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County News


February 27, 2014

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sports

Bomb Threat requires school evacuation

City of Charlevoix announces a Run Water Order

Measure in effect until further notice

Due to extremely cold weather conditions causing some water service freeze ups in the community, the City of Charlevoix is requesting that all water customers continuously run their water until further notice. While City water mains are not at risk of freezing due to their depth and the continual movement of water in them, service leads to individual customers may be more vulnerable. To help prevent freezing of underground service lines, customers should continuously run a stream of water about the width of a pencil from a single faucet. Customer accounts will be adjusted to offset the additional water used during this period based on previous usage history.

Please note, warmer weather may not immediately mean that the risk of freezing is over. Although dependent upon weather conditions, the run water order is anticipated to last several weeks. The City will announce through the media and on its website () when this temporary measure will be concluded. Questions or comments can be directed to the City Manager's Office at 547-3270.

Father of the Year nominations sought

EAST JORDAN — The East Jordan Rotary Club is accepting nominations for 2014 Father of the Year. The deadline for father of the year nominations is Saturday, April 5. Nominations can be sent to PO Box 195, East Jordan 49727. Nominations should include a brief, 200 words or less, summary of why the individual is worthy of this honor as well as the name, address and phone number of the person making the nomination. The award will be presented during the club's 94th annual father / son banquet at 6 p.m. on April 26 at the East Jordan High School. For more information, contact Dick Hartrick at (231) 350-8025.

or comments can be directed to the City Manager's Office at 547-3270.



Charlevoix center Madeline Boss (32) finishes the Rayder fast break with a basket as Boyne City's Mallory Karaszewski (12) defends. (PHOTO BY CINDA SHUMAKER)



Nate Moon (11) of Charlevoix takes off for a layup attempt as Boyne City's Maceo Vroman (54) defends. (PHOTO BY CINDA SHUMAKER)



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By Norma Jean Babcock

CHARLEVOIX: On Friday, February 21 Charlevoix high and middle school students were evacuated from the building located on Marion Center at 9:45 due to a potential bomb threat.

That morning, a student had overheard another student discussing an explosive device which was located in the building.

The conversation was reported to school officials who notified local authorities and began to evacuate students. The evacuation took 18 minutes; during which roughly 500 students and staff were gathered onto buses and taken to the Round Lake Educational Center.

When students were safe, the Charlevoix County Sheriff's Department conducted a thorough search for the device. The search included the use of canine units who arrived at 11:30. The dogs were brought by multiple police agencies including the Michigan State Police and the Traverse City Police.

The search took a little over an hour but no device was found anywhere in the building. Gendron was unsurprised by the results of the search, as several school officials felt that the threat may have been false.

"We were pretty firm it was a false alarm, but each and every one of these issues...you take seriously," said Gendron.

Students returned to the building at 12:45, when lunch was served and classes resumed their regular schedule. School officials are cooperating fully with the Charlevoix County Sheriff's department as they investigate the threat further.

Superintendent Gendron stated that although things went quite well this time, he feels there are upcoming changes that can further improve communication and



K-9 Units arrive to search the school for explosive devices after Charlevoix Public School were evacuated due to a bomb scare

evacuation in these situations. "Overall it was a great opportunity to have a drill... any time this type of thing happens I have three questions though; what happened, what was supposed to happen, and what are three things we can do to improve," he said.

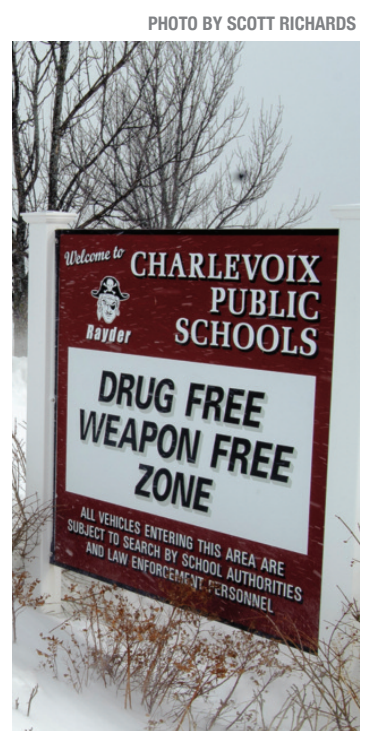
Gendron explained that this

situation showed them places where things went well, but also revealed a need for better communication between the school and parents. Though the evacuation was quick the website was not updated until an hour or so into the situation. Many parents found out about the threat via texts from students themselves as opposed to being told by school officials.

"We want to improve communication to our parents," said Gendron.

He then spoke of a system which will help school officials do just that. For several months they have been looking into an Emergency Management System which would allow officials to either text or email parents when a disaster situation strikes. This system would allow for a quick notification to inform parents of the event and assure them of their children's safety. Gendron says that Charlevoix Schools are just a few weeks away from having such a system in place.

School officials assure parents and citizens alike that the students and staff were never in danger, and that the threat was handled very seriously and carefully.



BOYNE CITY COMMISSION FEB. 25, 2014
City Commission begins process to combine city facilities. . .
Tribe presents \$50,000 to Free Clinic

By Tina Sundelius

BOYNE CITY - The week of March 9 was officially declared Irish Heritage Week in Boyne City, a check was received for the free clinic, a lengthy discussion was held on the hiring of architectural services and the farm market was given approval to apply for a grant that would enable

them to have live music at the market at the February 25 City Commission meeting.

The Boyne City Commission has officially declared the week of March 9-16, 2014 as Irish Heritage Week for the city. The festival began seven years ago as a dinner at the Eagles Club. "It's really our hope to keep this alive, if we get the sister city

project off the ground, and the Dilworth up and running we'll have a place for a real celebration of Boyne City's ethnic heritage," said Main Street Manager Hugh Conklin. Events this year include two Celtic music sessions, a lecture/discussion on Irish history and culture, an Irish step-dancing and Ceilidh dance workshop, and several

food demonstrations and family activities throughout town.

"What we're doing is gathering all the activities going on throughout the community that week under the umbrella of the Irish Festival," he said.

George Antoine, Grand Traverse Bay Band of Ottawa and

See Commision-8A

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Index

Weather.....2A
Obituaries.....2A
Commission on Aging.....6A
News Briefs.....9A
Health.....10A
Local Sports.....1-3B
Class-Ads/Real Estate..... 4-8B

weather

THURSDAY



**HIGH: Low 00's
LOW: -11**

FRIDAY



**HIGH: Low 10's
LOW: 6**

SATURDAY



**HIGH: Low 10's
LOW: -2**

SUNDAY



**HIGH: Low 10's
LOW: 3**

snowfall

2012-13	Amt.	2013-14	Amt
2/25/2013	42.1	2/24/2014	55.3
2/25/2013	79.5	2/24/2014	107
2/25/2013	95.4	2/24/2014	131.6
2/25/2013	113	2/24/2014	158.2
2/25/2013	36.7	2/24/2014	59.3
2/25/2013	59.1	2/24/2014	106.7
2/25/2013	98.1	2/24/2014	161.7

record temps

Day	Avg. High	Avg. Low	Record High	Record Low
2/27	36°F	15°F	62°F (2000)	-16°F (1994)
28	37°F	16°F	55°F (1998)	-17°F (1963)
3/1	37°F	16°F	58°F (2000)	-27°F (1962)
2	37°F	16°F	51°F (1998)	-29°F (1962)
3	38°F	16°F	64°F (1974)	-24°F (1972)
4	38°F	16°F	60°F (1974)	-16°F (1978)
5	38°F	17°F	57°F (1983)	-12°F (1978)

OBITUARIES

Lillian Mary Ankofski, 79

(APRIL 11, 1934 - FEB. 22, 2014)

Lillian Mary Ankofski of Hayes Township died Feb. 22, 2014, at her home.

Lillian was born on April 11, 1934, in River Rouge, Mich., the daughter of August and Marie Morin and was raised in Hazel Park, graduating from St. Mary's High School in Royal Oak with the class of 1952. Following high school, Lillian went to work for General Motors as a secretary.

On July 13, 1957, Lillian married Thomas Ankofski in Hazel Park. The couple made their home in Hazel Park for a time before moving to Drayton Plains. In 1992, Thomas and Lillian moved to Hayes Township and have resided there since.

Lillian was a member of St. Francis Xavier parish and enjoyed golfing, cross country skiing and in her youth, downhill skiing.

Lillian was a loving wife and mother who enjoyed the time she spent here, up north and cherished the time she spent with her family and friends.

She is survived by her husband, Thomas; two children, Greg Ankofski of West Linn, Ore., and Denise Ankofski of Grand Blanc, Mich.; grandson, Alex McComber; and by two great-grandchildren, Lilly and Liam.

Lillian was preceded in death by her parents and by a sister.

A memorial Mass will take place at 10:30 a.m. Friday, Feb. 28, at St. Francis Xavier Catholic Church in Petoskey. The family will receive friends at the church from 9:30 a.m. until the time of the Mass.

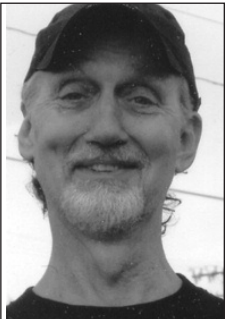
Those wishing to make a donation in Lillian's memory are asked to make a donation to Brother Dan's Food Pantry.

Arrangements are in the care of the Stone Funeral Home of Petoskey.

Robert Fullerton, Jr., 64

(SEPT. 8, 1949 - FEB. 21, 2014)

Robert Fullerton Jr. of Munro Lake passed away on February 21, 2014, at his home after an extended illness.



Bob was born on September 8, 1949, in Detroit, the son of Robert and Anna (Dagwell) Fullerton Sr. and was raised in Detroit with summers spent on Beaver Island. Bob graduated from Redford High School.

On February 4, 2010, in Hawaii, Bob married Rhonda Moyer, the love of his life. They spent 14 great years together.

In 1968, Bob enlisted in the U.S. Navy and proudly served 4 years. He served 2 years at Arlington National Cemetery as a ceremonial honor guard, performing over 1000 military funerals. He served his remaining 2 years aboard the U.S.S. Claude V. Ricketts.

Upon returning from the service, Bob completed 2 years of college and was employed for 10 years with the United States Postal Service in Lansing, Michigan. Bob moved to Northern Michigan and worked for 26 years at Federal Express in Pellston as a courier, mostly for the eastern Upper Peninsula. Bob also worked at Boyne Highlands as a security guard and loved to ski.

Bob loved his home on the lake and being outdoors. He also enjoyed riding his Harley Davidson, taking annual bicycle trips with friends from Lansing to Macki-

naw City, enjoyed going to family hunting camp on Bois Blanc Island, and being a proud papa and uncle. He had a love for photography and nature and was an avid U of M fan. Bob was very passionate about politics, had a pilot license and diving certificate, and was a WWII buff.

Surviving are his wife Rhonda; step daughter Sonya (Gill) Mack of Grand Blanc, step son Geoffrey Clabaugh of Oregon; granddaughters Natalie and Emily Mack; mother-in-law, Greta Moyer of Harbor Springs; siblings Candace (Gary) Conant of Mt. Pleasant, Thomas (Pam) Fullerton of Hudson Florida, Paul (Emily) Fullerton of St. Ignace, Sandy Fullerton of Jackson Hole Wyoming, and Michael (MaryJo) Fullerton of Traverse City; brother-in-laws; Steve Moyer (Kate) of Cross Village, Greg Moyer (Stephanie) of Bliss, and Gary Moyer of Harbor Springs, and many nieces and nephews.

Bob was preceded in death by his parents and his beloved and loyal companion Mallow. He will be greatly missed by family and friends.

Special thanks to his step-daughter, Sonya, for all the extra caring, help, and support.

Funeral services will be held Friday February 28, 2014 at 1pm, with visitation beginning at 11am, at Lintz Funeral Home in Indian River. Rev. Larry Kirby will officiate. Burial will take place in the spring at Oak Hill Cemetery with full military honors.

In lieu of flowers, memorial donations may be made to Hospice of Northwest Michigan, Little Traverse Bay Humane Society, or Tippi of the Mitt Watershed in Petoskey.

Online condolences may be made at www.stonefuneralhome-inc.com.

Clara "Jean" Talboys, 78

(JUNE 15, 1935 - FEB. 20, 2014)

Clara 'Jean' Talboys of Boyne City passed away peacefully, surrounded by her loving family on February 20th 2014 at McLaren Northern Michigan Hospital in Petoskey.

Jean was born in Boyne City on June 15th 1935, the daughter of Paul and Tillie (Jacobs) Crouterfield. She lived most of her life in Boyne City and graduated from Boyne City High School in 1953. Jean married her high school sweetheart, John Talboys on February 26th 1954. John was drafted into the U.S. Army in July 1954 and after his completion of training as a crane operator she joined him in Marysville, Ca until his discharge in 1956. They then came back to Boyne City with the intention of raising a family here.

Jean worked at the East Jordan State Bank (now Huntington Bank) for more than 39 years. She is loved by many people in the area that she served and assisted with their finances. In what little spare time she had, she enjoyed her family, her home, searching all branches of her family tree and collecting dolls and dishes. She loved playing her piano, like she had since she was a very young girl. Jean had a great love for all animals, especially cats.

Jean is survived by her husband John, Sister Helen (Richard) Chappell Sons Steven (Libbie) Talboys, Daniel (Tammy) Talboys, daughter Lori (Robert) Christy, all of Boyne City; eight grandchildren, three Great Grandchildren, several nieces, nephews and cousins, in the Boyne City, Boyne Falls and Standish areas.

Jean was preceded in death by her parents; brother Irving Crouterfield and sister Ida Moore. A funeral service was held Feb.

25 at the First Presbyterian Church of Boyne City.

In lieu of flowers the family requests donations to the Charlevoix Area Humane Society 614 Beardsley St Boyne City in Jean's name.

Stackus Funeral Home of Boyne City is serving the family.

Oscar Wilson Ward, 95

(SEPT. 3, 1918 - FEB. 19, 2014)

Former Charlevoix businessman Oscar Wilson Ward passed peacefully into eternity Feb. 19, 2014, under the care of a compassionate staff at Boulder Park Terrace.

The youngest of six children, he was born at home to Oscar William and Hannah Mae (Waldruif) Ward on Sept. 3, 1918. He grew up on the family farm in Ironton and graduated at age 16 from East Jordan High in 1934.

As a young man, Oscar owned and piloted his charter boat christened "The Dorothy M" out of Harbor Springs.

"O.W." and the former Dorothy Eugenia Miller of Charlevoix were married at the First Presbyterian Church in Mackinaw City on April 28, 1939.

Oscar served his country with the U.S. Army Air Corps in the North African Theater during World War II, entering into active service on Aug. 2, 1944. Following basic training, he received specialty training as a cryptographic tech 805 and teletype operator 237, handling enciphered and deciphered messages, using various types of cryptographic systems and equipment. He handled secret communications and maintained cryptographic files while being on the Mediterranean in Tripoli, Libya, Egypt and Israel.

On Aug. 1, 1946, at the Separation Center, Fort Sheridan, Ill., Private First Class Ward was honorably discharged.

Following military service, O.W. became a toolmaker at the Kaiser-Fraiser Plant at Willow Run in Ypsilanti, Mich. In 1950, he returned his young family to Northern Michigan and began forming Arcade Enterprises of Charlevoix which included billiards, card games, a taxi and rent-a-car service, in addition to the availability of live bait and tackle as well as guns and ammunition — foreign and domestic. He was very methodical and efficient in business. He was also an avid reader with a great love of history and a lifelong interest in government and political science.

He served on the Charlevoix County Board of Commissioners and was a member of the Church of God, Masonic Lodge, V.F.W. and the American Legion.

He greatly enjoyed card games (especially pinochle), deer hunting and fishing, as well as replicating the safety skills of the woodsman in cutting, hauling, and processing timber which he learned from his father. He marketed cedar logs, posts, and cordwood from the windfalls on his acreage. He found a sense of peace in the woods and reaped the benefits from this strenuous labor. He was fortunate to continue and profit from his activities until well into his ninetieth year.

Oscar is survived by his daughter, Kaye (Kenneth) Balch, of Charlevoix; and daughter-in-law, Dana M. Ward, of Charlevoix and Zephyrhills, Fla.; three granddaughters, Michelle Ranae (Mark) Vancil of Mineral Ridge, Ohio, Kendall Kaye (James) Smith of Charlevoix and Rhonda Jean (Glen) Thorman of Ellsworth; eight great-grandchildren, Courtney (Erick) Haight of Gaylord, Ryan (Tawni) Kane of Essexville, Mich., Braden Vancil of Mineral

Ridge, Ohio, Shayne and Sheldon Smith of Charlevoix, and Mikayla, Marnie and Maggie Thorman of Ellsworth; and two great-great-grandchildren, Hudson and Ciara Kane, of Essexville.

He was preceded in passing by his parents, Oscar and Hannah; by the mother of his children, Dorothy Eugenia, on May 24, 1994; infant son, Ronald Wilson; and son, Oscar Bradford "Brad," on Sept. 2, 2012; brothers, Bernie (Maecoma) Ward Sr., and Archie (Althea) Ward of Charlevoix; and sisters, Elsie (Mark) Saunders of Ironton, Ethel (Lewellyn "Todd") Baker of Harbor Springs and Nellie (Kenneth) Krulik of Charlevoix.

The family is being served by the Winchester Funeral Home of Charlevoix. A graveside service is to take place in the spring at Brookside Cemetery.

Memorial contributions may be made to Boulder Park Terrace Nursing Home, or to a charity of choice.

Mildred Mae (MacArthur) Darnton

Mildred Mae (MacArthur) Darnton, of Charlevoix died at home Feb. 19, 2014.

A memorial service will be 1 p.m. Saturday, March 1, at the First Unitarian Universalist Church of Ann Arbor, 4001 Ann Arbor-Saline Road, Ann Arbor, MI 48103.

Winchester Funeral Home in Charlevoix is assisting the family.

Stanley Karl Derenzny, 59

(JULY 29, 1954 - FEB. 17, 2014)

Stanley K. Derenzny walked into the loving arms of his Lord on Monday, February 17, 2014 at Munson Medical Center in Traverse City.



He was born July 29, 1954 at Meadowbrook Medical Care Facility in Bellaire, Michigan to Karl and Helen (Oliver) Derenzny. He resided in Bellaire and Central Lake all his life.

Stanley attended school at the Bergmann Center in Charlevoix and graduated in 1980 from Bellaire Public School of which he was very proud. He participated in Special Olympics from 1975 to 1979 winning multiple awards in track and skiing.

Working with the animals on the Derenzny farm was great enjoyment to him. He worked in the kitchen at Meadowbrook and for Bear Paw Tackle in Bellaire.

Stanley enjoyed various crafts, mowing the lawn, shoveling snow, tending to his bird feeders, going to the Bellaire and Central Lake school games, and the daily ritual of raising the American flag.

He had a great love for his family and friends. Giving and receiving hugs was important to him. He remembered birthdays of all he met which was a great gift. Stanley had great fun going on trips, and one of the most memorable was his trip to Hawaii.

Stanley attended Grace Community Church in Central Lake and was also an usher there which was very special to him.

He is survived by his beloved mother Helen, sister Lynda (Jim) Brown, nephew Courtenay, niece Jessica, great-niece Piper, and many uncles, aunts and cousins.

The funeral service was at Grace Community Church on Thursday, February 20 with Pastor Max Tracey officiating. Burial will be in Southern Cemetery.

For those wishing to make memorial contributions the family suggests Grace Community Church, P.O. Box 400, Central Lake, MI 49622 or Derenzny School House Renovation, P.O. Box 366, Central Lake, MI 49622.

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

Joseph Harry Sewell, 45

(JULY 2, 1968 - FEB. 17, 2014)

Joseph H. Sewell of East Jordan died unexpectedly Monday, February 17, 2014 in Ellsworth.

He was born July 2, 1968 in Charlevoix the son of Floyd and Shirley (Duhoskey) Sewell.

He made his home in Ellsworth and later East Jordan. Joe enjoyed hunting and fishing.

Surviving are his children: Amanda (Steve) Hawkins of Petoskey, Joseph Steven Sewell, Thomas Sewell and their mother Angela Wicks all of East Jordan, 1 granddaughter Harley Louiselle, his mother Shirley Sewell of Gaylord, brother Eugene (Joyce) Sewell of East Jordan, sister Denise Pattison of Gaylord, half sisters: Betty Lemorie of Cheboygan, Penny (Wayne) Glazie of Vanderbilt, Cathy Assia of Georgia and Elaine LaForest of Gaylord. He was preceded by his sister Karen Carrigan.

Cremation has taken place and a memorial service will be announced at a later date. Visit our website and sign his guestbook at hastingsfuneral.com.

Richard V. Doty

Richard V. Doty died Sunday, Feb. 16, 2014 at his home in Charlevoix. Arrangements are pending at Winchester Funeral Home in Charlevoix.

Rosalie (Peg) Edger, 92

(MARCH 14, 1921 - FEB. 13, 2014)

Beloved by her family, Rosalie (Peg) Edger passed peacefully from this life to the next on Feb. 13, 2014, at Boulder Park Terrace in Charlevoix, Mich.

Peg was born March 14, 1921, to Arthur and Flossie (Travis) Bennett in Eaton County, Mich. She graduated from Hastings High School in 1938 and on Sept. 30, 1939, married Lynn Arlie Edger. He preceded her in death in August 2006. Peg was employed for many years at Pennock Hospital in Hastings. Upon retirement, she and Lynn moved to Baldwin for pleasant years of recreation. In later years, they returned to Hastings, and then spent their final years in Charlevoix. Peg's sister, Gladys, and six brothers (Arthur, Cecil, Maxell, Vernor "Baldy," Eugene and Roger "Rod") all preceded her in death, as well as daughter-in-law Judy Edger, and great-grandson Tanner Bishop.

Peg is survived by five children: Terry Edger of Charlevoix, Gayle (Larry) Sinclair of Mathis, Texas, Jill (Jon) Eakes of Charlevoix, Mark (Brenda) Edger of Shelbyville, and Tracy Edger of Charlevoix. She also leaves a legacy of natural and step-grandchildren, great-grandchildren and great-great-grandchildren.

Memorial donations may be made to Hospice of Northwest Michigan, or to an organization involved with dementia research. Winchester Funeral Home is assisting the family.

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Boyne Falls students experience "Life Unplugged"

By Tina Sundelius

Wednesday, February 19 Boyne Falls Public School's middle and high school students got a "reality check with life" during a very interactive activity they labeled "Life Unplugged."

During a two session lab, students were given a list of career choices then based on that choice and a roll of the dice were given options concerning housing, family life, food and other necessities. The goal was to give the students experience that provides them with real-life situations they will face as adults.

Lessons on the importance of getting a good education, making a wise career choice, spending money sensibly, and so many others are interwoven into the exercise. "Students learn the value of education and career choices. It's a good experience for the students," said Dianne Litzenburger, Director of Communication Services at Charlevoix-Emmet Intermediate School District.

A list of over one hundred careers is circulated giving the students a vast number of life options. Based on their career choice, a salary is set and based



Senior Natalie Aikens gives seventh-grader Hunter Sparks his insurance options.



Seventh-grader Kaden Boyde chooses a reality check

on the roll of the dice a family is created. Each student's age is set at 25 for the experience. Seventh grader Krystal Grubaugh has a spouse that is employed, two children and has chosen to be a surgeon. "My kids got the good clothes, I buy all organic, good foods, I have private daycare and I still had \$6000 left at the end of the month, but I should have gotten insurance, if I would have bought insurance I would have \$11,000," said Grubaugh.

After the student's salary is set they proceed through progressive stations manned by Seniors. After they roll to discover their marital and parental situation they pay their taxes and decide how much they are going to save, here they are shown what a 52 week savings challenge amounts to and discuss the benefits of saving at a younger age. "Saving even a little bit of money really adds up, I'm not too good at saving money," said seventh grader, Sydney Bess. At other stations the Seniors ask them to choose

housing, pay their utilities, buy food, childcare, transportation, insurance, clothing, medical and dental, personal care, travel and entertainment options and finally are presented with an opportunity to give back to society by choosing a charity to support. Everything from the Girl Scouts to the United Way are offered as possibilities.

Somewhere in the middle of the students journey they find themselves seated at the Reality Check table where they are asked to choose a random chip which determines which curve life is throwing them. "It can be either a windfall or a disaster," said Kelly Johnson, Career and College Readiness with Char-Emm ISD. Students had to incorporate reality checks like replacing washing machines or getting to take the family out to McDonalds because they found ten dollars in their coat pocket into their monthly budgets. "I had to pay out \$170 for a new TV," said Seventh grader Kaden Boyde.

The program, originally called Reality Check, has been used throughout Antrim County for the last fifteen years. "This is really a choices kind of a program," explained Jan Bassett, a representative of Elk Rapids Women, a branch of the Michigan Women's Foundation, the organization that created the program. Hunter Sparks chose to be a mechanic with a salary of \$3638 monthly. "I really screwed it up," he said. Many of the students walk away wanting to try the exercise again. "This is a big eye opener," said Tami Valenzuela, President of the Elk Rapids Women.

The ISD has purchased the program and intends to utilize it at all 11 schools in the district. "We're hoping this will be an annual event," said Johnson.



Senior Jasiu Wasylewski leads seventh-grader Haley Anthony in figuring her taxes.



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- Corporate Health and Wellness
- Cosmetic Surgery
- Diabetes Education
- Diagnostic Services
- Lab Services
- Munson Healthcare specialists: Cardiology
- Occupational Therapy
- Ophthalmology
- Pediatric Care and Therapy
- Physical Therapy
- Radiology: Angiogram, Bone Density, CT Digital Mammography, Echocardiography, MRI, Nuclear Medicine, Ultrasound, X-Ray
- Respite Care
- Sleep Center
- Speech/Cognitive Rehabilitation
- Sports Conditioning
- Sports Medicine and Rehabilitation
- Surgical Services: Colonoscopy, General Surgery, Orthopaedic Surgery, Spine Surgery

- Urgent Care (10 am - 8 pm daily)
- Wellness Wednesday Health Screenings

Boyne Area Medical Center
223 N Park St., Boyne City
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Fri.: 8 am - 5 pm
(231) 582-5314

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- Lab
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Boyne Area Rehab Center
197 State St., Boyne City
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(231) 582-6365

- Aqua Therapy
- Industrial/Worksite Programs
- Occupational Therapy
- Pediatric Therapy
- Physical Therapy
- Speech/Cognitive Rehabilitation
- Sports Conditioning
- Women's Health

Charlevoix Surgeons
14695 Park Ave., Charlevoix
Hours: Mon. - Fri.: 9 am - 5 pm
(231) 547-2812

- General Surgery
- Surgical Consults and Evaluations
- Wound Care

Charlevoix Women's Health Care
14651 W. Upright St., Charlevoix
Hours: Mon. - Thurs.: 9 am - 5 pm
Fri.: 9 am - 3 pm
(231) 547-4477

- Women's Health Services

Family Medicine Clinic
14705 W. Upright St., Charlevoix
Hours: Mon-Fri.: 9 am - 5 pm
(231) 547-8777

- Family Practice
- Laboratory

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- Internal Medicine

Jordan Valley Rehab Center
100 Main St., #9, East Jordan
Hours: Mon. - Fri.: 8 am - 5 pm
(231) 536-1451

- Industrial/Worksite Programs
- Pediatric Therapy
- Physical Therapy
- Occupational Therapy
- Speech/Cognitive Rehabilitation
- Sports Conditioning
- Women's Health

Physician's Clinic of Charlevoix
14709 W. Upright St., Charlevoix,
Hours: Mon. - Fri.: 8 am - 4 pm
(231) 547-6519

- Family Practice
- Laboratory

Pine River Medical Associates
14734 Park Ave., Charlevoix
Hours: Mon. - Fri.: 9 am - 5 pm
(231) 547-6554

- Family Practice
- Laboratory
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For more information, visit cah.org/hometown



We really pour it on at our Annual Meeting.



ANNUAL MEETING AND PANCAKE BREAKFAST

Credit Union members and interested parties are invited to join us for a complimentary pancake breakfast, door prizes and a short, but informative meeting.

WHEN: Saturday, March 8th
8am - 10am

WHERE: Boyne City High School

Call 1.800.638.1182 for more information.



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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Veteran of the Month

The Veteran of the Month for February 2014 is John William Harris. Born on March 8th, 1931 in Boyne City, Mich., Harris graduated from Boyne City High School in the class of 1949 and went to work for The Boyne City Co-Op as a light truck driver. On March 6th, 1952 Harris was inducted into the Army entering into active service in Detroit, Mich. and was assigned to Schofield Barracks, Hawaii. Following basic training he was reassigned to the 102nd Infantry Regiment in the Army of Occupation in Germany where he served for one year, ten months and

seven days. On Oct. 22nd, 1953 Harris was promoted to the Non-Commissioned Officer rank of Corporal and on Feb. 22, 1954 he received an Honorable Release From Active Military Service at the Separation Center, Fort Sheridan, Ill. and was transferred to the U.S. Army Reserves, Infantry, Michigan Military District to complete his eight year military obligation receiving an Honorable Discharge on March 6th, 1960 and was awarded the following decorations and awards: The National Defense Service Medal and The Army of Occupation Medal (Germany). Following

his release from active service Harris returned to Boyne City where he worked in a number of different vocations including as a builder with R.D. Brooks Construction Company. On Sept. 2nd, 1967, in Boyne Falls, Mich., Harris married Janet Marie Allison making their home in Boyne City. Harris also worked as a delivery driver for The Petoskey Pet Gas Company, as a driver for Northland Septic Company and for The City of Boyne City Street Department retiring on March 8th, 1993. Harris enjoyed gardening, woodworking, bowling and spending quality time with

his grandchildren and great-grandchildren. On Dec. 6th, 2012 John William Harris answered the final call and is being honored by his wife Janet, his children, his siblings and their families. To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between 3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month in front of The American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.



JOHN WILLIAM HARRIS

BOYNE CITY POLICE DEPT.

Monday, February 10, 2014

10:03am 911 hang up call from the 100 block of N East St
2:20pm Suspicious vehicle reported in the 300 block of Vogel St
3:15pm Threats complaint received from the 600 block of W Court St
3:57pm Vehicle unlock in the 1200 block of Boyne Av

Tuesday, February 11, 2014

2:40am Arrested subject for no license in the 1400 block of Boyne Av
4:48am Checked abandoned vehicle at Rotary Park
6:30am Car deer accident on M-75 S
10:55am Report of fraudulent phone calls being received in the 700 block of Lake Park Dr
11:06am Assist to Petoskey DPS in the 300 block of E Division St
11:28am Report of harassing messages being exchanged between the 300 block of E Division and Boyne Falls
11:40am EMS assist in the 300 block of E Division St
11:50am Report of rude subject in the 1300 block of Boyne Av
12:20pm Civil complaint in the 1300 block of Boyne Av
1:05pm Vehicle unlock in the 700

block of Lake Park Dr
4:22pm Hit and run accident reported in the 300 block of E Water St
5:06pm Parking complaint received from the 100 block of E Water St
10:36pm Juvenile complaint from the 400 block of E Division
11:37pm Property damage accident at Division and Grant Streets

Wednesday, February 12, 2014

9:20am Civil complaint involving residence in the 400 block of Pearl St
9:35am Juvenile complaint received from the 500 block of N Lake St
1:25pm Civil complaint from the 600 block of Boyne Av
1:41pm Report of possible intoxicated driver in the 400 block of N Lake St
2:02pm Vehicle unlock in the 300 block of E Water St
6:11pm Parking complaint received in the 400 block of N Lake St
8:32pm Disturbance in the 300 block of E Division St
8:57pm 2 suspicious subjects walking Lake and Pine St
9:34pm Suspicious vehicle in the 100 block of Front St

Thursday, February 13, 2014

5:09am Suspicious situation in the 400 block of N Park St
7:52am Citation issued for speed at Boyne City Charlevoix Rd and W Michigan

8:20am Subject at PD with found dog. Returned to owner.
1:08pm Assist Fire Dept at Silver and Charlevoix Streets

Friday, February 14, 2014

12:38am Car deer accident at Jefferson and Arthur Streets
8:02am Bond violation in the 300 block of N Lake St
8:25am Report of car deer accident that had occurred at Michigan and John St earlier in the morning
11:40am Vehicle unlock in the 100 block of E Water St
12:44pm Assist Sheriff Dept with complaint in Melrose Twp
1:56pm 2 vehicle private property damage accident in the 400 block of N Lake St
2:56pm Assist DHS in the 400 block of E Division St
4:25pm Vehicle unlock in the 300 block of Silver St

Saturday, February 15, 2014

12:43am Suspicious situation in the 300 block of E Division St
8:58pm ...Lodged stray dog at shelter

Sunday, February 16, 2014

6:27pm Vehicle unlock in the 500 block of Spring St
7:45pm Assist Sheriff Dept in Boyne Falls
8:13pm Assist DHS in the 300 block of E Division St

9:06pm Report of possible MIP party in the 100 block of Trent St
10:12pm Assist EMS in the 800 block of Thompson St
10:04pm Assault complaint received from the 600 block of N East St

CHX. COUNTY SHERIFFS DEPT.

February 17-23, 2014

911 Hang Up Call0
Abandoned Vehicle.....1
Abuse0
Alarm4
Animal Complaint8
Annoyance.....1
Assault.....0
Assist Citizen4
Assist Motorist.....2
Assist Other Agency.....8
Attempt to Locate.....1
Attempted Suicide.....0
Bank Alarm0
Boating Accident.....0
Boating Violation0
Breaking & Entering.....0
Car/Deer Accident.....5
Citations Issued.....2
Civil Complaint2
Criminal Sexual Conduct.....2
Death0
Disorderly Person0
Disturbance0
DNR Complaint3
Domestic Dispute0

Driving Complaint1
Fireworks Complaint1
Found Property.....2
Fraud2
Health & Safety0
Hit & Run1
Intoxicated Person2
Juvenile0
Larceny.....4
Lockout.....9
Lost Property0
Malicious Destruction of Property0
Mental Subject0
Minor In Possession0
Miscellaneous Criminal0
Missing Person0
Noise Complaint.....1
Operating Under the Influence0
Paper Service7
Parking Violation.....2
Personal Injury Accident.....0
Personal Protection Order0
Private Property Accident.....0
Property Check.....47
Property Damage Accident8
Prowler0
Road Hazard.....14
Stalking.....0
Suspicious Situation.....12
Threat3
Traffic Stop27
Trespassing0
Unknown Accident0
Unlawful Driving Away of Automobile 0
Vehicle in the Ditch.....14
Violation of Controlled Substance Act.....4

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 - Fitness Equipment
 - Free Items
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Schools

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Students of the Week

Boyne City High School

Ashlyn Kartes



GRADE: 9
PARENTS: Beth and Mike Kartes
HOBBIES & INTERESTS: Volleyball
 Going to the beach and hanging with friends
SCHOOL ACTIVITIES: Volleyball, Basketball, Soccer, Track, Student Council, Pride Team
FUTURE PLANS: "To attend college and keep playing sports in college."

STAFF COMMENTS

"Ashlyn is a member of the Pride Team and is always quick to volunteer her time and ideas! Congratulations Ashlyn!" – Cindi Place, Media Center Specialist

"Ashlynn is a motivated, inquisitive student with a commendable attitude. She is a good role model for her peers." – Aaron Fritzsche, English Teacher

Boyne Falls Public Schools

Naomi Johnson



GRADE: 8
PARENTS: Heather, Mike Johnson
HOBBIES & INTERESTS: Hunting and Fishing
SCHOOL ACTIVITIES: Basketball, Volleyball, Softball
FAVORITE BOOK: Where The Red Fern Grows
FUTURE PLANS: Go to college to work with animals

Naomi has been a very special student in my class. She is dedicated in her studies, and is always ready to help other students when needed. It has been a pleasure having her in my class this year. I am sure the high school teachers will enjoy having Naomi in their class next year – Frank Hamilla

Fiddlers to gather Saturday in East Jordan for Jamboree

The joyful sounds of fiddles, other instruments and dance callers will emanate from the Harvest Barn Church in East Jordan this Saturday, March 1, from noon to 10:00 p.m. as musicians and callers from all over the state and beyond will gather at the Fiddlers Jamboree sponsored by the Jordan Valley Fiddlers Association (JVFA). Admission is free, though donations are accepted at the door.

The jamboree proper will take place from noon to 5:00 p.m. with fiddlers from the ages of 5-95 playing 3 of their favorite tunes accompanied by guitar, banjo, mandolin, bass, piano or other instruments. The instruments must be acoustic and the fiddlers will perform approximately in the order in which they signed up. Registration opens for fiddlers and dance callers at 11:30 a.m. at the front table. While attendees will hear predominately "Michigan old-time" tunes, they may hear tunes and songs from other musical traditions such as Appalachian, French Canadian and others as well.

Northern Michigan fiddlers Danny Johnston (with Danny Gillespie) and Ruby John are scheduled to play during the day, as is Straight Forward Bluegrass. An added attraction will be the appearances of several youth string organizations from Petoskey, Gaylord and Beaver Island, many members of which have received scholarships from funds raised at past JVFA jamborees.

Between the Jamboree and the Dance an open microphone time will be offered, provided that all of the fiddlers that have signed up have had the opportunity to play.

Round and square dances (with perhaps a line dance or two) will commence at 6:30 p.m. with some instruction for the beginners or those folks who may need a "refresher." The "official" dancing will begin around 7:00 p.m. The music and the calls will be provided by those who show up and the dances, again, while predominately "Michigan," may come from other traditions as well.

The JVFA sponsors the event with support from the Blissfest Music Organization. The mission of the JVFA is "To promote, maintain and pass down the tradition of old time fiddle music and dancing." To that end the funds raised through the sales of ads in the program and funds collected at the door, after expenses, are used to provide music scholarships to those interested in learning to play a string instrument. Last year over 30 students received scholarships, fiddle music books and the opportunity to attend free old time fiddle workshops in the area from those funds. Scholarship applications will be available at this year's event and are not necessarily restricted by age. One of the jamboree organizers, Ron Fowler, said "While we don't require that schol-



Lou Catliff of Boyne City was one of many local fiddlers at last years Jamboree.



A quartet of local fiddlers, Paige Podskalny of East Jordan, Sydney Griffin of Boyne City, Karen Jervey of East Jordan and Jennifer McAndrew of Boyne City entertained the large crowd of music lovers at the 2013 Jamboree.

arship recipients take strictly 'old time' music lessons, in keeping with our mission, we do ask that they experience it at one of the free old time fiddle workshops that we offer during the year or by attending one or more of the many fiddle gatherings like the JVFA Jamboree, Original Michigan Fiddlers Association (OMFA) events or music festivals that feature this music in both in Michigan and beyond."

He went on to say that several current board members would like to "retire" and that the board would welcome anyone with the interest and commitment in serving to perpetuate this music or the dancing to let them know at the

front table. He also expressed concern that the event could disappear if some new people don't get involved. "Several of these folks have been doing the leg work to keep the Jamboree going for a number of years now; it's time for them to be able to just come and enjoy it and for the generation that benefitted from their work to pick up the mantle."

The Harvest Barn Church is located on M-66 next to Glen's in East Jordan. Members of the church will provide food and refreshment for purchase at the site. Attendees are welcome to bring their own food and drink as well, though alcoholic beverages are not allowed.

Digital Learning at Boyne District Library

Downloading ebooks will be the focus of Boyne District Library's new Digital Learning sessions starting Feb. 25. The sessions will be held on Tuesdays from 2-3 p.m.

The library's ebook collection is available to anyone with a library card. Whether it's a Kindle,

iPad, Nook, Surface, phone, tablet, or laptop, patrons can search the catalog, borrow ebooks and audiobooks, and download them to their devices. Items are checked out for two weeks, and return automatically, so there are never overdue fines. Items

can also be placed on hold, with an email notification sent when they become available.

Boyne District Library offers this service through Overdrive's Up North Digital Collection, a consortium of 35 libraries throughout northern Michigan, with more

than 10,000 items available for checkout.

For more information or to register for a session, please call the library at 231-582-7861, or visit www.boynelibrary.org and look for the registration link on the home page.

Charlevoix County News

VOLUME 5, ISSUE 37

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Publisher
DAVE BARAGREY I
 Office@CharlevoixCountyNews.com

Editor
JIM AKANS
 News@CharlevoixCountyNews.com

Sports Reporters
CHRIS FIEL
 sports@charlevoixcountynews.com

MIKE DUNN
 Mike@WeeklyChoice.com

JEFF BARAGREY
 Jeff@WeeklyChoice.com

ANDY SNEDDON
 AndySneddon36@yahoo.com

Website Administrator
CHAD BARAGREY
 webmaster@CharlevoixCountyNews.com

Office
CATHY BARAGREY
 CB@WeeklyChoice.com
 989-732-8160

Photography
SCOTT RICHARDS
 Scott@CharlevoixCountyNews.com

News Reporters
TINA SUNDELIUS
 tina@charlevoixcountynews.com

HEATHER DELONG
 Heather@WeeklyChoice.com
 989-858-0257

KRYSTAL JOHNSON
 krystalbirgy@gmail.com

JEFFREY BOSSORY
 Jeff@CharlevoixCountyNews.com

NORMA JEAN BABCOCK
 NJ@CharlevoixCountyNews.com
 231-649-3313

Advertising Sales
IN THE CHARLEVOIX AREA:
LISA SLADEK
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Ann Partridge
26215 Main St, BI, 49782
231-448-2022

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

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www.charlevoixcounty.org/coa.asp

Is Your Medicare Prescription Drug Plan Working?

Medicare/Medicaid Assistance Program (MMAP) counselors have received several phone calls from Medicare beneficiaries in our 10 county region advising of unexpected changes with their Medicare Prescription drug plans in 2014. Some people are indicating that their monthly premiums have increased upwards to about 35% to 40%. Also, after making their first trip to their favorite pharmacy, some are finding that they are now having to make a co-pay for generic medications, where last year the same prescription was free to them.

Still other Medicare beneficiaries are advising us that they are unable to purchase a particular drug because the pharmacist is reporting that it is no longer on the insurance company's formulary. Yet, another variable is the list of medications that a person is prescribed. That can frequently

change during a year and may result in a huge unanticipated co-pay with their current plan.

Medicare prescription drug plans can change substantially from year to year. Additionally some companies may stop offering coverage at the end of a year, or reorganize, resulting in a beneficiary being auto-assigned to another plan that may not be best for them.

So how can these "surprises" be minimized? First, start by carefully reading the mail from your current insurance company. Medicare requires that all prescription drug plans send out an Annual Notice of Change to their members that will describe the changes planned for the upcoming year. Medicare requires that this booklet be received prior to the start of open enrollment on October 5th. Information about monthly premium costs, co-payments for drugs, formulary adjustments,

and any other change that is planned must be reported in this annual notice. While the details in the booklet may be a bit daunting to read, Medicare beneficiaries are encouraged to spend some time reviewing it so they understand any changes that may affect them.

MMAP counselors are also ready to help. MMAP clients are always advised to contact their local MMAP office in September of each year so that they can compare their drug list among all plans for the upcoming year. Beneficiaries are asked to furnish a list of their medications and other personal information so a re-view can be done. There are about 34 individual prescription drug plans approved by Medicare, so the options are plentiful. MMAP personnel can sift through all of plans and come up with recommendations that will work best for the client. MMAP personnel can also help

to enroll in a different plan if needed. Medicare beneficiaries are locked into their current plan through the balance of 2014 unless they are eligible for "Extra Help". If they are eligible, then they can change their drug plan at any time.

Medicare beneficiaries can get in touch with a representative of the Medicare/Medicaid Assistance Program by calling 800-803-7174. MMAP personnel are trained and certified to provide help in all areas of Medicare health care insurance, Medicaid benefits, fraud and abuse, billing issues, and a number of other related topics.

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

Tax Time Again

The Charlevoix Senior Center is again offering free tax help for taxpayers with low and moderate income, with special attention to those folks who are age 60 and older.

The program will be available every Tuesday from 9am to 1pm., beginning on February 11th and ending on April 8th

The preparers will be: Lanny Arnold, Randy Cebulski, Evelyn Davis, Bill Keehn, John Loucks, and Nancy Moore. Please bring the following documents with you:

- > Copy of last year's income tax return
- > Social Security cards or other official documentation for yourself and all dependents
- > W-2 forms from each employer
- > Unemployment compensation statements
- > SSA-1099 form for Social Security Benefits you received
- > All 1099 forms (1099-INT, 1099-01V, 1099-B, etc.) showing interest and/or dividends, and documentation showing original purchase price of sold assets
- > 1099-MISC showing any miscella-

neous income

- > 1099-R form if you received a pension or annuity
- > W-2-G form for gambling income
- > all forms indicating federal income tax paid
- > dependent care provider information (name, employer ID, Social Security number)
- > All receipts or canceled checks if itemizing deductions
- > Receipts showing sales tax paid on new motor vehicles purchased in 2013 (automobile, truck, RV, motorcycle etc.)
- > Receipts for any other large or unusual purchases
- > Receipts for any energy efficient home
- > Receipts for college tuition or student loans
- > Property Tax bills for 2013 and winter of 2012 if paid in February
- > Health Insurance Bills
- > Automobile Insurance Policy (for medical portion of premium paid)
- > Home Heating Bills (Nov 20 12 thru Oct 20 13)

Craft Crew

Come join the Craft Class run by Karen Wolletz and assisted by Marti Roeth. They meet every Friday morning at 9:30 am at the Charlevoix Senior Center. The Craft Class has created many special crafts- including Christmas wreaths, ornaments, and many other unique creations. They send out gift bags for each holiday to the Home Delivered Meal program seniors. As an added bonus, they also enjoy a lot of fun and camaraderie while creating their beautiful crafts!

Tickle Your Toes

Charlevoix County Seniors enjoy personalized foot care at three Senior Centers.

The cost is \$16 and you need to bring your own towel. Contact Nona at the Charlevoix Senior Center, 231 547-5361, Terry at the Boyne Area Senior Center, 231 582-6682, or Brenda at the East Jordan Community Center, 231 536-7831 to schedule an appointment. From all reports, it is a much appreciated service...no ticklin'! :)

Seeking Socks for PROJECT CONNECT!

Project Connect is a day of Service to the homeless and needy of Charlevoix and Emmet Counties. Benefiting people of all ages, Project Connect features FREE services and goods that many can't afford or have never had. Services range from health department screenings of all types, an eye doctor to fix glasses or answer questions, mental health info, legal advice from a local attorney, housing applications, and tax preparation, to shoulder and neck massages, haircuts and family photos. Free goods include a warm meal, blankets, socks, and gas cards. Your Charlevoix County Commission on Aging Advisory Board is collecting donations of new socks for this collaborative community event. The 5th Annual Project Connect takes place on Wednesday, March 19th. Stay tuned for more details—and look for the "Socks Box" at your local Senior & Community Centers!

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

East Jordan Freedom Festival boosts fireworks budget



EAST JORDAN – The East Jordan Freedom Festival will be even brighter this year according to festival officials. The festival board recently announced the 2014 Fireworks budget has been increased from \$15,000 to \$18,000. Great Lakes Fireworks

will once again be shooting the spectacular show at the end of the four day, family-oriented summer festival in East Jordan. Dates for this year's event are June 25 – 28. Fundraising efforts are now underway for the fireworks fund, along with other fes-

tival activities. To make a donation please send checks to East Jordan Freedom Festival, P.O. Box 435 East Jordan or drop donations off at the Chamber of Commerce office.

Anyone interested in helping with the four day event, please

don't hesitate to get involved. Volunteers are needed in many areas. The five member board is in need of help before, during and after the festival. For more information on this year's Freedom Festival, contact Shannon Fender at 231-536-7351.

Tax Preparation Assistance at your local library

Filing your tax forms just got easier with the assistance offered at your local libraries. The Charlevoix and Boyne City Libraries, through a partnership with the Northwest Community Action Agency offer free, online tax filing site available through the libraries' websites www.charlevoixlibrary.org or www.boynelibrary.org. This service is available to those filers with household adjusted gross income less than \$58,000.

Basic state and federal tax forms are also available at your local libraries, including Charlevoix, Jordan Valley, Boyne City, Petoskey and the Walloon and Boyne Falls libraries. If the form you are looking for is not available, the librarian will be able to help you find the form online via the IRS and State of

Michigan websites. Staff is available to assist patrons in locating and printing their forms only.

For those who would like more assistance, a certified tax preparation volunteer will be available to answer questions by phoning 800.632.7334. And for that more personal one-on-one assistance, the Boyne District Library hosts a volunteer who will assist people with completing their forms each Wednesday. Call to make an appointment at 231.582.7861. For more information about this or other library services, contact your local library at: Charlevoix: 231.237.7340, Boyne City: 231.582.7861, Petoskey: 231.758.3100, Jordan Valley: 231.536.7131, Walloon: 231.535.2111, or Boyne Falls: 231.549.2277.

Prudential Preferred Becomes Berkshire Hathaway HomeServices



The Charlevoix Area Chamber of Commerce recently hosted a ribbon cutting in the celebration of Prudential Preferred becoming Berkshire Hathaway HomeServices - Michigan Real Estate. Berkshire is a brand-new real estate network built for a new era in residential real estate. Pictured Front Row: Nick Aninos, Joyce Barnard, George Watkins, Sharon Witucki, Rita McAvoy, Brooke Gawlinski, Alicia Mosher, John Murray. Pictured Back Row: Mitts Lee, John Yaroch, Gene Steele, Mark Snyder, Denny Heck, David Levy. The office is located in the same location at 203 Bridge Street in downtown Charlevoix.

Extravaganza fundraiser

EAST JORDAN – EJHS students who accept the challenge of academic rigor stand to earn up to \$6,000 toward college costs! To fund these Scholarships, the school is holding its first fundraising benefit, The EJPS Extravaganza on March 8 from 6-11:00pm at Castle Farms in Charlevoix. Tickets are \$50 each and include admission, plentiful hors d'oeuvres, DJ and dancing. In addition there will be a cash

bar, silent and live auctions, a photo booth and plenty of fun including an opportunity to "dance with the devil," the East Jordan mascot. Free childcare is available at the High School. You'll find more information at www.Facebook.com/EJPSX the Extravaganza's Facebook page. Tickets are available by phone at 231-536-2259 or at any school office.

Murder Mystery Dinner March 8th for the Charlevoix Area Humane Society

Murder, Mayhem, and Politics - 6 p.m., Saturday, March 8

A mystery dinner is set in the midst of a dispute over where the county seat should be in Charlevoix County – Boyne City, East Jordan or Charlevoix. Come prepared to lobby for your preferred location, but as the

evening unfolds, the festivities will be sidetracked by a murder or more and all the guests will become suspects and part of the solution. It will be lots of fun. During the cash bar reception from 6 to 6:30 p.m., a jail will be operated. You can choose to send a friend to jail for \$20 and his bail will be the same. It's all to raise

money to help the animals. Located in the Boyne Mountain Vienna Room, the formal sit-down dinner includes a salad, choice of beef ribs, salmon, or vegetarian entrée, and a scrumptious dessert.

Cost for the evening is \$60 per person and we must have the dinner RSVP with food selections by

Friday, February 28. Please join us with your friends for the festivities. Indicate with your check, the names of people attending and their dinner choices. You can guarantee seating with your friends by reserving a table of 8 for \$500, as a sponsor of the event.

Checks made payable to

Charlevoix Area Humane Society should be mailed to the Charlevoix Area Humane Society, 614 Beardsley St., Boyne City, MI 49712

If you have questions please contact Jamie Bauman, at (231) 675-8792 or Carla at the Humane Society (231) 582-6774.

Pure Northern Michigan: A historical look at tourism

When the railroads first arrived in northern Michigan in the 1870's the region was considered destined for farmers, but over the next thirty years it instead became a significant regional tourist destination that annually welcomed thousands of short and long term guests. The Charlevoix Public Library will be hosting Michael R. Federspiel, History Department, Central Michigan University and Director of the Little Traverse Historical Society, for his discussion of Pure Northern Michigan: An Historical Look at Tourism, 6:30 p.m., Monday, March 3.

Michael will employ techniques that the current Pure Michigan program mimics. Using archival photographs and print publications, his presentation describes how the railroad and steamships companies, along with local business, transformed the region and created a tourist economy



MICHAEL R. FEDERSPIEL

that still thrives today. A special display of early Charlevoix marketing materials will be provided by the Charlevoix Historical Society.

This presentation is a part of the Journey Stories Chronology at the Charlevoix Public Library, 220 W. Clinton St. Journey Stories tells the tale of how our ancestors came to America and the variety of different types of transportation utilized. Our his-

tory is filled with stories of people leaving behind everything to reach a new life in another state, or across the ocean. The 700 square foot exhibit includes six stand alone kiosks all with audio and interactive pieces. The library staff invites the public to explore the exhibit prior to Federspiel's presentation.

Journey Stories has been made possible at the Charlevoix Public Library by the Michigan Humanities Council. Journey Stories is part of Museum on Main Street, a collaboration between the Smithsonian Institution and State Humanities Councils nationwide. Support for Museum on Main Street has been provided by the United States Congress. For more information about this program or other events at the library, visit www.charlevoixlibrary.org or call 231.237.7340.

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Community Growth Grants focus on building stronger regional economy

Grants to help local units of government build the foundation for a stronger regional economy are available through the Northwest Michigan Council of Governments (NWMCOG). The Community Growth Grants program is part of the local response to Governor Snyder's state-wide Regional Prosperity Initiative. The initiative's goal is to encourage local private, public and non-profit partners to create vibrant regional economies through collaboration and local decision making.

Grants of up to \$7,500 in cash and/or technical assistance are available on a competitive basis to all city, village, township, and county governments in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties. The grants represent a geographic expansion of the region's previous New Designs for Growth Community Growth Grants program, which has been providing direct financial and technical assistance support to communities for planning and action-oriented projects in the six county Grand Vision region. The grant application deadline is March 21, 2014.

"This is a great program to help communities do some pretty cool projects," said Andy Hayes, president of the Northern Lakes Economic Alliance. "Even small proj-

ects help make communities more attractive for residents and new-comers, an important part of economic development."

The Regional Prosperity Initiative's Community Growth Grants program is intended to strengthen the region by removing barriers and creating incentives for greater public and private sector investment in northwest Lower Michigan. Successful projects will create the conditions for sustainable and efficient growth and development by implementing strategies that are consistent with local values and community goals. Successful applicants are also likely to demonstrate linkages to principles within The Grand Vision (thegrandvision.org) and/or New Designs for Growth (newdesignsfor-growth.org).

Funding for the program is provided by a State of Michigan Regional Prosperity Initiative Grant received by NWMCOG, and is being implemented with support from the Traverse City Area Chamber of Commerce, the Northern Lakes Economic Alliance, and the Alliance for Economic Success.

More information about the Regional Prosperity Initiative's Community Growth Grants is available at: nwm.org/growthgrants. For questions regarding this grant opportunity, please contact Scott Gest at: or 231-929-5091.

City Commission

continued from 1A

Chippewa Indians tribal member presented GT Long and Mike Davis, finance Committee members of the board of directors for the Boyne Area Free Clinic with a check for \$50,000. "This represents about \$193,000 that the tribe has granted to the free clinic," said Grunch. Davis gave a short speech stating that "every penny we get is earmarked" and this money was earmarked for the purchase of equipment. "We're not trying to build a large clinic we are trying to help People," said Davis.

Last December a request for proposals for architectural services for multiple city facilities was issued with a January 17 deadline. Seven bids were received ranging in price from \$21,750 to \$91,645. After two initial interviews, city staff sent a recommendation to award the contract to Environmental Architects of Traverse City in the amount of \$25,860. City Hall, the fire hall, the DPW facility, the maintenance garage and the ambulance garage on Fall Park Road are all included in the analysis. A lengthy debate in which Commissioner Derek Gaylor and Mayor Grunch voiced concerns about the low number of hours bid to complete the project. "We're going to have to pay the bill somewhere down the line anyway, it just doesn't seem feasible to me," said Grunch. The possibility of utilizing one of the other firms that were interviewed was presented. "If we didn't go with Environmental Architects and Elaine Kaiser Architects is chosen, I'm confident that at the end of the day each one of you will have a facility that we will all be proud of, efficient, cost effective and well designed," said Gaylor. Commissioner Tom Neidhamer was impressed with the strength of the staff recommenda-



George Antoine, Grand Traverse Bay Band of Ottawa and Chippewa Indians tribal member presented Mike Davis and GT Long from the Boyne Area Free Clinic and Mayor Ron Grunch with a check for \$50,000. "This represents about \$193,000 that the tribe has granted to the free clinic," said Grunch. Davis gave a short speech stating that "every penny we get is earmarked" and this money was earmarked for the purchase of equipment. "We're not trying to build a large clinic we are trying to help people," said Davis.

tion. Six out of eight heads of staff placed Environmental Architects as their number one choice. "I don't disagree but I will follow the advice of my department heads and I know we'll have a cost effective, efficient, well designed facility with that firm as well," said Neidhamer. After an hour of discussion, a motion was made by Neidhamer and seconded by Towne to accept the recommendation. It passed 3/2. "The staff was pretty comfortable with this recommendation," said Cain.

A grant application for the Boyne Farmers Market to the Charlevoix Community Foundation for a \$1,000 grant to bring a 13 week music program called "Eats and Beats" to the marketplace was approved. If the grant is secured, local musicians will play each Saturday June through August from 10 a.m. - noon. The entire program will cost \$1,600 and the remaining expense will be provided through sponsorships. The Farmers Market will be celebrating its 34th year this sum-

mer. "It's a great addition to the farmers market, I'm looking forward to it and I think it will draw a lot more people," said Commissioner Laura Sansom.

The Main Street Boyne Thunder Committee approached the board seeking support for the poker run again this July 11-12. They also requested support for their application to the liquor control commission for a special license for the sale of alcohol during the event and asked them to give authorization for city staff to work with the committee in coordinating the event. "This is the same resolution you see every year. Nothing has changed except the dates," said City Manager Michael Cain. In the past Boyne Thunder has raised more than \$300,000 for Camp Quality, \$100,000 for the Main Street program and \$8,000 for Challenge Mountain.

The next regularly scheduled meeting is Tuesday, March 11 at 7p.m.

Strawberry Patch ReSale-Consignment helps Mio area residents buy and sell quality goods

By Jim Akans

Established in their present location in Downtown Mio approximately nine years ago, Strawberry Patch ReSale-Consignment store offers area residents an excellent opportunity to sell their quality used items, and purchase a wide variety of clothing and household goods at very reasonable prices. The shop, which was founded by Sharon Gardulski, Pastor of the Freedom Worship Center, is oper-

ated by a dedicated group of thirteen volunteer from the Mio area.

"We have many different types of items in the store," states Gardulski. "That includes furniture, appliances and other household items, and we have a lot of new and used clothing, including coats in men's, women's and children's sizes, as well as several items that would make excellent Christmas gifts."

The inventory at Strawberry Patch ReSale-Consignment is brought in by local

individuals who receive 40-percent of the amount those items sell for. Strawberry Patch takes care of the tagging and marketing of those items, and after a 60 day period, unsold clothing is sent to an Amish warehouse facility that distributes that clothing to people in need all over the world.

"Our location is a great resource for people in the Mio area," observes Gardulski. "Major shopping areas, such as Gaylor, Alpena and West Branch, are all an hour or

more drive away. So this is a convenient, local spot where people can make some extra money selling items, and shop for a wide assortment of clothing and household items."

The Strawberry Patch ReSale-Consignment Shop is located in Downtown Mio next to the Rite Aid store. The facility is open Monday through Saturday from 10 am until 6 pm. For additional information, please call (989) 826-1503.



The Strawberry Patch ReSale-Consignment Shop is located in Downtown Mio next to the Rite Aid store, and is open Monday through Saturday from 10 am until 6 pm. PHOTO COURTESY OF TONI MILLER

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lastchance.resale@yahoo.com

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MIO

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Downtown Mio
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www.challengemtn.org

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231-348-6947
www.goodwillnmi.org

News

Dr. Oz Health Tips



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

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

WASH THIS WAY

The Greek goddess Aphrodite was broken-hearted when she heard Adonis had perished. Myth has it her tears fell to earth as red hearts, and strawberries were created! This oh-so-good-for-you fruit delivers a phytonutrient called anthocyanins that can help slash your risk of a broken heart. Ironic, no? Eating berries three times a week helps prevent heart attack!

But you want to get berry benefits without risking a tummyache, diarrhea or worse. Berries, along with leafy greens, potatoes, tomatoes and sprouts, are the fresh produce most likely to trigger food-borne illness. That's because they can harbor salmonella, norovirus, E. coli and other troublemakers if produce is exposed to contaminated water or mishandled during processing or shipping. Fruits and veggies also can pick up these bugs in your kitchen if you don't store or cook them correctly, or if they come in contact with raw meat or seafood. So ...

Wash your hands for 20 seconds before and after handling produce.

Cut away discolored or soft spots and outside or wilted leaves. Skip the sprouts unless cooked.

Wash produce in running water -- no soap or disinfectant -- even if you're going to peel or cook it. Dry to further remove contaminants.

Scrub firm produce like melons, potatoes or cucumbers with a vegetable brush. Dry well.

Store all produce in the fridge at 40 F.

Cooking produce to 160 F, for even a few seconds, will kill parasites, viruses and most bacteria. Take extra care when cooking potatoes (or keeping them warm) in aluminum foil; it's a greenhouse for microorganisms.

GIVIN' PROSTATE CANCER THE OLD "ONE TWO"

Love him or hate him, the fact is, heavyweight champ Mike Tyson won his first 19 professional bouts with knockouts -- 12 of them in the first round -- by using the old "one-two" combination, a left jab followed by a right cross. That combination was clearly his most effective treatment.

Today, docs are throwing a one-two combo at prostate cancer, and just as it did for the young Mike Tyson, it's paying off big time. Up to now, if you were diagnosed with prostate cancer that hadn't spread beyond the prostate gland, a radical prostatectomy -- removal of the entire prostate and some surrounding tissue -- has been the gold standard for treatment. In addition, hormone therapy, chemotherapy, radiation

therapy and even cryotherapy (freezing cancer cells with liquid nitrogen) have proved effective in individual cases. Unfortunately, using any single treatment increases the odds that the cancer will return.

Now, an expanded followup to a 2009 study has confirmed that using a one-two combo of radiation therapy and hormone treatment is doubling the 10- and 15-year survival rate of men with locally advanced or high-risk local prostate cancer. The researchers also point out that this double treatment doesn't cause side effects that are much more difficult to deal with than those associated with solo hormone treatment.

So if you are diagnosed with locally invasive prostate cancer, talk to your doctors about this effective knock-out punch, and explore your options for radiation therapy (there are several types) combined with hormone therapy.

STOP IDLING AROUND SCHOOLS

Idlewild was New York's go-to airport until 1963 (it's now JFK). Idle hands may be the devil's workshop. And Eric Idle and the rest of Monty Python are getting active again. But have you thought about the idle threat that moms and dads make when they line up in their cars for "Pick-up-N-Go" at elementary and grade schools across the country?

Idling cars can cause a lot of health problems for kids, exposing them to densely polluted air from car exhaust and triggering coughing, asthma and bronchitis. One idling car emits 20 times more pollution than a car traveling at 32 mph! And it spews ozone, sulfur, dioxides, carbon monoxide, particulate matter and more. Geez, wheeze!

The benefits of cleaning up schoolyard air were pretty clear when Washington state retired smoke-spewing school buses or retrofitted them with natural gas; They saw a 30 percent drop in kids' visits to the emergency room for asthma and bronchitis. Now educators and parents in some locales are realizing that it's up to them to clear the polluted air from idling cars in their schoolyards, too! But more parents, administrators and kids need to tune in to turning off the idling engines.

So now -- as Monty Python says -- for something completely different, your school can:

- Create classroom science projects on exhaust pollution's health hazards and have kids tally the number of idling cars and the length of time they idle.

- Create a pledge letter for parents to sign promising to turn off their car after 10 seconds in line.

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

(c) 2014 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc.

NEW BRIEFS

ELLSWORTH Dessert tasting

Front Porch Ministries annual dessert tasting and raffle Friday, Feb. 28, 6-8pm at Ellsworth town hall.

CHARLEVOIX COUNTY Lasater writing a book

Retired Charlevoix County Sheriff George Thomas Lasater is completing a book regarding his 32 years of experience as Sheriff. If a citizen has a story or situation they would like to have included, contact Mr. Lasater at 231-582-7001 before February 28.

MIO Gun show

Saturday, March 1 from 9am - 3pm at the Mio Community Center located 2 blocks east of Rite-Aid. Admission is \$5, under 12 free with adult. Contact 989-335-3195 for more info.

BOYNE CITY Computer classes

Boyne District Library is offering free computer classes on Fridays at 10 a.m. Classes will continue every Friday in January and February, with help available for all levels of users. Participants may bring their own laptops or other devices such as e-readers and tablets, or use the library's computers.

CHARLEVOIX Wellness Wednesday

Charlevoix Area Hospital's next Wellness Wednesday will take place from 8am until 11am on Wednesday, March 5 in the Hospital's Solarium. Cost is \$15.

BOYNE CITY City asks for input on food trucks

Food trucks are growing in popularity in Northern Michigan and around the state. To date, the Boyne City Planning Department has had five inquiries from individuals interested in operating food trucks in Boyne City during the spring and summer of 2014. Currently, the City does not have a policy or set of requirements specifically regulating this type of business. With the approval of the City Commission, the Main Street Program and city staff are reaching out to the public to gather input and share information. Please come learn about this new trend and give us your insight about incorporating them into our community. Next meeting will be held Thursday, March 6, 5:30 p.m. at the Boyne District Library Community Room. Businesses and the general public are invited to attend one of these meetings to discuss and share information about the potential for food trucks in Boyne City. Everyone interested is encouraged to attend. If you would like more information about this topic, contact Annie Doyle at 231-582-0337 or annie@boynecity.com

PETOSKEY Project free preschool

Project FREE preschool in Petoskey has openings in both morning and afternoon sessions for children who turned age 4 before November 1, 2013. Certified teachers provide art, music, computer time, dramatic play and skill-building activities to build students' social and academic skills for a smooth transition into kindergarten. Project FREE preschool is offered half days, Monday through Thursday, October through May. Although there is often no cost to families, state eligibility requirements do exist. To learn more or register, call the Women's Resource Center of Northern Michigan at 231-347-0067.

CHARLEVOIX BASES Community Education Series

2nd Wednesday's - October thru April from 6:30-7:30pm (no charge for these presentations or materials) All presentations conducted at BASES Teen Center. Topics include: Developmental Model of Recovery / Relapse, Relationships in Recovery, Emerging Drug Trends, Dealing with Other Addictions in Recovery, Raising Drug Free Kids, Young People in Recovery, Brain Training for Addiction Recovery. Attend one or all, no pre-registration required, call (231) 547-1144 for more information.

tion.

PETOSKEY

Roller Derby League forming

A local group is forming a local roller derby league. The Roller Derby Girls' need our support and help from our communities and regional areas. It takes a league of people, to make this work. They need a location to host practice and derby nights (up to 10,000 sq. ft), referees, non-skating officials, coaches, and volunteers! If you can help or have any info or idea leads, please contact the Petoskey Roller Derby League. www.facebook.com/petoskeyrollerderby

CHARLEVOIX

Recycle for the Community Food Pantry

Please recycle your old cookbook and kids' books! The Community Food Pantry would be happy to pass them out to our clients, so if you have any cookbooks or children's books (K-5) you no longer need, please drop them off at our drop box at 100 W. Hurlbut. And remember we really appreciate non-perishable food items and money donations too. 237-9490.

CHARLEVOIX

FARMERS MARKET to Start Up Again May 1st

The Farmers Market Committee met last week to discuss the future of the Winter Market. Due to low vendor and community/shopper involvement following the holiday season, it was decided to discontinue the market through the remainder of the winter months. The farmers market will start up again the 1st of May in East Park. Please contact Bethany Pearson at the City of Charlevoix regarding 2014 Market applications and information 231.547.3257 or bpearson@cityofcharlevoix.org

BOYNE CITY

Farm market

The Boyne City farm market is indoors at the Red Barn next to the library on Park Street. The winter market continues every Saturday at that location from 9 a.m. to 1 p.m. through April.

BOYNE CITY

New location for Celtic sessions

Boyne Celtic session concerts have moved to a new venue. The concerts are now at the Boyne District Library community room. Singer and musician Gaelye Gerrie-Boss will continue to host the free traditional Celtic music events from 1-3 p.m. on the first and third Sundays of the month. Musicians from the around the area will gather and play tunes from ancient Scotch, Welsh, Irish and Bretons for listeners of all ages.

EAST JORDAN

Snow Lovers Breakfast

Every Sunday during snow-mobiling season, 7am to Noon. Sno-Mobilers Club House - Mt. Bliss Rd.

EAST JORDAN

Art display

View the photography art of Onaway photographer, Dawn Thompson now through February at the Jordan Valley District Library. The woods and water display features photographs of Northern Michigan.

NORTHERN MICHIGAN Video Contest Promotes Careers in Manufacturing

Careers in manufacturing will be showcased in a student video contest available to all high school students in north-west Michigan. The contest is designed to show what modern manufacturing jobs are really like and to show that there are opportunities for rewarding careers in the manufacturing industry. The student teams with the top videos will win cash prizes for their schools and gift cards for each team member. The contest is organized by the Education Advisory Group (EAG) of the Northwest Michigan Workforce Development Board and sponsored by Northwestern Michigan College (NMC). It is open to all high school students in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties. The student teams will visit local manufacturing plants and put together a three minute video highlighting career opportunities in manufacturing. Students do not need to be enrolled in a film or visual media program in order

to participate in the contest. More information is available at: nwm.org/video-challenge. There is no entry fee and the deadline for video submissions is March 1.

EAST JORDAN

Fiddlers Jamboree

Saturday, March 1 at the Harvest Barn Church. Registration at 11:30 AM, Jamboree at Noon to 5pm, Dance 7pm - 10pm. Everyone Welcome! No admission fee, donations gladly accepted at the door.

EAST JORDAN

Extravaganza fundraiser

EJHS students who accept the challenge of academic rigor stand to earn up to \$6,000 toward college costs! To fund these Scholarships, the school is holding its first fundraising benefit, The EJPS Extravaganza on March 8 from 6-11:00pm at Castle Farms in Charlevoix. Tickets are \$50 each and include admission, plentiful hors d'oeuvres, DJ and dancing. In addition there will be a cash bar, silent and live auctions, a photo booth and plenty of fun including an opportunity to "dance with the devil," the East Jordan mascot. Free childcare is available at the High School. You'll find more information at www.Facebook.com/EJPSX the Extravaganza's Facebook page. Tickets are available by phone at 231-536-2259 or at any school office.

BOYNE CITY

Run your water

All customers of the Boyne City water system are asked to immediately begin running a pencil-width trickle of cold water from one of their faucets to help prevent water lines from freezing. Frost in the Boyne City area has been reported to extend over six feet below ground in the last few days. While most city water mains are not in risk of freezing due to their depth and the continual movement of water in them, service leads to individual customers may be more vulnerable. To the best of the city's knowledge the last time frost conditions have been this severe was in the early 1990's. The city will announce through the media and on its website when this temporary measure can be ended. Customer accounts will be adjusted to offset the additional water used during this period based on previous usage history. Customers are urged to take special care in the cold parts of their buildings (basements, crawl spaces, outer walls) to avoid the freezing and bursting of pipes. As a further safety precaution the public is asked to help keep snow cleared from around fire hydrants in or near their yards.

CHARLEVOIX COUNTY

The Political Back Story (largely fiction built on a bit of truth)

It is 2014. An old debate about where the county seat should be located - Charlevoix, East Jordan or Boyne City - has sparked the interest of the county commissioners, who are gearing up for a vote to settle the highly contested issue. The Public Forum at Boyne Mountain will allow each city's advocates an opportunity to engage in a public debate at 6 p.m. Saturday, March 8. County commissioners, both real and imagined, will be in attendance to hear comments from the expert panel and the audience. All county citizens are aware of the great economic benefit to the community that is named the county seat. Thus, it would be appropriate for attendees to dress the part and to pass out buttons. Picket signs and other political paraphernalia are encouraged. Throwing of rotten fruit, eggs or other foreign objects is strictly prohibited. We hope you will join us at the dinner/forum to speak your mind and be involved in this important topic.

CHARLEVOIX

Petunia Sale Benefitting Keep Charlevoix Beautiful

Make Charlevoix "Petunia City USA" by supporting the Operation Petunia program by purchasing flowers to plant in

your own yard or business! Flats of 48 petunias will be available for just \$12/flat by pre-order or \$15/flat on Petunia Planting Day. To pre-order your petunias call 231.330.3231.

CHARLEVOIX

St. Patrick's Day party

Tickets will be on sale soon! Contact your local Rotarian to reserve your tickets because they will sell out. Don't forget to make sure to mark your calendars for March 15th at Castle Farms

PETOSKEY

Women's Resource Center FUNdraiser

St. Patrick's Day FUNdraiser to benefit the women, children and families utilizing programs and services of the Women's Resource Center of Northern Michigan (WRCNM). March 17. Silent auction starts at 5:30 pm, live auction starts at 7pm. Hors d'oeuvres and cash bar. The FUNdraiser will be held, this year, at Whitecaps Restaurant located at 215 East Lake St. Tickets are \$10/person at the door, or call the WRCNM at (231)347-0067.

EAST JORDAN

Kindergarten Round-up

Parent Meeting Wednesday, March 19, 6:00 PM in the East Jordan Elementary School Cafeteria. (Childcare will be provided) Kindergarten Screening (by appointment) April 8 and 10, 4pm- 7pm. call 231-536-7564 to make an appointment.

CHARLEVOIX

4th Annual Business Expo

The date has been changed to Saturday, March, 22 for the 4th Annual Business Expo at Castle Farms. The Expo will offer businesses a chance to build awareness in the community. It will feature more than 100 booths in a wide range of categories, including retail, professional, industry, service, tourism and restaurants.

EAST JORDAN

Father of the Year nominations sought

The East Jordan Rotary Club is accepting nominations for 2014 Father of the Year. The deadline for father of the year nominations is Saturday, April 5. Nominations can be sent to P.O. Box 195, East Jordan. Nominations should include a brief, 200 words or less, summary of why the individual is worthy of this honor as well as the name, address and phone number of the person making the nomination. The award will be presented during the club's 94th annual father/son banquet at 6pm on April 26 at the East Jordan High School. For more information, contact Dick Hartrick at (231) 350-8025.

EAST JORDAN

Kindergarten Screening

April 8 and 10, 4pm- 7pm. call 231-536-7564 to make an appointment.

BOYNE CITY

50's dance

The Northern Michigan crusaders will be hosting their annual 50's dance fundraiser at the Eagles hall on River St. April 12 from 6pm to midnight. All proceeds go to individuals with cancer. \$6 donation.

BOYNE CITY

Tax preparation help

Low-to-moderate income families and individuals can get help with tax preparation at Boyne District Library on Wednesdays from 10am to 3pm. Tim Cooney, a trained volunteer with the IRS-sponsored Volunteer Income Tax Assistance (VITA) program, will prepare and electronically file both federal and state returns at no charge. Cooney also serves on the library's board of trustees. Appointments can be made by calling the library at 231-582-7861.

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Health

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STROKE: The Leading Cause of Adult Disability - and 80% Preventable

By Deb Hagen-Foley

The leading cause of disability among adults is also the third leading cause of death. An American dies of stroke every four minutes. Fortunately, these dire consequences of stroke can be avoided through preventive actions, in 80% of instances.

What is a stroke? A stroke results when an artery to the brain becomes blocked or ruptures. When the artery is no longer sending nutrient and oxygen rich blood to a portion of the brain, brain cells suffer. If the situation is resolved quickly, the brain cells may be able to recover. If the cells are deprived of oxygen and glucose for more than 3 or 4 minutes, the cells may die, resulting in permanent brain damage.

Types of stroke. There are two types of strokes, ischemic strokes and hemorrhagic strokes. Ischemic strokes represent 80% of all strokes, and are caused by a clot in a blood vessel in the brain prevents blood flow to cells. In a hemorrhagic stroke, the remaining 20% of strokes, a weakened blood vessel in the brain bursts, bleeding in the brain and damaging brain tissue.

Controllable risk factors. Persons with high blood pressure, high cholesterol or heart disease are at greater risk for stroke. Having atherosclerosis, fatty plaque buildup in arteries that reduces the blood flow, also increases the risk of stroke.

Having atrial fibrillation, an irregular heartbeat, makes a person five times more likely to have a stroke. Using tobacco reduces the levels of oxygen in the blood, forcing the heart to work harder and allowing clots to form more easily, increasing the risk for stroke. Being overweight or using alcohol excessively increases the risk for stroke as does having diabetes.

Uncontrollable risk factors. Age is a risk factor for stroke. Each decade past age 55, the chance of experiencing stroke is doubled. Gender is also a risk for stroke. Although strokes are more common in men, women make up more than half of the deaths from stroke. Race is a risk factor as African-Americans are much more likely to die from strokes, in part due to their higher risks of hypertension, obesity and diabetes. Having a family history of

STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. IT CAN BE DISASTROUS.

- Stroke kills twice as many women each year than breast cancer.
- Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.
- The average stroke patient pays more than \$140,000 in lifetime medical bills.
- Every 40 seconds someone in the U.S. has a stroke—nearly 800,000 in 2012.

GOOD NEWS

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:

- HIGH BLOOD PRESSURE
- ATRIAL FIBRILLATION (A TYPE OF IRREGULAR HEARTBEAT)
- HIGH CHOLESTEROL

TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE FAST.

- F**ace droops on one side.
- A**rms drift downward when raised.
- S**peech is slurred.
- T**ime is critical. Call 9-1-1 IMMEDIATELY.

A severe headache with no known cause is another key warning sign of a stroke. Learn about more sudden signs of stroke @ www.stroke.org

stroke, particularly if a person's parent, grandparent or other close relative had a stroke at an early age increases the risk of stroke.

Strokes and cold. More hospitalizations due to stroke occur during cold weather. Persons at risk for stroke should limit their exposure to the cold. It is unknown exactly why strokes are more common when temperatures are lower.

Know the signs. Signs of stroke include: A feeling of numbness or weakness in the face, arm or leg - it might be more noticeable on one side or the other; Vision problems in one or both eyes; Dizziness or a loss of balance; Confusion; Problems speaking or understanding what others are saying; or severe headaches without warning or explanation.

Other signs reported by women. Women may experience signs such as: Pain in the face or legs, hiccups, nausea, feeling weak, chest pain, shortness of breath or a rapid heart

beat. Act without delay! The signs of stroke are not unlike symptoms that many of us have experienced from time to time. The difference is, the symptoms will come on suddenly and without explanation. If these signs come on suddenly and unexpectedly, seek medical attention fast! Delaying treatment can mean permanent disability or death. Even if the symptoms pass, seek medical attention. You may have experienced a transient ischemic attack (TIA), or mini-stroke. Up to 40 percent of those who have a TIA will go on to have a stroke, within days or months of the original symptoms.

Know your risk factors for stroke and take actions to control the preventable risks factors so you may not be a victim of the leading cause of disability among adults. If you believe you or someone you know may be having a stroke, act quickly to limit permanent brain damage.

Drs. Oz and Roizen



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

10 WAYS TO STAND UP TO 'SITTING DISEASE'

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

Outsmart those sneaky health menaces hiding in plain sight in your office, your living room and your neighborhood coffee shop: chairs! Prolonged sitting, it turns out, flips biochemical switches inside muscle cells that boost your odds for heart failure, up your risk for fatal heart disease by 27 percent and fatal cancers by 21 percent, even if you exercise regularly.

Two new, headline-grabbing reports (one looked at 93,000 older women who sit for up to 11 hours a day; another looked at 82,000 men who sit for five or more hours outside of work) reveal that long periods of sitting -- whether at work, catching up with Facebook pals on your laptop at Starbucks or glued to the tube for an afternoon of sports, old movies or Gilligan's Island re-runs -- puts muscles into suspended animation. That drops the activity of a key metabolism-revving enzyme called lipoprotein lipase by up to 95 percent. The result is that you burn less sugar and less fat while your health risks soar.

Fortunately, the way to cure sitting disease is simple: Wake up your muscles (especially the big ones in your legs, butt and core) with just two minutes of movement every 30 minutes! Here are our suggestions for how you can integrate a little stand-up into your workday and at home.

1. Set a timer. Use the alarm clock on your phone to remind you it's time to rise up. Set it, then put your phone out of reach. When you get up to turn it off, try the moves below. Easy!
2. Plunk down for the plank. We're big fans of this multitasking yoga pose. It's the ultimate one-move routine that quickly works three major muscle groups -- your arms, legs and core. Lie on your stomach with your feet together and forearms placed on the ground. Your arms are straight down from your shoulders

to your elbows. Your toes are tucked as they are in a push up. Tighten up stomach and glutes. Then raise your body off the floor so you form a straight line from your feet to shoulders, keeping your head in line. Hold the position for a few seconds: 25 is good, 45 is better; build toward 2 minutes. BRAVO!

3. Take a quick walk to the bathroom or water cooler, grab a cup of Joe or meet a co-worker to discuss a work issue. Tiny breaks are proven to help.

4. Challenge yourself; how far can you go and still be back at your desk in two minutes?

5. Head for the stairs. You'll burn about 29 calories climbing stairs for three minutes -- proof that the steps in your office or home are really exercise equipment hiding in plain sight!

6. Keep the big muscles in your legs, butt and core engaged while you work by perching on a big exercise ball instead of your office chair. Do it for 10-15 minute periods every hour or two throughout the day.

7. March in place. Tethered to your headphones? Stand up and start marching. Lift those knees! Keep it up for a minute, then do this...

8. Stand up, sit down, repeat. Keep your back straight and your arms at your sides or held out in front of you (in other words, don't push off with your hands). Use your thigh and butt muscles to rise from your seat, then slowly sit down again. Repeat as many times as you can.

9. Or just stand up. Your body works 30 percent harder when you're on your feet. Try a standing desk at work. They're available these days! Or go for Dr. Mike's solution -- a treadmill desk!

10. At home: Take a commercial break. Prime time's 14-21 minutes of advertisements every hour give you plenty of time to move around without missing a minute of your favorite shows.

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

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His office is located at 14695 Park Ave., next to Charlevoix Area Hospital, Charlevoix, MI. For more information or to schedule an appointment call: (231)392-8400.



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News

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A heart emergency has one, and only one, imperative: Call 9-1-1 immediately

One out of every four deaths in the United States can be attributed to some form of heart disease, including heart attack, angina, heart failure, arrhythmia, and stroke. Heart disease is also the nation's leading cause of disability. According to the Centers for Disease Control and Prevention, about 715,000 Americans have a heart attack every year, and 600,000 people die from some form of the disease. And, the overall cost of heart disease is in excess of 300 billion dollars every year. All Americans are urged to Know Your Numbers — blood cholesterol, blood pressure, body mass index, and blood glucose levels, and 9-1-1.

A 9-1-1 dispatcher is the best person to increase the chances of survival for the victim. Ambulances are quickly mobilized with a paramedic or EMT on board who can begin care immediately. Some individuals try to drive themselves to the hospital or get a family member or friend to drive, but this is a very bad idea for a number of reasons. A heart attack victim can lose

consciousness and end up in a car accident, further complicating an already-dangerous situation, and potentially putting other motorists at risk. If the victim is a passenger, there is nobody else in the vehicle trained to provide proper care despite the very best of intentions.

"Area ambulances are built and equipped to save lives, and the EMT crew works in concert with the hospital Emergency Department to determine the severity of heart related symptoms," says Thomas Charlton, MD, Emergency Medicine Physician at McLaren Northern Michigan. For example, paramedics are equipped and able to diagnosis a STEMI heart attack (one of the most serious and life threatening) by using the on-board, electronic, state-of-the-art equipment and technology that allows important information to be transferred electronically to McLaren Northern Michigan physicians while the patient is still en route. EKG readings can be sent directly from the ambulance to McLaren Northern Michigan so that a cardi-

ologist can begin assessing the patient's condition even before the patient arrives. The hospital cardiac team will be ready and waiting to begin care. This sort of communication is not possible if the victim or individual neglects to call 9-1-1. In fact, "delaying — or not making — the call to 9-1-1 has serious consequences even if the patient survives," explains Jason M. Ricci, MD, Interventional Cardiologist at McLaren Northern Michigan. "Part of the heart muscle can die, the patient can go into cardiac arrest, or other serious, long-term complications can arise, all affecting the overall quality of life."

McLaren Northern Michigan continues to exceed the American Heart Association's and the American College of Cardiology's national guidelines for the "first medical contact to balloon time" of 90 minutes, with a hospital goal of 60 minutes. This is the amount of time it takes for the patient to get from the Emergency Room door to the Cardiac Catheterization Lab, and in-

cludes opening the blocked artery with balloons and stents. McLaren Northern Michigan participates in Mission: Life-line®, and is proud to be one of only 25% of the hospitals in the United States equipped to receive and treat STEMI patients. McLaren Northern Michigan has the equipment, expertise, and facilities to administer lifesaving techniques to treat heart attack patients.

The choice is clear: calling 9-1-1 and letting EMS professionals deliver and treat en route to the ER saves lives. For more information about this topic or other health care services, call McLaren Northern Michigan at , or visit northernhealth.org.

PAY ATTENTION

Knowing heart attack symptoms could save a life. Symptoms vary for men and women. Women's symptoms are commonly atypical. Here's a quick reference checklist of typical symptoms for both men and

- women.MEN
- Chest discomfort, such as uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body including pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath with or without chest comfort.
- Other signs including cold sweat, nausea, or lightheadedness.WOMEN
- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest, lasting more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea, or lightheadedness.

LETTERS TO THE EDITOR

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

DEAR EDITOR:

We are blessed to live in this beautiful corner of Northern Michigan. The blessing comes from not only the scenery and small town feel but from our communities full of generous, caring neighbors. This year marked the Boyne Area Community Christmas 59th season of giving.

A very special "THANK YOU" goes out to MSgt USMA Paul Bianchi, Marine Corps Reserve Toys for Tots program and the Boyne City & Boyne Falls Public School students. Thank you! "That no child in the Boyne Area be without a Christmas" could not have been fulfilled again without you all.

Thank you, volunteers, donors, churches, businesses, and all persons involved from January to December year after year. And, if this was your first year, Thank you, we look forward to seeing you again.

With sincere appreciation to all of you from the Boyne Area Christmas Committee ~ happy, healthy, prosperous 2014!

– Lorie Selissen, Secretary, Boyne Area Christmas Committee

TO THE EDITOR

Support your right to hunt and fish

People of Michigan who participate in hunting and legal gun owners be aware that we are under attack by anti-hunting groups. Out of state groups are targeting Michigan's right to hunt with intention of stopping all hunting in our great state. The wolf referendum to stop future hunts is the third time they have attacked our

hunting rights.

At this time outside interests are attacking the right to schedule any future wolf hunts even though we have more than double the desired manageable wolf population.

We have a chance to stop these out of state interests from interfering with the scientific management of our natural resources. It involves a petition drive by sportsmen that will protect our hunting rights by authorizing the NRC to designate a game species by using sound scientific management and provide free licenses to active members of the military.

Petitions can be obtained by contacting Michigan United Conservation Clubs at 517-371-1041 or John Haggard at 231-547-4046. It is imperative that hunters move quickly on this.

Every outdoors person should be able to collect at least one petition page full of ten signatures. Ask your family members, friends, coworkers, neighbors and club members to sign and distribute a petition.

Our right to hunt is at stake. Hunter apathy is far more dangerous to our hunting heritage than any anti-hunting movement.

– John Haggard, Charlevoix

DEATH OF FREEDOM OF THE PRESS

1st Amendment Desecration

TO THE EDITOR

Though this edict emanates from a small corner of this vast country it reverberates like the shot heard

'round the world. Freedom of the Press just took a direct hit. And by someone who calls himself a newsmen at that. Decay from within is not uncommon considering ancient Rome and modern America. The editor in chief of the Petoskey News-Review is the protagonist, Jeremy McBain.

The catalyst for this unseemly attack comes through rivalry primarily albeit more an Alice in Wonderland deck of cards collapse than the earthshaking consequences pervading. Who would have ever thought that the 1st Amendment to the US Constitution would be eroded from within? Courts and cops, computers and internet have augmented this loss of rights of press to be sure but now we find the press itself landing the fatal blow.

There was always some friction between the reading – and writing – public and the news management because commercial advertisers do dictate some standards to the presses they sponsor. And political polity enters in naturally enough offering free advertising to those politicians favorable to the press's ownership and management. Kirk Schaller and Ken Winter were longtime owner publishers and managed a balance though sometimes precarious. The business has to deal with government, public, police, court, other business, city hall, infrastructure, weather, technology, personnel, taxes, payroll, upgrades and the changing role of the press. Political correctness entered in at some indeterminate point in time. Being politically correct infers conventionality or conservatism.

Freedom of the press,

however, originally came about via restrictions in old England. iWhatever a man publishes he publishes at his perili, quoth William Murray, Lord Mansfield, English Jurist, 1756-1788. The inference is clear. Peril then meant what it means today though the imedievali clause adds some ominous affect. The Petoskey press was recently bought by Schurz Communications of Indiana, a national medium-sized conglomerate of publishing and entertainment. The inevitable corporatization syndrome, though not blatant, pervades in subtle ways. New staff appeared, new management, smoothly but not without notice.

The actual case in point is rather inconsequential, a reporter for a local weekly capturing video of a plane wreck which he claims was duly requested and okayed by cops on the scene, later being reversed to infer that no reporters were welcome and that family members of the two deceased persons were negatively affected by the video shots. An actual 1997 law relating to the ship the Edmund Fitzgerald – yes, Gordon Lightfoot, another verse perhaps? – was dredged up like the ship and cost Damien Leist bail money to await whatever comes of the charge of videotaping corpses as newsmen have done for as long as there were cameras, by pen and ink before that. There is even a historic photo of the first woman electrocuted in an electric chair in New York taken by a secret camera attached to the clothing of a reporter who managed to snap the shot clandestinely, no charges ever being levied. This obscure law is being promoted against freedom of the

press.

But that's not the gist. The amazing proclamation comes from the current editor in chief. To wit: 'Newsmen' actions were not proper: iThe article goes on about being disturbed about referring to the ipartyi to which the reporter was late on the scene as cops had already presumably gathered evidence etc. That's the gist of this, did the reporter ask permission to view the scene and receive it, or did the cops lie thereafter when it became an issue. There's a relevant quote by Harvard attorney Alan Dershowitz to that effect: iAll appellate judges Öpretend to believe the trial judges who pretend to believe the lying police officersi. That's from the lawyer who successfully defended Claus von Bulow and O. J. Simpson. I can verify that presentiment with other legal transcripts. Perhaps the editor has not been in a newsroom for a while to overhear the cynical conversation always abuzz replete with the usual invective and slang terms. When attending crime scenes, accidents and courtroom duels regularly it's just one more ipartyi. Bonus revelation: the Petoskey News-Review had reporter/photographers on the scene too and didn't mention that, nor did cops or prosecutor.

The 1st Amendment press clause is dead unless it's the right press. Long live its fading glory in memory.

– Mitchell Jon MacKay, East Jordan

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www.cygnatfamilycounseling.com

DENTIST
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Mio
989-826-626

Main Oak Family Dentistry
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Gaylord
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www.mainoak.com

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989-731-3546
www.ocsportsplex.com

Otsego County Community Center
315 S. Center, Gaylord
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www.otsego-countyparksrec.com

Powerhouse Gym
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989-732-0744
www.gaylordsgym.com

Nautilus Fitness & GS 20 Express Workout
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Gaylord
989-732-5820
www.gs20expressworkout.com

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220 W. Garfield, Charlevoix
989-731-6092
www.nwhealth.org

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989-732-6374
www.northernmanagement.org

HOSPITAL
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Grayling
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www.mercygrayling.com

Charlevoix Area Hospital
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Charlevoix
231-547-8630
www.cah.org

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231-547-242
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PHYSICAL THERAPY
Jordan Valley Rehabilitation Center
100 Main St # 9, East Jordan
231-536-1451

Boyne Rehabilitation Center
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231-582-6365

SENIOR ASSISTANCE
Otsego County Commission on Aging
120 Grandview Blvd., Gaylord
989-732-1122
www.otsego-countycoa.org

Crawford County Commission on Aging
308 Lawndale St.,
Grayling
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www.crawfordcoa.org

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Gaylord
989-448-8323
www.seniorshelpingseniors.com/northernmichigan

Charlevoix County Commission on Aging
218 West Garfield St.
Charlevoix
231-237-0103
www.charlevoixcounty.org/coa.asp

WALK-IN CLINIC
OMH Medical Group – Boyne Valley
2572 North US 131
Elmira
989-731-7700
www.MyOMH.org

To add your business
contact your sales representative
or E-Mail us at
Office@CharlevoixCountyNews.com

FOX CHARLEVOIX

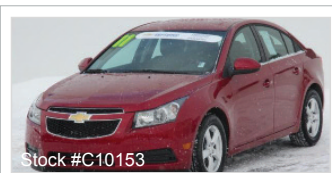


US-31 South, Charlevoix, MI 231-547-9900 foxcharlevoix.com

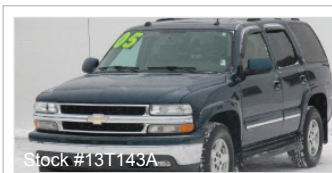
USED CARS FROM UNDER \$10,000 TO ALMOST NEW



Stock #C10154
2012 JEEP PATRIOT LATITUDE
\$18,821*
One Owner, Low Miles
For Information 888-734-5206



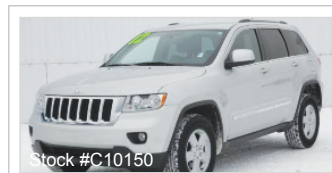
Stock #C10153
2011 CHEVY CRUZE
\$15,821*
GM Certified, Leather
For Information 888-734-5206



Stock #131143A
2005 CHEVY TAHOE
\$11,974*
Local Trade, Clean
For Information 888-734-5206



Stock #14T78A
2011 CHEVY SILVERADO
\$28,923*
4x4, GM Certified
For Information 888-734-5206



Stock #C10150
2012 JEEP GRAND CHEROKEE LAREDO
\$24,962*
Well Maintained, Low Miles
For Information 888-734-5206



Stock #F0944
2011 FORD ESCAPE XLT
\$19,992*
Ford Certified, New Brakes
For Information 888-765-5381



Stock #F0924
2012 FORD F-150 LARIAT
\$36,851*
Leather Heated Seats, Chrome
For Information 888-765-5381



Stock #F0924
2012 FORD ESCAPE LIMITED
\$23,891*
Ford Certified, Nav & Rear DVD
For Information 888-765-5381



Stock #F0915
2012 FORD EXPLORER XLT
\$29,994*
Factory Warranty, Leather
For Information 888-765-5381



Stock #F0936B
2010 FORD FUSION
\$10,991*
New Rear Brakes, Local Trade
For Information 888-765-5381



Stock #F0931
2012 FORD FUSION AWD
\$20,593*
AWD, Leather, Low Miles
For Information 888-765-5381



Stock #19FT305A
2001 FORD F-150 SUPERCAB XLT
\$4,991*
4x4, Towing Package
For Information 888-765-5381



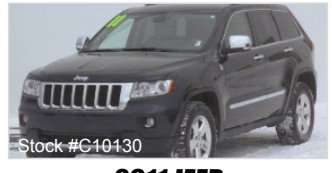
Stock #14FT87A
2013 FORD F-150 LARIAT SUPERCREW
\$37,993*
Leather, Heated & Cooled Seats
For Information 888-765-5381



Stock #F0922A
2008 DODGE CHARGER
\$10,994*
Local Trade, Well Maintained
For Information 888-765-5381



Stock #13FT274A
2011 CHRYSLER TOWN & COUNTRY LIMITED
\$26,482*
DVD, Only 13,471 Miles
For Information 888-765-5381



Stock #C10130
2011 JEEP GRAND CHEROKEE
\$26,985*
Overland, Navigation, Moonroof
For Information 888-734-5206



Stock #14CR3A
2011 CHRYSLER TOWN & COUNTRY TOURING
\$18,925*
Leather, DVD, Navigation
For Information 888-734-5206



Stock #14T53A
2009 GMC SIERRA
\$16,984*
Locally Owned, Fully Serviced
For Information 888-734-5206



Stock #C10145
2011 CHEVY MALIBU LS
\$13,972*
Only 15K Miles, GM Certified
For Information 888-734-5206



Stock #C10147
2011 CHEVY SILVERADO 1500 LT
\$24,882*
Low Miles, GM Certified
For Information 888-734-5206



Stock #C10139
2011 CHEVY MALIBU LS
\$11,994*
Great MPG, GM Certified
For Information 888-734-5206



Stock #F0932
2012 FORD FIESTA
\$13,993*
Sirius / XM Satellite Radio
For Information 888-765-5381



Stock #14FT92A
2011 FORD F-150 LARIAT SUPERCREW
\$32,983*
New Tires, Factory Warranty
For Information 888-765-5381



Stock #14CA14A
2013 LINCOLN MKZ
\$29,983*
Only 3K Miles, Like New
For Information 888-734-5206



Stock #C10158
2010 FORD RANGER
\$19,981*
V-6, 4WD
For Information 888-734-5206

USED CAR SPECIALS FOR FOX CHARLEVOIX

2011 Chrysler 200 (Stock #C10159)	\$15,921*
2010 Mitsubishi Outlander (Stock #C10135A)	\$16,881*
2012 Dodge RAM (Stock #C10161)	\$27,971*
2011 Chevy Cruze (Stock #14J56C)	\$12,601*
2006 Chevy Colorado (Stock #C10156A)	\$10,981*
2002 Dodge Durango (Stock #14J60A)	\$8,981*

USED CAR SPECIALS FOR FOX CHARLEVOIX FORD

2011 Chevy Camaro Convertible (Stock #F0894)	\$25,801*
2011 Ford Fusion (Stock # F0898)	\$12,497*
2007 Chevy Impala (Stock #14FT75A)	\$8,997*
2010 Chevy Equinox (Stock #F0907)	\$19,484*
2012 Ford Escape Limited (Stock #F0943)	\$22,992*
2008 Chrysler Sebring Convertible (Stock #F0914A)	\$11,483*

* Plus tax, title, license, and doc fees. See Dealer for details.



foxcharlevoix.com
US-31 South, Charlevoix, MI



(231) 547-9900
Toll-Free at (855) 944-4499