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County News

March 6, 2014

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sports



Zach Napont of Boyne City, scoops in this shot for two of the Ramblers points. PHOTO BY CINDA SHUMAKER



Madeline Boss puts up a shot against #34 Rachel Hintz of Elk Rapids in the final minutes of the game. PHOTO BY SCOTT RICHARDS.

Health of Northern Michigan Hospitals

By Norma Jean Babcock

In light of recent job cut-backs at McLaren of Petoskey, many are wondering how area hospitals are faring in light of new healthcare mandates under the Affordable Care Act (ACA). This week, we caught up with Charlevoix Area Hospital Administrator Lyn Jenks who clued us in on how our hometown hospital is faring.

The affect of the Affordable Care Act has yet to financially impact Charlevoix Area Hospital, however the administrators are focusing on how best to meet the challenges they have observed in recent months. One of those challenges is having enough primary caregivers to support those requiring one in line with the mandated healthcare act. Another is trying to shift change to the standard of healthcare that the Act is trying to encourage.

“We know that the national goal is to reduce inpatient hospitalizations whenever possible. Our hospital has seen a major shift from inpatient care to outpatient care,” said Jenks. Administrators are working diligently to keep pace with this, but are also excited to see a potential decline in the amount of charity care and bad debt they have to deal with on a yearly basis. For CAH this debt came to a whopping \$2.9 million last year, but hopefully these costs will decrease as more people are qualifying for the expanded Medicaid plans or low cost insurance.

Currently CAH is adding and further training existing staff to work with healthcare man-



dates, which can be tricky without a new act involved. One regulation has involved implementing a new ICD-10 system which is an expanded way of categorizing patient diagnosis that will result in a need for additional coders. Also, the hospital has trained and hired counselors to help people find and obtain affordable health insurance in the new, more complex system. Jenks explains that the hospital prioritizes maintaining the jobs of its employees. As one of the largest employers in the county they try to make sure they spend the little money they do have on patient care, and less on administration costs. They have also partnered with Munson Healthcare who provide services and care that the smaller hospital cannot. This has saved CAH upwards of \$400,000 annually.

“Our leadership team is constantly looking

See Hospital Health-10A

Charges Dropped Against Leist

Charges were dismissed Tuesday against Damien Leist, a reporter with the Charlevoix County News. Prosecutors had alleged that Mr. Leist photographed human remains in a grave site based upon footage that was taken from the scene of a fatal airplane crash near Boyne City.



After the case was dismissed, the parties issued a joint statement. Allen Telgenhof, the prosecuting attorney for Charlevoix County, expressed the county's commitment to freedom of the press. “The Charlevoix County Sheriff's Department and the Charlevoix County Prosecuting Attorney's Office respect the First Amendment rights of the news media to cover newsworthy events, and any media reports to the contrary are mistaken. In this case, the Sheriff's Department cooperated with a number of media outlets that were on the site, and made provisions to enable them to do their job. Unfortunately, Mr. Leist was not at the scene at the time this was done.”

When Mr. Leist arrived a few hours later, the crash site was still subject to restricted access as part of the ongoing investigation into the crash. As a result of a misunderstanding of the directives of law enforcement, Mr. Leist gained access to the site and shot video footage of areas that he should not have had access to. The Sheriff's Department, the Prosecutor's Office, and Mr. Leist have pledged to work together to ensure such misunderstandings do not occur in the future.

“I deeply respect the hard work of our friends in law enforcement, and I appreciate that they need to secure accident scenes as part of their investigation,” said Mr. Leist. “The last thing I wanted to do was disturb the scene or their work. My only objective was to report on this tragic accident, just like my fellow journalists had done earlier that morning. My heart goes out to the families of the men who perished in the crash.”

Land Swap of Fisherman's Island Park draws heated public comments

Next public hearing will be held on March 10

By Norma Jean Babcock

CHARLEVOIX: The February 26th County Commissioners meeting was a hotspot of civilian frustration when a proposed land swap between St. Mary's Cement Company and the DNR was discussed.

The proposal includes swapping land that St. Mary's owns for 190 acres of the state owned Fisherman's Island State Park. The area owned by St. Mary's is located near the south end of the park, but the area to be swapped lies at the entrance of the park. The purpose of the meeting was for commissioners to indicate whether or not they felt the swap was advantageous. However the ultimate decision will rest with Norwood and Charlevoix Townships per local zoning ordi-



The proposal includes swapping land that St. Mary's owns for 190 acres of the state owned Fisherman's Island State Park. The area owned by St. Mary's is located near the south end of the park, but the area to be swapped lies at the entrance of the park.

nances. beautiful acreage used for mushrooming, bird watching, and hiking. The state park acreage would be traded for 220 acres owned by St. Mary's that is mainly flat, with scrub brush and contains a 3,000 foot portion of McGeach Creek.

If the land were to be traded, St. Mary's would clear cut and mine it to increase the size of the quarry. This concerns citizens as currently the land is filled with wildlife; is heavily wooded and contains several trails. In addition the current entrance to the park would need to be moved and direct access to the beach and trails from Bell's Bay Rd would be closed, this would create a longer distance for persons inter-

Although commissioners didn't offer formal opinions many civilians did express theirs at the meeting. Many are severely opposed to the swap stating frustrations over losing

See Land Swap-3A

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weather

THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
HIGH: Upper 20's LOW: Upper 10's	HIGH: Low 30's LOW: Low 10's	HIGH: Mid 20's LOW: Upper 0's	HIGH: Mid 20's LOW: Low 20's

snowfall

2012-13	Amt.	2013-14	Amt.
3/4/2013	47.7	3/3/2014	55.7
3/4/2013	79.8	3/3/2014	111.9
3/4/2013	96.2	3/3/2014	137
3/4/2013	115.2	3/3/2014	163.5
3/4/2013	41.6	3/3/2014	63.3
3/4/2013	63.7	3/3/2014	109.7
3/4/2013	102.8	3/3/2014	165.9

record temps

Day	Avg. High	Avg. Low	Record High	Record Low
6	39°F	17°F	66°F (2000)	-20°F (1972)
7	39°F	17°F	70°F (2000)	-13°F (1978)
8	39°F	17°F	80°F (2000)	-19°F (1982)
9	40°F	18°F	72°F (2000)	-20°F (1963)
10	40°F	18°F	60°F (1977)	-13°F (2008)
11	40°F	18°F	69°F (1973)	-12°F (1960)
12	41°F	19°F	68°F (1990)	-15°F (1980)

OBITUARIES

Robert L. Breithaupt, Jr., 62

(SEPT. 6, 1951 – FEB. 26, 2014)



Robert L. Breithaupt, Jr. of Boyne City died Wednesday, Feb. 26, 2013, at McLaren Northern Michigan in Petoskey. He was born September 6, 1951, in Dearborn, to Robert L. and Joyce (Nations) Breithaupt, Sr., and grew up in Boyne City. He graduated from Boyne City High School in 1969.

Bob owned and operated the Sears Store in Charlevoix and Petoskey, retiring in 2013, after fourteen years. He was an ex-auxiliary policeman for the City of Charlevoix. He enjoyed riding motorcycles and shooting, but most of all, he loved to spend time with his grandchildren.

Bob is survived by his wife of forty-three years, Janet (Vetteuse) Breithaupt; sons, Scott Breithaupt of Boyne City, Jamie (Marisa) Breithaupt of Alanson, Jeremy (Brittany) Breithaupt of Cookeville, Tenn.; grandchildren, Alex and Karisa; sisters, Suzanne, Theresa, and Janet; father and step-mother, Robert and Ann Breithaupt of Charlevoix; loving aunts, uncles, cousins, and friends. He was preceded in death by

his mother, Joyce, and sister, Cathy. Memorial service was Saturday, March 1, at the Community Reformed Church in Charlevoix, the Reverend Chip Sauer officiating.

Please share a memory or sign Bob's guestbook at www.winchesterfuneralhome.com

Agnes V. (White) Westphal

Agnes V. (White) Westphal of Elmira, formerly of Boyne City and Gaylord, died February 26, 2014 at her home. She was born in Bay Township, Charlevoix County, the youngest of five children, to John B. and Junetta (Settle) Taylor. She graduated from Boyne City High School in 1944, after graduating from the one-room Lakeside School in Bay Township.

On June 11, 1965, she married Wesley Claude White, they made their home in Hayes Township in Charlevoix County and he preceded her in death on March 15, 1985.

Agnes married Charles Westphal on January 3, 1987, in Horton Bay. They made their home in Gaylord before moving to Elmira where they've been the last seventeen years.

Agnes worked as a home correspondent for Town & Country News for the Boyne Citizen, and covered the Boyne City News for the Petoskey News Review for 18 years. She also authored the Farm Fare Cookbook published in 1979.

She was a member of Grace Baptist Church in Gaylord, the Maple Grove Grange, and Smelt City VFW Auxiliary #3675 in Boyne City, and

the Michigan Fiddlers Association. She loved to can and cook.

She was preceded in death by her children, Russell and Emma; brothers, Charles and Roy; and sisters, Ethel and Florence; step-daughter, Janet.

Agnes is survived by her husband, Charles of Elmira; grandsons, Darwin and Eugene; granddaughter, Tammy; great-granddaughter, Autumn; daughter-in-law, Kathy Gilmore; stepchildren, Gerald, Thelma, Tim, Rodney, Robert, Chuck, David, and Keith; many step-grandchildren, and step-great-grandchildren.

Funeral was Friday, Feb. 28, at the Grace Baptist Church in Gaylord. Pastor John Jenkins officiated and burial will take place in the Undine Cemetery in Hayes Township in Charlevoix County.

Ruth Anna Kabelman, 95

OCTOBER 12, 1918 – FEB. 26, 2014

Ruth Anna Kabelman passed from this life into the loving arms of her Lord in the morning hours of Wednesday, February 26, 2014 at her home in Independence Village in Petoskey.

Ruth was born October 12, 1918 at home near Horton Bay, to Albert and Anna (Larson) Bathke. She grew up in the Horton Bay area until moving to Petoskey to attend High School where she graduated with the Class of 1936.

Following high school Ruth attended County Normal where she earned a Teaching Certificate, and for a time she taught in local country schools in the Horton Bay area. The Second World War saw many young area women move to the Detroit area for manufacturing jobs within the defense industry, Ruth was one of those young ladies. She worked at Ford's Willow Run Plant helping to build B-24 bombers.

After the war she returned to teaching, working for a time on Staten Island for a Lutheran Orphanage.

In 1947 following her return to Michigan, Ruth married Louis R. Kabelman; the two were wed on August 16, 1947 in Petoskey at Zion Lutheran Church. Initially the couple made their home in Detroit and after a short time moved back north, first to Walloon Lake and then to Petoskey. Throughout the 1950's Ruth continued her education and eventually earned a degree in Elementary Education from CMU. In 1960 Ruth went back to work outside of the home by accepting a teaching position with Lincoln Elementary. She retired from teaching in 1975.

Ruth will be remembered by her family and those who knew her well as a woman of deep and abiding faith. Her faith was a central tenet of her life, a faith that grew with contemplation and prayer. She was a woman who in her early years was determined not to let obstacles stand in her way, she was confident and unafraid, all characteristics that helped her to meet life's challenges. Her family will most remember a mother and grandmother, who gave her love freely and who led a life to be admired.

Ruth was the mother of four children, three of whom survive; Paul (Sue) Kabelman of Kentwood, Mary Ann (Larry) Handwerk of Boyne City and Gerald (Jane) Kabelman of Stevensville. Other survivors include 9 grandchildren, 10 great grandchildren and many nieces and nephews. She was preceded by her husband Louis in May of 1995 and by her daughter Janet and son-in-law Doug Huesing and by her sister, Erma Herhager.

Ruth's life was remembered, honored and celebrated during a funeral service Saturday, March 1, 2014 at Zion Lutheran Church. Services led by Rev. Peter Elliot and by

Rev. Matthew Peters. Burial will take place within Greenwood Cemetery.

Friends are asked to consider memorial donations in Ruth's memory to Zion Lutheran Church or Hospice of Little Traverse Bay.

Ardith M. Peters, 84

(MAY 11, 1929 – FEB. 28, 2014)

Ardith M. Peters of Central Lake passed away on February 28, 2014 at Munson Medical Center.

Ardith was born on May 11, 1929, in Dayton, OH, the daughter of Emil and Nina (Friend) Fifer.

Ardith was a resident of Central Lake for the past 21 years and was a member of the Church in the Hills in Bellaire. She enjoyed flowers, cooking, traveling, holiday decorating and most of all spending time with her family.

On September 8, 1951, in Clayton, OH, she married Robert Peters who survives. Also surviving are 4 children, Brian (Amy) Peters of Springfield, OH, Rhonda (Eric) Swayzee of Colonial Heights, VA, Brenda (Bill) Wallstedt of Fort Myers, Fla., Dean (Lynda) Peters of Yuba, MI, a sister June (Carl) Hollman of Mt. Airy, N.C., 13 grandchildren and 3 great-grandchildren. She was preceded in death by her parents.

Memorial services will take place on Saturday, March 8, 1:00 p.m. at Church in the Hills, Bellaire. Pastor David Ramage will officiate. Memorial contributions may be made to Church in the Hills Memorial Fund, P.O. Box 319, Bellaire, MI, 49615 or to the Good Samaritan Family Services, P.O. Box 206, Ellsworth, MI, 49729 Please sign our online guestbook at www.mortensenfuneralhomes.com. Arrangements are being handled by the Central Lake Chapel of Mortensen Funeral Homes.

Nancy Sue Flood, 79

(DEC. 24, 1934 – FEB. 27, 2014)

Nancy Sue Flood of Ellsworth died Thursday, Feb. 27, 2014, at her home.

She was born Dec. 24, 1934, in Rising Sun, Ind., the daughter of John and Ida Mae (Baxter) Ludwig.

On April 4, 1959, she married Joseph D. Flood Jr. in Cincinnati, Ohio, where they made their home. They moved to Banks Township in 1969.

Mrs. Flood was a registered nurse and was head nurse at Charlevoix Area Hospital for many years and later was employed by the Health Department of Northwest Michigan for 16 years.

Nancy loved her dogs, collecting dolls and was an expert seamstress.

Surviving are her husband, children Joseph D. "J.D." (Kim) Flood of Iron River and Suzanne (John) Jeffrey of Orlando, Fla.; seven grandchildren; and brother, John (T.J.) Ludwig, of Westerville, Ohio. She was preceded by her sister, Julia Ann Ludwig.

The funeral service was, Monday, March 3, at Hastings Funeral Home in Ellsworth with Pastor George Dronen officiating.

Visitation was 4-7 p.m. Sunday at the Hastings Funeral Home in Ellsworth. Burial will be in Atwood Cemetery, Banks Township.

Memorials may be made to the Good Samaritan Family Services, P.O. Box 206, Ellsworth, MI 49729. Sign Nancy's guest book at hastingsfuneral.com.

William John Krchmar, 87

William John Krchmar of Charlevoix died March 2, 2014, at his home.

Arrangements are being handled by Winchester Funeral Home in Charlevoix.

Charlevoix County News

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Dr. Oz Health Tips



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

THE MIGHTY POWER OF MICROGREENS

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

Toward the end of the 17th century, Antonie van Leeuwenhoek created a micro-scope that revealed there were tiny creatures swimming in every drop of water. The world never looked the same again! The microchip was invented in 1959 by Robert Noyce and Jack Kilby (working separately), and once again the world was transformed by thinking small. Now, microgreens are transforming how you eat your veggies.

Microgreens -- tasty, nutrition-packed seedlings -- are grown from the seeds of amaranth, arugula, beets, basil, red cabbage, celery, cilantro, chard,

chervil, cress, fennel, kale, parsley, radish and other plants. They're turning up in salads and stews, on 100 percent whole-grain pizzas, sandwiches and bagels, and as a garnish with grilled salmon or tossed in cooked whole grains and quinoa.

One study found that most of these mighty minis have four to six times the nutritional content of their full-grown versions. Of the 25 varieties tested, red cabbage had the highest concentration of vitamin C; cilantro, the most carotenoids; amaranth, the most vitamin K; and green daikon radish was tops in vitamin E.

Interested? All you need is a plastic container filled with 1 1/2 to 2 inches of organic soil set on a draining tray and a sprinkling of seeds (mixed is good). Press them gently into the soil. Now you need a

south-facing windowsill, a watering can and a couple of weeks (although some take four to six weeks). Snip the shoots at the soil line when they're 1/2 to 1 1/2 inches long and there's a set of partially developed microleaves. Wash well and enjoy!

SHAKE OFF THE SALT

Moviegoers love a good secret. There are more than 200 movies with the word "Secret" in the title -- including, we kid you not, "The Secret Lives of Dentists" and "The Secret of the Ooze." Those secrets can set you back \$12 and waste your time, but Secret Salt hidden in food at the concession stand and on store shelves, well, that can knock you off your feet.

A new survey from Dr. Mike's Cleveland Clinic shows how much we don't know about secret sodium sources (hint: they're most often found in prepared foods). Today's top 10? Numero uno is bread, and three-quarters of you told the clinic's researchers you had no idea it was in there! The list continues with cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes

and snacks.

Why does this matter? Chances are, like most North Americans, you take in around 3,300 mg of sodium a day. But anyone with high blood pressure, heart disease, diabetes or kidney problems -- that's 60 percent of you -- should have only 1,500 mg. And for some with salt-sensitive high blood pressure (thank heavens it's less than 0.5 percent of you), excess intake of sodium is deadly. To avoid salt bombs, prepare fresh foods so you control the saltshaker; skip fast foods and packaged meals. For the rest of you, just cut back; the excess elevates blood pressure a little, which can promote heart disease and stroke. But you don't need to be overly compulsive about cutting salt, just a little careful.

* *

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.

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Boyne City receives grant to begin street reconstruction project

By Tina Sundelius

BOYNE CITY—Some of the oldest businesses in Boyne City will be affected by a four block reconstruction project beginning this summer due to the receipt of a Michigan Economic Development Corporation's Downtown Infrastructure Grant (DIG) Friday, February 28.

The \$583,000 MEDC grant will finance the reconstruction of East, Ray and Alley Streets. It will include infrastructure replacement and upgrades, street reconstruction, sidewalks, curb and gutter and some overhead utility line burial and, according to grant stipulations, must be completed by Dec. 31.

There will be no additional cost to property owners for the City's work on this project. "Between the money they already pay in tax dollars and this grant there will be no additional cost to the Boyne City property owners," said Cain. The grant requires a \$250,000 match from the city. "The free money is never free, a lot of your time, effort and tax dollars has gone into planning this project," said MEDC representative, Dan Leonard.

The MEDC distributed a total of \$7.6 million in DIG program funds to 14 Michigan communities for public infrastructure improvements this past week. There were 45 applicants requesting a total of \$18 million. The grants are intended to improve Michigan downtowns and spur economic growth in the surrounding areas by making communities



The roads highlighted in purple are the streets that the city has targeted for reconstruction.



State Representative Greg McMasters, Dan Leonard with the Michigan Economic Development Corporation, Boyne City Mayor Ron Grunch, Gabe Schneider Regional Representative with Senator Carl Levin, Boyne City Manager Michael Cain and Boyne City Mainstreet Manager Hugh Conklin.

more attractive for investments that create places where people want to live, work and play.

Other communities chosen for awards are Big Rapids, Durand, Evart, Harrison, Ithaca, Lapeer, Olivet, Owosso, West Branch, Township of Michigamme, Village of Constantine, Village of Kalkaska and the Village of Mattawan.

This is the second DIG funds the city has received. The first grant was

used to refurbish two blocks of Ray Street between Lake and East streets and the reconstruction of the alley south of the 100 block of Water Street including moving the electrical utilities underground in that area. "I think one of the reasons that the MEDC has chosen to partner with us is that we do what we say we're going to do," said Cain.

Land Swap

continued from 1A

ested in using such aspects of the park.

Civilians indicated that although the commissioners weren't making any decisions their opinion would be important and an influencing factor for this swap to happen.

"What the county decides is extremely important, your voice adds a lot of weight," said Anne Zukowski who helps operate a Facebook group called "Save Fisherman's Island State Park."

Her statement was supported by many others who explained to commissioners that the land the park would lose would be to the detriment of the entire county, not simply those in Charlevoix and Norwood Townships.

"It's ill advised for anyone to make a motion supporting this...it's like trading a box of chocolates for a Dum Dum sucker," said Joanne Beemon.

Many other members of the community expressed concern over the swap, indicating that the loss of this land for the community would outweigh the gain that St. Mary's would have. Anger over the way that St. Mary's has gone about this proposal was voiced as well. Many feel that the public should have a larger say over what happens to the land.

"Nobody knows about this, how is that right? They want the good stuff and to give us the other stuff, it's not a win-win situation," said Charlevoix resident Janine Mullettgregory.

The commission responded that they won't give a formal opinion until St. Mary's and the DNR make a formal request about the swap. As of the meeting St. Mary's had yet to submit a request for the



"What the county decides is extremely important, your voice adds a lot of weight," said Anne Zukowski

swap to the DNR.

However some commissioners did offer a glimpse of what their opinions could be. The majority agreed with citizens concerns; however some did worry that simply disagreeing right away wasn't an effective solution, and that until more information and a formal request were offered they didn't have a solid opinion one way or the other.

In addition to the opinions given at the meeting, the environmental interest group WATCH (Water and Air Team Charlevoix) gave their formal opinion in a letter to the press.

"...WATCH is opposed to

the land swap between St. Mary's Cement and the Michigan Department of Natural Resources. We ask that the Charlevoix City Council and the Charlevoix Township Board also vote to oppose the land swap. We feel strongly that Fisherman's Island State Park should remain the jewel that it currently is..." said the letter written by Bill Henne the Vice President of WATCH.

For those interested in having a say concerning the land swap, a public hearing will be held on March 10 at the Charlevoix Township Hall at 7:00 p.m.

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 2013 Jeep Wrangler Sport 4x4 CARFAX 1 owner! Removable hardtop! Fog Lamps, Automatic, New 285 Hp, 3.6L V-6, MORE POWER! Alloys, CD & FUN! \$25,949	 2013 Chevy Silverado Ext. Cab 4x4 Victory red, CARFAX 1 owner! Ebony Cloth, chrome wheels, tinted windows, CD player, Truck Bed liner, Tow hooks, super clean... check it out! \$27,995	 2013 Chevy Silverado Ext. Cab 4x4 Black with Ebony Cloth with chrome wheels, plus it's Chevrolet CERTIFIED and a CARFAX 1 owner! CD, XM radio, Tow Pkg., super sharp! \$27,995	 2013 Dodge Ram 1500 SLT Quad Cab 4x4 Maximum Steel Metallic "Big Horn"! A CARFAX 1 owner! 15k miles! Chrome alloys, blue tooth, bed liner, steering controls, 5.7 liter V8 engine! \$28,949
 2013 Wrangler Unlimited Sahara Low Miles, Flame Red, Two tops, CarFax 1 owner! Running Boards, fog lamps, tow hooks, removal 2 panel sun roof, Sub Woofer for Audio and super clean! \$33,949	 2010 Chevy Avalanche LTZ 4WD New In Stock! CARFAX 1 owner in Black with black heated leather, 20" alloys, remote start, steering controls, Tow Package, navigation, bluetooth & more! \$34,740	 2013 Chevy Tahoe LT1 4x4 Black on Black heated Leather & Chevy CERTIFIED! A CARFAX 1 owner! Loaded with everything you'd want! Running boards, Blue tooth for phone... See it Now! \$37,949	 2012 Chevy Suburban LTZ 4x4 Was the Boss's... in beautiful white diamond, heated & cooled seats, adjustable pedals, rear heater, second row captain's chairs and has nearly every option! \$47,949

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Crime

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Webb to Serve One Year in Jail



HEATHER WEBB

By Norma Jean Babcock

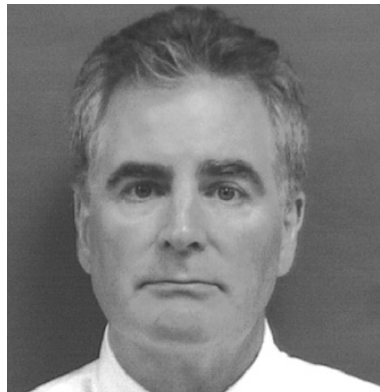
CHARLEVOIX: Heather Marie Webb, 33 will serve 12 months in jail for embezzling from her former employer over a six and a half year period.

The owners of NuCore had found an unapproved check written to Webb for over \$2,000 that had a forged signature on it. They reported this to the police at the time who then investigated further. Webb admitted to have done this often during her arrest.

Webb had pled guilty to the charge of embezzlement between \$50,000 and \$100,000 on January 31. She admitted at that time that she had been stealing from her employer NuCore Incorporated since 2006. She had resigned from the company effective of November 1, 2013 and was arrested by the

Charlevoix County Police Department on November 13. She was sentenced to 12 months in jail and will pay \$141,587 to her former employer. Two months of the jail term were held in abeyance she was granted work release which will begin after she serves 30 days in jail.

Man Convicted of Criminal Sexual Conduct, Domestic Violence



MJ SCOTTON

By Norma Jean Babcock

CHARLEVOIX: On February 26 Matthew John Scotton was convicted for several offenses and could see significant prison time.

According to Charlevoix County Prosecuting Attorney Allen Telgenhof, Scotton was convicted following of Criminal

Sexual Conduct in the First Degree, Assault with a Dangerous Weapon and Domestic Violence after a three day trial.

The convictions come from an incident that occurred on August 28th, 2013 in the City of Charlevoix. Each count holds a different punishment. Criminal Sexual Conduct, First Degree is a felony that can carry a maximum of life in prison. Assault with a Dangerous Weapon is a misdemeanor that holds a maximum sentence for 93 days in jail.

Charlevoix County Special Assistant Prosecuting Attorney Kayla Nixon prosecuted this case with the aid of Katrina Martin of the Charlevoix County Prosecutors Office. Scotton was represented by Christopher Turkelson of Hayes, Turkelson and Grout, PC.

Nixon is a prosecuting attorney who currently works in Emmet and Charlevoix Counties funded by a Federal Grant to Encourage Arrest Policies and Enforcement of Protection Orders program. She specializes in prosecuting cases involving domestic abuse and sexual assault inside of domestic relationships.

The trial came after what Telgenhof referred to as "excellent police work" by the Charlevoix Police Department which led to Scotton's arrest and conviction.

"Officers were doing a well-being check on the victim who initially told them that everything was okay...but the officers, particularly Chief Gerard Doan, knew that something didn't seem right and went back to

the residence to investigate further," said Telgenhof.

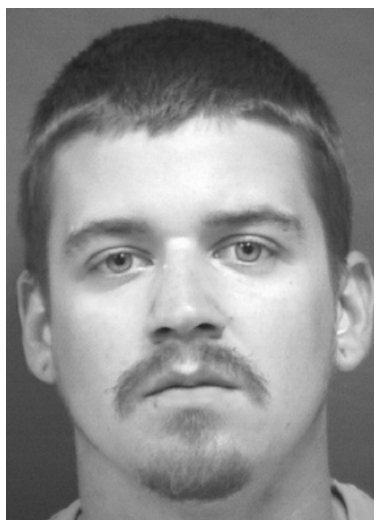
At that point the officers separated the victim from the assailant, after doing so the victim explained to the police what had happened during the altercation.

"Chief Doan, Assistant Chief Scott Hankins and Officer Matt Umilis all worked on the investigation and testified at trial. They were key to obtaining this important conviction," said Telgenhof.

Scotton has his bond revoked after the trial and was remanded to jail pending his sentencing which will occur on March 21, at 9:00 a.m. which is a change from the original date of March 28.

Man Guilty of Arson, Destruction of Property

By Norma Jean Babcock



ROBERT CRONK

CHARLEVOIX: 25 year old Robert Cronk of East Jordan was sentenced on February 28 for 6 charges including arson, malicious destruction of property and witness intimidation.

Cronk was charged for setting fire to a 2011 Ford Ranger in the parking lot of Boyne City Auto Value Parts store which is located on N. East Street in June 2013. He was tried on January 22 when testimony showed that the fire he had set spread to an adjacent vehicle. At the time of the fire, three teenagers witnessed his actions, but Cronk threatened to harm them if they reported him to the police.

He was officially charged with fourth degree arson, malicious destruction of personal property and three counts of witness intimidation. For the arson and malicious destruction Cronk was sentenced to 40 to 60 months in prison. Also, for each count of witness intimidation he was sentenced 32 to 48 months in prison. In addition Cronk faced a charge of furnishing alcohol to a minor which requires 60 days in jail. However, each of these sentences will run at the same time.

Cronk was on parole at the time of these offenses, so he will not receive a credit against these sentences until he has finished serving time on his resulting parole violations.

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BOYNE CITY POLICE DEPT.

Monday, February 17, 2014

8:04am Vehicle unlock in the Industrial Park
9:42am Report of lost cell phone
9:45am Assist Fire Department in the 400 block of Ann St
11:20am Found change purse dropped off at PD
2:46am Report of stolen medications from the 400 block of N Lake St
3:17am Suspicious situation reported on Front St
4:51am Private property damage accident in the Industrial Park
5:41am Arrest subject for DWLS
6:39am Assist Water Dept in the 200 block of Charlevoix St
10:27am Assist Sheriff Dept with threats complaint

Tuesday, February 18, 2014

10:45am Arrested subject on warrant in the 300 block of N Lake St
1:51am Vehicle unlock in the 700 block of West St
10:33amCivil issue reported
10:45am Assisted Sheriff Dept in the 300 block of Silver St
11:02am Suspicious subject reported in the 400 block of N lake St

Wednesday, February 19, 2014

2:43am Vehicle unlock in the Industrial Park
3:05am Assist to Water Dept in the 100 block of East St
9:10am Citizen assist in the 800 block of Douglas St
11:50am Assist Fire Dept with gasoline spill in the 500 block of E Division St
12:20am Report of medications stolen in the 600 block of N East St
4:43am Subject drove into hole in the Industrial Park
7:38am Vehicle unlock in the 800 block of State St
11:55am Assist EMS in the 1400 block of Pleasant St

Thursday, February 20, 2014

6:00am Welfare check requested in the 400 block of Harris St
8:40am 2 vehicle property damage accident in the 600 block of W Court St
9:46am Vehicle unlock in the 600 block of W Court St
10:56am Report of money stolen from the 300 block of E Division St
10:59am Citation issued for speed at Division and Park St
4:55am Vehicle reported on snowbank at Boyne Av and Division St

6:22am Report of truck blocking road on Wilson St

Friday, February 21, 2014

12:20am Citation issued for passing in no passing zone on E Water St
1:30am Report of civil complaint in the 100 block of E Water St
2:41am Vehicle unlock in the Industrial Park
3:58am Driving complaint received from State and East St
8:34am Report of vehicle in the ditch on State St
10:34am Vehicle unlock in the Industrial Park

Saturday, February 22, 2014

2:12am Subject arrested for OWI and DWLS at Division and Lake St
7:05am Assist Sheriff Dept at M-75 and Old State Loop
12:44am Civil complaint from the 800 block of Thompson St
1:45am 911 hang up call from the 500 block of N Lake St
2:02am Motorist assist in the 600 block of Alice St
2:40am Civil dispute in the 800 block of West St
3:33am Abandoned Jeep in the 500 block of Poplar St
5:43am Vehicle left in middle of street on Wilson St
6:10am Dead deer in road on Court St near Lynn St
8:05am Hit and run accident discovered in the block of N Lake St
22:23am Assist Sheriff Dept with intoxicated subject in Boyne Falls

Sunday, February 23, 2014

12:23am Intoxicated subject reported in the 100 block of S Lake St
12:45am Parking complaint at Marshall and Anderson Rd
1:02am Attempt warrant arrest in the 300 block of Silver St
3:56am Snow removal citation issued and vehicle towed from Water and East St
2:29am Harassment complaint in the 800 block of S Park St
4:18am Subject reports nearly being struck by car while walking on Lake St near Trent
9:57am Report of assault in the 200 block of Court St

CHX. COUNTY SHERIFFS DEPT.

February 17-23, 2014

911 Hang Up Call0
Abandoned Vehicle.....1
Abuse0

Alarm	4
Animal Complaint	8
Annoyance.....	1
Assault.....	0
Assist Citizen	4
Assist Motorist.....	2
Assist Other Agency	8
Attempt to Locate.....	1
Attempted Suicide.....	0
Bank Alarm	0
Boating Accident	0
Boating Violation	0
Breaking & Entering	0
Car/Deer Accident	5
Citations Issued	2
Civil Complaint	2
Criminal Sexual Conduct.....	2
Death	0
Disorderly Person	0
Disturbance	0
DNR Complaint.....	3
Domestic Dispute	0
Driving Complaint.....	1
Fireworks Complaint.....	1
Found Property.....	2
Fraud	1
Health & Safety.....	0
Hit & Run	1
Intoxicated Person	2
Juvenile.....	0
Larceny	4
Lockout.....	9
Lost Property	0
Malicious Destruction of Property	0
Mental Subject	0
Minor In Possession	0
Miscellaneous Criminal.....	0
Missing Person	0
Noise Complaint	1
Operating Under the Influence	0
Paper Service	7
Parking Violation.....	2
Personal Injury Accident.....	0
Personal Protection Order.....	0
Private Property Accident.....	0
Property Check.....	47
Property Damage Accident	8
Prowler	0
Road Hazard.....	14
Stalking.....	0
Suspicious Situation.....	12
Threat	3
Traffic Stop	27
Trespassing.....	0
Unknown Accident	0
Unlawful Driving Away of Automobile	0
Vehicle in the Ditch.....	14
Violation of Controlled Substance Act	4

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Schools

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Students of the Week

Boyne City High School Jordan Wilmot



GRADE: 12
PARENTS:
 Tracy Deering, Brian Wilmot
HOBBIES & INTERESTS:
 Pottery, Sports, Traveling
 Following College and Pro Football (like a personal analyst)
SCHOOL ACTIVITIES:
 Football, Wrestling, DECA, Basketball
FUTURE PLANS:
 "Going to college, hopefully MSU. I'm going to be majoring in geology chemistry"

STAFF COMMENTS

"Jordan is a leader among his peers! He is a great representative of Boyne City High School in the classroom and during his participation in extra-curricular activities. Congrats Jordan!" - Michele Deming, Psychology Teacher

"Through hard work and practice Jordan has developed very strong skills on the pottery wheel, he uses clay and glazes very effectively in pottery class. It has been a joy to see him develop this interest and learn how to work in clay." - Jim Beckering, Art Teacher

"Jordan has been an exceptional student both in US History and World History over the past several years. Excellent academic performance combined with maturity and a great sense of humor make Jordan an asset to all his classes. I look forward to having him on the trip to Italy this spring!" - Chris Ames, History Teacher

"Jordan is particularly good at expressing himself in class discussions. He is not afraid to express ideas that may differ from his classmates which helps to add to the conversation." - John Hertel, English Teacher

"Jordan is the manager of the rambler mart. He does an outstanding job leading the school store to success. He is a hard working student" - Tony Cutler, Personal Finance Teacher

Boyne City High School Robotics Team readies for competition

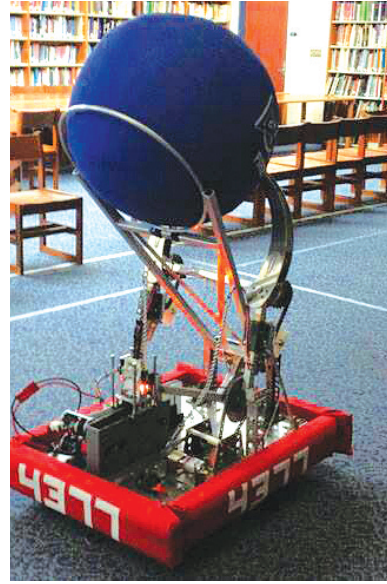
The Boyne City High School Robotics Team recently completed design and construction of its 2014 FIRST competition robot.

FIRST competitions challenge student teams to design and build a robot designed to perform prescribed tasks against other competitors. Students, under adult mentor guidance, also organize fund-raising, develop team skills, and promote their efforts.

The team of 29 students and 15 adult volunteer mentors learned about competition rules during a regional kickoff event at Boyne City High School on January 4. This year's game challenges teams to design a robot that can navigate the game arena, pick up or catch a 24-inch exercise ball, and toss it into a goal. Coalitions of teams gain points by catching, passing and scoring.

Teams had just six weeks from the kickoff event to design and construct their robot.

"It's crazy," said Brendan Heath, student team president. "We worked almost every afternoon and evening and all day on Saturdays to build the structure and program the controls."



In addition to constructing the robot, other students and mentors designed promotional materials, made presentations to secure sponsorships, and built a "pit" for use during the competition.

The team, named the Boyne City Blaze, will have its first competition at Gull Lake High School, near Kalamazoo, March 6-8.

"We're really excited about this year's competitions," said Heath.

"Everyone worked very hard during the build and we have a great robot. I think we will do even better than last year." Boyne City's team won a district competition in Troy, Michigan during the 2013 season in just their second year as a team.

2014 Sponsors contributing more than \$500.00 include the Boyne City Booster Foundation, Michigan Department of Education, Charlevoix County Community Foundation, Bulmann Dock and Lift, Industrial Magnetics Inc., Magna Interiors - Lexamar Corporation, Precision Edge Surgical Products Company, Wildwood Rush, Ace Hardware, Aftermath, Nucore, Boyne City Kiwanis, Poineau Woodworking, A+ Event Entertainment, Northwest Michigan Industrial Association, Lakeside Farms, and April and Kelly Bellant.

For more information about the Boyne City Blaze Robotics team, visit their website at www.boyne.k12.mi.us/robotics or contact the High School at 231-439-8130.

Young State Park Outing

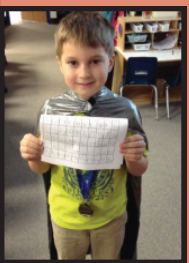


4th grade students enjoyed a winter environmental education program February 21 at Young State Park with environmental education staff from Little Traverse Conservancy.



East Jordan Elementary

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Kindergarten Round-Up

Parent Meeting

Wednesday, March 19

6:00 pm

Elementary School Cafeteria

(Childcare will be provided)

- Meet staff members including the Superintendent, Principal, Teachers, Transportation Supervisor and Health Assistant.
- Receive materials to make your child's kindergarten year successful.
- Learn about school policy and procedures including our iPad initiative.



Kindergarten Screening

(by appointment)

April 8 & 10 from 4:00 pm-7:00 pm

Call 536-7564 to make an appointment

Appointments are approximately 30 minutes each

According to state statute, children with an October or November birth date that will be five years old by December 1, 2014, are eligible for Kindergarten if the parents submit a written request to the district (a waiver form is available in the Elementary office) no later than June 1, 2014.



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March 6, 2014

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Schools

Boyne City High School Robotics Team readies for competition

Young State Park Outing

East Jordan Elementary

Kindergarten Round-Up

Kindergarten Screening

East Jordan Public Schools Extravaganza

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News

Dessert Tasting raises money for Front Porch Cafe

By Tina Sundelius

ELLSWORTH - Although attendance was down from last year, \$557 was raised to aid the Front Porch Cafe in supporting a donations only venue Friday, February 28. The event which features a variety of cakes, pies, mousse, cookies, cheesecakes and cupcakes asks guests to sample everything, purchase a chance to win their favorite and then cast a vote for the best of the best. Ellsworth resident Rochelle McCalib won the People's Choice Award with her Banana Split Cake. "We had another successful year. Everyone had a great time and we're looking forward to next year with new and different desserts," said Jan Rasmussen, Front Porch Manager and Co-organizer of the event.



Larry Essenberg of Ellsworth took home a Peanut butter torte cake made by Marybeth Jones.



Some the best bakers in Ellsworth showed off their favorite desserts at the fundraiser to support the Front Porch Cafe



Event MC, Chris Wallace presents the People's choice winner, Rochelle McCalib with a basket filled with gift certificates and local goodies.

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

The comeback of Ospreys in Southern Michigan

The March 11 Petoskey Regional Audubon program will feature a presentation on the comeback of the Osprey in southern Michigan. It is a great conservation story. The program is at 7 p.m. at Independence Village of Petoskey, located at 965 Hagar Drive. The program is free, family friendly and open to the public.



While Osprey is nearly absent from much of the state due to the effects of DDT and other pesticide use, the osprey population continues to rebound in southern Michigan. Katie Keen, a Wildlife Outreach Technician with the Department of Natural Resources from the Cadillac Operations Service Center, will detail the biology, life cycle, decline, reintroduction and re-research of the osprey in southern Michigan.

In southern Michigan, monitoring efforts are tracking the revitalization of this species. In 2013, several birds were banded, and three osprey chicks from area nests were

outfitted with "back-pack" satellite telemetry units. These units are helping scientists track the young birds' daily movement and seasonal migration patterns.

Anyone can follow along and find out where the birds are at any time just by visiting the Osprey Watch of Southeast Michigan's website (.).

PRAS is dedicated to creating a greater awareness, appreciation, and understanding of the inter-relatedness of all Michigan's wild places and wild life and the need for stewardship, with emphasis on our local region. PRAS is also dedicated to fostering an active community of birders by sharing knowledge and experience whenever possible. Come Bird With Us! Call PRAS President, Darrell Lawson, at 231-330-4572 with any questions.



Challenge Mountain Resale Shops, located in Boyne City and Petoskey, offer a wide range of donated clothing and household items for sale with proceeds utilized to help support Challenge Mountains' ongoing mission. COURTESY PHOTO.

Challenge Mountain Resale Shops in Boyne City and Petoskey

By Jim Akans

In 1984, the Challenge Mountain 501 (c) (3) non-profit organization was founded to raise funds to develop an adaptive ski program to allow physically and mentally challenged individuals enjoy the thrill and excitement of the sport of downhill skiing free of charge. With a motto of "If I can do this I can do anything!" the Challenge Mountain organization grew over the years to include Summer Games, Day Camps, Overnight Camps, Camp Quality, Winter

Games and much more.

Challenge Mountain Resale Shops, located in Boyne City and Petoskey, offer a wide range of donated clothing and household items for sale with proceeds utilized to help support Challenge Mountains' ongoing mission. The 6,600 square foot facility in Boyne City and 4,200 square foot facility in Petoskey each present a seemingly endless array of men's, women's and children's clothing items, books, music, furniture, linens, glassware and other household items to select from.

The Boyne City store is located at 1158 S. M-75, just east of Boyne City toward Boyne Falls (where the facility was actually once located), and the Petoskey store is at 2429 US 31 North across from Houghton Gas.

Each store is open Monday through Friday from 10 am until 4 pm, and on Saturdays from 10 am until 3 pm. For additional information about Challenge Mountain, please call (231) 582-5711 or visit www.cmski.org.

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<p>BOYNE CITY Challenge Mountain Resale 1158 S. M-75, Boyne City 231-582-5711 www.challengemtn.org</p>	<p>CHARLEVOIX Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com</p>	<p>ELLSWORTH Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org</p>	<p>GAYLORD Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 www.goodwillnmi.org</p>	<p>GRAYLING The-Brickery.com <i>Two floors of treasures</i> 107 Ottawa, Grayling, One block north of the light 989-348-8999</p>	<p>MANCELONA Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606</p>
<p>BOYNE FALLS Peg's Closet 3031 Main St., Boyne Falls 231-675-2463 Proceeds benefit the Boyne Valley Food Pantry</p>	<p>EAST JORDAN Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p>	<p>FREDERIC Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300</p>	<p>GAYLORD Great Rooms Quality Pre-Owned Furniture 148 W. Main St., Gaylord 989-745-5184 www.greatroomsgaylord.com</p>	<p>HARBOR SPRINGS New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980</p>	<p>MIO Strawberry Patch Downtown Mio 989-826-1503</p>
<p>CHARLEVOIX Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org</p>	<p>ELLSWORTH Good Samaritan Furniture & More Store 6517 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org</p>	<p>GAYLORD A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500</p>	<p>GAYLORD Venus & Blue Jeans 340 West Main St., Gaylord 989-731-2600 www.venusandbluejeans.com</p>	<p>HARBOR SPRINGS Habitat for Humanity Restore 8426 M-119., Harbor Springs 231-347-8440</p>	<p>PETOSKEY Challenge Mountain 2429 US31 North, Petoskey 231-348-3195 www.challengemtn.org</p>
<p>CHARLEVOIX Angels at Work Resale 1523 S Otsego Ave., Gaylord 989.448.8615</p>	<p>GAYLORD Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357</p>	<p>HARBOR SPRINGS Last Chance Resale Store 8426 M-119, Harbor Plaza Harbor Springs MI 231 348 0800 lastchance.resale@yahoo.com</p>	<p>PETOSKEY Goodwill 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p>		

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

BOYNE CITY

Another food truck meeting Thursday

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. Currently, the City does not have a policy or set of requirements 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. You are invited to come learn about this new trend and give us your insight about incorporating them into our community. One meeting has already been held and another will take place at 5:30 p.m. Thursday, March 6, at the Boyne District Library Community Room. For more information, contact Annie Doyle at 231-582-0337.

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.

UNITED STATES

Spring Forward

Daylight Savings time begins this weekend at 2:00 AM on Sunday, March 9

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 prohib-

ited. We hope you will join us at the dinner/forum to speak your mind and be involved in this important topic.

CHARLEVOIX

Petunia Sale Benefiting 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.

PETOSKEY

Homebuyer Education

Northwest Michigan Community Action Agency (NMCAA), a certified HUD and MSHDA housing counseling agency, will be presenting a three night workshop on Homebuyer Education. This 8 hour workshop will be held March 11 and 13 from 6pm to 9pm; and March 18 from 6pm to 8pm. This course will teach you the basics of the home buying process including options for low-to-moderate income families. The workshops are being offered 2202 Mitchell Park, Suite 4 in Petoskey. Attend all three workshops to get your Certificate of Completion! To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518, or visit www.nmcaa.net.

EAST JORDAN

Business after hours

March 13 at Murray's Bar & Grill, downtown. Sponsored by East Jordan Rotary Club, 5 - 7pm.

BOYNE CITY

Business after hours

March 13 at Lynda's Real Estate Service, 27 S. Lake St., 5:30 to 7:30. Co-sponsored by Glen's Market.

ELLSWORTH

Soup supper

Soup Supper to be held at the Ellsworth Christian Reformed Church on March 13 from 5:00 - 7:00 PM. Proceeds support Ebenezer Christian School.

BOYNE FALLS

BASKETBALL CHALLENGE

The Boyne Falls senior class is hosting its final senior fundraising event of the school year at 5 p.m. Saturday March 15. It will be an alumni night featuring three basketball games. The highlight game of the night will be the Boyne City Fire Department against the Boyne Falls Fire Department. Both teams have reportedly been practicing for some time in anticipation of this game. Also scheduled that evening will be a game featuring Boyne Falls Alumni (under 30) playing Alba Alumni, and another game featuring over-30 Boyne Falls Alumni against a team to be determined. Admission is \$4 per person with children under 5 free. The admission ticket enters you in door prize drawings. Concessions and a bake sale will also be available.

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

NORTHERN MICHIGAN

Tryouts for girls travel basketball

Try out for Girls travel basketball On March 16th. 7th & 8th grade registration 2:30. Tryouts 3-5Pm at Bellaire high school. 9th, 10th & 11th grade registration at 5pm. Tryouts 5:30-7:30pm at Bellaire high school. More details at www.northernpridesportsacademy.com or call Paul Koepke,

231-676-3559. Last year we had girls from all over Northern Michigan.

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.

CHARLEVOIX

Journeying to Charlevoix

A new exhibit mounted by the Charlevoix Historical Society is available for viewing by the public on Saturdays, 10am-4pm, and Wednesdays 4-7 pm at the Depot, Depot Beach and Chicago Avenue. This fully illustrated exhibit traces the arrival of Charlevoix's first inhabitants through the development of the town up to the arrival of the railroad in 1892. It appears in conjunction with the Smithsonian Institution's traveling exhibit, "Journey Stories," now at the Charlevoix Public Library, a larger overview of travel both to and within the United States. For more information, call (231) 547-0373 or 547-1816. Group and special tours can be arranged. Final day: Saturday, March 22.

NORTHERN MICHIGAN

Let your water run

Due to extremely cold weather conditions causing some water service freeze ups cities all over the area are requesting that all water customers continuously run their water until further notice. 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. 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.

CHARLEVOIX

BASES Community Education Series

2nd Wednesday's - October thru April from 6:30-7:30pm (no charge for these presentation 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.

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 Gaeyle 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

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

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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

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News

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Boyne City Irish Heritage Week Includes music, dance, food and history - March. 9-17

Boyne City's 7th annual Irish Heritage Week returns March 9-17 to celebrate Boyne City's history, which began when Irish immigrants John and Harriet Miller settled here in 1856. Complete details are online at www.boyneirishfestival.com. Here is a quick overview:

> Sunday, March 9 - Celtic Music Session with Gaeyle Gerrie and other musicians, Boyne District Library, 1 to 3 p.m.

> Tuesday, March 11 - Irish history talk and discussion with Dr. George Colburn, Boyne District Library, 6:30 p.m.

> Thursday, March 13 - Business After Hours at Lynda's Real Estate Service, 27 S. Lake St., 5:30 to 7:30 p.m.

> Saturday, March 15
Tastes of Spring - Boyne City Farmers Market in the Red Barn next to Boyne District Library, 9 a.m - 1 p.m.

Irish Story Time and Crafts - Boyne District Library. Children and leprechauns of all ages welcome, 10 to 11 a.m.

Irish Soda Bread Contest - Community cooks are invited to participate. Info and entry forms online (Feb. 28 afternoon) and at the Boyne Chamber and Local Flavor Bookstore. Culinary Arts Room of the School Administration Building, 11 a.m.

Irish High Tea with scones and biscotti at Local Flavor Bookstore, 1 to 3 p.m.

Irish Step Dance Workshop with Jeanine Sladick in the Culinary Arts Room of the School Administration. Wear comfortable shoes. 9 to 10 a.m.

Willy Porter Concert - Freshwater Art Gallery, 231-582-2588, 8 p.m.

> Sunday, March 16 - Irish Music Singalong with John Richey, Boyne District Library, 1 to 3 p.m.

> Sunday, March 16 - St. Patrick's Weekend Celebration at Café Santé featuring Gaelic sounds with Gaeyle Gerrie and Friends, 10 a.m. to 2 p.m. plus Irish food and drink specials.

> Monday, March 17 - St. Patrick's Weekend Celebration at Café Santé continues Grand Rapids Irish folk fusion band The Saltbound (5:30 to 9:30 p.m.), Food and drink specials all day.

Irish Heritage Week is organized by local volunteer Linn Williams and is sponsored by Boyne City Main Street and the Boyne Area Chamber. Call 231-582-6222 for further information.

"Sure Sign of Spring"



PHOTO BY M. CHRIS LEESE

Several Robins are seen feeding on frozen apples Monday just south of Charlevoix. After the severe cold spell recently, they are welcome sign of spring.

Music, Drama and a Lesson on Life

Charlevoix - Carlos Andrés Botero, guest conductor for Great Lakes Chamber Orchestra, laughed when asked to explain the program theme for the upcoming March 16 concert at Charlevoix High School, 4:00 pm, entitled "Music and Drama."

"Actually, music is drama," Maestro Botero explained. "There is something about being human that can be touched on in music. Music changes the way people interact with one another. It helps them realize they are one. It draws people out of negative ideas and even despair, and pulls them into a positive place, creating something special and shared. The players, the composers, the audience, all three give into a unifying force, and in this way, all three recreate the piece together, as one."

Carlos Andrés Botero was born and raised in Medellín, Colombia and began his musical

career at the Instituto Musical Diego Echavarría, also located in Medellín.

"I studied music because my mother was never able to, even though it was her dream. I did it because she couldn't. I got to live out her dream."

This dream led him to study, perform and conduct in Bogotá, Caracas, Mérida, Madrid, Basel, Ypsilanti, Ann Arbor, East Lansing and Bloomington. He directs and coaches thousands of children and youth through Filarmónica Joven de Colombia, Fundación Nacional Batuta and Roundabout Opera for Kids.

"My students sound like I did when I was young. It amazes me that I'm the one giving guidance because I feel like I'm just a little kid having fun. Music is fun. If it wasn't, what would be the point? I have a responsibility to share this. I am happiest when my students tell me they want to study

music because they see me having so much fun." Carlos went on to say he was simply making music and then giving it away.

In addition to his work with Filarmónica Joven de Colombia, Fundación Nacional Batuta and Roundabout Opera for Kids, Botero is earning his Doctoral in Orchestral Conducting at Michigan State University. He will guest conduct the Great Lakes Chamber Orchestra's "Music and Drama" concert on March 16 at Charlevoix High School at 4:00 pm. Afterward, the audience is invited to meet the conductor, piano soloist Eduardo Rojas, and orchestra members for a reception with refreshments. Tickets cost \$20 and may be purchased online at glcorchestra.org and MyNorthTickets.com or at the GLCO office, 231-487-0010. Tickets are also available at these area Chambers of Commerce: Boyne City, Charlevoix, East Jordan,

Harbor Springs and Petoskey. Students/youths who are 18 and under, military personnel and people with disabilities registered with VSA Arts of Michigan are admitted free of charge.

The Great Lakes Chamber Orchestra produces live orchestral performances that provide entertainment, education and inspiration for Northern Michigan. Support for the orchestra is provided by the Michigan Council for Arts and Cultural Affairs, the National Endowment for the Arts, the Petoskey-Harbor Springs Area Community Foundation, the Bay Harbor Foundation, the Charlevoix County Community Foundation and hundreds of individual patrons of the arts. For more information about the Great Lakes Chamber Orchestra, go to www.glcorchestra.org.

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CHARLEVOIX CITY COUNCIL, MARCH 3, 2014

Council hears feedback on dock expansion at Charlevoix Marina

By Norma Jean Babcock

CHARLEVOIX: Monday night's City Council meeting found itself in turbulent waters when the public expressed their opinions about an expansion in the Charlevoix Marina.

The expansion would include adding 150 feet to Dock A, the dock nearest the drawbridge, which would allow for additional slips of 60-80 ft size. The expansion has been discussed numerous times between City Planners and Council, but Monday the public shared their thoughts.

Several letters had been written in advance to council, however many attended the meeting to voice their concerns over the expansion. Beforehand city planners looked into other options that may not include such a drastic intrusion on Round Lake, including a style of docking called "Mediterranean," however it was deemed unviable due to space constrictions between docks.

"We consulted and did research with the Army Corp of Engineers...who says it cannot work without a minimum of 120 ft between docks for 80 ft (boats)," said City Planner Mike Spencer.

With that option decidedly out, the majority of citizens present were unhappy with the remaining option of building Dock A 150 ft into the lake.

"I don't see why we wanna keep going out into the lake...



going out this way is going to be too intrusive," said Bernie Ward, Co-owner of Ward Brothers Boats Inc in Charlevoix.

His opinion was heartily supported by many other community members. Nancy Ferguson, who came representing WATCH (Water and Air Team for

Charlevoix) stated that the organization was opposed to the expansion, and that their opinion had been formed by multiple calls from community members who didn't want this to happen.

"This would cause more traffic, more congestion...WATCH is taking the position of opposing

this," she said.

However, despite several opposed voices, a few citizens did support the idea, although maybe a changed version of it that was "sensible."

"We have a jewel, we need to keep it precious but we also need to share it sensibly," said Realtor

Alicia Mosher.

Her opinion was validated by several others who hoped to see some way of accommodating the larger boats as the owners of such boats will hopefully bring in increased revenue to downtown businesses. Those supporting this idea of "sensible growth" included Mayor Norman "Boogie" Carlson, who stated that although he supported the plan, he wanted to see other options that were less invasive brought to the table.

"We've gone from an industrial based support (town)... to very much a tourist town; we have to take advantage of that. Maybe not to the extent that's here... we're heading in the right direction we just need to go into it with eyes open and be cautious," said the Mayor.

Ultimately, the council chose to hold off on making any decisions regarding the expansion until further research was done into other ways to do so.

"I say we postpone the decision, we (need) more options and more information at this point... there is not a need to rush into this," said council person Peggy Brennan.

Due to this decision, the next time council will attack this issue is at the May 5th meeting when they will hopefully review new ideas from City Planners, and then another public hearing will happen May 19th at 7:00 p.m.

Going for Environmental Gold

By Norma Jean Babcock

CHARLEVOIX: The City of Charlevoix recently became proud recipients of a gold award for creating a town conscious of their environmental impact.

The award is given by the Michigan Municipal League who sponsors the Green Communities Challenge each year. Charlevoix has been a part of the challenge since its launch in 2009. Over 30 city governments participated in the challenge this year, with Charlevoix coming out with a gold award for its efforts in environmental stability.

According to the MML the purpose of the challenge is to "help local leaders measure their progress in implementing energy, economic development and environmental improvements." The challenge rates each participating city based on their progress in creating sustainability and gives other communities a model to follow when trying to create environmental awareness.

The MML created this challenge with the goal of creating strong Michigan communities, something Charlevoix City Officials are committed to doing.

For them, this meant building a game plan for how to create a town that is as concerned with remaining environmentally healthy as it is bringing people to the area. Bethany Pearson, Community Economic Development Director listed some of the projects that Charlevoix has been successful in



Charlevoix has begun to encourage buying local produce and supporting local farmers as part of a Green Communities Challenge.

implementing.

So far the city has created an "idle free policy" which helps keep down carbon emissions. This policy is implemented specifically when waiting for the drawbridge during the summer months, but is also effective when doing any task that could leave a vehicle idle.

The city has also started giving rebates to those who upgrade to energy efficient appliances; the marina, street and parks departments of the city use only electric vehicles and the city officials have encouraged citizens to buy local produce whenever possible.

Many efforts have been made to support local farmers markets, and to create a recycling plan that is easy for citizens to use. This in-

cludes the option to have Hazardous Waste disposal services, and adopting a recycling program.

These projects have given Charlevoix an edge in environmental awareness that other towns can look to as a model. In fact, East Jordan has also received a bronze award through the MML for their implementation of environmentally conscious projects. The Green Communities Challenge gives municipalities across the state incentive to create sustainable projects in their town, and hopefully it will lead to even more outstanding ways of keeping Charlevoix healthy, clean and beautiful.

East Jordan introduces 2014/15 fiscal year budget

By Krystal Johnson

EAST JORDAN—East Jordan City Commission met Tuesday evening with a focus on the community's future, as the 2014/15 fiscal year budget was brought before the commission for initial review, and mission and value statements for the city were adopted.

"While the city's funds look to be solvent at year-end 6/30/14, [the city] did have to address three funds that ended last fiscal year with a deficit," said City Administrator Chris Yonker.

The State Department of Treasury has required the city to approve and implement deficit elimination plans for three funds: the Downtown Development Authority, Harbor Fund, and Tourist Park fund. The commission approved that short-term contributions be made from the General Fund to increase the assets for the three separate funds.

While the commission approved the deficit elimination plans for both the Harbor Fund and Tourist Park Fund, commissioners expressed a desire to find better solutions for eliminating the deficit.

"[Transferring funds from the General Fund] doesn't do anything to bring in new revenue," commented Commissioner Tony Cutler.

With a deficit of \$76,393 for the Tourist Park, Commissioners Cutler and Michael Burr suggested the commission consider adding more cabin rentals to help generate more revenue for the park. The Tourist Park purchased two cabin rentals in fiscal year 2012, and in the short time that the cabins have been available for rental, Parks Director Tom Cannon says they have brought in enough revenue to pay nearly 75% of the purchase cost for both cabins. It is fully expected that the cabins will be returning a profit in the upcoming fiscal year.

The Harbor Fund has a deficit of \$121,616. After five recent dredging projects and an ongoing battle against the sand and silt entering the marina from the Jordan River, the harbor deficit is an old story. But Cannon is optimistic for the future.

"If we didn't have the debt, I'm more than confident that the harbor [could] take care of itself," said Cannon, referencing the recent successful seasons the harbor has experienced.

In fiscal year 2013/14, the city transferred \$246,167 out of the General Fund. The 2014/15 fiscal year budget up for review is looking to reallocate only \$213,131, which means there will be an additional \$33K in the General Fund than in the previous fiscal year.

"Most municipal government financial advisors recommend maintaining [the city's] unrestricted fund balances at approximately 25% of annual operating costs to allow for sufficient working capital and emergency funding throughout the upcoming year," said Yonker.

At fiscal year end in 2013, the General Fund balance was at 34%, which is good news as the commission heads into the 2014/15 fiscal year.

A public hearing for the proposed budget will be held at 6:45 p.m. at the next City Commission meeting on Monday, March 17. A budget ordinance is scheduled for formal introduction April 1, and the adoption of the budget is set for May 6.

The East Jordan City Commission also adopted mission and value statements drafted by commissioners at Tuesday's meeting.

The mission statement unanimously selected states, "Our mission is to create an environment that promotes strong economic growth while safe guarding the public trust and building a sense of place that focuses on our future and honors our heritage."

Commissioners hope to find ways to honor East Jordan's heritage throughout the community. Commissioner Mark Penzien mentioned the idea of building a covered farmer's market on the property located near the city boat launch. And to honor the heritage of East Jordan, the covered area might resemble the look of a train station, echoing the historic #6 train engine that sits just across the lake at Memorial Park.

The value statement selected by the commission states, "For the delivery of quality service and to provide a safe community with a high quality of life and to confront challenges, protect our financial health, and promote economic viability of our area."

Join the East Jordan City Commission as they look for ways to protect the city's financial health at the next regularly scheduled meeting, Monday, March 17 at 7 p.m.

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Michigan Department of Human Services

KALKASKA
503 Birch Street (231) 258-1200

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1209 S. Garfield Road (231) 947-3780
(800) 632-7334

Local Libraries

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203 E. Cedar Street (231) 256-9152

Senior Centers

INTERLOCHEN
9700 Riley Road (800) 632-7334
What should I bring to the appointment? Bring your social security, pension and interest statements, wages and earnings statements (Form W-2) from all employers, your 2012 tax return and other relevant information about income and expenses, as well as, social security cards and photo ID.

Health

Prevent Underage Drinking Town Hall Meeting Wednesday

Submitted by D. Scott Kelly,
BASES Executive Director

“Teen alcohol use is at an all-time low according to the 2013 University of Michigan Monitoring the Future study with just 68.2% of our nation’s high school seniors reporting that they have tried alcohol. This is great news! However, alcohol is still the most widely used substance by youth. And un-

fortunately, these statistics do not matter if you are directly impacted by underage alcohol use.

BASES Teen Center in Charlevoix will be hosting a Town Hall Meeting to Prevent Underage Drinking in cooperation with the Substance Abuse and Mental Health Services Administration (SAMHSA) efforts across the nation in March and April of 2014.

Charlevoix’s “Preventing Underage Drinking” presentation will take place on Wednesday, March 12th, from 6:30 to 7:30 p.m. at Community Room A of the Charlevoix Public Library located at 200 Clinton Street. This event is free of charge and open to all community members interested in the health of our young people.

This one hour program

will involve a short video titled This Place that addresses underage drinking issues and outline positive action steps that community members can take to Prevent Underage Drinking. Attendees at this event will also receive a free copy of BASES newest book titled Raising Drug Free Kids.

For more information, please call BASES Teen Center at 231-547-1144.

Drs. Oz and Roizen

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



BUILD A BIGGER, BETTER BRAIN -- AT ANY AGE

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

Forgot something? You’re not alone. One in eight baby boomers has memory lapses, at least once in a while, a recent survey says. And whether you’ve forgotten where you put the car keys or the name of your favorite Olympic ice-skating move (toe loop? triple?), even small slips leave you wondering whether your gray cells still have what it takes.

There’s no health threat that scares people over age 55 more than dementia. One in five will experience brain drain from fuzzy thinking and memory lags to dementia and Alzheimer’s disease. But a lot of it doesn’t have to happen. While some causes are genetic, it’s never too early or too late to build a bigger, more nimble brain and postpone memory loss by a decade or far more. Here’s how it works.

Brain scientists love to say that the brain is “plastic,” which means it’s flexible and capable of growing new cells and making strong new connections between them, at any age. That means brain-friendly lifestyle changes can help protect you from developing memory problems. And giving your gray matter a little extra love after you notice moments of less-than-perfect recall will help you, too. Start with these lifestyle upgrades:

1. Enjoy plenty of ... produce, lean protein, good fats, 100 percent whole grains and a little fat-free dairy, while steering clear of added sugars, syrups, trans and saturated fats and any grain that’s not 100 percent whole.

2. Aim for ... 30 minutes of exercise daily. According to new reports, you’ll build a bigger, sexier brain (the only organ in the body where size really does matter) in just three months. Exercise enlarges the hippocampus, the brain region responsible for memory, and an area called the anterior cingulate cortex, which helps regulate emotional intelligence -- and nothing is smarter than mutually satisfying emotional intimacy.

3. Learn something new ... such as a skill, hobby or game, or even find a new route to a place you visit regularly. It will create more connections that also help

enlarge your hippocampus.

4. Learn to ... manage stress. Stress is the greatest cause of hippocampal shrinkage. You can use meditation and behavioral modification to control your reaction to stressful events.

5. Get your ... blood sugar levels normal. Slightly raised sugar levels -- even if you don’t have diabetes or prediabetes -- will mess with your memory. Excess blood glucose causes inflammation, which damages brain cells. In one new study, people had their sugar levels tested and were asked to memorize 15 words, then repeat them a half-hour later. Those with higher levels of blood sugar remembered, on average, two fewer words. Lower blood sugar is, like regular exercise, linked to a bigger hippocampus.

6. Take in enough ... magnesium. This mineral ensures strong links between your brain cells, so you have a big network ready to solve problems (and remember where your car is parked at the mall). You need 420 milligrams daily, but most of us fall short. Turn to brown rice, almonds, hazelnuts, spinach, shredded wheat, lima beans and bananas to top off your tank.

7. Help vitamin D-3 ... protect your DNA. Short-changing yourself could leave your brain cells vulnerable to damage from free radicals (rogue oxygen molecules that attack DNA). Aim for 1,000 IU daily from a D-3 supplement.

8. Sleep well ... for a nightly clean-up. While you snooze, your brain’s busy taking out the trash. A new lab report reveals that during sleep, the brain may turn on its “self-clean” function. This newly discovered process may help explain why most of us need eight hours of sleep nightly for optimal learning, problem-solving and recall.

9. Go for ... the yo. The beneficial effects of good bacteria in your gut reach all the way to your brain. You can get them from fermented foods like low-fat, no-sugar-added yogurt. One study showed that women who ate yogurt containing live cultures had more connections between an important part of the brain stem and a brain area involved with thinking skills.

(c) 2014 Michael Roizen, M.D. and Mehmet Oz, M.D.
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Positively manage negative feelings

By Deb Hagen-Foley

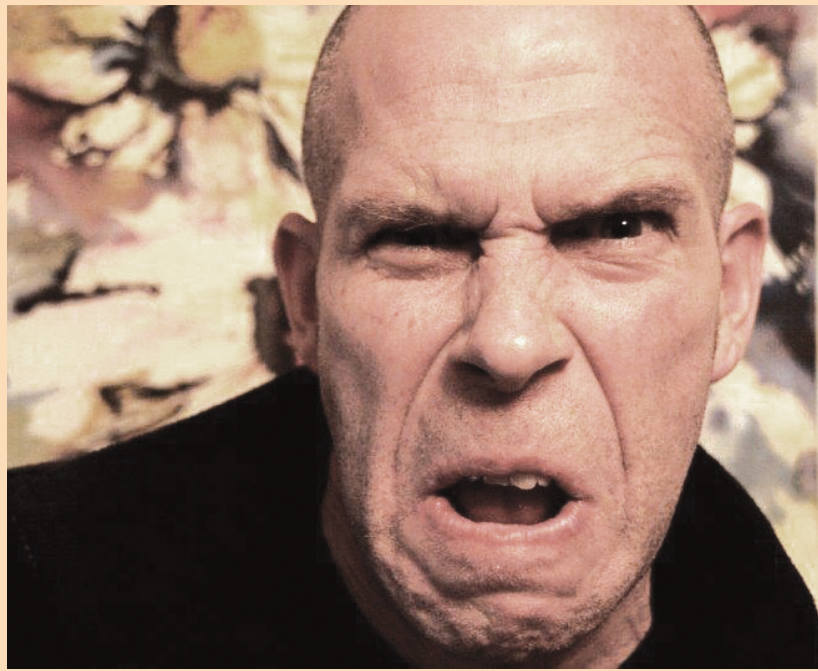
Anger is a normal human emotion, our response to a threat or harm, in the present or the past. It might be a minor irritation or blinding rage.

Why do we get angry? The triggers to anger may differ from person to person or from one situation to another. Feeling threatened, feeling we have been treated unfairly and are powerless to change our situation, being blocked in our attempts to achieve a goal can lead to feelings of anger. Anger can also arise from a feeling of disappointment, in ourselves or someone else; from a blow to our self-esteem, or from losing something of value.

As a feeling of anger grows, a physiological reaction develops. Anger arouses the nervous system, similar to the fight or flight response we have when stressed. The heart rate and blood pressure increases. Blood sugar level, blood flow to the muscles and production of stress hormones also increase.

At the same time, we are doing a quick assessment of the situation, weighing the “rightness” or “wrongness” of the event that led to anger. Anger can cloud our thinking, leading us to react before considering all the relevant information. An extreme reaction might result as we give in to the urge to react, believing a quick response is important to our survival. Viewed as a negative emotion, many people don’t learn how to productively respond to angry feelings.

Men’s Health Magazine created a list of the 20 angriest cities in America, based on blood pressure rate, aggravated assaults, traffic congestion and workplace deaths from assaults and other violence. Los Angeles, CA, Boston, MA and Indianapolis, IN made the list. The number one angriest city in America, according to their criteria: Detroit, MI.



Get control of anger so anger does not control you. By Jessica Flavin from London area, England (ANGER CONTROLS HIM) [CC-BY-2.0 (HTTP://CREATIVECOMMONS.ORG/LICENSES/BY/2.0)], VIA WIKIMEDIA COMMONS

While it is normal to feel anger at times, it is important to know how to manage angry feelings. Continued, uncontrolled anger can result in depression and anxiety. The physiological changes that occur with anger can lead to high blood pressure, coronary heart disease, stroke, cancer, and a greater frequency of colds and flu. Emotional outbursts and bottling up anger are not healthy long-term strategies for dealing with anger.

The three primary methods for dealing with anger are: expressing, suppressing, and calming.

Expressing your angry feelings, in an assertive (not aggressive) way, is usually the best approach, when appropriate. Expressing feelings requires knowing what you need to resolve the situation and asking for what you need in a way that does not hurt others.

This may not always be possi-

ble, so anger can be suppressed, and redirected by thinking about something positive. The idea is to redirect the energy connected to the anger in a more positive, constructive direction. If suppression is used as a regular and frequent strategy instead of outwardly expressing anger, the anger may be turned inward, resulting in physical or mental disorders.

Another method to deal with anger is calming. As the name implies, this means calming your feelings, taking deep breaths, slowing your heart rate, and letting the feelings pass.

Employing one of these techniques is a healthier response than exploding with anger or burying angry feelings. Learn to manage anger for better health and greater happiness.

Hospital Health

continued from 1A

for ways to improve processes to be more efficient without compromising personal, compassionate patient care,” said Jenks.

For CAH cutbacks are less of a concern while meeting the challenges of increased surgery volume, potential cutting in funding to Critical Access Hospitals and trying to navigate what changes the Affordable Care Act could cause are larger.

“We anticipate that at some point in the future the government (Medicare) may well reduce reim-

bursement to Critical Access Hospitals like CAH,” said Jenks.

These concerns make every purchase a difficult decision for the small hospital, but administrators are striving to focus on how to make frugal choices and looking for ways to bring in additional revenue.

“A major challenge for us is trying to figure out what the real impact of the Affordable Care Act will be and how our aging population will need to be cared for in the future. These are unknowns for us right now, but we spend a lot of time thinking about the future so we can be prepared for any eventuality,” she said.

CAH is also in need of

upgrades and expansions, which will progress within the next few years. They are working to reconfigure and expand the surgery suite to accommodate demand and update the facilities. Also they are renovating the Sleep Center, relocating their patient billing department and working on a new Chemotherapy unit. These needs create a project that is estimated to cost roughly \$7.25 million.

In addition to these projects they are preparing for what they perceive to be coming down the line as far as the Affordable Care Act is concerned.

“In the United States, the hospital industry is neither a commodity nor a full en-

titlement-so we have to walk the gray areas in between-sometimes acting like one and other times the other. It is an exceedingly difficult challenge for all of us,” said Jenks.

Overall the outlook for CAH is a healthy one. The staff is working to meet the challenge of the Affordable Healthcare Act and is offering as much assistance as possible to those attempting to navigate the complex ways of getting insured under it. The hospital is anticipating growth, but is also keeping focused on the future and what difficulties it could bring.

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News

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CAH joins nationwide effort to promote patient safety awareness

Charlevoix – In an effort to raise awareness and encourage the engagement of patients, families, healthcare providers and the public, CAH announced today its participation in the 2014 Patient Safety Awareness Week campaign, Navigate Your Health...Safely.

Patient Safety Awareness Week, March 2-8, is an annual education and awareness campaign for healthcare safety led by the National Patient Safety Foundation (NPSF). This year's theme, Navigate Your Health... Safely highlights the need for healthcare providers to ensure that patients are engaged in the healthcare process, whether visiting the doctor for a routine exam or entering the hospital for surgery.

"Healthcare today is extremely complex," says NPSF President Tejal K. Gandhi, MD, MPH, CPPS. "All of us will be patients at some point in life, and we should approach that experience the way we would approach any important journey—with careful planning and communication. Navigate Your Health...Safely reminds us that that providing safe patient care can best be achieved when patients are a key part of the team and take an active role in their care."

CAH is also an active participant in the Michigan Health & Hospital Association (MHA) Keystone Center, which was established by Michigan hospitals in 2003 to identify and implement evidence-based best practices that improve healthcare safety and quality, and reduce costs. The MHA Keystone Center brings a large numbers of hospitals together in a single improvement initiative, allowing unprecedented collaboration and expedited results to benefit Michigan patients. MHA Keystone Center interventions saved more than \$116 million in healthcare costs from 2011 to 2012 by helping hospitals reduce and avoid pressure ulcers, various types of infections, readmissions, high-risk baby deliveries and more. Additionally, Michigan hospitals and clinicians have been so successful that hospitals across the country and beyond have adopted the projects developed by Michigan hospitals' in their own states.

"Charlevoix Area Hospital remains committed to ensuring that patients receive the right treatment, at the right time and in the right setting," said Lyn Jenks, the CAH's CEO. "Patient Safety Awareness Week is a great opportunity for hospital staff to educate patients on the crucial role they play in their healthcare experience."

For additional information on Patient Safety Awareness Week, please visit www.npsf.org.

HEALTHY MICHIGAN

Letter to the Editor
Governor Snyder's upbeat message on the 2015 budget left out an important fact: that in a time of state revenue surplus about \$180 million in State general funds is being removed from community mental health programs in Michigan. The reason for this is simple. Optimism about coverage under Healthy Michigan (Medicaid expansion) has led the administration to assume that mental health clients currently being served with GF dollars will be eligible for expanded Medicaid. But it is not at all clear this is true, and without thoughtful implementation of this new benefit, many Michigan residents could be left without coverage.

The Problem: Enrollment in the Healthy Michigan program will take months to "ramp up" to the estimated 400,000 persons projected as eligible, and it's starting late – April 1st not January 1st. Money must be available to support services provided to these people until their Medicaid is effective. Second, some uninsured and needy people still will not qualify for Medicaid, even with revised eligibility criteria. Changes made to the federal program by the State may make the program less attractive or simply impossible to qualify for. Third, the estimates of resources still needed by CMH programs after the implementation of Healthy Michigan were too low. Between emergency services, state and community psychiatric hospitalization for the uninsured, support for persons with Medicare and those in spend down, the obligations are many and they are expensive. These will not go away even if every eligible person applies for Healthy Michigan and is successful in his application.

Public mental health agencies were enthusiastic supporters of Healthy Michigan, and lobbied hard for its passage. It is a necessary and important program for poor people in Michigan. But it is not right to claim state savings by reducing support for community mental health programs, especially until it is clear what enrollment will be. At North Country Community Mental Health, one out of every two persons who applies for services does not have Medicaid. Some are served, but many are turned away, and that is with today's resources. Many more would remain unserved with the proposed 65% reduction in state funding, and that would indeed be a tragedy.

North Country Community Mental Health provides services to residents of Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego Counties experiencing a severe emotional problem, serious mental illness or developmental disability. Persons wishing to know more about the agency are encouraged to visit www.norcochm.org or to access services call 800-834-3393.

– Alexis Kaczynski, Director, North Country Community Mental Health

FISHERMAN'S ISLAND LAND SWAP

Letter to Editor
The St. Mary's Cement Plant proposal for a land swap with Fisherman's Island State Park sets a dangerous precedent. Our state parks belong to all the people of Michigan and should not be traded away for multinational corporate gain.

The parcel of land St. Mary's wants to acquire is heavily wooded with hiking trails, access to the park entrance and public access to a beautiful stretch of Lake Michigan beach. Its close proximity to the city of Charlevoix makes the trails and beach easily accessible to residents after work, school or on lunch breaks. This portion of the park is used by hikers, skiers, hunters, mushroomers, high school cross country team members, snowmobilers, sunset watchers, beachgoers and summer residents. It is home to a diverse array of wildlife and the woods provide an important buffer between St. Mary's current quarry operations and the trails and beach in the park.

Allowing St. Mary's to turn this forest into a quarry pit will reduce the esthetic value of the beach and remaining trails. It will diminish the beauty and environmental integrity of the park.

If the proposed swap goes through, Bells Bay Road going to the beach, trails and park entrance would be closed and quarried. A new park entrance will have to be built several miles south. It would be the third time the park entrance has been moved to accommodate the cement plant's expanding quarry operations.

The proposed Lake to Lake bike trail from Lake Charlevoix to Lake Michigan (into Fisherman's Island State Park on Bells Bay Road) is scheduled for construction this summer. If the swap is approved, the trail will end at one of St. Mary's quarry pits – the trail to nowhere. Extending the trail several miles south to reach Lake Michigan will require more time and money and the increased distance will put the trail out of reach for most people.

The property St. Mary's wants to give to the park is not comparable. Most of it is a flat field.

The north end of Fisherman's Island (including Bells Bay Road) is a valuable asset to our citizens and tourist economy. Tell the DNR to NOT trade away our woods, local assess to favorite hiking trails, Lake Michigan beaches and future bike trail. The residents clearly do not want this swap. See facebook page .

– Anne Zukowski, Charlevoix

BOYNE CITY FOOD CARTS

Dear Editor,
Ahhhh! Boyne City, the place where everyone wants to be.....and the City, and Main Street, just want you to BE QUIET! Have you ever noticed when we have "special" meetings to determine something controversial, the facilitator is from the City/Main Street, and trying

their darndest to push you in "their" direction. But, it gets worse, no one ever speaks freely (or even shows up for that matter), as they are afraid of political suicide! Well, this person has never been afraid of it, nor will I ever kow-tow to the whims of the City or Main Street when it is not in the best interest of the ENTIRE town. Boyne deserves better!

The latest "dog and pony" show took place February 25th at our beautiful Library. The topic, "whether or not to allow Food trucks in Boyne City". Now first of all, let's set the premise, the main reason for trying to allow them, was to get them here on "Friday night Stroll the Streets". "Stroll the Streets" was a grass roots event envisioned by Ray and Karen of Country Now and Then, and Kelly Lawson, that was started to "showcase" Boyne City. The event has grown considerably over the past years, and is a major contributor to bringing people into this beautiful town. But, alas, we still have too many open buildings, and restaurant's here in town trying to make a living. The bottom line, as I stated it at the meeting, "we have to crawl before we can walk!" In other words, when we have done all we can to fulfill the businesses in this town, then we can open it up to outside competition. On a side note, the 2 blocks of Water Street alone (28 businesses) pay on average \$6,622.00 in taxes per year, and now we want to let someone once again "roll" into town, and pay nothing (or even a meager \$100.00 licensing permit)! Once again, why? All those brick and mortar businesses help pay for your schools, roads, infrastructure, etc., but your City/Main Street wants to open the door to someone who does not have any of those ties, or costs for that matter!

If the City/Main Street wants to expand/help make "Stroll the Streets" (and town in general) better, than let's focus on strolling ALL the streets, not just the 2 blocks of Water Street. They could entirely block off a different block each week, (ie; the Ace block the first week, the Subway block the next week, the ReMax block the next week, then the Freshwater Studio block the next week, then start the process over the following week), and have the "main" event in that blocked off area each week, that way people are drawn to that location, and it helps showcase ALL of Boyne, and would help to fill those empty store/restaurant fronts.

Now, don't get me wrong, competition is fine (and healthy, when done properly), but to just open it up to someone that has NO stake in the community (no horse in the race, if you will), to come in and just skim off the gravy that this community has worked so hard for, it makes absolutely no sense to me! I have heard rumbings before about school organizations selling hot dogs or the like on "Stroll the Streets", and that upset some of our downtown businesses, at least that goes to our wonderful school system. How about that money just rolling back

out of town just as fast as it came rolling into it? Do you think that is right? Let's take it a step further, we are the envy of NW Michigan over the past few years, and a lot because of the successful Friday nights. Are you ready to have established restaurants from Charlevoix, Petoskey, Harbor Springs, East Jordan, etc., bringing their catering trucks/trailers into town not only on "Stroll the Streets", but any day/night of the week, and competing for this town's hard earned dollars? Why? Just because the City/Main Street have had a couple requests to try and cash in on Boyne's success? Come on Boyne, you deserve better!

The only other "meeting" scheduled to take place on this subject is Thursday, March 6th, at 6pm. This will be your only chance to help to do what is right for Boyne and its hardworking taxpayers. We have a great town, and some spectacular events, let's keep it going in the right direction. Boyne Pride!

Thanks for your concern.
Marty Moody, Boyne City

MUCH OBLIGED

Thank you for all the community support
Editor:

On behalf of in Northern SAFE Youth Michigan I would like to express our sincere thanks to our local communities in Emmet and Charlevoix Counties. The group recently completed five "Brown Out" events in the two counties. The five events were held at local high schools during home basketball games. SAFE Youth designed "Brown Out" anti-tobacco T-shirts, arranged sponsors to cover the costs, and made arrangements to distribute the shirts – at no charge – to students attending school basketball games. A special thank you to the following sponsors who paid for the t-shirts and helped to make this project a success: Bay-side Family/Sports Medicine, Dr. Paul Reed, Petoskey Child Health Associates, Prime Transport, Kilwin's, The Outfitter, Pinecraft Wood Floors, Lynda's Real Estate Service, Van Dam Custom Boats, Child Abuse Council, Charlevoix Screen Masters and SAFE in NM. This month marks the 50th anniversary of the first U.S. Surgeon General's Report on Tobacco and Health. There has been remarkable progress in the fight against tobacco and as a result many lives have been saved. It is critical to reach young people early and to deliver ongoing prevention messages via sports and other youth-oriented channels. SAFE Youth will continue to encourage their peers to take a stand against all forms of tobacco use and claim their right to healthy living.

– Susan Pulaski
HDNW-Community Health Coordinator
SAFE Youth Advisor



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OrigiNAILS by Shelley
200 Fairview St.
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989-732-7100

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Downtown Gaylord
989-731-1018
www.cygnnetfamilycounseling.com

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Mio Family Dentistry
107 East 8th St.
Mio
989-826-626

Main Oak Family Dentistry
219 East Main St.
Gaylord
989-732-6271
www.mainoak.com

FITNESS FACILITY

Otsego County Sportsplex
1250 Gornick Ave., Gaylord
989-731-3546
www.ocsportsplex.com

Otsego County Community Center
315 S. Center, Gaylord
989-732-6521
www.otsegocountyparksrec.com

Powerhouse Gym
1044 W. Main, Gaylord
989-732-0744
www.gaylordsgym.com

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www.gs20expressworkout.com

HOME HEALTH CARE

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Charlevoix Area Hospital
14700 Lake Shore Dr
Charlevoix
231-547-8630
www.cah.org

Otsego Memorial Hospital
825 North Center
Gaylord
989-731-2100
www.MyOMH.org

MASSAGE THERAPY

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

Self Heal Massage/Body Work/Energy Medicine
Cathy Brink NCMP/AMTA,
Reiki Master/Teacher
1029 Gornick Ave.,
Alpine Suite #103
989-619-6282

MONUMENTS

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

NUTRITION & SUPPLEMENTS

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

Four Star Nutrition
604 W. Main, Gaylord
989-448-8618
www.fourstarnutrition.net

PHARMACY

Central Drug Store
301 Bridge St. Charlevoix
231-547-242
www.central-drug.com

PHYSICAL THERAPY

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

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

SENIOR ASSISTANCE

Otsego County Commission on Aging
120 Grandview Blvd., Gaylord
989-732-1122
www.otsegocountycoa.org

Crawford County Commission on Aging
308 Lawndale St.,
Grayling
989-348-8342
www.crawfordcoa.org

Seniors Helping Seniors
221 E. Felshaw St.,
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



Charlevoix County Commission on Aging

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

218 W. GARFIELD ST.,
CHARLEVOIX, MI 49720

Phone: (231) 237-0103,
Toll Free: (866) 428-5185
Fax: (231) 237-0105

Office Hours:
Monday - Friday 9AM-5PM

COA BOARD

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LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:

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

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

EJ Community Center

Brenda Skop
116 Main Street,
East Jordan, MI 49727,
Phone: 231-536-7831

THE COA OFFERS THE FOLLOWING SERVICES:

- Congregate Meals
- Foot Care Management
- Emergency Communication Devices
- Home Delivered Meals
- Homemaker Services
- In-Home Respite
- Information & Referral
- Medicare D Counseling
- Medication Management
- Personal Care Assistance
- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

Area March Happenings

3/8, 3/15, 3/22, 3/29 Saturdays, 9am - 1pm

FARMERS' MARKET

Indoors for the winter season at the Red Barn next to the Boyne District Library on S. Park Street.
www.boynechamber.com

3/6, 3/13, 3/20, 3/27, Thursdays, 9am - 1pm

WINTER FARMERS' MARKET

Charlevoix Public Library, Community Rooms A & B www.charlevoix.org

3/7, Friday - 3/9, Sunday

BOYNE - KIDS' FESTIVAL WEEKEND

Village Party with a cookout, face painting, balloon twisting, and many more fun family events.
For complete event details, visit BOYNE.com

3/7, Friday - 3/9, Sunday

CAMP DAGGETT - FATHER/SON WEEKEND

Fathers, stepfathers, grandfathers or big brothers are invited to bring their sons, ages 8-16, for a fun-filled week-end. For more info, visit www.campdaggett.org.

3/8, Saturday, 6 - 10pm

"MURDER MYSTERY" -

(MURDER, MAYHEM, & POLITICS)

Sponsored by Charlevoix Area Humane Society at Boyne Mountain. Call (231) 582-6774 for details.
www.charlevoixhumane.org

3/13, Thursday, 9am - 1pm

WINTER FARMERS' MARKET

East Jordan Civic Center www.ejchamber.org
3/14, Friday - 3/16, Sunday
Boyne - Carnival Weekend
Carnival Kick-off Party, On-Hill

Party, Adult Costume Con-test, Village Party, Slush Cup, and much more. For more event details, visit BOYNE.com.
www.ejchamber.org

3/15, 3/21, 3/22, 7pm; 3/16, 2pm

MUSICAL "BYE, BYE BIRDIE"

Boyne City High School
www.boynechamber.com

3/19, Wednesday, 10am - 3pm

PROJECT CONNECT

A day of FREE services for those in need @ the Emmet Co. Fairgrounds, Community Building, Petoskey
www.ProjectConnect231.com

3/21, Friday

FAMILY FUN CARNIVAL

East Jordan Elementary School
Obstacle course, games, bounce house, cake walk, pig races, and many more fun family events.
www.ejchamber.org

3/22, Saturday, 12 - 5pm

4TH ANNUAL BUSINESS EXPO & TASTE OF CHARLEVOIX

More than 100 booths in a wide range of categories and the opportunity to sample and enjoy specialties from each dining establishment. Expo held @ Castle Farms.
www.charlevoix.org

3/27, Thursday, 5:30 - 7:00pm

MARCH SWIRL

Join us for wine tastings in our galleries. Mingle among beautiful art, listen to local musicians, and sample fine wines and food from local restaurants. Tickets may be purchased on-line, telephone, or at the door. Event takes place at the Crooked Tree

MEDICARE NEWS

I Lost My Medicare Extra Help Benefit - Now What?

Medicare has special rules for beneficiaries who have lost their Extra Help benefit at the end of 2013. Seniors who are in this situation have until March 31, 2014, to enroll in another Prescription Drug Plan, if they choose to do so.

The Extra Help program is administered by the Social Security Administration. Qualification is based on income and assets. If a change in either category caused the maximum eligibility levels to be exceeded in 2013, the Extra Help benefit was terminated effective January 1st of this year.

Those who are affected by this often find that their Medicare Prescription Drug plan will no longer be the best one for them, once the Extra Help benefit is lost. Medicare understands this and has made a special provision allowing those people the option to switch plans no later than March 31st.

Medicare beneficiaries can get help to find another Prescription Drug plan, and also be screened to verify that their income and assets have been correctly calculated. They can contact the Medicare/Medicaid Assistance Program at 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

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, March 6 Wii Bowling	Friday, March 7 11am-12pm Cousins Raffle	Monday, March 10 Foot Clinic Line Dance Brown-Bag Bingo	Tuesday, March 11 Brown-Bag Bingo	Wednesday, March 12 11am Arthritis Foundation Exercise Program	Thursday, March 13 Wii Bowling Students' Visit!
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, March 6 12pm Dental Myths and Mysteries - Dr. Larsen 11am Chair Yoga Class 1pm Pinochle	Friday, March 7 11:30am Charlevoix Men's Choir w/Dir Vince Chew 9:30am Craft Class 1pm Rummy	Monday, March 10 1pm Wii Bowling 1pm Woodcarving 7pm Bible Study	Tuesday, March 11 9am-1pm AARP Tax Prep 11am Chair Yoga Class 1pm Paint Class 1pm Rummy	Wednesday, March 12 Foot Clinic 9:30am Casino Trip! 1pm Bingo	Thursday, March 13 12pm Back Porch Music 11am Chair Yoga Class 1pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, March 6 Karaoke Day!	Friday, March 7 Birthday Day! 11am Backwoods Maestros Bingo/Raffle	Monday, March 10 8am-1pm Walking M-F	Tuesday, March 11 11am Line Dancing 12:30pm Bingo	Wednesday, March 12 Girl Scout Day! 11am Wii FUN!	Thursday, March 13 Foot Clinic Karaoke Day!
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, March 6 VEAL & GRAVY	Friday, March 7 BONE-IN CHICKEN**	Monday, March 10 COOK'S CHOICE	Tuesday, March 11 LASAGNA ROLL UP	Wednesday, March 12 CHICKEN	Thursday, March 13 BEEF CHILI
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VALLEY ASSISTED LIVING
ADULT FOSTER CARE
Kevin and Marlene Robinson
01970 Valley View Road, Boyne Falls
231.549.2026
robinsonliving@gmail.com

Charlevoix County Transit System

HOURS OF OPERATION
6am-7pm Monday-Friday
9am-4pm on Saturday
231-582-6900



The Brook
Retirement Communities
of Boyne City

701 Vogel Street Boyne City • ph.: 231.582.4300



www.whyLyndas.com

27 S. Lake St., Boyne City • 231-582-9555

CENTRAL DRUG STORE

www.central-drug.com

Charlevoix

Save a lot
food stores

East Jordan