ellsworth taking advantage of Michigan's Free Fishing Weekend.

Saturday evening the temperatures dropped pretty low, so despite the clear and moonlit sky, only the bravest souls ventured out for the Dark Sky Hike at the House on the Hill Bed and Breakfast. For those that did, it was a magical experience. Two warming fires offered much welcome warmth as well as hot chocolate and s'mores compliments

of sponsor Save a Lot of East Jordan. Indoors, the Cabin Fever Reliever Euchre Tournament provided entertainment for competitive card players.

On Sunday, the Poker Run benefited from fresh snowfall. Riders enjoyed five stops culminating in appetizers and prizes at The Gold Nugget Bar & Grill. The finish to a perfect winter weekend.

The Ellsworth Shiverfest Committee thanks its sponsors, volunteers and participants for an enjoyable winter weekend. If you would like to help out with next years Shiverfest, contact Alana Haley at 231-360-0676.

### Boyne Arts Collective artwork on winter display at Café Sante and Boyne Mountain

During the winter months the Boyne Arts Collective is exhibiting the members artwork at two impressive and appealing venues. One is Café Sante on the shore of Lake Charlevoix at One Water Street in Boyne City. The other venue is the Made in Michigan shop in the Village at Boyne Mountain. The shop is located on the upper story across from the Ski Ticket Sales. Ask the concierge if you need

more directions. The Boyne Arts Collective invites the public to enjoy the showcase of work from over twenty-five local artists featured on the walls of this fine dining establishment and this famous entertainment resort. Mary Whitlock is the curator for displays and may be contacted at mary-whitlock51@gmail.com. Please visit www.boynearts.org for more details.

### Spartan Stores launches statewide Habitat for Humanity fundraising campaign

Spartan Stores, through its D&W Fresh Markets, Family Fare Supermarkets, Valu Land, VG's and Glen's Markets, today launched its statewide Habitat for Humanity campaign "The House That Spartan Built," (starting February 24) to support Habitat for Humanity chapters throughout the state where D&W Fresh Markets, Family Fare, Valu Land, Glen's and VG's are located.

Customers have an opportunity to donate towards the campaign by purchasing a Habitat for Humanity medallion locally at Glen's locations. The medallions are located at all checkouts, including self-scan, and customers may donate \$1, \$5 or \$10 to help build Habitat homes. When customers make a donation, they also receive four coupons towards their next purchase.

"Spartan Stores is thrilled to be working with Habitat for Humanity and the community to address the need for affordable housing. We recognize the importance of corporate leadership, fully understanding the power of smaller contributions from generous individuals," says Jeanne Norcross, Vice President Corporate Affairs, Spartan Stores. "Our financial backing - along with our Spartan employees volunteering on the job site - can build not only

homes - but hope - for Habitat homebuyer families. This long-term partnership - along with their zero percent interest mortgages - is what makes dreams come true," said Jeanne.

"On behalf of Habitat for Humanity of Kent County and all Michigan Habitat affiliates, we wish to thank Spartan Stores for its key role in providing resources to build more affordable housing in the state of Michigan and for shining a light on the need of hard-working people who seek simple, decent, housing for their families," states Mary Buikema, Executive Director of Habitat for Humanity of Kent County. "Spartan employees' volunteer support and the generosity of Spartan shoppers will make a tremendous impact throughout our state. We are most grateful to have such a partner headquartered in our state."

Along with the scan campaign, Spartan Stores associates have been involved with community events for Habitat for Humanity through volunteering to build Habitat for Humanity homes. This fundraising campaign brings together Spartan Stores and Habitat for Humanity and is a celebration of both company's shared values - hard work, dedication and community service.

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# Charlevoix County COMMISSION ON AGING

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

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Tracey Rupinski, Clinical Manager

**LOCAL SENIOR CENTER  
CONTACT INFORMATION**

**Beaver Island Center:**

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

**Boyne Area Senior Center:**

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

**Charlevoix Senior Center:**

Nona Jadwin  
06906 Norwood Road  
Charlevoix, MI 49720  
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**WEBSITE ADDRESS:**

[www.charlevoixcounty.org/coa.asp](http://www.charlevoixcounty.org/coa.asp)

## "Pride in Food Service" Week was celebrated February 4th—8th!



A celebration for our food service workers, showing we appreciate their loving hearts and caring attitudes, was held in each center to recognize our committed Food Service Individuals for their excellent work ethics and dedication.

**DEBBIE PECK, DEBBIE LACOUNT,  
LISA ROBACK, DIANA BOND  
& JODI SHROEDER.**

We also want to thank our dedicated Beaver Island Dalwhinnie staff,  
**DAWN JOHNSON, HEIDI VIGIL  
& TAMMY LaFRENIERE** (not pictured).

*Thank you each for all you do!*

**CHARLEVOIX SENIOR CENTER ACTIVITIES**

<b>Thursday, February 28</b> Music by Adolph Cwik 1 pm Pinochle	<b>Friday, March 1</b> 9:30 am Craft Class 10 am Sit and Be Fit 1 pm Rummy	<b>Monday, March 4</b> 10am Sit and Be Fit 1 pm Pinochle 1 pm Wood Carving 7p Bible Study	<b>Tuesday, March 5</b> 1pm Paint Class 1 pm Rummy	<b>Wednesday, March 6</b> 1 pm Cash Bingo	<b>Thursday, March 7</b> 1pm Pinochle Music by Roger Hartson
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**BOYNE AREA SENIOR CENTER ACTIVITIES**

<b>Thursday, February 28</b> Wii Bowling	<b>Friday, March 1</b> Cousins 11-12 Raffle	<b>Monday, March 4</b> Bingo	<b>Tuesday, March 5</b> Adv meet 10 Craft Class	<b>Wednesday, March 6</b> Line Dance Brown-Bag Bingo	<b>Thursday, March 7</b> Wii Bowling
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**EAST JORDAN SENIOR CENTER ACTIVITIES**

<b>Thursday, February 28</b> Game Day: Uno/Wii Fun Pool Table	<b>Friday, March 1</b> BIRTHDAY DAY 11AM Backwoods Maestros Bingo bake raffle	<b>Monday, March 4</b> 8-1pm Walking M-F	<b>Tuesday, March 5</b> 11am Line Dancing 12:30 Bingo	<b>Wednesday, March 6</b> Pool Table GAME DAY	<b>Thursday, March 7</b> COME HAVE FUN! KARAOKE DAY
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**CHARLEVOIX COUNTY SENIOR CENTER MENU**

<b>Thursday, February 28</b> SLOPPY JOE W/ BUN	<b>Friday, March 1</b> VEGGIE LASAGNA	<b>Monday, March 4</b> STUFFED PEPPER	<b>Tuesday, March 5</b> PORK CHOP	<b>Wednesday, March 6</b> BEEF STEW	<b>Thursday, March 7</b> LIVER & ONIONS OR CHICKEN
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weather	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	snowfall	record temps																																																																								
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5	.....38°F	.....17°F	.....57°F (1983)	.....-12°F (1978)																																																																										
6	.....39°F	.....17°F	.....66°F (2000)	.....-20°F (1972)																																																																										

# DAVE Says



Dave Ramsey

## In-laws and out of debt

Dear Dave, I'm 27 and married, and we have two kids. I make \$90,000 a year, but we have \$80,000 in consumer debt—\$48,000 of which is in car loans. The rest is credit card debt. My wife's parents have offered to let us move in with them so we can get out of debt faster. Do you think this is a good idea?

Kevin  
Dear Kevin,  
If I were in your situation, I would not move in with the in-laws. You've got an absurd amount of money wrapped up in those cars. I'd sell the stupid things, start living on a budget and paying down debt, and keep my dignity. In my mind there are only two scenarios where you'd even consider taking the in-laws up on their offer. One is where they're absolutely wonderful people and you have a great, non-toxic relationship with them, where everyone involved knows their boundaries. Even then, I'd only consider this if it were for a very short, agreed-upon amount of time. The second scenario would be if moving in with the in-laws were the only way to accomplish your goal. And you don't pass that test. You guys can get out of debt pretty quickly if you'll just lose these ridiculous cars! Think about it. If you had two little paid-for beaters, your lives would be so much different. You could even save a little money on the side while you were paying down debt and buy a better car as soon as the debt was gone. If you can't tell, I'm pretty big on maintaining dignity. You might love

your cars so much that you're unwilling to make the sacrifice. Not me. The money going into your automobiles is insane, and that's your biggest problem!

—Dave

## Dave's thought's on HARP

Dear Dave, What do you think about the HARP program, and what exactly is it?

Ivy  
Dear Ivy,  
The Home Affordable Refinance Program is designed for people who have made their payments on time but are underwater on their mortgages. Being "underwater" means they owe more on their homes than the homes are worth. So basically it gives them the opportunity to refinance their home loans. The HARP program is the only part of the Making Home Affordable program that actually worked. And to be honest, it has worked well. In contrast, the recent Home Loan Modification program is a piece of junk and all about political posturing. About 93 percent of the people who applied for a home loan modification didn't get one. It was just another case of the government pretending to do something. I'd advise looking into the HARP program if you've got a good credit history and you're underwater on your current home. Lots of HARP program applications are being approved, and the deals are closing. That's what really matters when you find yourself in a situation like this.

—Dave

## Beverly 'Bev' Jeanne Kaiser, 85

(MARCH 9, 1927 - FEB. 14, 2013)

Beverly "Bev" Jeanne Kaiser of Charlevoix Township died peacefully on Feb. 14, 2013, in Charlevoix, of natural causes following a brief illness. Beverly was born March 9, 1927, in River Rouge, Mich., to Mary Crawford of Ohio and Royal Van Patten of New York. Beverly was a musically talented child who played piano and sang beautifully. She earned a degree in music from the University of Michigan at Ann Arbor, where she also met her husband, Elbert Kaiser, a future chemical engineer. They were married Aug. 26, 1949, in Dearborn, Mich. Bev and Elbert had three children and a wonderful life together. The couple celebrated their 63rd wedding anniversary last year. In addition to her family commitments, Bev enjoyed successful careers as both a piano teacher and a real estate broker. Over the years, although she and Elbert lived in Ohio, Florida, California, and many cities throughout Michigan, their favorite place was Charlevoix. Elbert was the plant manager for the local Medusa Cement Company, and they happily decided to stay in Charlevoix after his retirement. Bev was an energetic, involved presence in whatever she pursued. In addition to her music, she had a passion and affinity for reading books, playing golf, taking nature walks, doing crossword puzzles, engaging in lively conversation, tending to flower gardening, and artfully painting in oils. Bev also carefully followed neighborhood issues, local politics and the financial markets. She was a skilled bridge player with her friends, and a savvy stock market player with the investment club she helped organize. Bev is survived by her husband, Elbert, of Charlevoix; daughter, Linda, and son-in-law, William Shannon, of Royal Oak, Mich.; son, Paul, and daughter-in-law, Annie, of Northville, Mich.; son, William, and daughter-in-law, Robin Daley, of Thousand Oaks, Calif.; and by granddaughters, Catherine, Caroline and Madeline Kaiser, and Kathy and Debbie Shannon. At Bev's request, no services will be scheduled. Her family invites all of Bev's many friends to celebrate

## OBITUARIES

her life in their thoughts and in their hearts. Memorial contributions may be made to the Charlevoix Area Hospital, or to the Charlevoix Public Library.

## Frances Wilma Tollas, 82

(JULY 6, 1930 - FEB. 17, 2013)

Frances Wilma Tollas of Charlevoix, died Feb. 17, 2013. She was born to Julius and Lois (Housel) Hanslovsky on July 6, 1930, in Detroit. She moved to East Lansing, and graduated from East Lansing High in 1948. She graduated from University of Michigan in 1953 with Bachelor of Arts in Music. She met Robert Tollas at U of M. They married and eventually moved to Charlevoix where Bob set up his dental practice. Fran later earned a degree in music performance from Grand Valley State College. She taught private voice lessons to many gifted and appreciative students. She was principal in starting the Little Traverse Choral Society and the Men's Glee Club. Fran's love of music surrounded her in everything she did and in everyone she met. She had a way of pulling the joy out of people's hearts through the expression of music—whether it was by teaching someone how to use their voice, how to play the piano or be a part of a chorus. Her gift of music will continue through all who know her. Fran was a member of the First Congregational Church in Charlevoix, and the Church Choir. Fran is survived by her husband, Robert C. Tollas of Independence Village in Petoskey and their children, Daniel A. (Terry) Tollas of Petoskey, David W. (Nadia Begin) Tollas of Arcosanti, Ariz., Debra Ann (Ken) Cormier of Boston, Mass., Dane A. (Lynne) Tollas of Petoskey, Diane M. (Andrew) Cesario of Petoskey; grandchildren, Nina, Jeremy, Grace, Addison, Tristan, Sasha and Lily; great-granddaughter, Emily; brother, Jules (Fay Mitton) Hanslovsky of East Lansing. A memorial service was Saturday, Feb. 23, at the First Congregational Church in Charlevoix, with the Rev. Neil Wilson officiating. Interment in the Brookside Cemetery in Charlevoix.

Memorial contributions may be made to the First Congregational Church in Charlevoix.

## Bernadette Marie Belzek, 87

(MARCH 27, 1925 - FEB. 22, 2013)

Bernadette Marie Belzek of Hesperia, formerly of East Jordan and Dearborn Heights, died Friday, Feb. 22, 2013, at Newaygo Medical Care Facility in Fremont, Mich. She was born in Lima, Ohio, on March 27, 1925, the daughter of Philip Valentine and Mary Catherine (Hoehn) Weber. Bernadette married Thomas Malone in 1953 and he passed away in July of 1960. On April 25, 1964, she married Felix Belzek and he preceded her in death on July 27, 1998. She was a devoted Catholic and a member of Christ the King Catholic Church in Hesperia. Bernadette enjoyed gardening, reading and spending time outdoors. Bernadette is survived by a loving daughter, Mary Kay Heller and her husband, Dan Heller, of Hesperia; four grandchildren, Jim Heller of Hesperia, Dan Heller of Whitehall, Tom Heller of Hesperia and Joseph Heller and his fiancée, Karly Christoffersen, both of Grand Rapids; three sisters-in-law, Rita Weber of Ann Arbor, Loretta Weber of Wyandotte and Stephanie Guzniczak of Boyne City; two brothers-in-law, Frank Duzick of Wapakoneta, Ohio and Joseph N. Belzek and his wife, Coleda, of East Jordan. She was also preceded in death by her parents; four brothers, Celestine "Carl" Weber, Roger Weber, LaVerne Weber and Roman Weber; and one sister, Esther Duzick. Funeral Mass will be 11 a.m. Monday, March 4, at St. Joseph Catholic Church in East Jordan. Interment will in St. John Nepomucene Praga Cemetery, Jordan Township, Antrim County. The family will receive friends 2-4 p.m. on Sunday, March 3, at the Penzien Funeral Homes Inc. in East Jordan. A prayer service will follow at 4 p.m. at the funeral home. In lieu of flowers, memorials may be given to the Hospice of Michigan, 33 W. Main Street, Fremont, Mich. 49412. Online condolences may be given at [www.penzienfh.com](http://www.penzienfh.com)

## LETTERS TO THE EDITOR

Letters and opinions may be submitted by e-mail to [office@CharlevoixCountyNews.com](mailto:office@CharlevoixCountyNews.com).

## THE SOUND & THE SOOT FURY

Editor,  
Decibels & Particulates emitted by Kirtland Products of Boyne City, Michigan replicate the East Jordan Iron Works evolution in pioneering cluster around the Jordan River estuary. EJIW, now "ej", is East Jordan's greatest benefactor when it comes to civic projects such as the new Fire & Emergency Center building, the local Cop Shop, the Health Center, all obvious benefits to the town. This sort of ameliorates the sound and the former soot emanating from the factory on the bay of South Arm Lake Charlevoix. All Kirtland has to do is donate some prime civic building project and all is forgiven. In the early to mid-century last the East Jordan foundry cast a pall on the new fallen snow each morning as soot, black soot, descended on the pure white pentimento. City street snowbanks get dirty anyway and people learned to coexist with this just as they did the tintinnabulation of sounds emanating from the factory as it rumbled and crashed and sputtered. The foundry hales from 1883 so it clearly has precedence in town but the EPA stepped in and insisted they clean up their act—which they did quite remarkably. There's still sound but no soot although asthma and emphysema sufferers still claim

exacerbation. Though there has been consistent rumor and wistful murmur of betaking the foundry elsewhere the current administration feels some legacy toward remaining in its present location, a bit of nostalgia and the need of water for cooling, water which is not polluted but recycled. A worldwide concatenation of subsidiaries reinforces its standing in industry terms. They're golden—a bit smudgy but golden. As to decibels, occasional odors, some slight reverberations that can loosen nuts and bolts and cause ripples in a glass of water set on a windowsill, these are livable circumstances and there's assuredly some art form in old factories as exemplified by many artists of the 20th century, even a fresco on a wall of the Detroit Institute of Art. Most towns of Northern Michigan would welcome such an artistically comely monstrosity were it established that civic works as well as actual work plus heritage of the state combined to enrich such towns. Thus Kirtland Products experiences its growing pains in the same old sound and soot syndrome. But, it ought to be noted where Kirtland is located. Why, in the designated Industrial Park of Boyne City, where else? It was perhaps a bit shortsighted placing a large factory so near the high school and contiguous neighborhood but the ballyhoo over new jobs and tax money and industrial technology overcame, actually precluded, any thoughtful

analysis. As to sound, if one lives near a railroad track with a Midnight Special roaring through it takes two nights to adjust, the third night a peaceful sleep with background hum assuring that all is regulated. Boyne City planners wanted industry but with agitation by some residents want to reverse that verve now that the sound and the soot have arrived. We didn't know they were actually going to do like real factory stuff there seems the caption. Kirtland's only been in residence since 2011 so there'll be some bumps and grinds yet to resolve. They don't have their tradition thing together yet though the partnership behind it has solid roots in the area business community. It is what it is, people; you can't have it both ways unless you're willing to compromise. ej installed huge filters to clean up the town's snow banks, managed to partially muffle their vibrations, bought up many surrounding properties to buffer the foundry from the housing, planted trees and created parks contiguous. Kirtland will figure out something to appease but may take some time. They've had one year. ej has had 128 and counting. Both could always relocate, take their jobs and their civic potential elsewhere. How about a new Kirtland Kiddies Park donation? See what I mean?

Submitted by Mitchell Jon MacKay, East Jordan

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## East Jordan City Commission talks Finances and Funds for the Upcoming Year

By Krystal Birgy

EAST JORDAN—The East Jordan City Commission convened Tuesday evening to discuss finances after having to reschedule last week's meeting due to hazardous road conditions.

City Administrator Chris Yonker presented a proposed budget for the fiscal year beginning July 1, 2013 and ending June 30, 2014. Yonker made note that while not finalized, the city budget is currently balanced, though there may be yet another \$60,000-70,000 made in cuts due to significant losses in tax revenues.

Yonker thanked department heads for their efforts during the process of laying together the new budget, as they've truly sharpened their pencils, gone to work, and have made only reasonable requests.

A public hearing concerning the city budget will be held on Tuesday, March 19 at 6:45 pm at City Hall.

The city commission also adopted a new billing write-off policy for the EMS department at Tuesday's meeting, as no policy had previously been set into place. According to the new policy, "Ambulance patient accounts shall be tracked on a monthly basis for a period of 14 months from date of service. After 14 months, the EMS Director and Administrative Assis-

tant shall review the list." The East Jordan EMS will meet with the city administrator and city treasurer monthly with a

financial report for review and approval of any necessary write-offs.

While the EMS is having to write-off



City Administrator Chris Yonker

FILE PHOTO

nearly \$243,000 in unpaid accounts going back as early as 2003, it is the city and department's hope to collect on the remaining unpaid balances of just over \$135,000 from the previous fiscal year.

"We have to run [the EMS] as an enterprise fund," stated Yonker.

The East Jordan EMS did receive positive news, as the department was recently awarded \$27,200 in grant money from The Grand Traverse Band of Ottawa and Chippewa Indians. The funds will be used to purchase a second EMS Echo Unit, which is a paramedic equipped SUV that does not have transport capabilities.

While wrapping up Tuesday's meeting, Commissioner Breakey commented on the status of the city harbor and efforts towards implementing a silt diversion wall. Yonker said that in a best-case scenario, he believes a wall could come to fruition next fall, rather than this spring as had been the city commission's desire. This is exactly the backwards approach the city had hoped to avoid, but with state funds locked into covering only the cost of emergency dredging, there are few options left on the table.

The next meeting of the East Jordan City Commission is scheduled for March 5 at 7pm.

## Boyer District Library presentation explores story of "The Orphan Train in Michigan"

"The Orphan Train in Michigan," a story about 12,500 orphans from the New York City and Boston area that were placed in Michigan from 1854 to 1927, will be presented at the Boyer District Library on Thursday, Feb. 28, at 6:30 p.m. in the community room.

Al and David Eichers, research historians and television producers, spent a year and a half in research and gathering photographs about the Orphan Train Riders in Michigan. They have produced a lecture and a documentary about the event, depicting in detail the selection process and what it was like to be an Orphan Train Rider.

The first Orphan Train Riders arrived in Dowagiac, Michigan, on a Sunday morning in late September 1854, traveling on the Michigan Central Railroad. By 1927, 43 Michigan towns received orphans, both boys and girls, from the "Baby Train," as it was sometimes called. Most children were never adopted.

"The Orphan Train in Michigan" lecture, combined with several visual segments from the Eichers' documentary and new research about the Orphan Train Agents, make this 50-minute presentation a fascinating topic for



"The Orphan Train in Michigan," a story about 12,500 orphans from the New York City and Boston area that were placed in Michigan from 1854 to 1927, will be presented at the Boyer District Library on Thursday, Feb. 28, at 6:30 p.m. in the community room. Courtesy photo

adults as well as middle school and high school students.

For more information, please

contact the library at 231-582-7861 or www.boynelibrary.org.

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## CROSSWORD PUZZLE

### Across

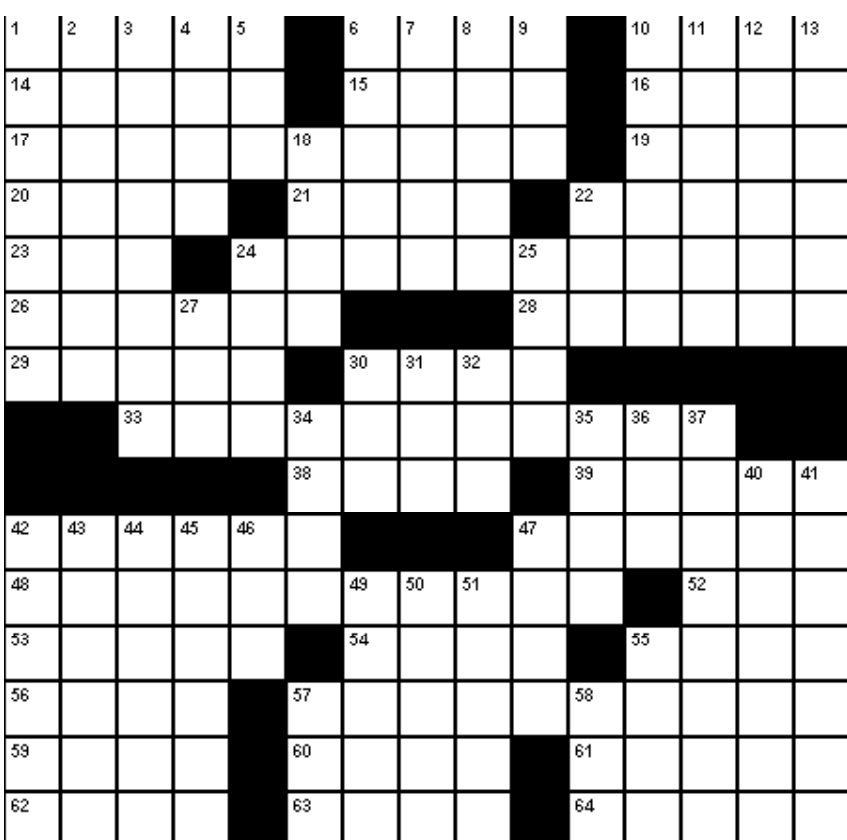
1- Purple Heart, e.g.; 6- Swill; 10- Purim month; 14- Beethoven dedicatee; 15- 100 centavos; 16- Bundle; 17- Long for; 19- Not base; 20- Rapper born Tracy Marrow; 21- A \_\_\_ formal-

ity; 22- Maxim; 23- \_\_\_ standstill; 24- Art of writing in shorthand; 26- Throws; 28- Important; 29- Upright; 30- LP player; 33- Scatter; 38- Held on to; 39- Argentine plain; 42- Spanish inn; 47- Moving around; 48- Perpetuate; 52-

\_\_\_-disant (self-styled); 53- Toothed wheels; 54- Currency unit in Western Samoa; 55- Wight or Man; 56- Constituent; 57- Arrangement; 59- Humorist Bombeck; 60- Actor Lugosi; 61- All together; 62- Votes against; 63- Highly ranked competitor in sporting events; 64- Extent;

### Down

1- Intervene; 2- Voter; 3- Ill; 4- \_\_\_ were; 5- Spearheaded; 6- Carousel; 7- Get to know; 8- Bony prefix; 9- "The Bells" poet; 10- Iranian city; 11- Repeated from the beginning; 12- On fire; 13- Night flight; 18- CPR experts; 22- Pound sound; 24- Hardens; 25- Enter; 27- Biol. or chem.; 30- Tee follower; 31- Mischievous fairy; 32- In shape; 34- Three-player card game; 35- Church recess; 36- Shooting marble; 37- Act of sending out; 40- Extend the duration of; 41- Person to whom property is transferred; 42- Sty; 43- 1998 Masters winner Mark; 44- Unctuous; 45- Main arteries; 46- AMA members; 47- Islamic call to prayer; 49- Up \_\_\_ (trapped); 50- Soup server; 51- Greek epic poem; 55- \_\_\_ boy!; 57- Delivery room docs; 58- Swiss river;



# News Briefs

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## BOYNE CITY

### Orphan Train program

The Orphan Train in Michigan, a story about 12,500 orphans from the New York City and Boston area that were placed in Michigan from 1854 to 1927, will be presented at the Boyne District Library on Thursday, Feb. 28, at 6:30pm in the community room. Al and David Eichers, research historians and television producers, spent a year and a half in research and gathering photographs about the Orphan Train Riders in Michigan. They have produced a lecture and a documentary about the event, depicting in detail the selection process and what it was like to be an Orphan Train rider. The first Orphan Train Riders arrived in Dowagiac, Mich., on a Sunday morning in late September 1854, traveling on the Michigan Central Railroad. By 1927, 43 Michigan towns received orphans, both boys and girls, from the Baby Train, as it was sometimes called. Most children were never adopted. The Orphan Train in Michigan lecture, combined with several visual segments from the Eishers' documentary and new research about the Orphan Train Agents, make this 50-minute presentation a fascinating topic for adults as well as middle school and high school students. For more information, contact the library at 231-582-7861 or [www.boynelibrary.org](http://www.boynelibrary.org).

## BOYNE CITY

### Indoor farmers market

The Boyne City Farmers Market moves indoors for the winter and spring on Saturday at the Red Barn next to the Boyne District Library on Park Street. The indoor market will continue every Saturday through April from 9 a.m. to 1 p.m. You can purchase Holiday Gift Certificates and share the gift of local healthy food. Boyne Bucks from the Chamber are also now honored at the market. Bridge Cards are also welcome all year at the Market.

## BOYNE CITY

### Avalanche Park

For a true winter experience, Avalanche Park has it all with its large ice rink, famous sledding hill, and ski and snowshoe trails. The City of Boyne City hopes the Avalanche ice rink will be in full operation before Christmas with an attendant, free skate and sled loaners, warming house and restrooms.

## EAST JORDAN

### Open Golf night

The East Jordan Boys & Girls Golf Teams are holding Open Golf Night at the East Jordan Civic Center on Tuesday evenings from 6:30 to 8:00 PM. This is open to the public...EJ Golf Team players have the first option to use matted area. Bring your own clubs or there are clubs to use. If you are an East Jordan Student and are thinking about golf, this is a good

opportunity to check out the golf program.

## CHARLEVOIX

### Business EXPO

Whether you are a business owner, consumer, employee or job seeker, you won't want to miss the 3rd Annual Biz Expo taking place at Castle Farms on March 9th. Over 500 Business representatives from the entire region are expected to be in attendance. The Expo is open to the public free of charge on Saturday, March 9th from 10am to 3pm. Over 100 businesses will be giving away products and samples, and offering discounts to those in attendance.

## BOYNE CITY

### Junior Achievement returns

Junior Achievement is getting re-established with four classes of fifth graders (100 students) in the Boyne City Public Schools. The program needs teachers, donors and board members to make the effort succeed. Junior Achievement is the world's largest organization "dedicated to educating students about workforce readiness, entrepreneurship and financial literacy through experiential, hands-on programs." JA's unique approach allows volunteers from the community to deliver the curriculum while sharing their experiences with students. If you are interested in getting involved or learning more about the program, contact Mark Pankner, interim district manager, at 231-582-4660 or by email at [janso@jo.org](mailto:janso@jo.org).

## CHARLEVOIX

### Tax Preparation Assistance

Filing your tax forms just got easier with the assistance offered at the Charlevoix Public Library, through a partnership with the Northwest Community Action Agency. A free, online tax filing site is available through the library's website [www.charlevoixlibrary.org](http://www.charlevoixlibrary.org). For those who would like more hands on assistance, a certified tax preparation volunteer will be available Tuesdays from 6:00 - 7:45 p.m. Patrons are asked to just drop in, but come prepared with all tax information needed for filing. The volunteer will be on hand to help walk patrons through the online site. If more one-on-one assistance is needed, the volunteer will take appointments. These free services are available to those filers with household adjusted gross income less than \$57,000. This service is provided at no charge.

## EAST JORDAN

### World Day of Prayer

The Lighthouse Missionary Church in East Jordan will host the annual prayer service in celebration of the World Day of Prayer to be held this year on Friday, March 1. The service will begin at 1 pm.

## EAST JORDAN

### Fiddler's jamboree

Enjoy the music at the Jordan Valley Fiddlers jamboree March 2 at Harvest Barn church, next to Glen's Market. Jamboree Noon - 5pm. Dance 7-10pm. Free admission. Donation box at door.

## BELLAIRE

### Winter Indoor Farming

Thursday February 28 from 6:30 pm to 8:30 pm at Bellaire Community Hall, 202 North Bridge St. Learn what indoor farming is, and how you can begin farming next week! Paul Murray has been farming wheatgrass and other sprouts indoors for over five years, and is a familiar face at farmers markets around Northern Michigan. This workshop will cover all the materials you'll need, where to get them, as well as how to plant, grow, and harvest your crops. Incorporating

your harvest into your diet will be discussed and demonstrated. \$5-10 suggested donation. A partnership of ISLAND and the Northern Michigan Small Farm Conference. For more information call (231) 622-5252 or email [yvonne@art-meetsearch.org](mailto:yvonne@art-meetsearch.org)

## EAST JORDAN

### Dino-Mite Party

The Jordan Valley Library Friends are having a Dino-Mite Party, Sunday, March 3 from 1:30 - 2:30pm at the Jordan Valley District Library Community Room. Come to the party and play dinosaur themed games, make a craft and have a snack. Admission is \$2 per person or \$10 per family. Enter the drawing for toy dinosaurs and dinosaur books. Tickets \$.50 each. A free movie will follow the party at 2:30 PM. "The Land Before Time: The Great Day of the Flyers" Rated G. Sunday, March 17 the Jordan Valley Library Friends will sponsor a Free Movie "Brave" at 1:30pm in the Jordan Valley Library Community Room.

## CHARLEVOIX

### Incas and Islands

On Tuesday, March 5 at 6:30pm, brings a tour of the Incas and Islands with local residents Rick and Cindy Malamed who just recently spent time on a trip to Machu Picchu and the Galapagos. The Malameds will begin their tour of South America's greatest treasures at the enigmatic ruins at Machu Picchu and the fascinating Galapagos Islands. They also travel to the magnificent Sacred Valley exploring the stunning "Lost City of the Incas," and the amazing flora and fauna of the islands.

## CHARLEVOIX

### New Fitness club

Charlevoix Fitness at Charlevoix Country Club is now open 7 days a week from 6am to 8pm! The Grand Opening set for March 8. For membership information visit [www.chxcountryclub.com](http://www.chxcountryclub.com) or call 231.547.9796.

## CHARLEVOIX

### Circle of Arts Upcoming Classes

March 7- Jim Kosloskey, Beginning Palette Knife Painting-\$125 all materials included. 9:30am to 3:30pm

March 8-Jim Kosloskey, Intermediate and Advanced Palette Knife -\$125, all materials included, 9:30am to 3:30pm

Culinary Class March 24 "A Matter of Taste" Ginny McClellan at Tapawingo in Ellsworth. \$50 per student. Desserts

Upcoming CCA Exhibit "Things with Wings" Opens on April 20 through June 16.

Artist Call for Entry: Submission window Jan. 22 to April 1. Please check [www.charlevoixcircle.org](http://www.charlevoixcircle.org) for details or call 231.547.3554.

## CHARLEVOIX

### The French Bulldog New Location

The French Bulldog still has all the great products now in a new location! The French Bulldog Boutique has moved to it's new storefront at 103 Bridge Street (the old Ellair Gallery).

## PETOSKEY

### Father and Son Weekend

Fathers, stepfathers, grandfathers or big brothers are invited to bring their sons (ages 7-14) Friday-Sunday, March 8-10 for a fun filled Father/Son weekend, March 8-10, at Camp Daggett. Cost is \$150 for father/son, plus \$50 for each additional son. Space is limited and registration is on a first come first served basis. Participants can expect a weekend of fun and adventure as they try their hands at various outdoor activities and enjoy wild game lunches and dinners in front of the lodge fire-

place. From 6p.m. Friday to 10 a.m. Sunday. For additional information or to register, please contact Ed Leverenz at Camp Daggett, 231-347-9742 ext 112.

## CHARLEVOIX

### Back porch music

Held the second Saturday of each month, Sept. through May, the next Back Porch music event will be on Saturday, March 9th at 7pm. We will be featuring Ryan Luce. This is a community event for all ages, held at the Charlevoix Senior Center building. The featured performer will share music from 7 to 8:30 p.m., followed by a circle jam session with area musicians. Suggested donations are \$5/person, \$10 /family; all donations are for the scheduled performer. Light refreshments available at no charge.

## BOYNE CITY

### Irish Heritage Week

Celebrate being Irish all week long. Celtic music, films, workshops and lots of Irish fun March 10th - 18th.

## CHARLEVOIX

### Buy Your Flowers from Keep Charlevoix Beautiful

For the first time ever Keep Charlevoix Beautiful, the organization that orchestrates the Petunia Planting Day, is offering you the chance to plant petunias at your own home or business! Keep Charlevoix Beautiful is offering pre sale petunias for only \$12/flat! Each flat contains 36 cells of various colors of hardy storm series petunias, compare that to a flat at a greenhouse which run \$15-\$20 for a flat of 24 flowers, plus your supporting a worthy organization! To order your petunias call the Chamber at 231.547.2101 and ask for Amanda or Bethany.

## NORTHERN MICHIGAN

### Ice shanty removal

The DNR reminds anglers of ice shanty removal deadlines. The northern Lower Peninsula removal deadline is midnight on Friday, March 15. Counties included in the northern Lower Peninsula are: Alcona, Alpena, Antrim, Arenac, Bay, Benzie, Charlevoix, Cheboygan, Clare, Crawford, Emmet, Gladwin, Grand Traverse, Iosco, Isabella, Kalkaska, Lake, Leelanau, Manistee, Mason, Mecosta, Midland, Missaukee, Montmorency, Newaygo, Oceana, Ogemaw, Osceola, Oscoda, Otsego, Presque Isle, Roscommon and Wexford.

## GAYLORD

### A Higher Call

The 2013 "A Higher Call" Men's Conference returns March 16th, to the Gaylord Evangelical Free Church in Gaylord. The theme of this year's conference is Bullet-proof and features an outstanding lineup of speakers including an Army Ranger featured in a blockbuster movie, a Navy Seal, and a 2 time collegiate national hockey champion. Ticket deals are available for early orders and larger groups. For more information, please visit the conference website [www.ahighercall.com](http://www.ahighercall.com) or call the Gaylord Evangelical Free Church at 989-732-2647.

## CHARLEVOIX

### Great Start, Great Futures Summit

Registration & Breakfast March 18, 8am. Summit 8:30 - 11:45am at the Hagerty Center, Northwestern Michigan College Great Lakes Campus. Traverse City. Featured Speaker Susan Broman, Early Childhood: Policy & Economic impact, Deputy Superintendent Michigan Dept. of Education Office of Great Start, Chamber of Commerce Executives Panel Discus-

sion "Early Childhood: ROI & Regional Prosperity including Doug Luciani, Traverse City Area, Carlin Smith, Petoskey, Bill Tencza, Cadillac Area, and Peter Pratt, Moderator (PSC, Inc.). Community Action Planning: How will you have impact? The Great Start Collaboratives of Northwest Lower Michigan invite you to participate in a regional planning day. The goals for the morning are: share the data and exemplary programs. identify opportunities for personal action. work together to identify opportunities for systems innovation and community investment in education and workforce development. Free to attend. Register at [www.tcchamber.org/events-and-programs/](http://www.tcchamber.org/events-and-programs/)

## CHARLEVOIX

### Knights of Columbus Cash Party

The Charlevoix Knights of Columbus will be hosting their 37th annual Cash Raffle Party on Saturday April 13th from 6-11:30pm at Castle Farms. The cost is \$150 per ticket which admits two and includes food, entertainment, and beverage allowance. Over \$14,750 in Cash Prizes will be given away. \$500 early bird prize drawing if you buy your ticket before March 1st. For more info or to purchase a ticket contact: Steve Seely: 231 499 3674; Ed Linse: 231 547 4526; Gabe Campbell: 231 547 9739; John Haggard: 231 547 4046; Roger Nesburg: 231 547 5111; Paul Hoelderle: 231 547 6127

## EAST JORDAN

### Mother of the Year

Nominations for the 2013 Mother of the Year. The East Jordan Lions Club is looking for nominations for the 2013 "Mother of the Year" If you have nominated someone in the past and it has been a few years, please feel free to submit their name again. Nominations should be submitted with a brief (200 words or less) summary of why you feel they are deserving of this honor to: East Jordan Lions Club, P.O. Box 845, East Jordan, MI 49727. Nominations must be received no later than April 13. This year the Mother/Daughter Banquet will be held on Saturday, May 11 at 6 p.m. at the East Jordan High School. Thank you for your help as the East Jordan Lions Club continues this special event to honor our mothers and daughters. If you have any questions, please contact Bill Chase at 231-499-9619

## TRAVERSE CITY

### Hiring Our Heroes

Join the U.S. Chamber of Commerce on April 23 from 10am to 1pm for a job fair for veteran job seekers, active duty military members, guard and reserve members, and military spouses at the Northwestern Michigan College, The Hagerty Conference Center, 715 E. Front Street, Traverse City, MI 49686. This event will be a one-of-a-kind free hiring fair for both employers and job seekers. For registration questions, please contact us at [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202-463-5807.

## CHARLEVOIX

### Breast Cancer 5k Walk & Run

The 19th Annual Sue DeYoung/Judy Edger Breast Cancer 5k Walk and Run takes place May 11. Registration begins at 8 am in East Park in Charlevoix, MI. The walk and run begin at 9 am. Everyone is invited to participate, to walk, to donate and to volunteer. If you wish to make a donation please follow this link <http://www.c3f.org/misc/mis-makeagift.htm> to the Charlevoix County Community Foundation Website and make sure to note Sue DeYoung/Judy Edger Breast Cancer 5k Walk/run.

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44	G	E	A	R	S	T	A	L	A	I	S	L	E	
47	P	A	R	T	O	R	D	I	N	A	T	I	O	N
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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Be prepared for icy March storms that may also bring power outages

As the winter season begins to ebb, Northern Michigan storms can often bring heavy, wet snows with the potential for icing. The extra weight on power lines can also result in power outages, and the Michigan Committee for Severe Weather Awareness has compiled a list of tips and suggestions that can assist area residents in being prepared in the event of a power outage.

### Before an Outage

- Check flashlights and battery-powered portable radios to ensure that they are working, and you have extra batteries. A radio is an important source for obtaining weather and emergency information during a storm.
- Have sufficient heating fuel, as regular sources may be cut off. Have emergency heating equip-

ment and fuel (a gas fireplace, wood burning stove or fireplace) so you can keep at least one room livable. Be sure the room is well ventilated.

- Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.
- Install storm windows or cover windows with plastic from the inside to provide insulation.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture.
- Let faucets drip a little to avoid freezing.
- Know how to shut off water valves.
- Never try to thaw a pipe with a torch or other open flame. Water damage is preferable to fire damage. You may be able to thaw a

frozen pipe with the warm air from a hair dryer. Start by warming the pipe as close to the faucet as possible, working toward the coldest section of pipe.

- If your water supply could be affected (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water.
- Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- Review the process for manually operating an electric garage door.

### During an Outage

- Dress for the season, wearing several layers of loose fitting, light-weight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Mittens are better than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth with a scarf to protect your lungs.
- Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech,

drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages, if the victim is conscious. Get medical help, as soon as possible.

- Snowdrifts can be used as a makeshift freezer for food. (Be aware of attracting animals).
- Snow can be melted for an additional water source.
- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener.

For more information visit [www.mcswa.com](http://www.mcswa.com)

## Class Teaches Business Owners How to Develop a Business Plan

PETOSKEY - The Michigan Small Business and Technology Development Center (MI-SBTDC), a program of Northwest Michigan Council of Governments, is offering a class in Petoskey to teach business owners how to develop a business plan. "Venture Plan: Six Week Business Plan," will start March 13 and will meet every Wednesday through April 24, with one week off for spring break. The classes will run from 1:00 p.m. - 4:00 p.m. at the Petoskey Public Library, 500 East Mitchell Street.

The intense, six-week class is for highly motivated early-stage business owners creating a business. Participants will meet weekly with a Certified Small Business Consultant, guest speakers and other business owners. During the class participants will also spend time developing a winning business plan that will include start up costs, cash flow projections, market research, marketing strategy, and more. Participants may also meet with the in-

structor outside of class for individualized work on their business plan. "Most business owners hold their plan in their brain, not on paper," said Mary Rogers, SBTDC Regional Director. "They never get around to writing the plan because they just don't know where to start. This class takes the pressure off how to write the plan and creates a systematic process with a six week deadline for results."

"Venture Plan: Six Week Business Plan" will cost only \$90 per participant thanks to a \$360 scholarship from Michigan State University. Pre-registration is required at [misbtcd.org](http://misbtcd.org). For more information call 231-922-3780.

The MI-SBTDC is a statewide business assistance program that provides one-on-one counseling, training and research support for Michigan small businesses. The Northwest Michigan Regional office is hosted by the Northwest Michigan Council of Governments.

## Exciting treasures always on hand at New Beginnings Thrift Store

By Jim Akans

"We are well known for having very high quality items that someone doesn't typically find in a resale shop," observes New Beginnings Thrift Store manager, Carol Grissom. "Our inventory is constantly changing, so there is something new and exciting to discover here each and every day."

Located at 650 W. Conway Road in Harbor Springs, New Beginnings Thrift Store has an incredible selection of top quality, gently used clothing and accessories, furniture, books, jewelry, tons of household items, and much more on display at their 12,000 square foot facility. The shop was originally located in the basement of the Holy Childhood School when the operation was founded back in the 1980's. Proceeds at that time helped to support the school's day care program.

The Shop began operating under the direction of the Holy Childhood of Jesus Church in 2005, being re-organized to function more like a typical Thrift Shop, featuring donated inventory from local residents and businesses with a level of quality that far exceeded shoppers expecta-



Located at 650 W. Conway Road in Harbor Springs, New Beginnings Thrift Store has an incredible selection of top quality gently used clothing and accessories, furniture, books, jewelry, tons of household items, and much more on display at their 12,000 square foot facility. PHOTO BY DAVE BARAGREY SR.

tions. Proceeds from sales at the shop are utilized to support tuitions for children from Holy Childhood School who attend St. Francis in Petoskey, with remaining funds going to assist area individuals in need.

"What truly sets our shop apart is the incredibly high level of quality items that we offer," states Grissom. "The clothing, furniture, and other

household items we have to offer are beyond what shoppers will typically find at a resale store."

New Beginnings Thrift Store is open Monday through Friday from 9 am until 5 pm, and on Saturday from 9 am until 4 pm. For additional information call (231) - 348-2980 or visit New Beginnings Thrift Resale on Facebook.

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All proceeds go to purchasing food for our food pantry

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**HIDDEN TREASURES**

<p><b>CHARLEVOIX</b></p> <p><b>Bergmann Center Resale Shop</b> 8888 Ance Road, Charlevoix 231-547-9624 <a href="http://www.bergmanncenter.org">www.bergmanncenter.org</a></p> <p><b>Kelly's Antiques &amp; Furniture Barn</b> 06176 Old US 31 S., Charlevoix 231-547-0133 <a href="http://www.dkellyantiques.com">www.dkellyantiques.com</a></p> <p><b>EAST JORDAN</b></p> <p><b>Crossroads Resale Shop</b> 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p> <p><b>BOYNE CITY</b></p> <p><b>Challenge Mountain Resale</b> 1158 S. M-75, Boyne City 231-582-5711 <a href="http://www.challengemtn.org">www.challengemtn.org</a></p> <p><b>Consign Design</b> 100 Van Pelt Pl., Charlevoix 231-237-9773 <a href="http://www.consigndesign.net">www.consigndesign.net</a></p>	<p><b>ELLSWORTH</b></p> <p><b>Good Samaritan Resale shop</b> 9746 Main Street Ellsworth 231-588-2208 <a href="http://thegoodsam.org">thegoodsam.org</a></p> <p><b>FREDERIC</b></p> <p><b>Pineview Military Surplus</b> 7328 Old 27 North, Frederic 989-348-8300</p> <p><b>GAYLORD</b></p> <p><b>A-2-Z Resale</b> 1829 Old 27 South, Gaylord 989-732-9500</p> <p><b>Goodwill Retail and Donation Center</b> 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 <a href="http://www.goodwillnmi.org">www.goodwillnmi.org</a></p>	<p><b>GAYLORD</b></p> <p><b>Great Rooms Quality Pre-Owned Furniture</b> 148 W. Main St., Gaylord 989-745-5184 <a href="http://www.greatroomsgaylord.com">www.greatroomsgaylord.com</a></p> <p><b>Angels at Work Resale</b> 1523 S Otsego Ave., Gaylord 989.448.8615</p> <p><b>Venus &amp; Blue Jeans</b> 340 West Main St., Gaylord 989-731-2600 <a href="http://www.venusandbluejeans.com">www.venusandbluejeans.com</a></p> <p><b>Four Seasons Resale of the North</b> 1182 B. South Otsego Ave. (Next to Sears) Gaylord, MI 49735 989-306-3700</p> <p><b>Seconds on Center</b> 501 North Center St. Gaylord 989-448-2170</p>	<p><b>GAYLORD</b></p> <p><b>Salvation Army Family Store</b> 919 S. Center St. Gaylord 989-448-2357</p> <p><b>HARBOR SPRINGS</b></p> <p><b>New Beginnings Thrift Shop</b> 650 W Conway Rd., Harbor Springs 231-348-2980</p> <p><b>HARBOR SPRINGS</b></p> <p><b>Habitat for Humanity Restore</b> 8460 M-119., Harbor Springs 231-347-8440</p> <p><b>MANCELONA</b></p> <p><b>Mancelona Food Pantry &amp; Resale Shop</b> 201 N. Maple St., Mancelona 231-587-9606</p>	<p><b>MIO</b></p> <p><b>Strawberry Patch</b> Downtown Mio 989-826-1503</p> <p><b>PETOSKEY</b></p> <p><b>Challenge Mountain Resale Shop</b> 2429 US31 North, Petoskey 231-348-3195 <a href="http://www.challengemtn.org">www.challengemtn.org</a></p> <p><b>PETOSKEY</b></p> <p><b>Goodwill Retail and Donation Center</b> 1600 Anderson Rd., Petoskey 231-348-6947 <a href="http://www.goodwillnmi.org">www.goodwillnmi.org</a></p> <p><b>To add your business listing</b> E-Mail <a href="mailto:office@charlevoixcountynews.com">office@charlevoixcountynews.com</a> <b>CharlevoixCountyNews.com</b></p>
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# Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## How to break a "Weight Loss Plateau"

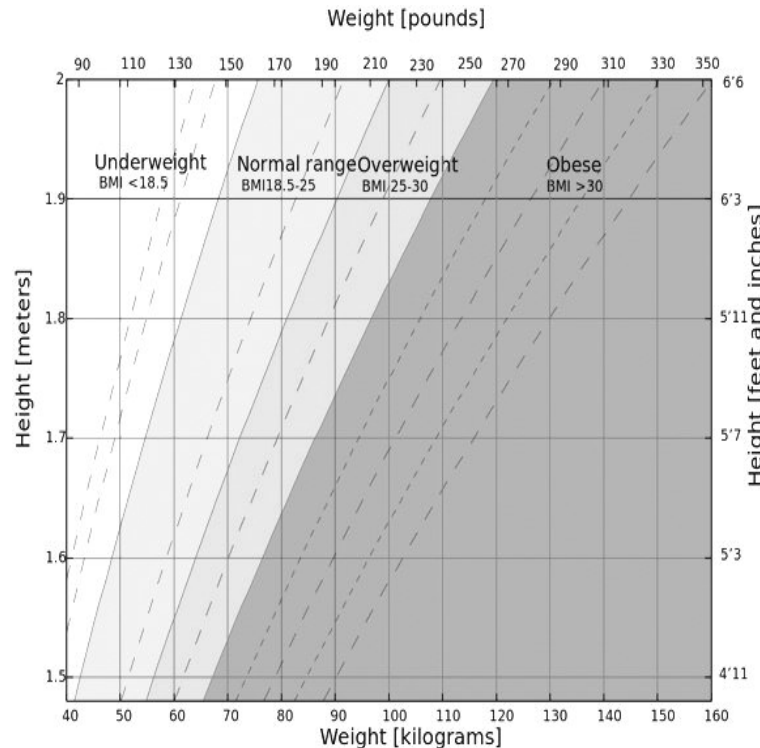
By Deb Hagen-Foley

There is no "magic bullet" for weight loss. However, there is a simple formula for losing weight: Calories out must be greater than calories taken in. That means that on most days, the amount of calories consumed must be less than the number of calories needed for maintaining bodily functions and burned through exercise.

For example, there are 3,500 calories in a pound, so you would need to consume 3,500 calories less than you burn to lose a pound. Following an eating plan that reduces your daily calorie intake 1,000 calories or more below the amount of calories needed to sustain your weight can result in a weight loss of two pounds per week. If you followed an eating plan for a month that restricted your calorie intake and increased your activity level so that you had a daily calorie deficit of 1,000 calories, you can expect to lose more than eight pounds per month. If you continued this eating and exercise plan, you would continue to lose weight.

Generally, the faster weight loss will happen at first, and then the weight loss will be slower - or even stop entirely. Even though you are watching what you eat and continuing to exercise, your weight loss could be slower over time. Such weight loss plateaus are common, particularly as you get closer to your goal weight. Why do these plateaus happen?

Our bodies are remarkably efficient machines. Our ability to adapt to a changing environment has been necessary to the survival of our species. During periods of famine, our ancestors were able to survive on fewer calories.



Find where your weight and height intersect in the chart to estimate your BMI and identify your healthy weight range. COURTESY IMAGE

This ability to adapt served us well in times of scarce resources. The "starvation response" is not the friend of the dieter. By restricting our calorie intake, our bodies learn to adapt to the reduced calories and develop the ability to maintain our weight - or even gain weight - with fewer calories. As a result, weight loss can stall.

Don't become discouraged and give up on your weight loss goals. Here are some ideas for breaking weight loss plateaus.

Write it down. You are watching what you eat, but unless you are recording what you are eat-

ing, everything you are eating, it is easy for a few hundred extra calories to sneak in and halt weight loss. Writing down everything you eat not only helps keep you honest, but the act of recording what you are eating could stop you from grabbing that handful of M&Ms or nibbling after dinner. Just the practice of recording what you eat makes you think about what you are eating. Be sure to include the liquid calories. Wondering why you lost weight one week and gained in another week? Review your records for clues. While you are recording, you can also benefit by being accurate about what you

are eating.

Weights and measures. Estimating portion sizes can easily result in taking in many more calories than you think. Cup measures and a scale are essential for accurately tracking calorie intake. A single portion of cereal is one cup. Filling a bowl with cereal can easily mean you are eating double that amount. That alone can result in an extra 1,000 calories a week. A good resource for recording what you are eating is: myfitnesspal.com. There are also iPad and iPhone apps that make it easy to record meals, snacks, activity, and water intake.

Vary your diet. You want to eat a variety of foods, including five or more servings of fruits and vegetables every day. Eating a balanced diet helps you to get all the nutrients you need to help avoid the starvation response. Get enough protein and some fats to help you feel fuller longer. Cutting back on refined carbohydrates can also help to overcome a weight loss plateau. Try making breakfast your biggest meal and eat a lighter dinner on some days to disrupt the ability of the body to adapt to fewer overall calories.

Drink water. You've heard it many times - water is the best beverage for weight loss. The guideline of 8 glasses a day may not apply to people who are overweight. Estimate how many ounces of water you need by dividing your weight by two. A person who weighs 150 pounds should drink a minimum of 75 ounces of water each day. If your urine is a dark yellow color, you probably aren't getting enough water. Your urine should be the color of pale straw. Don't wait until you are thirsty to drink

water - you are probably already becoming dehydrated by then!

Move more. If you aren't exercising already, now is the time to start! People who exercise regularly are more successful at losing weight and maintaining weight loss than people who are sedentary and only restrict calories. The level of activity that produced weight loss at first might not lead to continued weight loss as the body adapts. Increase the level of intensity or frequency of your exercise to break a weight loss plateau.

Add one or more of these tips to help you to meet your weight loss goals. If you have tried them all and the scale doesn't move, perhaps you are at your goal weight or there is a medical reason why you are unable to lose weight. Consult your physician or reassess your weight loss expectations. How are you feeling? Are your clothes fitting better?

Don't get frustrated and go back to your former sedentary lifestyle and eat excessively. Your more efficient body will regain the weight that you lost and then some! Remember you started this weight loss journey to improve your health. Consistently eating a healthy diet and continuing regular physical activity will allow you to maintain and continue your weight loss long term.

For additional information, the Weight-control Information Network, at [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov) provides various resources to help you achieve your weight loss goals.

## National observance promotes awareness of those affected by rare diseases

Submitted by Donna Wright

On February 28th, millions of people around the world will be observing World Rare Disease Day. There will be activities across the U.S., throughout Europe, Canada, Australia, India, Asia and elsewhere to focus attention on rare diseases as a public health issue, and to raise awareness of these rare diseases/disorders and the special challenges encountered by those affected. In Michigan, thousands of patients, their families, medical professionals, researchers, educators, social workers and others will join in the observance of "Rare Disease Day."

Rare diseases are those that affect fewer than 200,000 Americans at any given time, and there are over 7,000 rare diseases affecting nearly 30 million Americans (about 1 in 10) according to the National Institutes of Health (NIH) and the National Organization for Rare Disorders (NORD). Some rare diseases such as Lou Gehrig's disease (ALS) are well known to the public. However,

many other are not. You can imagine the loneliness of having a disease that most people have never heard of, that has no treatment, and that is not even being studied by any medical researchers.

Thousands of residents of Michigan are affected by rare diseases, as patients, friends and family, caregivers, physicians and other medical professionals, providers of social services, and researchers seeking to develop safe, effective treatments. Many rare diseases are serious or even life-threatening.

Most rare diseases have no treatment or cure. About half of the people affected by rare diseases in the U.S. are children, including my granddaughter, Naomi, who was born with Rett syndrome, since many rare diseases are genetic. Research on rare diseases is important because it often adds significantly to the general understanding of more common diseases.

People with rare diseases experience certain challenges. These include: \* Difficulty in obtaining

a timely and accurate diagnosis.

\* Limited treatment options. \* Difficulty in finding physicians or treatment centers with needed expertise. \* Treatments that are generally more expensive than those for common diseases. \* Reimbursement issues related to private insurance, Medicare and Medicaid. \* A sense of isolation and hopelessness.

Rare disorders affect the entire family of an individual patient. Caregivers endure ongoing stress and isolation managing the medical and financial issues that arise. When there is a delay in the diagnoses of a rare genetic disorder, siblings may be born with the same condition. When a rare genetic disorder is diagnosed during adulthood, other family members may need to be informed that they may also be at risk....and this may lead to difficult decisions regarding genetic testing, if such testing is an option.

Most of us know someone with a rare disease. I encourage you to visit the U.S. Rare Disease Day website; [www.rarediseaseday.us](http://www.rarediseaseday.us)



Donna Wright and her granddaughter, Naomi, who has a rare disease called Rett syndrome. This Thursday, February 28th has been designated "Rare Disease Day," to help raise awareness of rare diseases and disorders, such as Rett syndrome, and the special challenges encountered by those affected. COURTESY PHOTO

to read about Rare Disease Day activities in the U.S. If you would like more information about Rett syndrome, please visit [www.rettsyndrome.org](http://www.rettsyndrome.org) or call toll

free to 1-800-818-7388.

Sincerely,  
Donna Wright, grandmother to Naomi, rtt, age 9-1/2





Expect the Best

## Caring for Hearts

*Throughout All of Northern Michigan*

At McLaren Northern Michigan, we balance leading-edge technology and research with expert care and compassion to improve hearts — and lives — all across northern Michigan.

Talk to your primary care provider about available screening options for heart disease. Call (800) 248-6777 for a free pocket card to track your medications.



NORTHERN MICHIGAN

(800) 248-6777 | [mclaren.org/nmheart](http://mclaren.org/nmheart)



# Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Boyne Highlands to host “Boarding For Breast Cancer” fundraiser this Saturday

Boyne Highlands Resort is hosting the first annual “Boarding For Breast Cancer” (B4BC) on Saturday, March 2nd. The event is a fundraising opportunity to support breast cancer awareness and detection programs while also encouraging a healthy and active lifestyle. Proceeds from the event benefit two non-profit organizations - Boarding For Breast Cancer and the Kathleen Jontz Breast Health Fund administered by the McLaren Northern Michigan Foundation.

Event activities include ski demos, a tribute ride, silent and Chinese auctions and an awards reception. The ski demo is hosted by Boyne Country Sports and takes place from 10 a.m. to 3 p.m. Cost to demo gear is a \$5 donation, which benefits the event. At noon, the fundraising auctions open for bidding on the second floor of the Day Lodge at Boyne Highlands. The auctions feature many items donated by local businesses and Boyne Highlands Resort.

At 1 p.m., a special tribute ride begins on the trail Valley View. To ski or snowboard in the ride is a \$10 donation and includes a pink bandana and the opportunity to sign the Tribute Board. Registration for the ride is from 12:30 p.m. to 1 p.m. near the fort at the start of the trail. An awards reception takes place at 4 p.m. in the Zoo Bar and includes a 50/50 raffle, giveaways, and presentation for the top fundraisers and auction winners.

Throughout the event, personnel from McLaren Northern Michigan stand ready to answer questions and provide information about cancer awareness in a booth located near the Day Lodge.

Fundraising at Boyne Highlands is underway now with B4BC jelly wristbands and tee shirts for sale, and the option to donate an extra dollar when purchasing a lift ticket. Those wanting to get even more involved can set-up their own Boarding For Breast Cancer

Stay Classy fundraising page and invite friends and family to support the cause. The top three B4BC fundraisers win special prizes. Visit [www.BOYNE.com](http://www.BOYNE.com) for details.

Boarding For Breast Cancer (B4BC) is a non-profit, youth-focused education, awareness, and fundraising foundation. Their mission is to increase awareness about breast cancer, the importance of early detection and the value of an active lifestyle. For more information, visit [www.b4bc.org](http://www.b4bc.org).

Through the McLaren Northern Michigan Foundation, the Kathleen Jontz Breast Health Fund provides mammograms to women ages 40 – 64 years old that have no insurance or are underinsured and supports breast health educational programs in our community.

For more information about the Boarding For Breast Cancer event at Boyne Highlands Resort, please visit [www.BOYNE.com](http://www.BOYNE.com) or call 800.GO.BOYNE (462-6963).

## Charlevoix Area Hospital chosen as site for MSU Rural Health Program

Local Physician working to develop the new program, slated to start in July 2013.

Charlevoix Area Hospital has been selected by Michigan State University's College of Human Medicine as one of three pilot locations for its newly expanded Rural Community Health Program.

Dr. Andrea Wendling, MD, FAAFP, a Family Care Physician at Boyne Area Medical Center, a Charlevoix Area Hospital Affiliate, has accepted the position of Director of Rural Health Curriculum at Michigan State, a role she will fill while continuing to care for her patients at Boyne Area Medical Center.

As part of her new position, Dr. Wendling has been working with MSU to develop the Rural Community Health Program (R-CHP), which is designed to enhance the medical education of students interested in rural health care by placing them into rural communities throughout Michigan for extended periods of time during their medical school education. This is done to help students better understand how care is delivered across a rural population as well as the special challenges encountered by rural health systems.

Charlevoix Area Hospital was selected as one of the first Rural Education Sites for the program because of its reputation for quality health care, the competent instruction students have received there in the past, and its status as a Critical Access Hospital. Based on its concentrated number of hospital beds, desirable location, and focus on primary care, Charlevoix Area Hospital has already been a first choice of many interviewed students. The hospital will be providing on-site housing for the students, the first of whom is expected to arrive in July.

To take part in the program, students must be interested in rural medicine. Once selected they will spend up to 20-24 weeks of their medical school training in their assigned rural site, where they will receive valuable hands-on medical training as well as a detailed look at the varied roles that rural physicians fill, not only in treating medical needs, but also in providing a leadership role in public health and community health care.

For the pilot year of the program there will only be one student selected per site, but in future years MSU plans to expand this to two students in each location. As the program continues the rural sites can expect to have up to eight students at various educational levels present on their medical campus.

The staff at Charlevoix Area Hospital has responded with enthusiasm to the new program. All of the active physician staff there will be considered adjunct clinical faculty of MSU's College of Human Medicine and students will be encouraged to learn from everyone. In turn, it is the hope that the doctors will also learn from the students. Having young, bright minds around will ensure that the hospital's personalized medical care remains innovative, comprehensive, and appropriate to the evolving fu-

ture of health care.

Charlevoix Area Hospital will benefit greatly from the association of running a nationally recognized program, which it can leverage for medical staff recruitment. Charlevoix Area Hospital CEO Lyn Jenks noted, “We can draw people to the area with not only the goal of providing excellent rural health care, but by providing them teaching opportunities as well.”

This program caught Dr. Wendling's attention for a number of reasons. When she started medical school, she already knew she wanted to be a rural family physician, however most of her training was in large urban medical systems and she had very few rural mentors or teachers. When she inquired about this, instructors told her it was not a cause for concern since the same model of care applied to all populations.

Dr. Wendling disagrees. After being in the field, she realized that rural health care required a different way of treating patients. She found that rural physicians often needed to be more resourceful since they lacked the support systems that most metropolitan facilities have for their providers. And she wants medical students interested in entering the rural health system to realize that there are different models of care. The R-CHP program will teach students about the concept of population care, the difference between seeing one patient and managing a presented problem versus looking at the broader health care issues facing the community and taking that into consideration when treating individual health problems. It requires a fundamental shift from disease to health management.

One of the greatest benefits to the community and another major goal of the program is to eventually increase the number of rural physicians in Michigan and to improve the retention of physicians working in rural communities. There are many underserved health care areas in rural America, and Northern Michigan suffers from a severe and disproportionate shortage of health care professionals, a disparity this program will work to remedy.

Since graduating medical students often take their first job at a facility where they were trained, it is thought that involvement in the Rural Community Health Program will result in an increased commitment to the communities where its students lived and learned. Developing relationships with the staff as well as the patients will foster a personal connection that hopefully encourages students to return north for their medical careers.

“Ultimately,” Dr. Wendling said, “the goal is to highlight what our rural health care system already does well, and to teach the students how it can be done even more effectively. We have wonderful health care management providers and practices in place up here, we just need to focus on maintaining and improving these practices as well as attracting future rurally-minded health care providers so that all communities can benefit, and this program is a great place to start.”

## Building Better Bones Focuses on Osteoporosis Prevention

Petoskey – Osteoporosis can be a silent disease, one that causes the thinning of bones, which then causes bones to become fragile and more likely to fracture.

“It’s a disease that people often don’t realize they have until they fracture their hip, wrist, or ankle,” said Linda Linari, RN, BSN, ONC, an orthopedic nurse clinician with McLaren Northern Michigan.

Linari will share information on osteoporosis prevention and treatment during the “Building Better Bones” class. It will take place from 6 – 8:30 p.m. on Wednesday, March 6 at the John and Marnie Demmer Wellness Pavilion and Dialysis Center located at 820 Arlington Avenue in Petoskey.

The program is free and open to all individuals interested in the prevention, early diagnosis, and treatment of osteoporosis. Bone biology, bone density testing, treatment options, nutrition instruction, exercise, and fall/fracture prevention will be discussed.

Linari, who will provide an overview of osteoporosis, will be joined by presenters Janet Havens, a registered dietitian, and physical therapist, Anne Grimmer.

“(Anne) will go over exercises you can do to strengthen muscles, which strengthens bones and increases bone density, and ways to keep yourself safe so you don’t injure your back, or slip and fall,” Linari said.

Havens will educate attendees on making proper dietary choices to increase calcium intake. “And she will go over reading labels. There’s a lot of information on food labels and it can be confusing. She will discuss how to read the labels appropriately,” Linari said.

Women and men, particularly the elderly, can both suffer from osteoporosis, she added, though it does more commonly affect women.

“It’s a disease we can prevent, or one that we can halt the progression of with appropriate medications and education,” Linari said. Pre-registration is requested and can be arranged by calling 800.248.6777.

## Renewed pertussis threat in Northern Michigan comes with expanded recommendations

Even if you aren’t concerned about the threat of pertussis – also known as whooping cough – for yourself, you may be unknowingly spreading the illness to others, especially infants and young children, to whom it may be fatal.

The number of pertussis cases has been rising sharply throughout the United States. In Michigan, 847 cases were reported during 2012, and one infant died. Three Northern Michigan cases have appeared already during the first two months of 2013, says Joshua Meyerson, M.D., Medical Director for the Health Department of Northwest Michigan.

“The best way to protect young infants is to ensure everyone around them is vaccinated,” Dr. Meyerson emphasized, adding that routine hand-washing is also helpful. “Make sure every adult coming in close proximity to an infant

has been immunized with a vaccine to prevent pertussis (Tdap). Make sure young children receive all five recommended doses of DTaP (diphtheria, tetanus and pertussis) vaccine at two, four, six and fifteen months of age, and again at four years of age.”

Dr. Meyerson added that there are new vaccination recommendations for women who are pregnant. “All pregnant women are now being advised to get a Tdap during their third trimester, between 27 and 36 weeks, and they should get the Tdap with each pregnancy,” he explained. “This provides additional protection for infants when they are born.”

The Health Department offers all necessary immunizations, including Tdap and DTaP vaccines, through its clinics in Bellaire, Charlevoix, Gaylord, Harbor Springs/Petoskey and

Mancelona. Medicare, Medicaid and many forms of private health insurance are accepted. Those without health insurance coverage for immunizations qualify for reduced rates for these vaccines. For more information, or to schedule appointments for yourself and your family, call the Health Department at (800) 432-4121 today.

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 more information, visit [www.nwhealth.org](http://www.nwhealth.org).



# Health SERVICES directory

### BEAUTY SALON

**Chello's Salon & Day Spa**  
126 Main St.  
East Jordan  
231-536-7764

**Wink Salon**  
829 West Main  
Gaylord  
989-731-4300

**A Touch of Class**  
105 N. Center  
Gaylord  
989-732-2654

### CHIROPRACTOR

**Saks Wellness Center**  
1447 S. Otsego, Gaylord  
989-732-7000  
[www.sakswellnesscenter.com](http://www.sakswellnesscenter.com)

### COUNSELING

**Cygnat Counseling**  
Downtown Gaylord  
989-731-1018  
[www.cygnatfamilycounseling.com](http://www.cygnatfamilycounseling.com)

### EYE CARE

**Gaylord Eye Care Center**  
829 W. Main, Gaylord  
989-732-6261

### FITNESS FACILITY

**Otsego County Sportsplex**  
1250 Gornick Ave., Gaylord  
989-731-3546  
[www.ocsportsplex.com](http://www.ocsportsplex.com)

**Otsego County Community Center**  
315 S. Center, Gaylord  
989-732-6521  
[www.otsego-countyparksrec.com](http://www.otsego-countyparksrec.com)

### Saks Wellness Center

1447 S. Otsego, Gaylord  
989-732-5200  
[www.sakswellnesscenter.com](http://www.sakswellnesscenter.com)

### Powerhouse Gym

1044 W. Main, Gaylord  
989-732-0744  
[www.gaylordsgym.com](http://www.gaylordsgym.com)

### HOLISTIC HEALTH

**IHT Wellness Shop**  
416 W. Main  
Gaylord  
989-448-4717  
[www.ihtwellnessshopgaylord.com](http://www.ihtwellnessshopgaylord.com)

### HOME HEALTH CARE

**Health Dept. of NW Michigan**  
220 W. Garfield, Charlevoix  
231-547-6092  
[www.nwhealth.org](http://www.nwhealth.org)

### HOME HEALTH CARE

**Northern Management Services**  
657 Chestnut Ct., Gaylord  
989-732-6374  
[www.northernmanagement.org](http://www.northernmanagement.org)

### HOSPICE

**Hospice of Michigan**  
1723 W. M-32, Ste. B  
Gaylord  
888-247-5701  
[www.hom.org](http://www.hom.org)

### HOSPITAL

**Mercy Hospital**  
1100 Michigan Ave., Grayling  
989-348-5461  
[www.mercygrayling.com](http://www.mercygrayling.com)

### Charlevoix Area Hospital

14700 Lake Shore Dr  
Charlevoix  
231-547-8630  
[www.cah.org](http://www.cah.org)

### HYPNOTHERAPY

**DT Weber Hypnotherapy, LLC**  
611 North Center Ave.,  
Gaylord  
989.619.4395  
[www.DTWeberHypnotherapy.com](http://www.DTWeberHypnotherapy.com)

### MASSAGE THERAPY

**The Naturalist**  
1029 Gornick Ave., Gaylord  
989-705-1451

### Self Heal Massage/ Body Work/Energy Medicine

Cathy Brink NCMP/AMTA,  
Reiki Master/Teacher  
1029 Gornick Ave.,  
Alpine Suite #103  
989-619-6282

### MONUMENTS

**Anger Monuments**  
7535 US 131,  
Mancelona  
231-587-8433

### NUTRITION & SUPPLEMENTS

**General Nutrition Centers**  
1417 W. Main St.,  
Pineridge Square  
Gaylord, MI 49735-1755  
989-731-6363

**IHT Wellness Shop**  
416 W. Main, Gaylord  
989-448-4717  
[www.ihtwellnessshopgaylord.com](http://www.ihtwellnessshopgaylord.com)

**Jojo's Market**  
1459 S. Otsego,  
Gaylord  
989-705-8500

**Four Star Nutrition**  
604 W. Main,  
Gaylord  
989-448-8618  
[www.fourstarnutrition.net](http://www.fourstarnutrition.net)

### PHYSICAL THERAPY

**Jordan Valley Rehabilitation Center**  
100 Main St # 9, East Jordan  
231-536-1451

**Boyne Rehabilitation Center**  
197 State St, Boyne City  
231-582-6365

### PODIATRIST

**Dr Tom DeKorte D.P.M.**  
Podiatric Physician & Surgeon  
1404 Bridge St, Charlevoix, MI  
231 547 4662  
1662 S Otsego Ave, Gaylord  
(989) 732-6565

### SENIOR ASSISTANCE

**Otsego County Commission on Aging**  
120 Grandview Blvd.  
Gaylord  
989-732-1122  
[www.otsego-countycoa.org](http://www.otsego-countycoa.org)

**Crawford County Commission on Aging**  
308 Lawndale St., Grayling  
989-348-8342  
[www.crawfordcoa.org](http://www.crawfordcoa.org)

**Seniors Helping Seniors**  
221 E. Felshaw St., Gaylord  
989-448-8323  
[www.seniorshelpingseniors.com/northernmichigan](http://www.seniorshelpingseniors.com/northernmichigan)

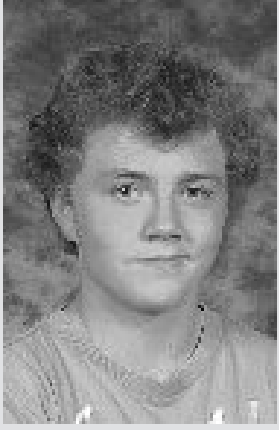
To add your business contact your sales rep or E-Mail us at [Office@CharlevoixCountyNews.com](mailto:Office@CharlevoixCountyNews.com)

# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Student of the Week Boyne City High School

**Carl Rasch**



**GRADES:** 11  
**PARENTS:** Carl Rasch and Shawna Smith  
**SCHOOL ACTIVITIES:** Building Trades  
**HOBBIES & INTERESTS:** Make tie-dies, Disc golf, Hang-out with friends, Build things  
**FUTURE PLANS/GOALS:** 4 year college for a field of engineering or building. Get a job as an engineer.

### STAFF COMMENTS

*"Carl has developed into one of my leaders in building trades. He is very good at staying on task and problem solving where needed." (Mr. Shumaker, Building Trades Teacher)*

*"Carl Rasch has shown outstanding maturity and dedication to his studies in chemistry. Hardly a day passed during the last month when I looked over to where Carl was sitting and he would be working diligently with his lab table partner, but oftentimes he was also patiently assisting students who would come sit w/Carl and his table partner and ask for help. When asked to participate and share a student explanation for a particular homework problem being discussed in class, Carl was always quick to raise his hand and volunteer. As a sub throughout our district, one of the pleasures is watching students grow, mature and flourish as young adults. I am so proud of Carl Rasch and congratulate him on his well-deserved nomination for student of the week" (Mrs. Durbin, Chemistry Long-Term Sub)*

*"Carl has become an exceptional student, who takes interest in and responsibility for his classwork. He is truly a pleasure to have in class." (Mr. Fritzsche, English Teacher)*

*"Carl is one of those rare students who combines a fantastic work ethic, a high level of maturity and a consistent pursuit of better grades. He is a true pleasure to have in class and I look forward to seeing what Carl does in the future." (Mr. Ames, History Teacher)*

## Scholarship will send NCMC Student to Ireland

North Central Michigan College and the Robert Emmet Society seek entries for a scholarship contest that will send a North Central student to Ireland this fall for a semester of study.

This is the only scholarship awarded by the college that sends a student abroad for study. The competition is based on an essay contest, academic achievement, student activities and an interview with college and society representatives.

Entrants must be enrolled in an academic program at North Central Michigan College for the 2012-2013 school year and must be prepared to submit an essay on the topic, "How do the political values of Robert Emmet, Irish patriot and namesake of Emmet County, relate to our world and our lives today?"

Essays must be submitted to Samantha McLin, associate dean of liberal arts, by April 8. The winner will be announced before the end of

the school year. Details are available at <http://www.ncmich.edu/finaid/ireland.html>.

The winner of this competition will receive a scholarship for Fall 2013 at Galway-Mayo Institute of Technology (GMIT) in Galway, Ireland. The scholarship covers round-trip air fare from Detroit or Chicago and tuition, room and books at GMIT.

## G.L.E. Announces Youth Leadership Summit

The Youth Leadership Summit (YLS), presented by Michigan's electric cooperatives, is a high-energy, interactive experience designed to help young people grow as leaders. High school sophomores and juniors whose parents or guardians are Great Lakes Energy members are invited to take their team-building skills to the next level at this unique three-day event.

Students from throughout Michigan will come together to test themselves mentally and physically with a combination of hands-on classroom exercises and a high-ropes challenge (over 30 feet in the air!). Plus, students will learn how to respond in an emergency situation, explore diverse careers in energy, test their decision-making skills as an elected official, and learn what to expect as they prepare for life

after high school.

YLS takes place April 24-26 at Spring Hill Camps in Ewart, MI (just 12 miles south of Cadillac). While the classroom portions are held in a gathering space set up for interactive, team-style learning, the utility pole climbing, high-ropes adventures and other team-building fun take place on the facility's 515 acres of northern Michigan forests and rolling hills. Students can use their free time to enjoy the indoor pool, challenge their new friends to a pick-up game of basketball or volleyball in the gym, or just hang out in the game room.

YLS is the first step toward an even greater adventure. All participants will be considered for a once-in-a-lifetime Washington, D.C. experience with the National Rural Electric Youth Tour. This all-ex-

penses-paid trip provides students with the opportunity to watch history come alive as they explore the museums, memorials and monuments of our nation's capital and get a chance to meet face-to-face with their senators and congressmen.

Great Lakes Energy is a non-profit, member owned electric cooperative serving more than 126,000 members in 26 counties throughout western Michigan. Great Lakes Energy sponsors Youth Leadership Summit and Youth Tour as part of the co-op's ongoing commitment to community. To apply online, visit [miYLS.com](http://miYLS.com). For additional information, email [teentrips@glenergy.com](mailto:teentrips@glenergy.com) or call 888-485-2537 ext. 8174.

## BOYNE CITY POLICE DEPT.

### Monday, February 11

7:35amIntruders reported in the 500 block of W Michigan. No intruders.

8:23amSuspicious items found in the 300 block of N Lake St

5:20pmArrested subject on warrant

6:48pmProperty damage accident at Water and East Streets

7:48pmAssisted EMS in the 300 block of E Division St

8:05pmFound bumper at Front and Second St

### Tuesday, February 12

1:50pmWelfare check requested in the 300 block of Silver St

4:47pmGasoline drive off from the 200 block of S Lake St

5:14pmCivil complaint in the 400 block of State St

6:37pmAssist Sheriff Department on Pleasant Valley Rd

9:11pmReport of stolen cell phone from the 1000 block of Boyne Av

11:13pmCivil complaint from the 400 block of State St

### Wednesday, February 13

4:02amSuspicious activity reported in the 300 block of E Division St

9:09amVehicle obstructing traffic on Park St. Citation issued and vehicle towed.

1:35pmCivil complaint from the 400 block of State St

2:00pmThreats complaint received from the 400 block of State St

2:05pmReport of driving complaint on Boyne Av

4:00pmSalvage vehicle inspection

6:34pmGasoline drive off from the 200 block of S Lake St

### Thursday, February 14

12:00amSuspicious person in the 400 block of Hemlock St

12:52amSuspicious activity reported in the 300 block of E Division St

3:54amSuspicious activity reported in the 300 block of W Court St

6:23amHit and run to deck-

ing pole in the 100 block of E Water St

9:52amWelfare check in the 600 block of Boyne Av

10:06amAlarm in the 100 block of S Lake St

10:53amGasoline drive off from 200 block of S Lake St

1:08pmComplaint of trucks speeding on S Lake St

3:20pmSubject arrested on our warrant. Transported to jail.

3:48pmMultiple complaints received reference suspicious subject in parking lot of the 400 block

8:58pmSuspicious subject in the 200 block of S Lake St

10:31pmSuspicious subject in the 200 block of W Court St

### Friday, February 15

1:40amGeneral assist to citizen

3:36amSuspicious noise reported in the 300 block of E Division St

6:09amVehicle unlock in the 300 block of E Division St

9:05amWelfare check requested in the 700 block of Ottawa St

10:37amParking complaint received from Adams St

10:55amCivil complaint received from the 100 block of E Water St

4:37pmJuvenile complaint in the 600 block of Boyne Av

8:40pmHarassment complaint received from the 200 block of Vogel St

9:56pm911 hangup from Lexamar Dr

11:00pmAssist to Grand Traverse Co Sheriff Dept

### Saturday, February 16

2:49amAssist to Antrim County Sheriff Dept

5:53amSuspicious noise reported in the 300 block of E Division St

9:48amVehicle unlock in the 600 block of S East St

10:16amCivil complaint from the 400 block of State St

12:22pmAssist Sheriff Department with accident on Jaquay Rd

3:07pmDomestic assault in the 400 block of Harris St

8:45pmVehicle unlock in the 200 block of S Lake St

10:35pmDomestic disturbance in the 300 block of E Division St

11:23pmAssist EMS in the

300 block of E Division St. Subject arrested.

### Sunday, February 17

6:53amAssist Sheriff Dept in Boyne Falls

9:20amVehicle unlock in the 300 block of E Division St

11:01amJuvenile complaint in the 600 block of Boyne Av

11:40amAssist Sheriff Department and EMS with suicidal subject

3:26pmAssist Sheriff Department with Domestic Assault on Pincherry Rd

7:03pmPPO violation reported in from Pleasant Av

10:02pmSuspicious situation in the 100 block of E Water St

## CHX. COUNTY SHERIFF DEPT.

### February 18-24, 2013

911 Hang Up Call.....2

Abandoned Vehicle.....0

Abuse.....0

Alarm.....7

Animal Complaint.....14

Annoyance.....0

Assault.....0

Assist Citizen.....3

Assist Motorist.....5

Assist Other Agency.....7

Attempt to Locate.....1

Attempted Suicide.....0

Bank Alarm.....0

Boating Accident.....0

Boating Violation.....0

Breaking & Entering.....1

Car/Deer Accident.....3

Citations Issued.....10

Civil Complaint.....6

Criminal Sexual Conduct...1

Death.....0

Disorderly Person.....0

Disturbance.....0

DNR Complaint.....1

Domestic Dispute.....1

Driving Complaint.....3

Fireworks Complaint.....0

Found Property.....2

Fraud.....0

Health & Safety.....1

Hit & Run.....0

Intoxicated Person.....0

Juvenile.....1

Larceny.....2

Lockout.....8

Lost Property.....0

Malicious Destruction of Property.....0

Mental Subject.....0

Minor In Possession.....1

Miscellaneous Criminal.....2

Missing Person.....0

Noise Complaint.....2

Operating Under the Influence.....0

Paper Service.....9

Parking Violation.....0

Personal Injury Accident.....1

Personal Protection Order..0

Private Property Accident..0

Property Check.....4

Property Damage Accident 11

Prowler.....0

Road Hazard.....14

Stalking.....0

Suspicious Situation.....1

Threat.....2

Traffic Stop.....61

Trespassing.....1

Unknown Accident.....1

Unlawful Driving Away of Automobile.....0

Vehicle in the Ditch.....15

Violation of Controlled Substance Act.....2

## ACCIDENTS & INVESTIGATIONS

### Head-On Accident on Marion Center Road

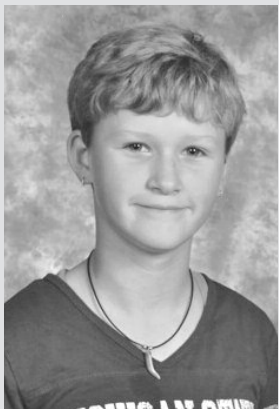
Sheriff W.D. (Don) Schneider reports on Friday, February 22, 2013, at approximately 7:07pm the Charlevoix County Sheriff's Office was sent to a head on personal injury accident on Marion Center Road near Mascho Road in Marion Township.

The accident occurred when 19 year old Christopher Light of Ellsworth lost control of his 2004 Ford F-350 pickup truck while southbound on Marion Center Road. The f-350 crossed the centerline and was struck on the passenger side by a northbound Jeep Grand Cherokee driven by 55 year old Glenn Rubingh also of Ellsworth.

Both drivers were uninjured, however, Christopher Light's 45 year old father, Shane Light, and 12 year old brother, Joshua Light, had complaints of head, neck and back pain. Both family members were transported to the Charlevoix Area Hospital for further evaluation.

## Student of the Week Boyne Falls Elementary

**Sydney Bess**



**GRADE:** 6  
**PARENTS:** Brian Bess, Dawn Ebersole and Dawn Wright  
**SCHOOL ACTIVITIES:** Volleyball and 4-H  
**HOBBIES & INTERESTS:** Snowboarding, snowmobiling, basketball, soccer, volleyball  
**FAVORITE BOOK:** Lost In The War by Nancy Antle

### WHAT DO YOU WANT TO BE WHEN YOU GROW UP?:

I want to be a veterinarian because I love animals.

### STAFF COMMENTS

*"The 6th grade class at Boyne Falls Public School is lucky to have Sydney as a member. Her quiet nature and soft smile helps her make friends easily. She is an eager to learn student who excels in athletics. Sydney has recently learned to snowboard as well as becoming a member of the middle school volleyball team. Keep Up the great work Sydney!" (Pamela Gregory)*

Bill and Joy Murray  
(231) 536-2925

**Murray's**

**BODY SHOP LLC**

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# News

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## Former NFL player to hold local workshop for coaches and community

A workshop for coaches, athletes, sports boosters, educators, parents and community leaders will be held at North Central Michigan College in the library conference rooms from 8:30 a.m. to 12 noon on Friday, March 22.

The workshop will feature former NFL player, Joe Ehrmann who has been called "The Most Important Coach in America" and one of the "100 Most Influential Sports Educators" because of his work to transform the culture of sports. Ehrmann will discuss how workshop attendees can make positive, life-changing impact on players and students, as well as how to help them be their personal best now and throughout their lives.

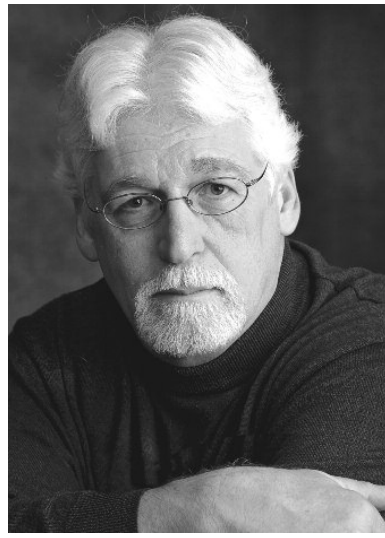
Joe's approach is grounded in the lessons and experiences of his own remarkable life and the profound impact he has had on others. Ehrmann is also the featured speaker at the North Central Michigan College Lecture Series on Thursday, March 21, the evening prior to the half-day workshop.

The free workshop is being made possible through a collaborative effort and funding from Beyond the Scoreboard and the Women's Resource Center of

Northern Michigan's (WRCNM) 100 Men Campaign and Violence Prevention Team. Additional funding has been provided through grants from the Youth and Community Endowment Funds of the Petoskey-Harbor Springs Area Community Foundation and Charlevoix County Community Foundation.

Both Jan Mancinelli, Executive Director of the WRCNM and Ron Goodman, Director of Beyond the Scoreboard agree the workshop is needed. "Joe Ehrmann's life experience and insight bring wisdom and clarity to current issues that our young people face in sports and in everyday life," said Goodman. "Joe emphasizes the point that the academic, social, emotional, civic and moral well-being of players is no longer considered beyond the scope of what sports and coaches can or should accomplish."

Jan Mancinelli added, "For more than a quarter century, Joe Ehrmann has inspired people across the country with ground-breaking lessons about coaching, team building, mentoring and parental involvement. He has a comprehensive



Joe Ehrmann

PHOTO COURTESY OF LEO H. LUBOW

understanding of poverty, racism, domestic violence and child abuse and draws from this knowledge to make the connection between these issues and their corresponding societal influences while also engaging the audience."

Those interested in attending the free workshop may register online at wracnm.org, or by calling the WRCNM administrative office at (231) 347-0067 or Beyond the Scoreboard at (231) 622-2223.

### ABOUT JOE:

All-American football player and lettered lacrosse player at Syracuse University.

Named to Syracuse University's All-Century Football Team and recipient of the Arents Award, SU's Most Distinguished Alumni honor for his contributions to society.

Played professional football for 13 years—Colts Man of the Year.

First Ed Block Courage Award Winner.

Featured on the cover of Parade Magazine which called Joe "The Most Important Coach in America" because of his work to transform the culture of sports.

Named one of The 100 Most Influential Sports Educators in America by the Institute for International Sport.

Subject of the New York Times Bestseller Season of Life by Jeffrey Marx. Recognized for his revolutionary concepts of Team-Building, Mentoring and Coaching.

Co-founder with wife, Paula, of The Door, a community-based organization that addresses issues of poverty, systemic racism and social justice.

Co-founder with wife, Paula, of Building Men and Women for Others (BMW), addressing issues of masculinity and femininity, also seeking to redefine and reframe the social responsibility of sports, coaches, parent and players. Addresses issues of violence and child advocacy.

Selected by Baltimore Business Journal as the Renaissance Person of the Decade for his dedication and commitment to Baltimore City's betterment.

Co-founder of Baltimore's Ronald McDonald House, which has served over 35,000 families from all over the world since its inception.

National Fatherhood Initiative's Man of the Year award for his work in improving the well being of children by helping fathers become more involved, responsible, and committed to their children.

Frederick Douglas National Man of the Year award for empowering youth to prevent rape and other forms of male violence.

Recognized by National Consortium for Academics and Sports for annual Coach's Giant Step Award for using the power and appeal of sports to positively affect social change.

## Char-Em ISD awarded state grant supporting consolidation of services

Charlevoix-Emmet Intermediate School District was one of seven ISDs statewide to be awarded a competitive grant to help support the costs of consolidation of services among school districts.

The grant in the amount of \$25,327 will allow districts within the ISD service area of Charlevoix, Emmet and northern Antrim counties to convert or update their financial software to a common web-based platform. School districts included in the conversion are Alanson, Beaver Island, Boyne City, Boyne Falls, Central Lake, Charlevoix, East Jordan, Ellsworth, Harbor Springs, Pellston and Char-Em ISD.

Currently, many of the districts operate their business offices as independent functions, explained Char-Em ISD Assistant Superintendent Jeff Crouse. "The conversion or upgrade will allow for common operating procedures, common forms, consolidated purchasing, sharing of cross-trained staff and immediate access to information at both the local and ISD level," he said.

"It will allow us to share information, resources, and staff online between districts that now cover 1,200 square miles, saving time, resources and ultimately money,"

Crouse added. "Currently we have to cover duplicated costs of upgrades or trainings whenever new state or federal reporting requirements are implemented. With a common platform, we will avoid these duplications of effort, saving time and money."

The project is a collaboration among the local boards of education, administration and business managers, and Char-Em ISD. Crouse estimated the change will save approximately \$10,000 in the first year and \$50,000 over the course of a few years.

Crouse said the project will begin immediately and the ISD and districts will develop operating procedures, and establish cross-training and internal controls over the next few months.

The Michigan Department of Education awarded \$10 million in state grants to local districts and ISDs whose applications demonstrated the most efficient and effective impact of consolidation efforts. Char-Em ISD Superintendent Rick Diebold noted it was great for Char-Em ISD to be one of only six ISDs across the state recognized for this cost-saving measure, noting it helps keep dollars in the classrooms and closest to students.

## Non-profit professional development session raising support from the New Millennials

This webinar can only be accessed at four locations in Northern Michigan. In Charlevoix the webinar will be held at the Health Department of Northwest Michigan, Lower Level Classroom, 220 West Garfield from 1:00 - 2:30pm March 19 Fee: \$12. Register at [www.northskynonprofitnetwork.org](http://www.northskynonprofitnetwork.org) or 231.929.3934

Hospice of Northwestern Michigan is excited to bring a third educational session to the area. Tying into the expertise that NorthSky Non-profit Network has access to is a cost effective way to bring continuing education to our local professionals."

Using research from over 10,000

millennials, (age 20-30), Derrick Feldman, Author, and CEO, Achieve Consulting, will guide you through what motivates millennials to give to nonprofit organizations. He will discuss how to create customized campaigns and engagement programs to raise awareness and support from millennials through online, direct mail, email, and event based approaches. This session will help your organization design a campaign that stands out from others to effectively engage the millennials. Designed for beginning to advanced practitioners, Board members, volunteers, and staff.

## Charlevoix Public Library March 2013 Events Schedule

All events are at the Charlevoix Public Library, 220 W Clinton St., 231-237-7340.

**Exhibit: Roger Stoppel:** March and April: Stop by the community room foyer to see the highlights of Roger's work.

**Parenting Conference: Focus on the Positive:** 8:30 - 2:00 p.m., March 9: Join Great Start and keynote speaker, Wendy Shepherd.

**LEGO Club:** 3:45 - 5:00 p.m., March 11: Drop in for this monthly session of fun with LEGOs.

**Grossology: Slime,** 4:00 p.m., March 12: drop in to the library and learn how to make your own slime.

**Pills, Periods, and Potty Breaks:** 6:30 p.m., March 12: Join Dr. Mary Ivey, OB-GYN, Charlevoix Area Hospital for an informal discussion of the symptoms of and treatments for pre-menopause.

**Travel & Adventure: Turkey in Ten Days,** 6:30 p.m., March 12: Join Kerry Finlayson and Ken Winter, both from North Central Michigan College, who will share their experiences traveling on a special study mission to understand Turkey's culture, religion, economics and education systems.

**Smart Card Day,** March 13: Show your library card at any participating business and receive a 10% discount.

**Grossology: Scabs,** 4:00 p.m., March 14: drop in to the library and learn how to make your own fake scabs.

**Contemporary Issues Discussion:** Noon, March 14: Join this new, informal group in

discussing a different, current topic each month. In March, join Charlie MacInnis, retired director of news and information for Consumers Energy and recently retired director of public relations for NCMC in a discussion about balancing energy needs with environmental preservation.

**Genealogy Interest Group,** 6:00 p.m., March 14: Enjoy the opportunity to discuss new advances in genealogy and to bring information on new research techniques. Topic of the month is newspaper obituaries.

**BookTalkers Discussion,** 6:00 p.m., March 18: Join the Charlevoix Library BookTalkers for a discussion of *Billy Lynn's Long Halftime Walk*, by Ben Fountain.

**BookTalkers Discussion,** 2:00 p.m., March 19: Join the Charlevoix Library BookTalkers for a discussion of *Billy Lynn's Long Halftime Walk*, by Ben Fountain.

**Help your Child Learn to Read,** 6:30 p.m., March 19: Join Sharon Doherty on her talk which highlights simple tools to help children grasp the fundamentals of reading.

**Loose Threads: Northern Michigan Textile Artists,** 12:00 p.m., March 20: Join local fiber artist, Kathie Briggs, for this informal group to discuss art and help each other with ideas and projects.

**eReader Class,** 10:30 a.m., March 21: learn how to download free eBooks to your eReader.

**Artists in Action: Weaving,** 2:00 - 4:00 p.m., March 21: Stop by the lobby for a weaving

demonstration with Marti McIntyre.

**WinterFolk: Kirby,** 6:30 p.m., March 25: One hour feature performance with Gaeyle Gerrie, followed by an open mic session.

**Introduction to MS Word 2007,** 10:30 a.m., March 26 & 28: Learn the basic functions of this word processing software. This class is for the seasoned beginner who knows how to use a mouse and can search the internet. Please pre-register.

**What is Autism?,** 6:30 p.m., March 26: Join Christine Dillon, North Country Community Mental Health, who will present an overview of the diagnosis, treatment and interventions in Autism Spectrum Disorders.

### WEEKLY PROGRAMS:

**MUG: Mac Users Group,** 5:00 p.m., every Monday: This group will gather to share tips and problem solving using Macs.

**Story Hour w/ Ms. Laura,** 10:30 a.m., Every Thursday: Play "Ms. Laura Says," listen to stories and music, learn finger plays, and spend time with friends and family. Call for information: 231-237-7350.

**Writers Group,** 6:00 p.m., Thursdays: All writers welcome - published, unpublished and novices - for support and gather new ideas with other writers.

**Knitting Group,** 10:30 a.m., Wednesdays: Anyone interested in knitting is welcome to join the Knitting Group; all ideas and skill levels welcome.

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# News

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## Boyne Eta Nu and Girl Scouts share a sweet success for Litzenburger Place

BONYE CITY - The Boyne Eta Nu Charities recently served the residents of Litzenburger Place breakfast and dinner.

Eta Nu's breakfast chairwoman was Nancy Shear and committee members were Susan Coyle, Susan Light and Martha McKernan with helpers, Penny Dietz, Alison Mellon, Mary Anne Newman, Marilyn Rhadigan, Ann Robins, Barb Schultz and Joanie Schumann. The dinner chairwoman was Phoebe Wietzke with helpers, Barb Adams, Carole Carroll, Liz Durbin, Kathy Henricks, Sue Huston, Margaret Lasater, Joanie Schumann, and Anne VanZandt.

Girl Scout Troop 10539 Cadets, Madison Bates, Aurora Seelye and Hannah Smith, provided extra support by setting the tables and delivering meals to residents not able to attend. Leaders Melanie Hausler and Michelle Seelye said the girl Scouts are planning to join Eta Nu's "Clowns for a Cause" on the Fourth of July.

The Cadets helped Eta Nu with its "Lights for Love" fundraiser for Hospice of Northwest Michigan by singing songs during the holiday Lights of Love ceremony. Members who volunteered their time were Sydney Hauser, Samantha Hawver, Katie McHugh, McKayla Neer, Aurora



Seelye, Hanna Smith, Lauren Viol, Alexis Weaver, Bella Wilson, Lizzie Yell and leaders Melanie Hausler and Michelle Seelye.

Boyne Eta Nu Women's Club members actively contribute to the Boyne area through many other service projects and fundraisers. Over the past

20 years, Eta Nu has contributed more than \$150,000 to 35 different organizations in the Boyne area. Projects evolve to meet the changing needs of the community, for example the "Dress for Chill" fundraiser which provides new coats and outerwear to Boyne elementary school kids in need.

Currently Eta Nu chairwoman Pati Scott and committee members, Barb Bryant, Susan Coyle, Denise Holms and Kathy Sheehan are planning a Wine Cellar fundraiser that will include a Silent Auction fall 2013. Date, location and distribution of donated proceeds to be announced.

## Breast Cancer 5k Walk & Run

CHARLEVOIX - The 19th Annual Sue DeYoung/Judy Edger Breast Cancer 5k Walk and Run takes place May 11. Registration begins at 8 am in East Park in Charlevoix, MI. The walk and run begin at 9 am. Everyone is invited to participate, to walk, to donate and to volunteer.

The event honors two courageous local women: Sue DeYoung, a young mother of four children that died in 1992, and Judy Edger, who was a driving force behind this event until her death in March 1999. Monies raised this year will go to the Charlevoix County's Circle of Strength Foundation, to provide mammograms for women in need, and the Health Department of Northwest Michigan, to be used for the free cervical screening program for Charlevoix County residents. All monies stay raised stay in and benefit Charlevoix County.

The Walk/Run has been recognized as a quality physical activity event by the Governor's Council on Physical Fitness. Participants can register for the opportunity to be one of the runners selected to participate in the annual Labor Day Run over the Mackinac Bridge. For more information and to register for your chance to participate, visit: [www.michiganfitness.org](http://www.michiganfitness.org).

The walk/run/cure group (formerly Kappa Sigma Chapter of Beta Sigma Phi) is in the 8th year of helping with the walk and the 7th year of running the walk. All monies raised stay local in Charlevoix County, administered through the Charlevoix County Community Foundation.

This walk has taken place for many years and has raised over \$140,000 to assist women in Charlevoix county with cancer related screenings and treatment.

If you wish to make a donation please follow this link <http://www.c3f.org/misc/misc-makeagift.htm> to the Charlevoix County Community Foundation Website and make sure to note Sue DeYoung/Judy Edger Breast Cancer 5k Walk/run.

## Dredging Project

continued from page 1

enue while upgrading the storm sewer system to alleviate flooding that periodically occurs during heavy rainfalls. A 22 foot wide asphalt road cross section with concrete curb and gutter, and the installation of a 5 foot wide concrete sidewalk will also be part of this project.

Representatives from the Charlevoix County Historical Preservation Society (CCHPS) attended Tuesday's meeting seeking support from the commission for a \$500 funding match for a Water Works building display project that was developed by a CCHPS committee, working with input from the Boyne City Historical Museum staff. The display will include framed wall mountings featuring the 100 year history of the 1910 Water Works building, highlights of the building renovation process, as well as some vintage artifacts such as pipes, valves and bricks. The total project budget is estimated at \$7,000 - with funding being sought from a Charlevoix County Community Foundation Grant, a Great Lakes Energy People Fund Grant, a Charlevoix County Historical Preservation Society Grant and various donations. The commission approved the \$500 funding match request.

The next regular City Commission meeting is scheduled for Tuesday, March 12th, at 7 pm.

## Walker introduces bill to grow Michigan wine, beer and spirits industries

Legislation to give consumers greater access to Michigan-made products

Sen. Howard Walker introduced legislation Wednesday to eliminate numerous outdated liquor control regulations in the state, a move expected to boost growth in Michigan's alcoholic beverage industry.

Senate Bill 216 incorporates nearly all of the Office of Regulatory Reinvention's (ORR) recommendations for modernizing Michigan's liquor control system. Gov. Rick Snyder created the ORR to identify excessively bur-

densome and unnecessary regulations faced by business owners.

Walker said his measure would benefit restaurants, retailers, small wineries, craft brewers, wholesalers and consumers.

"This bill provides new, important economic opportunities for the industry and removes barriers that prevent access to the marketplace," said Walker, R- Traverse City. "From eliminating archaic regulations dating back to Prohibition, to improving state licensing processes, to allowing for more festivals, we have focused on

ways to encourage business growth and job creation while maintaining health and safety."

Walker's bill includes several provisions to help the industry, such as allowing for more resort licenses and more festivals for wines and spirits and enabling microbrewers to have off-premise tasting rooms and provide complimentary samples.

"The wine, beer and spirits industries are critical to the success of Michigan's economy," Walker said. "These industries contribute billions of dollars annually to our econ-

omy, but antiquated regulations have stifled development. This bill will modernize our liquor code and remove these artificial barriers to growth. It will also ensure that Michigan consumers will be able to purchase many Michigan-based products that they currently are unable to buy."

SB 216 would, among other things, do the following:

- Remove excessively burdensome and obsolete regulations;
- Streamline and modernize regulatory processes;
- Provide more clarity

and certainty for the regulated community; and

Eliminate significant government-mandated costs that have little corresponding benefit to Michigan residents.

"I hope this bill receives the fair hearing it deserves to help improve the business climate for Michigan's small breweries, wineries and distilleries," Walker said. "I look forward to working with my colleagues to provide an environment in which these Pure Michigan businesses can thrive."

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**Charlevoix County News**  
Thursday - August 12, 2010  
Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood **75¢**

**Young Soldier Home for Now, but Plans future Return to Afghanistan**

**East Jordan Amends Dog Law**

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Michigan's "American Idol" finalist to perform at Crooked Tree Arts Center this Saturday



American Idol season eight finalist; Matt Giraud, will be taking the stage at the Crooked Tree Arts Center this Saturday, March 2nd, at 7:30 pm. Reserved seats are available for \$25 (members), \$35 (non-members) and \$10 (students) at [www.crookedtree.org](http://www.crookedtree.org) or by calling 231.347.4337. PHOTO COURTESY OF MATT GIRAUD

American Idol's season eight finalist; Matt Giraud, will be taking the stage at the Crooked Tree Arts Center this Saturday, March 2nd, at 7:30pm. Matt is a pianist, vocalist and Michigan native who appeared on the 8th season of the popular American Idol television show.

Matt started out as a young boy singing and playing percussion with his church choir in Ypsilanti, Michigan, and attended college at Western Michigan University where he studied vocal jazz under the legendary Steve Zegree. Believe it or not, Matt didn't play the piano until he got to WMU and found a piano in the lobby of his dorm. During his stint at WMU, he put together the 'Giraud - Mattei' project, which won a Downbeat Magazine Award for 'Outstanding College Performance, Blues/Pop/Rock Group'.

The President's office at WMU then awarded Matt a \$1,000 scholarship, which, like all good musicians, he spent on an instrument. Owning that keyboard enabled him to join a cover band which performed all over western Michigan. With his new repertoire Matt was able to get a job as a piano

player in a dueling piano bar. More amazingly, this guy who began playing just a few short years ago now has an endorsement deal with Yamaha pianos.

Fast-forward to 2008, American Idol season eight. Matt went to his first Idol audition with no advance notice. He was asked by a friend to come along for moral support, and decided as long as he was there he may as well audition. Several stellar performances during the season led him to the top 11, where he was eliminated in the voting but stayed on as a result of the first ever judges' "save." He eventually finished 5th, and his soulful performance of 'My Funny Valentine' led to outstanding reviews from Simon Cowell.

On the subsequent national American Idol Live tour Matt received rave reviews, and has on numerous occasions been considered to having "stole the show." He has also appeared on The Tonight Show with Jay Leno, The Today Show, The Ellen DeGeneres Show, Access Hollywood, Live with Regis and Kelly, and The Larry King Live Special featuring the Top Ten Idol contestants of that year.

Matt's success on American Idol

has also led to more than just television appearances. While playing a private event in Los Angeles put together by Idol creator Simon Fuller, he was discovered by vocalist Anna Wilson. Anna flew Matt to Nashville to record a duet of the country classic 'You Don't Know Me', which was released on i-tunes and quickly rose to #1 on the i-tunes Jazz chart. The popular rendition also appears on Anna's latest cd project, 'Countryopolitan Duets' which features singers like Keith Urban and Billy Dean.

Matt's soulful vocals have caught the attention of several other notable artists, including chart topper Jim Brickman. Matt appears as the vocalist on 'Thank You', Brickman's 2010 single that reached #16 on the Hot AC and AC charts.

Matt will perform this Saturday, March 2nd, starting at 7:30 pm at the Crooked Tree Arts Center. Reserved seats are available for \$25 (members), \$35 (non-members) and \$10 (students) at [www.crookedtree.org](http://www.crookedtree.org) or by calling 231.347.4337.

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**SATURDAY, MARCH 9TH:**

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**For more information contact the Charlevoix Chamber at 547-2101**

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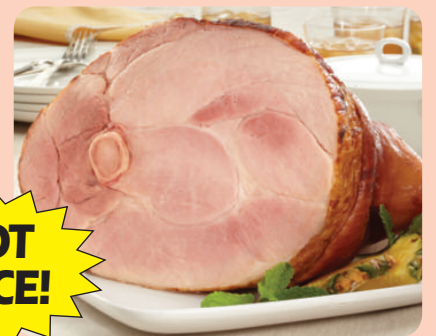
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