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**Kolp Found** 

CHARLEVOIX: On May

2 a Charlevoix County jury

cident that occurred on Oc-

The charges are the re-

sult of an altercation dur-

ing a co-ed softball game held at the East Jordan softball fields. At the time,

witnesses stated that Kolp

base when words were exchanged between him and a man on center field. Kolp

then ran into the outfield and punched the victim in

The victim was treated at McLaren Northern Michigan emergency room

for an orbital fracture. Officer Brenet Seese of

vestigation into the

the East Jordan Police De-

partment conducted the in-

altercation. Mark Muniak,

Chief Assitant Prosecut-

ing Attorney prosecuted

the case and Roy C. Hayes,

III, tried the case for Kolp.

later this month by Dis-

he is facing a maximum

and/or a \$500.00 fine.

trict Judge James Erhart,

sentence of 93 days in jail

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Kolp is to be sentenced

was a runner at second

Guilty

found East

Christian

Jordan man

James Kolp

guilty of as-

from an in-

tober 13, 2013.

sault and

battery

the face.

Norma Jean Babcock

East Jordan senior, Tommie Outman connects on this pitch.



to make a move on the Grayling defense. (PHOTO BY JOHN DOSKOCH)

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toll free 800-244-6633 er for an iPad Giveaway. Drawing held o 4th of July. No purchase necessary.





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#### City Council member states "Gypsy Art Shows" are unwelcome

By Norma Jean Babcock

CHARLEVOIX: At the meeting of City Council on Monday council man Jeff Porter made comments regarding a summertime art festival that had several attendees in

The comments came during a presentation by Steve Seely of the Chamber of Commerce. Seely outlined the various activities and contributions the chamber makes toward bringing people to Charlevoix and creating strong downtown businesses. Seely mentioned several festivals that the Chamber supports; at which point Jeff Porter shared his opinion on

one downtown art show he deemed unnecessary for the area.

"Are you involved with the Summer Solstice Art Show?" asked Porter

Seely indicated initially that the chamber had nothing to do with the art show which takes place in East Park. He was later corrected by Mayor Carlson who stated that the Chamber advertises their involvement in the festival. Seely stated that he stood corrected but that if the art show had problems that needed addressing he would share that information with Chamber President.

...it's a for profit gypsy art festival that has taken revenue from the galleries," Porter then said.

Porter continued to show distaste for the show as he used the terminology "gypsy" three times to describe the show and indicated that the show not only "detracts" from the downtown area, but it also features "poor quality art."

The Summer Solstice Art Show features over 75 artists, runs for two days, and is in its 16th year of showcasing art in East Park. It is not to be confused with the one day Waterfront Art Fair. Porter expressed clearly that the Waterfront Art Fair was a desirable show, and that the art is of much better qual-

See Unwelcome –4A

## WHAT IT MEANS TO BE A MOTHER

By Jessica Boyce

The dictionary defines a "mother" as "a woman in relation to a child or children to whom she has given birth," but what it means to be a mother is so much more than that. A mother is someone who loves her children unconditionally even when they make her want to pull her hair out. She is someone who forgives her child's mistakes even when they can't bear to forgive themselves. She is someone who will stay up until 1 in the morning baking cupcakes after working all day for her children to take to school for a special occasion. She loves unconditionally and would do anything to keep her children happy and safe. A mother not only changes our diapers while we are young, but she continues to deal with our crap until we are grown.

Mothers aren't always so sweet when it comes to loving her children. There is also something called tough love that they have to use every once in a while. That might mean telling her 12 year old daughter that she cannot go to an un-chaperoned party just because all of her friends will be there. A mother might also have to tell her 16 year old son that he cannot get



his driver's license on his birthday because she knows that he isn't ready. Her daughter or son may hate her for a moment, but they will eventually learn that all their mother was trying to do is keep them safe.

A mother cannot always give her children exactly what they

want every second of every day, but she will do whatever it takes to give them what they need. This may seem like the end of the world to a teenager who wants a new cell phone or a new gaming system that all of their friends have, but in the end the things are

See Mothers -4A

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THURSDAY



HIGH: Upper 60's LOW: Low 60's

FRIDAY

HIGH: Mid 60's

LOW: Mid 40's



HIGH: Upper 50's LOW: Low 40's

SATURDAY

SUNDAY



HIGH: Mid 60's LOW: Upper 40's MONDAY



HIGH: Upper 50's LOW: Low 50's

**TUESDAY** 



HIGH: Upper 50's

LOW: Mid 40's

#### record temps

Day	/Avg. High	Avg. Low	Record High	Record Low
8	67°F	38°F	84°F (1965)	21°F (1950)
9	67°F	38°F	90°F (1993)	23°F (1955)
10	68°F	39°F	90°F (1993)	22°F (1961)
11	68°F	39°F	85°F (1992)	24°F (2002)
12	68°F	39°F	87°F (1992)	22°F (1996)
13	69°F	39°F	86°F (2004)	25°F (1951)
14	69°F	40°F	6°F (1991)	25°F (1973)

#### Robert L. Bayha, Jr., 50

AUGUST 20, 1963 - MAY 5, 2014

Robert "Rob" Bayha of Petoskey passed from this life unexpectedly on Monday, May 5,

2014 in Boyne City at the age of 50.

Rob was born on August 20, 1963 the son of Robert L. and Diane (Wynsma)



Bayha in Petoskey. He attended Petoskey schools and was a graduate of Petoskey High School, Class of 1981.

From the time he was old enough to hold a hammer he was at his father's side learning the skills that would make him a well known and respected builder and craftsman. Rob's father, Robert Sr., known by his family and friends as Bob, was his son's teacher, mentor and best friend rolled into one. Bob sadly preceded his son in death, on May 28, 1993 at the age of 52. Rob has worked in the building trades in the Petoskey area for his entire life, working with and for a number of area builders. In January of 2013 he started his own company, Robert Bayha Carpentry, committing himself to meeting the standards set for him by his father, craftsmanship, hard work and honesty.

As a son, husband, father and brother Rob was second to none. He was remarkably close to his mother Diane and to her husband, Rob's step-father Bert Evans who over the last decade has become a second father to Rob. To his wife Mary Lou, his daughter Molly and Molly's fiancé Scott he was the epitome of a good husband and father as well as the foundation on which their family found its strength. To his brother David, Rob was not only a wonderful brother but a best friend. His family will feel his loss for the rest of their lives, but they will remember him with joy, pride and an undying love.

He is survived by his loving wife Mary Lou and their daughter Molly and finance Scott Langlois. He is also survived by his mother and step-father, Diane (Bert) Evans of Petoskey, brother, David (Renee) Bayha of Petoskey, step-sister, Cheryl LaFrance of Petoskey and step-brother, Larry (Rosemary) Evans of Fenton, his uncle, Jake (Cindy) Hadix of Rushville, Indiana and his grandfather, Lawrence Wynsma, as well as numerous cousins. Including his father Bob, Rob was also preceded in death by his grandparents, Jake and Thena Hadix and Leon and Lillian

Rob's life will be remembered honored and celebrated during a memorial service which will be held on Friday, May 9, 2014 at 11:00 a.m. at the Walloon Lake Community Church; Rev. David Behling will officiate. A memorial gathering will be held at Stone Funeral Home on Thursday evening from 5-7 p.m. Interment will take place within Greenwood Cemetery.

#### Kristin M Skornia

(JULY 26, 1935 - MAY 5, 2014)

"As in life, so as it is to rest after a hard day's work, so it is in

death to die after a life well lived"

Kristin M. Skornia died peacefully May 5, 2014 at Hiland Cottage (Hospice House) in Petoskey, MI. She was born July 26, 1935 in Toledo, Ohio, daughter of William and Charlotte Wilson Engelke. She was a graduate of the University of Toledo and taught at Washington Township Elementary School for two years before moving to Boyne City to teach in 1960. It was there she met and married Carl L. Skornia on June 17, 1961.

As Family, we are forever proud and grateful for the kind, caring, and generous person who expressed her love and kindness to her last days. Kris loved teaching, especially 1st and 2nd grade, and was devoted to many local programs including the Boyne City Public Library, Raven Hill Discovery Center, her church, Christ Lutheran and Bay Township Cemetery Committee. She loved to travel, loved her pets but especially loved her role as 'Gamma' to her 5 grandchildren. She has four sons - Paul (Annette) of Dearborn, MI, David (Lynn) of Boyne City, MI, Steve of Dallas, TX and Peter (Linda) of Rockford, MI; five grandchildren - Katelyn, Nathan, Margo, Karrin and Carmen, a sister - Ronnie Alff (Paul) of Traverse City, MI, a brother William Engelke (Mary) of Bowling Green, OH, and sisterin-law Ruth (Wally) Griesing of AR, 3 nieces and 5 nephews. She was preceded in death by her husband Carl in 1987, parents in 1991, and son Paul in 2010.

Our family wishes to extend its sincere appreciation to the great people of American House assisted living, where she was loved by many friends and staff and able to receive the necessary care to enjoy 5 good years. We are also very grateful to the wonderful staff and volunteers at McLaren Health and Hiland Cottage Hospice Care of Petoskey.

Visitation will be held at Stackus Funeral Home in Boyne City on Thursday May 8th from 6:00 to 8:00 PM.

Services will be held at Christ Lutheran Church in Boyne City on Friday May 9th at 4:00 PM with visitation being held from 3:00 Pm until the time of service. A meal will be provided by the church immediately following the service. Burial will be held at the family plot in the Bay Township Dyer Cemetery.

In lieu of flowers, the family is requesting that donations be made to Raven Hill, East Jordan MI, Hospice Vital Care or other charity of choice.

#### Maria Martha Herboldsheimer, 77

(FEB. 18, 1937 - MAY 1, 2014)

Maria Martha Herboldsheimer of Charlevoix, passed away May 1, 2014, at McLaren Northern Michigan in Petoskey. The loving wife and mother left behind her husband, David; daughter, Linda (Gary) Jakielek; son, David (Kelly); and daughter, Laura Herboldsheimer; sister, Paula (Jacques) Guilbert; brothers, Jacques (Marina) Blain, Gerald (Pierriette) Blain; grandchildren, Alyssa, Lane, and Derek Jakielek; Hannah, and Sophie Herboldsheimer. Martha was preceded in death by her father, mother, three sisters, and three brothers.

Martha was born February 18, 1937, in St. Basile-le-Grand, Quebec, Canada.

#### **OBITUARIES**

There will be a private service for her family. Interment will be in Saint Mary's Cemetery in Charlevoix. The Winchester Funeral Home in Charlevoix is handling arrangements.

#### Mary Alice Phillips, 79

(DEC. 5, 1934 - APRIL 27, 2014)

Mary Alice Phillip of Boyne City died April 27, 2014 at her home.

Mary was born on December 5, 1934 in Boyne City, the daughter of Herald and Mary (Martin) Phillips and made her home in Boyne City for the last 20 years at the Winter Lake Home on Ann Street.

Mary liked to sing, dance, shop (especially Christmas shopping) and do her makeup and nails. She was always a very happy person and was always known for her care free spirit.

She is survived by 3 sisters, Armina, Darlene, and Shirley and by her stand by guardian, Rosemary Dark.

She was preceded in death by her parents and by 3 siblings, Gerald, Ruth and Darlene.

A funeral service was held at the Stackus Funeral Home in Boyne City on Monday, May 5th at the Stackus Funeral Home in Boyne City. Burial will be in the Maple Lawn Cemetery.

#### Jason B. VanLoo, 37

(JULY 26, 1976 - APRIL 29, 2014)

Jason B. VanLoo of Canton, formerly of Northville and Charlevoix, passed away April 29, 2014.

He was born July 26, 1976, in Goldsboro, N.C., to Bryan R. and Sheri L. (nee Wolgamott). Jason grew up in Charlevoix, graduated from Charlevoix High School, received an associate degree from Lansing Community College and later graduated from Radcliff Center Fire Academy.

He moved to Northville in 2001 and Canton in 2010. He owned Jay's AAA RC, a RC repair company, and worked as a demonstrator and salesman for Extreme RC. Jason was a volunteer firefighter for the city of Northville and the city of Charlevoix.

Jason's family was his world; he was a loving father and adored his children. He was a lot of fun and very charismatic: he was everyone's friend and "that guy" who was always living in the moment. Jason was very athletic; his favorite sports were football, wrestling and running, in which he still holds a high school record. His favorite hobby and passion was RC cars and helicopters. Jason was truly in his element when he was outdoors: he loved hunting, fishing, ice fishing, morel mushroom hunting and four wheeling.

He is survived by his adored children, Kylie, Racheal, Ellarie and Jace; his parents, Bryan R. VanLoo and Sheri (Bill) Fels; brother, Bryan R. VanLoo Jr.; grandparents, Barb (Les Spires) Storey, Faye (Dr. John Lignell) VanLoo and Gordon Wolgamott; fiancé, MelissaJo Garner; the mother of his children, Courtney Hamilton VanLoo; and many aunts, uncles, nieces, nephews, cousins and friends. He was preceded in death by his grandfather, Papa Roxy.

A celebration of Jason's life was held Monday, May 5 at Casterline Funeral Home in Northville. A Celebration of Life will also take place at a later date in Charlevoix.

The family would appreciate memorial contributions to Charlevoix Fire Department, 201 State St., Charlevoix, MI 49720. Make online condolences at www.casterlinefuneralhome.com.

#### Bryan W. Spaniak, 53

(AUG. 7, 1960 - APRIL 28, 2014) Bryan W. Spaniak of Boyne

City died on Monday, April 28, 2014 at home. A memorial gathering in Bryan's honor will be held from 12:00 PM-4:00 PM



day, May 10, 2014 at the Boyne City Eagles Club, 106 River St., Boyne City, MI 49712. Those who wish are asked to consider memorial contributions to his family.

#### Rachel A. Niswander, 76

(FEB. 18, 1937 - JAN. 10, 2014)

Rachel A. Niswander of Charlevoix passed away Jan. 10, 2014, in Homosassa Springs, Fla., with her family by her side.

Rachel was born on Feb. 18, 1937, to Dorothy and John Clark of Elmira, Mich. Rachel attended East Jordan and Charlevoix schools.

On Aug. 21, 1954, Rachel married Jack D. Niswander of Charlevoix. Rachel and Jack spent 59 years together in Charlevoix and spent their winters in Homosassa Springs, Fla.

Rachel stayed at home to raise her four children before working many years at The Oleson's Variety Store. After owning and operating The Silver Birch Motel, Rachel worked as the boat launch manager for the city of Charlevoix.

She enjoyed many things from playing bingo, softball, cards, bowling, crocheting and, most importantly, being with her family and her grandchildren.

She was preceded in death by her parents, Dorothy and John Clark and Thomas Pardee (stepfather); brothers, Melvin Vallad and Charles Pardee.

She is survived by her husband, Jack D., and their four children: son, Jack B. Niswander of Charlevoix, daughters, Becky Niswander Holecheck of Charlevoix, Shelly (Neal) Collins of Rothbury, Lori (Michael) Randall of Charlevoix; eight grandchildren, Jared (Ashley) Niswander of Charlevoix, Jason Niswander of Charlevoix, Joshua Holecheck of Scottsdale, Ariz., Jourdan Holecheck and Jennaca Holecheck of Charlevoix, Andrew (Ashley) Hallum of Detroit, Trisha (Tim) Lisk of Ohio, Hunter Randall of Charlevoix. She is also survived by eight great-grandchildren; many nieces and nephews; siblings, Mary Novotny Moore, John (Fay) Kirkpatrick, Fred Turner, Ted (Karen) O'Dell, Betty (Tom) Kirby, Sharon (Mike) Hargraves, Doreen Pardee; and sisters-in-law, Shirley Pardee and Song Vallad.

A graveside burial will take place at 11 a.m. Friday, May 16, at St. Mary's Cemetery, Stover Road, Charlevoix.

A luncheon will immediately follow at the Elks Lodge, 104 Mason St., Charlevoix.

#### John 'Jack' Whiteford, 79

John "Jack" Whiteford of East Jordan died Monday, Jan. 27, 2014, at McLaren Northern Michigan hospital in Petoskey. A graveside service will take place at 4 p.m. Friday, May 9, at Morehouse Cemetery, Echo Township, Antrim County.

#### David Brian Lamb, 65

(FEB. 2, 1949 - APRIL 30, 2014)

David Brian Lamb of Boyne City died April 30, 2014, at the McLaren Northern Michigan hospital in Petoskey.

David was born on Feb. 2, 1949, in Boyne City, the son of Benjamin and Bonnie (Weeks) Lamb and graduated from Boyne City High School in 1967.

On Feb. 2, 1968, David married "his farm girl," Kathleen Gray, in Petoskey and together they made their home in Boyne City.

David enjoyed the trades and worked in carpentry, plumbing and heating, painting and roofing before he found the career that allowed him to work with his passion for the water. He became a marine mechanic at Bear Cove Marina.

David loved to be on the water and enjoyed fishing, duck hunting, boating, water skiing and riding on Jet Skis. He enjoyed small game and deer hunting, cross country skiing, snowmobiling, NASCAR and was a huge fan of Jimmy Johnson No. 48, and puttering in his garage, which he referred to as "cleaning."

ceived a kidney transplant and because of this experience, he became an active member of the local chapter of the National Kidney Foundation. He served as president and vice president, and was an active fundraiser for the organization, selling Tootsie Rolls and setting out donation cans and posters. His transplanted kidney lasted for 32 years before it gave out to cancer earlier this year.

In the early 1980s, David re-

David was quite a people person and always enjoyed meeting new people, but his greatest joy was his wife and his family. Dave loved his wife, Kathy, and referred to her as his "everything." He cherished their time they spent touring around the Upper Peninsula and their road trips out West. He loved his grandchildren and had special nicknames for all of them. His sense of humor and big personality will be missed.

David is survived by his wife of 46 years, Kathleen; two children, Brenda Lamb and David Lamb; seven grandchildren, Amanda Lamb, BreAnn Lamb, Benjamin Stokes Lamb, David Lamb Jr., Emily Lamb, Kaitlyn Lamb and Ethan Lamb; two great-grandchildren, Sophia Wiser and Keegan Reppenhagen; and by a sister, Sally Moran.

He was preceded in death by his parents and by three brothers, Donald Lamb, and Jerry and Ron Gibbons.

A funeral service celebrating David's life took place on Tuesday, May 6, at the Stackus Funeral Home in Boyne City. Burial will be in Maple Lawn Cemetery in Boyne City.

In lieu of flowers, those wishing to honor David's memory with a gift or donation are asked to direct it to his family in care of his wife, Kathleen.

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## New Boyne City Park - a playground for dogs

Boyne City canine residents got their first sniff of a city park dedicated to their recreation and socialization on Friday, April 25th. Fourteen dogs of varying breeds and sizes gave two parcels in North Boyne a "Paws Up" for what eventually will become a large and small dog park. The lots lie on either side of Ridge Street.

Andy Kovolski, Boyne City Streets Superintendent, led the tour attended by members of the Dog Park Committee who have been working on the project since November.

"We started with a goal - to be a more pet friendly community. The dog park is a great asset to our town and it is in keeping with the city's Master Plan," saidTom Neidhamer, Boyne City Commissioner and committee member.

The City has designated approximately four acres for a fenced park where dogs are free to play off leash. It is in response to the needs of a significant portion of the Boyne area population and its visitors for a vibrant play location for pets.

"Our goal is to have the fencing in place sometime in June," said Michele Carter, Committee Cochair. "To make this park a reality, we are looking for community support. We can put up 10' of fence for a \$175 donation. Each donor's name will be affixed to a chain link section."

Charitable donations may be made to the City of Boyne City for the dog park. "The city can receive charitable contributions. We will hold and distribute the money as improvements are made to the park," said Cindy Grice, City Clerk/Treasurer.

Boyne area residents are already making donations according to Carter. Bruce Janssen of the Wood Shop is fabricating all the directional signage and rules and regulations sign posts as an in-kind donation. Betty and Dave Korthase are providing 350 feet of



Dog Park Committee members, supporters and Boyne City staffers pictured with their dogs. PHOTO COURTESY OF HILARY HARRINGTON

fence to be used for the small dog park. "All donations, regardless of the amount, will go to assets directly associated with the park," said Carter. "We need and appreciate each gift."

Barb Brooks, Boyne City Executive Assistant and dog park volunteer expressed how exciting it is to see these plans coming together and the amount of support it has garnered from the community, "This isn't just a concept on paper; it is really going to happen and soon."

Waste receptacles also have been privately funded. Guests will be expected to clean-up after their pets and to remain on the premises with their dogs. Dogs

must be healthy, fully vaccinated and licensed in accordance with the state of Michigan laws.

Trees, hard-scape for walkways, benches and training features are incorporated into the group's plan. However, the first phase is a push to raise the \$30,000 needed to purchase and install the fencing, water fountains and site preparation. The Dog Park Committee plans to host an on-site kick-off event for the public during the early part of June.

"We have the potential to create a dog park that will be the model for other communities," said Scott MacKenzie, Committee Cochair. "The committee which includes some members of the Leadership Charlevoix County program has accomplished a great deal."

Donation forms are available on the Boyne City website: www.cityofboynecity.com

#### Spring turkey license still available

Missed the application period for a spring turkey license? Opportunities for licenses are still available. New this year, spring turkey hunters may purchase a Hunt 234 license, a statewide hunting license valid for all open areas except public lands in Unit ZZ (southern Lower Peninsula and Beaver Island). Hunters can purchase a Hunt 234 license through May 31.

Turkey hunters may also purchase a leftover license for areas where licenses are still available. For a list of available licenses, go to www.michigan.gov/huntdrawings. Licenses will be sold until quotas are met.

"Michigan has been ranked top ten in the nation for turkey harvest on an annual basis by the National Wild Turkey Federation," said Al Stewart, DNR upland game bird specialist. "The DNR's

goal for the spring turkey season is to maximize hunting opportunities and maintain satisfactory hunting experiences. Over the years, Michigan hunters have consistently exceeded turkey

hunter satisfaction goals." New this year, all hunters will need to purchase a base license, which includes a small game license. Base licenses are \$11 for residents, \$6 for youth and \$5 for sen-

After purchasing a base license, Michigan residents can purchase a spring turkey license for \$15, while seniors can purchase a spring turkey license for \$6. To purchase a license, go to www.mdnr-elicense.com or visit any license agent.

It is unlawful to obtain or purchase more than one spring turkey hunting license. Those hunting private land should receive permission to hunt before purchasing a private-land-only license.

Youth hunters 9 years old and vounger can participate in the spring turkey season through the Mentored Youth Hunting Program. The mentored youth hunting license is \$7.50 and entitles the youth hunter to hunt turkey during the spring and fall seasons in any open hunt period or location, on either private or public land. This license gives mentored youth opportunities for small game, deer (one tag, any deer), furbearer and fish (all species) during the appropriate seasons. Please go to

www.michigan.gov/mentoredhunting for mentor requirements and information.

For more information about spring turkey hunting, visit www.michigan.gov/turkey.

#### Derek Johnson, LMSW is pleased to announce the arrival of new staff to Great Lakes TTC Counseling and Tele Psychiatry

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Joann Haderer DNP, FNP-BC . PMHNP-BC

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#### LETTERS TO THE EDITOR

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

#### LAW DAY

Editor:

On May 1st every year, we celebrate Law Day. As a candidate for the position of Circuit Court Judge for Charlevoix County, I feel it is important on this occasion to remind people about the significance of the law and the courts within our system of government.

Law Day was established in 1958 by President Dwight D. Eisenhower as a day of national dedication to the principles of government under law. President Eisenhower stated "In a very real sense, the world no longer has a choice between force and law. If civilization is to survive it must choose the rule of law."

In describing our system of government under law, President Abraham Lincoln penned the phrase "government of the people, by the people, for the people." The founding fathers of our nation made it clear in the Declaration of Independence that governments derive their powers from the consent of the

governed. The Preamble to the U.S. Constitution begins with the three important words "We the People."

One of the most important facets of our system of "government under law" is our courts of law. This is where a civilized society resolves disputes according to the "rule of law." There are many people in Northern Michigan whose only experience with the legal system is an occasional trip to the courthouse for jury duty. It is easy to lose sight of just how important the courts are to the proper functioning of our government and of our society. However, for those who actually need to avail themselves of the courts to resolve important disputes or wrongs in their lives - be it matters involving criminal law, family law, or civil disputes - our court system is at the core of ensuring that our system of constitutional democracy functions properly.

Like our government in general, the courts also derive their authority from the people. Over

the past 20 years, I have represented people who find themselves in need of utilizing our courts of law for important matters in their lives. I have seen firsthand on a daily basis just how important our court system is to the people in our community. As I have said in the past, "The public's respect for, and trust in the legal system requires that judges not only understand and follow the law

without influence from personal

bias, but also that judges respect

the litigants and listen intently

to what they have to say about

the dispute before the court.' I encourage the people of Northern Michigan consider the importance of the court system and to give thanks to the founders of our country and those who have fought to protect our freedoms. While no system is perfect, our legal system is the best in the world and our lives are all better because of it.

Roy C. Hayes, III Candidate for Charlevoix **County Circuit Judge** 

#### LEFT OF SOCIALISM, RIGHT OF CAPITALISM

To the Editor

SO IT APPEARS, as Columbia graduate student in history Timothy Shenk writes, Socialism came before capitalism, in fact the latter was a term coined by Socialists. Das Kapital by Karl Marx incepted the Capital prefix before Capitalism became an actual phrase with all its ramifications.

Socialism as we know it today - yet do not have a solid concept of since there are various conjugations as to allocation of economic variables - is said to have arrived with the French Revolution of 1789. Other sources claim that Plato and Aristotle vouchsafed some aspects of Socialism in the Democratic Republic of Athens 2500 years

Suffice to say that, yes,

Socialism came before Capitalism. Capitalism by definition is usury, profit through sales or barter. But Socialism arose anew subsequent to the Industrial Revolution, first in Great Britain, then Western Europe, then the United States, mainly Lowell, Massachusetts, onetime home of Jack Kerouac. Kerouac never worked in the water-powered or steam-powered mills though; he went to Columbia University on a football scholarship before becoming a beatnik, back when one could still freely go on the road. So, doctoral student Timothy Shenk is bringing this full circle by getting his PhD at Columbia. Karl Marx received his equivalent in Germany in the mid1800s, about the time of the American Industrial Revolution. Industry is Capitalism and there we have it.

The theory didn't work out to be the reality. The reality was that workers were subjugated and subjected to harsh working conditions and low pay, so low they couldn't buy the products they were making. They had the "company store" of repute and song. That reality was not effectively remedied until the postwar years and the industrial unions. It is said that the union is moribund but cops and teachers are still unionized. It seems to work for teachers and if anybody wants to mess with the police union, cops are both fighting for the union and policing any disturbances. Instead of breaking up union rallies, in an odd inversion they'll knuckle your head if you rally against them and their union.

There are some takeaways inherent in the predictability of recessions and depressions, inflation, stagnation et al. Capitalism caused the Great Depression and the Great Recession. Socialists win that one. It is said and proven that Capitalism with its competitive nature has raised the standard of living for most people as well as providing civilization with improved products and services. Capitalists win that round. The rise of the unions had a leveling effect for workers who could then afford to buy what they were producing which in turn improved the GDP since more merchandise was sold and everybody happy. Well, not quite. The corporatists went along with it when the unions prevailed in their demands and public opinion was unionized. Then deregulation reared its horned head once again and it

appears it has staked its claim solidly but you never know. There are those 99% dissatisfied citizens to be reckoned with.

A recent book, 2012, "The Righteous Mind" by Jonathon Haidt offers a 5-fold breakdown on values in psychological terms: Care, Fairness, Loyalty, Authority, Sanctity as guides for political choices. The Republicans come out best according to that thesis. They seem able to capture all five divisions whereas Democrats but two. It's not hard to guess which two. An insular nationalism is the Republican motto. It doesn't matter that imperialism is a major gameplan, that we're all over the world; it's US love it or leave it

How does all this relate to the small town agrarian society? Same as the big bad city, sometimes worse. "We do things differently up here" has been heard and read more than once or twice. We don't beat up drivers who stop to help injured pedestrians, we take 'em to court charged with vehicular manslaughter. That would be one definition of "differently" There is found a universality of bureaucratic fundraising though via tickets, fees, fines, taxes and so on due to the cutback of federal distribution of money to towns, cities, counties and states. That's not a speed trap, drug sniffing dog, DUI area; that's an enhanced safety patrol zone. Yeah, right. Capitalism or Socialism, Republican or Democrat, it's capital, money, that talks – okay, swears.

Mitchell Jon MacKay, East Jordan

#### Audubon Society offers Sparrow **Identification Practice**

Join PRAS president Darrell Lawson, Wednesday evenings, through May 28 at 9502 Burgess Rd. near Charlevoix, for recurring evenings of sparrow Identification Prac-

The brush piles and shrubs on the property act as magnets to many species of migrating Sparrows, offering ample opportunity to view these difficult to identify birds up close. Plan to see Song, Savannah, Fox, White-crowned, Whitethroated, Clay-colored, Lincoln's, Chipping, American Tree Sparrows and Dark-eyed Juncos at this location.

These evening events begin at 5:30 p.m. with a potluck dinner, so bring a dish to pass or meat to grill, and whatever drinks you enjoy. In addition, bring a folding chair, binoculars, a spotting scope and a field guide (if you have one). The land can be swampy during this time of the year, so waterproof footwear is a highly recommended.

Other notable birds include Eastern Meadowlarks, Eastern Bluebirds, Tree Swallows, and Bobolinks. Some unusual species have been known to show up at this location as well including Northern Mockingbirds. Stay later in the evening to hear the courtship calls of American Woodcock and Wilson's Snipe.

Each week should offer new species as new migrants arrive. For information, contact Darrell at or 231-330-4572.

As always, no smoking nor pets on any PRAS field trip.

#### **Unwelcome**

continued from 1A

ity than that presented at the Summer Solstice show.

After the statements were made during the meeting, a short break offered an opportunity to check in with Porter and verify what he meant regarding these statements.

"I do not regret (using that terminology), I'm not sure how you would describe them," said Porter, "I know the total history of these people...I have nothing against them. They move around and live in trailers; well not all of them live in trailers...the analogy of these artists traveling around is the same as those gypsies."

According to the Merriam-Webster dictionary a Gypsy is "a member of a traditionally

itinerant people who originated in northern India and now live chiefly in south and southwest Asia, Europe, and North America." That dictionary also acknowledges that a non-capitalized version of the word could refer to one who is a "wanderer."

Mayor Carlson quickly came forward to indicate that he had not found the statements offensive, a feeling that was supported by council members Shane Cole and Peggy Bren-

"I understand what (he) said, I didn't think it was offensive," said Carlson.

At the time of this article Chamber of Commerce President Allison Hubbard was unable to be reached for a comment on the Summer Solstice Art Show which is scheduled for June 28 and 29 this

#### **Mothers**

continued from 1A

not important. The love and times that are shared are the most important things that a mother can give her children. A day spent off from work to take care of her sick child, a Saturday spent at the park, and kisses and hugs given at every possible second will mean more in the end than a new PlayStation ever could.

Moms are the ones who hold her children's hands and tell them that everything will be ok, even if she doesn't know if it. will. She encourages them to do their best and learn from their mistakes because sometimes that's the only way we can learn something. If she lets her children fall down, it's not because she doesn't care, but it's because she wants them to be

with intoxicated subject on M-75

1:32am Assist Sheriff Dept

8:22am Probation violation in

10:48am Citation issued for

4:42pm Report of lines down

6:15pm Vehicle unlock in the

9:19pm Citation issued for

Two vehicle accident on

Fail to Yield at Stop Sign at

**Sunday, April 27, 2014** 

the 300 block of N Lake St

expired plate on W Court St

400 block of N Lake St

Jefferson and Vogel St

behling road

on Woodard Rd

on E Main St

strong enough to pull themselves back up, brush themselves off, and say "I am going to be okay." When it comes down to it, a mom isn't just a woman who has given birth to a child, but she is that child's teacher, cheerleader, and always-forgiving best friend. If someone came to mind

when you were reading this, whether it be your mother, grandmother, aunt, or another special woman who raised you. be sure to thank them and let them know the impact that they have had on your life. If it weren't for these women, some of us would not have accomplished the things we have, learned the things we have learned, or turned out to be the people we are today. Happy Mother's Day to all of

the mothers here in Northern Michigan, and don't forget on this Sunday to remind your own mother just how much she means to you.

#### **BOYNE CITY POLICE** DEPT.

#### Monday, April 21, 2014

5:31pm Assist EMS with injured bicyclist at Park and

#### Tuesday, April 22, 2014 10:08pm Report of

abandoned vehicle at Michigan and Boyne City Charlevoix St 10:20am Juvenile complaint at Veteran's Park

1:46pm Gasoline drive off

from the 1300 block of Boyne Av 2:39pm Assist Sheriff Department in Boyne Falls ....... 3:25pm Request for vehicle unlock in the 1300 block of Boyne Av

East Jordan, MI 49727

3:28pm Driving violation reported on M-75 N 6:29pm Vehicle unlock at

#### Park and Pine St Wednesday, April 23, 2014

12:00am Report of possible runaway from Wenonah St. 9:09am Arrested subject on probation violation in the 400 block of S Park

10:26am Family dispute in the 500 block of Jersey St 11:50am Vehicle unlock in the 400 block of N Lake St

12:20pm Request for vehicle inspection in the Industrial Park 2:43pm Car deer accident in the 500 block of N Lake St 4:50pm Report of assault in

#### the 1000 block of Boyne Av Thursday, April 24, 2014 9:05am Found property dropped off at PD. Returned to

owner 9:05am Report of bike

Fax: (231) 536-0851

abandoned on Division St 11:14am Suspicious activity in the 1000 block of Boyne Av 12:18pm Report of cell

phone scam 12:46pm Arrested subject in

the 1000 block of West St 3:00pm Found driver's license turned in

#### **Friday, April 25, 2014**

1:23am Report of possible prowler in the 700 block of E Main St

1:31am Report of possible intoxicated driver. Subject was arrested for OWI

5:56am Domestic dispute in the 400 block of Boyne Av. One subject arrested on an

outstanding warrant. 2:50pm Assist citizen in the 300 block of N Lake St 3:30pm Report of harassing

telemarketer calls 4:57pm Citation issued for speed on Boyne Av near the schools

9:20pm Arrested subject on outstanding warrant and probation violation at Main and East Streets

9:29pm Report of juveniles trespassing in the 400 block of Trent St

10:30pm Juvenile complaint in the 600 block of N East St

#### Saturday, April 26, 2014 12:08am Assist EMS in the

200 block of E Lincoln

11:18am Report of harassing text messages

3:46pm Citation issued for speed at Lake and Lincoln St 5:40pm Report of alarm in the 300 block of E Division St 6:10pm Complaint of geese at the airport

7:15pm Assist Sheriff Dept on Boyne City Rd 11:10pm Assist Sheriff Dept

Charlevoix County sheriff

deputy responded to a two vehicle personal injury crash on May 1,2014 at 10:32 am. Deputy was assisted by East jordan Police and East Jordan EMS and fire services.

Crash occurred on Behling road near Jaquay Road in Wilson Township.

Randall Detavernier (59) from Boyne Falls was traveling west bound on Behling road. Detavernier failed to yield to a east bound vehicle when making a left hand turn into a private driveway.

Detavernier was struck by east bound vehicle. Detavernier was

treated and released for minor injuries sustained in the crash. Detavernier was wearing his seatbelt and his air bag

deployed. Tanya Robtoy (25) from East Jordan was traveiing east bound on Behling road when Detavernier pulled in front of her making a left hand turn. Robtoy stated she slowed down but was unable to stop and avoid the crash. Robtoy was treated by East Jordan EMS at the scene and transported to Northern Michigan hospital for injuries sustained in the crash. Robtoy was wearing her seatbelt and her airbag deployed.



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#### **Charlevoix City Council Takes on Controversial Issues**

By Norma Jean Babcock

CHARLEVOIX: City Council took longer than usual as two hotly debated issues came up for consideration on Monday; council determined the future of the proposed marina expansion and discussed taking a stand for or against the Land Swap proposal between St. Mary's Cement and the MDNR.

Council has been reviewing options for how to expand the marina to garner access for larger vessels for quite some time. The proposed expansion would fill a need that Harbormaster Hal Evans indicates has been unfilled for many years. According to Evans, large vessels are turned away throughout the summer regularly because the marina does not have enough 60 to 80 foot slips to accommodate them. Evans has stated that expanding the marina to include more large

docks would allow these vessels to come to Charlevoix and would lead to increased business for downtown shops.

Initially a large scale expansion was proposed that would increase the length of Dock A by 160' and add six additional 50' slips and seven 80' slips. This option would cost the city roughly \$363,000 with a 3.5 year estimated return on investment. This option was not readily accepted by the public however, many of whom felt that the additional length of the dock would protrude too far into Round Lake.

Therefore two more options were created, one of which is smaller scale and will see a much longer return on investment. It is referred to as Option A, which would add roughly 34' to dock A and offer three 80' slips. A second option or Option B is a balance of A and C that would add 97' to Dock A and four additional 50'

slips and four 80' slips. Option B was readily supported by Mayor Carlson but council wanted to have a public hearing on all three options before deciding which to go ahead with. That hearing is scheduled for May 19th at 7:00

In addition to the issue of the dock expansion, the end of the meeting saw an unusual turn of events as council woman Shirley Gibson asked council to consider a motion. She had written the motion to take a stand on the issue of the proposed land swap between St. Mary's Cement, who hope to trade a piece of land to the MDNR for a portion of Fisherman's Island State Park. St. Mary's has yet to officially request the trade of the MDNR, however many in the community have expressed unhappiness with the proposed swap already. Gibson indicated that she felt strongly on this matter and

wanted council to take a stand against the swap.

"...elected officials need to stand up and either support the land swap or not...we are all taxpayers, we all own that property," said Gibson.

Despite her strong feelings, council was reluctant to take a stand before St. Mary's had requested the land from the MDNR. In order for the motion to be included in the May 19 agenda four members of council needed to support the addition of it. However only three; Gibson, Perron and Porter did so. Therefore the motion was not added to the agenda.

Gibson made clear that the decision not to take a stand greatly frustrated her; however Mayor Carlson explained that taking a stand would create issues prematurely.

"Why would you create a controversy when you don't need

to?" asked Carlson.

In other council news, citizens will soon be able to pay their property taxes as well as utility and ambulance bills via credit card at City Hall. In addition, a new full page bill will be sent out for these services, as opposed to the post card sized bill that is currently used. The new bill will allow the city to include messages that affect the community where the older bills did not. City Treasurer Joe Zielinski is also working on creating a system whereby people can pay their bills online and go paperless in the future.

Council also approved a liquor license to Charlevoix Cinema III so that alcohol can be served at movies and various events held at the theatre. Council also gained new City Attorney Scott Howard from the firm Olson, Bzdok and Howard located in Traverse City.

## VETERAN OF THE MONTH - GALE MURPHY



**GALE LOUIS MURPHY** 

The Veteran of the Month for May 2014 is Gale Louis Murphy. Born on May 21st, 1927, in East Jordan, Mich., Murphy attended school in East Jordan leaving school to join The United States Merchant Marine Corps on March 14th, 1944 and was assigned to the Pacific Far East Steamship Company working as a Marine Fireman, passing coal for the ships boilers, while moving supplies, equipment and personnel for the war effort during World War II. He was terminated on Jan. 21st, 1947 and returned home completing his education and graduated from East Jordan High School in the class of 1947. Murphy went to the Detroit, Mich. area going to work for Gulf and Western Manufacturing as an Apprentice Tool and Die Maker, later becoming head of Research and Development, and was in-

strumental in the construction and opening of the Gulf and Western plants in northern Michigan. On Jan. 7th, 1951, in East Jordan, Murphy married Frances Ann Sommerville and on Jan. 16th, 1951 he was inducted into the Army entering into active service in Detroit. Following basic training at Fort Leonard Wood, Missouri he was reassigned to The 34th Ordnance Anti Aircraft Artillery Maintenance Detachment, Aberdeen Proving Ground, Maryland, where he attended a twelve-week Ordnance School graduating on June 27th, 1951 as a Heavy Artillery Repairman. On Jan. 16th, 1952 Murphy was promoted to the Noncommissioned Officer grade of Corporal Technician and on Jan. 15th. 1953, at The Separation Center, Fort Sheridan, Illinois he was transferred to

The Army Enlisted Reserve Corps, Unsigned, Michigan Military District receiving an Honorable Discharge on Feb. 7th, 1957 having completed his military obligation. On Dec. 27th, 1968 Murphy received a Certificate of Apprenticeship Completion in the trade of Tool and Die Maker under the sponsorship of East Jordan Area Tool and Die and Machinist Trades while working at Mount Clemens Manufacturing, (formerly Gulf and Western), retiring on May 21st, 1988. Murphy gave back to his community through working bingo at his American Legion Post #227 to enable them to give area students scholarships for college each year, for several years he taught leather craft for 4H children, served as an Antrim County Commissioner for thirtythree years and served on the

Jordan River Watershed Council. Murphy enjoyed raising beef cattle and farming in Antrim County, fishing, hunting deer and rabbit, woodworking and leather craft, gardening and reading, but most of all he loved being with his family. On Jan. 14th, 2014 Gale Louis Murphy answered the final call and is being honored by his children Mike, Donna, Karen and Tim, sisters Ethel and Shirley and their families.

To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month in front of The American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.

#### Career Exploration



Sophomore Cole Karavas is dressed to work on the power lines as Great Lakes Energy's Tom Urman explains the job of a lineworker to students during Career Day held April 30 at Ellsworth Community Schools.



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## **News Briefs**

#### **BOYNE CITY**

**Senior dinners** The Boyne Area Senior

Center is now hosting Wednesday night dinners (instead of Wednesday lunches) starting May 7th with a meatloaf dinner from 5 to 6 p.m. Music will be provided by Adolph Cwik. Suggested donation is \$3.

#### **EAST JORDAN Fab Lab coming**

The mobile CNC Digital Fab Lab from NCMC is coming to downtown May 8, 1-3pm at the Main Street Center parking lot (corner of Main & Mill St)

#### **BOYNE CITY**

Spaghetti dinner

A fund-raiser for Unity Hall, a place that lets people help people will be held from 4:30 to 7 p.m. Thursday, May 8. Donations are appreciated. Spaghetti, garlic bread, salad and desserts will be served at St. Matthew Church Fellowship Hall. Entertainment will be provided.

#### CHARLEVOIX **Meet the President** Reception

Please join us at The Weathervane on Thursday, May 8th from 4-6pm to welcome our new Chamber President, Alison Hubbard. Jeff Spreksell and the Weathervane Restaurant have graciously offered to host this reception. Hors d'oeuvres will be served and a cash bar is available

#### EAST JORDAN Mother of the Year

The East Jordan Lions Club will host the annual Mother/Daughter Banquet at 6pm on Saturday, May 10, at the East Jordan High School. For more information, contact Sherry Pursel at 231-536-7117.

#### **BOYNE CITY Flushing Hydrants**

The City Water Department will be flushing hydrants from April 28 through May 11. If your water becomes discolored, open a cold water faucet that does not have a screen and let the water run until it's clear. For questions or concerns call City Hall at (231) 582-6597.

#### **BOYNE CITY**

**Flushing Hydrants** The City Water Department

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1624 S. Otsego Ave, Gaylord Call 989-732-5004 or toll free 800-244-6633 ister for an iPad Giveaway. Drawing held on the 4th of July. No purchase necessary. will be flushing hydrants from now through May 11. If your water becomes discolored, open a cold water faucet that does not have a screen and let the water run until it's clear. For questions or concerns call City Hall at (231) 582-6597.

#### **EAST JORDAN Celebrity Dinner**

May 12, 5 - 8PM at Murray's Bar & Grill. The East Jordan Boy's Varsity Basketball Team will serve dinner and wait on customers. The dinner is always a wonderful evening to meet friends and family. Adults, \$12. Kids, \$5. Yummy Dessert, \$5.

#### **PETOSKEY**

#### **Winning Wines of Northern** Michigan

Fundraiser for the Student Emergency Fund of the NCMC Foundation - Wednesday, May 14 from 5 - 7pm. Wine Tasting, Hors d'oeuvres, Entertainment, Awards ceremony. Silent Auction. Iron Horse Cafe in the Student Center 1515 Howard Street, Petoskey. \$25/person in advance, \$30 at the door. Reservations preferred - Call Sharmon Dulaney at 231-439-6218

#### **BOYNE CITY**

#### **Farmers market delayed** moving outdoors

The cold weather and wet conditions at Veterans Park will delay the opening of the outdoor season for the Farmers Market. The market will continue from 9 a.m. to 1 p.m. every Saturday at the Red Barn next to the Boyne District Library through May 10th. "We hope to return to our outdoor home at Veterans Park on May 17th," says market manager Becky Harris, noting that the market will be open from 8 a.m. to noon on Wednesdays and Saturdays once they move out-

#### CHARLEVOIX

**Chamber Scholarship** 

Do you know a high school Senior in need of financial help for college? The Charlevoix Area Chamber of Commerce Scholarship is intended to provide financial support and assistance to a high school senior that deserves assistance covering tuition expenses associated is a \$500 scholarship. The applicant must be either an employee of a company which is a member of the Charlevoix Area Chamber of Commerce or the child of an employee. For a list of requirements and/or to get an application, go www.charlevoix.org or stop at the Chamber office. Deadline to submit application is Wednesday, May 14, 2014 at 5:00pm.

#### EAST JORDAN

**Business after hours** 

May 15 at Korthase Flinn Insurance (New Location. Main Street Center, Suite 10) 5:00 PM - 7:00 PM

#### **BOYNE CITY**

**Morel Mushroom Festival** 

WINE & DINE - Tickets are

now available for the 9th Annual Morel Fest "Wine & Dine" at the Beach House Restaurant at Boyne Mountain (439 E. Deer Lake Road) on Friday, May 16. There will be two seatings, at 5:30 and 8pm. Admission is \$45 per person, including tax and gratuity. Sponsors of this gourmet event are the Boyne Area Chamber of Commerce, Boyne Mountain and Bayside Beverage. Reservations are required. This event sells out every year, so don't delay. Call the chamber with your credit card information at 231-582-6222 or purchase tickets online via PayPal.

2 MUSHROOM HUNTS -Tickets are also available for the Guided Hunt at 4:30pm Friday, May 16 and the Competitive Hunt at 9 am Saturday, May 17

MOREL FESTIVAL BEER & WINE TASTING is a new event schedule for Thursday, May 15 from 5 to 9pm in the heated festival tent in Veterans Park. Admission of \$5 gets you three beer or wine pairings with food and three raffle tickets. Singer-songwriter Robin Lee Berry will be entertaining for the event. Visit www.morelfest.com for complete details on the fes-

#### **BOYNE CITY**

5k run/walk

Get those sneakers out of storage and prepare to Run for Their Lives to support the Charlevoix Area Humane Society during the Mushroom Festival on Saturday, May 17. The 5K fun run/walk starts behind the Boyne Chamber office with registration at 7 a.m. and the race at 8. Friendly dogs are welcome to run or walk with their owners. Registration before May 1 guarantees a shirt in your proper size. To register online. complete the registration form and return it to runfortheirlives@charter.net. Then you can pay by credit card through PayPal. For questions or further information call Jamie at (231) 675-8792.

#### CHARLEVOIX

**Literary Delights Luncheon** 

Charlevoix Area Zonta Club hosts its annual Literary Delights - a Michigan Women Authors' Luncheon - Saturday, May 17, 11am - 3pm, at the Charlevoix Public Library. \$40 ticket includes catered lunch and basket raffle drawings. Three Michigan women authors, Natalie Taylor, Peg Herring, and Suzanne Malpass Rogers, will speak at the event. Copies of their books will be available for sale and signing. All proceeds of the event go to support projects to advance the status of women locally, nationally and internationally. For more information or to purchase a ticket, contact Joy Halverson at (231) 547-4813. Reservations for the event are re-

#### **BOYNE CITY Boyne Arts Collective to** reopen May 17

The Boyne Arts Collective (BAC) will reopen for the season Saturday, May 17, at 210 S. Lake Street. Local artists will be exhibiting their art in the BAC Galleries. During the winter months, BAC art

was displayed in the Made in Michigan Shop at Boyne Mountain and at Cafe Sante in Boyne City. "Jackie Wollenberg, our curator, plans a wide variety of exhibits for 2014," said BAC President Elaine Case. The themes, reception, and times will be announced in the media and at www.boynearts.org.

#### **BOYNE CITY**

**Ride of Silence** 

Boyne City area bicycle riders will hold their annual Ride of Silence at 7 p.m. Wednesday, May 21, to honor cyclists who have been injured or killed and to raise awareness for safe riding. The riders will meet at Veterans Park at 6:30 p.m. and at 7 p.m. they will ride at an easy 10 mph pace to Whiting Park, returning in about an hour. They will join thousands of cyclists worldwide in a silent, slow-paced ride to honor fallen cyclists. "Unfortunately, there too many people have been injured or have lost a loved-one or friends in a tragic auto/bike accident," said John McClorey, one of the ride organizers. "On a ride this past Sunday, a motorist obviously felt I had no right to the road, and used her horn and 4.000-pound vehicle to forced me onto the berm." Many motorists are not aware that bicycles legally are required to ride in the streets and roads, not on sidewalks. "Our message is Share the Road - for everyone's safety," says McClorey. There are no registration, no fees, no t-shirts. Participants are encouraged to wear a black armband to honor a cyclist who has been killed and/or a red band to honor a cyclist who has been injured while out riding. Helmets are mandatory. For more information, contact McClorey at 231-582-6622.

#### **BOYNE CITY Plant Sale**

The Boyne Valley Garden Club Annual Plant Sale is now in progress and continues through May 22. Order forms are available online and at Boyne Avenue Greenhouse, Boyne City Ace Hardware, Local Flavor Bookstore, Boyne Co-op and Upsy Daisy Floral. You may also leave your checks and order forms at those places. This plant pale is a Garden Club fundraiser and the money helps to buy the flowers that are planted all around Boyne City and make our community such a beautiful and welcoming place. For more information, contact sale chairman Nancy Cunningham, 231-582-9373, dncunningham3738@att.net

#### **BOYNE CITY** Fun run

The second annual Boyne City PD and East Jordan PD D.A.R.E. 5K/1 mile Fun Run will start and finish in Sunset Park, behind the Chamber of Commerce in downtown Boyne City May 24. Registration forms are available at Boyne City Police Dept, East Jordan Police Dept, Boyne Chamber, East Jordan Chamber. All proceeds from this fundraiser will be used to continue the D.A.R.E. programs in Boyne City and East

Jordan schools. The D.A.R.E. program is presented to 5th grade students and focuses on drug and violence prevention as well as promoting safe and responsible decision-making. The D.A.R.E. program continues to foster a strong positive relationship between schools, law enforcement and the commu-

#### EAST JORDAN

Women's SlowPitch Softball signup

It is time to sign up for women's softball. Cost is \$40 player. Start date is June 2nd. We play on Mon. Tues. & Thurs. nights. \$200 to sponsor a team. We are looking for both individuals and teams. To signup contact Amy at 231-675-1925.

#### **BOYNE CITY Rubbish Pick-up**

Starts May 28. Main Street and areas south of Main are scheduled for Wednesdays (May 28 and June 4 & 11). Homes north of Main Street are scheduled for Thursdays (May 29 and June 5 & 12). A list of acceptable and prohibited items will be released at a later date.

#### **BOYNE CITY**

**Mystery dinner postponed** 

"Murder, Mayhem, and Politics," the mystery dinner benefiting the Charlevoix Area Humane Society has been postponed to Friday, May 30 at 6:30 p.m. The dinner includes salad, choice of beef ribs, salmon, or vegetarian entrée, and a dessert. Cost for the evening is \$60 per person. For further information contact Jamie at (231) 675-8792 or Carla at the Humane Society (231) 582-

#### **BOYNE CITY**

Free computer classes

Classes are held at the Boyne District Library at 10am every Friday. Classes are tailored to your skill level beginner to advanced. Help is available for iPads and Windows 8. For help with downloading e-books, as well as other information about using tablets and readers, the library also offers digital Learning sessions on Tuesdays from 2-3 p.m. Library cardholders can borrow and download e-books and audio books from the library at no charge on a variety of devices. For more information, call the Library 231-582-7861.

#### **CHARLEVOIX** COUNTY

**Smart Commute** Smart

Commute Charlevoix County (previously Smart Commute Charlevoix) will take place June 2 - June 5. This is a fun-filled weeklong event designed to increase awareness of, and demonstrate the ability to use, alternative methods of commuting that provide health, economic and environmental benefits. Smart Commute Charlevoix County is organized by a volunteer steering committee and is proud to be partnering with Top of Michigan Trails Council to bring this event to Charlevoix County. To register a team, download registration forms at www.smartcommutecc.com or call Val Meyerson at 237-7360. Completed forms can be sent to the Charlevoix Library (220 W. Clinton St.) or emailed to Val val@charlevoixlibrary.org, and there is no fee required to participate.

#### EAST JORDAN **Variety Show**

The 2014 East Jordan Rotary Club Variety show is June 6 & 7. Tickets available from any Rotary club mem-

#### **BOYNE CITY Graduation celebration** committee seeks donations

Boyne City's Graduation Celebration Committee, previously known as BACPAC, is busy making plans for the 27th annual All-Night Graduation Celebration. This year's party will celebrate the Boyne City High School graduating class of 2014 on Sunday, June 8, graduation night. The all-night graduation celebration provides a safe and drug-free opportunity for seniors immediately following the

graduation ceremony. With help from businesses, churches, service organizations and residents, the parties have been extremely successful. All donations are welcomed and appreciated and can be mailed to the attention of Graduation Celebration Committee, BCHS, 1035 Boyne Avenue, Boyne City, MI 49712 with checks made payable to Boyne City High School. If your organization would prefer to donate a prize or gift card and would like a committee member to pick it up, contact Frank Minier at 231-675-6507.

#### **CHARLEVOIX**

**Little League Teams Up With Retired Major League Players** 

The Charlevoix Little League is teaming up with retired Major League Baseball players the weekend of June 14th and 15th. On Saturday the 14th there will be a clinic for boys and girls ages 8-14 to learn fundamentals from former Major League ball players at the Shanahan Sports Complex. Sign in will be at 9am. The clinic will be from 10am-1pm. After the clinic, there will be a cook out and the players will be available to sign autographs for participants in the clinic. Saturday evening there will be a reception/fundraiser and auction at the Weathervane Restaurant from 6pm-9pm. Sunday the 15th will be a golf outing/fundraiser tee time

## PETOSKEY, CHARLEVOIX

**Business start up classes** 

Northern Lakes Economic Alliance and SCORE team up to provide a series of business start-up courses that can assist you in evaluating the potential of your idea and learn the process of putting a business plan together. "How to Really Start Your Own Business: Practical information from those who have done it" covers ways to start a business, business legal structure, permits and licensing, marketing and more. Future classes are May 15 at North Central Michigan College in Petoskey and June 19 in Charlevoix. The fee is \$20 per business, and reservations can be made by calling (231) 582-6482 or emailing tammi@northernlakes.net.

#### CHARLEVOIX **Fine Art Juried Photography Exhibition**

Announcing the 2014 Annual Fine Art Juried Photography Exhibition to be on display at the Charlevoix Circle of Arts in downtown Charlevoix June 19 - July 27. The theme is "Michigan: Places, Spaces, People and Things". Artists should submit images that show what is special to them as they look about our "pleasant peninsula". For more information, please find the complete Call for Artists and the required entry form: www.charlevoixcircle.org/events-exhibits.html

#### **BOYNE CITY Tribute concert**

Enjoy the music of the Bee

Gees, Neil Diamond and Tom Jones by tribute performers at the Boyne City Performing Arts Center June 21 at 8pm. Tickets www.poundstone.net or stop by Boyne City Ace Hardware.

#### **BOYNE CITY SOBO Arts Festival**

2014 SOBO Art Festival held on Saturday, June 28 at Peninsula Beach Park. Arts collective artists will occupy two booths at SOBO to display juried fine local art. This third annual Art Festival is open to the public and includes music, children's activities, art demonstrations, and food with free admission parking. www.soboartfestival.com .

#### **BOYNE CITY Paula Poundstone in** concert

Paula Poundstone returns to the Boyne City Performing Arts Center for a night of laughter August 8 at 8pm. Purchase tickets www.poundstone.net or at Boyne City Ace Hardware. Call 231-582-6532. Proceeds benefit the Boyne Country Community Center.

**Sunburst Marine Winter** Inside Sidewalk Blowout Sale ALL WINTER APPARI **BOOTS, GLOVES, HATS, CLOTHING STARTING MARCH 26TH TILL IT'S GONE!!** DOWNTOWN BOYNE CITY 231-582-7149 101 WATER ST.

## Education

#### **Baker College Revamps Manufacturing Course**

Norma Jean Babcock

CHARLEVOIX: Residents of Charlevoix County are now able to learn skilled trades without ever leaving their local community through CNC Certification Course in the City of Charlevoix

The course is being offered through Baker College of Cadillac which is combining college resources with local manufacturing companies to create a program that enables students to break into a field booming with job opportunities. The course focuses in on teaching students to make products by hand, a transferable skill that is greatly needed in the Charlevoix Area according to Program Coordinator David Dewey.

"There is a huge need in the area for these skills, it's a good career path," said Dewey.

The Certification course is being offered in the CAD Lab of Charlevoix High School, and focuses on three aspects to help those desiring to work in the manufacturing industry. The first section of the course hones in on classroom learning, as students work with gages and measurements and learn to visualize what a finished product will look like. The students then focus on hands on machine working; learning how to cut metal or plastic, and becoming familiar with the tools used. The third level then polishes up the skills the students already posses while introducing them to CNC equipment and training them to program such machinery.

The program offers students not only the chance to learn these skills but also to practice them immediately after finishing the classroom portion by entering

an internship with a local manufacturing company. Companies such as De-Sta-Co have supported this arrangement, by being open to internships and also by having members of their staff teach parts of the course.

Ideally the certification course will bridge the gap between being an entry level worker and skilled labourer, something that Northern Michigan could benefit from immensely according to recent statements made by Governor Rick Snyder at an NLEA that focused in on manufacturing in the area.

"We should be embracing manufacturing...the jobs are there," stated Snyder.

For many, embracing manufacturing will mean breaking down pre-suppositions about the field itself. For years manufacturing has been criticized for inhospitable environments and high physical demands. However, the scene of this industry is changing as companies such a Precision Edge create environments that are clean and conscious of employees needs.

"These industries can be clean environments, it's not a dirty, dingy job...these are good positions," said Dewey.

The jobs are not only available but are often high paying, as most of those completing the certificate will be able to enter the work force making \$15 or more an hour. The course is offered both on a personal level and a business level, meaning that anyone can apply or a business can offer to send an employee through the course to fill in skills that may be needed. For those interested in learning more about the course an Open House will be held from 5-7:00 p.m. on May 26 at the Charlevoix High School Library.

Students of Baker Colleges CNC Certification course get there first look at drilling holes with a CNC machine.



#### Local Student Presents Work at Albion College Research Symposium

ALBION, Mich. — Local student Brennan Ackerman demonstrated some outstanding academic work at Albion College's Elkin R. Isaac Research Symposium. Ackerman presented an original project titled "Business Plan Development: An International Partnership between the USA and France – Sail Connect" during the two-day celebration of student research, scholarship and creative activity.

Brennan Ackerman is majoring in business & organizations and political science, with a concentration in the Gerald R. Ford Institute for Leadership in Public Policy and Service. He is the son of Dean and Lisa Ackerman of Charlevoix and a graduate

of Charlevoix High School. Albion College is a private liberal arts college located in south central Michigan. Founded in 1835, Albion was the first private college in Michigan to have a chapter of Phi Beta Kappa. The College is best known for its distinctive blend of liberal arts education and pre-professional preparation in business, public service, the sciences and medicine, and regularly appears on "best value" national college ranking lists. Albion College is a member of the Great Lakes Colleges Association and the Michigan Campus Compact, an organization dedicated to encouraging student volunteerism

On May 3, Charlevoix Library cardholders and Real

People Media members were able to take a free video production workshop at the library.

Rebecca Glotfelty of Real People Media shows the class how to picture a scene by looking through their hands during a video production workshop at the Charlevoix Public Library. The one-day course enables library cardholders and RPM members to check out RPM video equipment through the library. North Central Michigan College video production students and RPM members will be also able to check out equipment through NCMC's library in Petoskey.



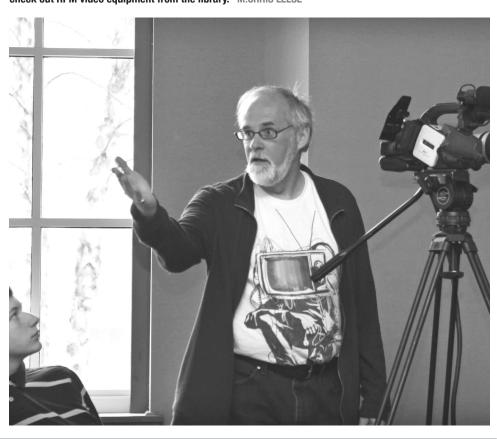
Completion of this workshop will enable participants to check out RPM equipment through the library. NCMC

Video Production Workshop at Charlevoix Library

video production students and RPM members will be able to check out equipment through NCMC's library.

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Digital media mercenary Joe Carter of Traverse City discusses the many aspects of film making Saturday during a workshop by Real People Media at the Charlevoix Public Library. Students completing the course may check out RPM video equipment from the library. M.CHRIS LEESE



### Boyne Falls, Boyne City Elementary Schools collect books for Great Start FreeCycle

Students from the Boyne Falls and Boyne City Elementary Schools collaborated with the Great Start Parent Coalition to host a book drive for the FreeCycle Book Project. With the help of the Boyne Falls and Boyne City K-5 students, they collectively amassed more than 2,500 books this spring by holding book drives at their schools.

The goal of the FreeCycle Book Bin project is to collect and distribute gently used books to children across Charlevoix, Emmet and northern Antrim counties. There currently are 39 bins within these communities found at locations where families and young children visit. Each colorful bin holds more than 50 books that range from infant board books to advanced chapter books. All books have a sticker on the cover that reads, "This Book is FREE – Great Start FreeCvcle.

Tara Riley, Great Start Parent Liaison, took an active role in initiating the book drives. In Boyne Falls, the Student Council and Executive Building Secretary Lynn Sparks led the charge to collect hundreds of books over a two week period in March. Likewise, Riley worked with the Boyne City Elementary Parent Teacher Organization and students in April when they compiled thousands of books. Students from both schools were sent home with grocery bags donated by Glen's Grocery Store in Boyne City and the Grain Train in Petoskey asking families to use the bag to donate children's books from home.

"Great Start is thrilled at the amount of books the students in the Boyne area collected and these books are being FreeCycle'd out to children in our community immediately," Riley said.

The books donated by the Boyne Falls and Boyne City elementary students are presently being processed by the Great Start Parent Coalition and will be distributed at various community locations throughout Charlevoix and Emmet counties.

"The Great Start FreeCycle Project has collected and distributed more than 17,000 books to local children since August of 2012," said Maureen Hollocker, Great Start Collaborative Director. "Elementary school book drives are vital to keep the FreeCycle Book Project continuing and create a great opportunity for our children to participate in a process that promotes recycling, sharing, and literacy," she added.

For more information about the Great Start Parent Coalition and FreeCycle Books, contact (877) 866-3714 or greatstartforkids@gmail.com



Boyne Falls Elementary students collected books for the Great Start FreeCycle Book Project.



Boyne City Elementary School collected over 2000 books for the Great Start FreeCycle Book Project.

The Great Start Collaborative is currently made up of more than 30 different participants and organizations from around the community. Representatives from business, health, education, human services, legislative, higher education, non-profit, court systems, and parents are committed to creating a movement in our area that seeks

to involve the entire community in supporting families as they raise their young children to succeed in school and in life.







## Health

## **Smart Commute Charlevoix County June 2-5**

**Smart Commute Charlevoix** County (previously Smart Commute Charlevoix) will take place June 2 – June 5. This is a fun-filled week-long event designed to increase awareness of, and demonstrate the ability to use, alternative methods of commuting that provide health, economic and environmental benefits. Smart Commute Charlevoix County is organized by a volunteer steering committee and is proud to be partnering with Top of Michigan Trails Council to bring this event to Charlevoix

Join the Smart Commute Charlevoix County Challenge! It is a friendly competition to encourage co-workers and friends to bike, walk, car-pool or use transit to get to work.

Participants track their preferred

method of smart commuting Monday through Thursday June 2 through 5. There will be a traveling trophy of the "COVETED CLOCK" presented to the team with the highest percentage of employees commuting within their division, based on the overall number of employees. Divisions are small (1-4), medium (5-15), large (16+).

Registered participants get free breakfasts Monday June 2nd through Thursday June 5th at various locations in Boyne City, East Jordan, and Charlevoix. This year Charlevoix County will be competing for the regional Smart Commute Challenge cup hoping to beat out Emmet County and the Traverse City Community, TART Trails.

Make sure you are ready for commuter week by grabbing your bike

and bringing it to an upcoming free bike maintenance and safety clinic. Revolution Bike of Charlevoix (102 Mason St.) will offer the class 7:00 p.m., Wednesday, May 7. The clinic is free, but space is limited, so please call 231-237-0900 to reserve your place today. North Country Cycle Sport of Boyne City (126 E. Water St.) will offer the class 6:00 p.m., Tuesday, May 20 with no preregistration required.

Event sponsors include: Charlevoix County Transit, Roush CleanTech, Irish Boat Shop, Bay Winds Federal Credit Union, The Grain Train, Charlevoix Area Hospital, Castle Farms, Revolution Bike, and North Country Cycle Sport. Breakfast sponsors include: Scovies, Johan's Café Charlevoix, Charlevoix Area Hospital, Harbor View Café, Safe Haven Ministries,

Subway (Boyne City and East Jordan), Café Sante, Local Flavor/Wildwood Rush, Lake Street Market, Darlene's Restaurant, East Jordan Senior Center, and EJ.

To register a team, download registration forms at www.smartcommutecc.com or call Val Meyerson at 237-7360. Completed forms can be sent to the Charlevoix Library (220 W. Clinton St.) or emailed to Val at val@charlevoixlibrary.org, and there is no fee required to partici-

If you are interested in helping to sponsor this event, please contact Val Meyerson (231)237-7360, val@charlevoixlibrary.org or Michelle Rick-Biddick (231) 224-6116, watchcharlevoix@gmail.com.

#### Health and Wellness Fair at **Odawa**

By Jessica Boyce

Looking for ways to get healthy this year? Look no further than the 4th Annual Health and Wellness Fair at Odawa Casino in Petoskey. The event will be on Wednesday, May 14th, from 1:00 pm - 6:00 pm in Ovation Hall. It is free and open to the people of all ages including team members at Odawa.

The seven areas of wellbeing that will be focused on are: physical, spiritual, occupational, social, intellectual, emotional, and financial. There will be around 50 vendors at the Health and Wellness Fair offering a variety of things including health and wellness screenings and product samples. Also featured at the event will be healthy cooking demonstrations as well as exercise demonstrations. A few of the vendors that will be participating are McLaren Hospital, the Little Traverse Bay Band Health Clinic, and Northwest Michigan Health Serv-

This event is a great way for you to learn about being healthy in a variety of ways. You can learn how to eat healthy, exercise, and learn about different areas of wellbeing. For more information, call (231) 439-6100 ext. 5314. You can also look at Odawa's website: www.odawacasino.co

## National Nurses Week to Be Celebrated May 6-12

In recognition of National Nurses Week. Charlevoix Area Hospital would like to thank the Registered Nurses who make a tremendous difference in the lives of countless patients each year. Registered Nurses work tirelessly to ensure each patient has a comfortable and safe experience during an office visit or hospital stay.

Every year, National Nurses Week focuses attention on the various ways America's 3.1 million registered nurses work to save lives and to improve the health of millions of individuals. This year, the American Nurses Association (ANA) has selected "Nurses: Leading the Way" as the theme for 2014.

Bernadette Cole, Chief Nursing Officer at Charlevoix Area Hospital explained, "Registered nurses help make a difference in patient care. This group of individuals provides compassionate care and comfort to individuals needing medical attention." She continued, "Quality care is based on medical excellence and the one-on-one attention Registered Nurses are able to provide for people."

Annually, National Nurses Week begins on May 6, marked as RN Recognition Day. It then ends on May 12, the birthday of Florence Nightingale, the founder of nursing as a modern profession. Registered Nurses comprise the largest health care profession and National



Nurses Week is devoted to highlighting the ways in which they work to improve all aspects of health care. From bedside nursing, to the halls of research institutions, state legislatures, and even Congress, the depth and breadth of

the nursing profession is changing to meet the ever expanding healthcare needs of our society.

For more information about Charlevoix Area Hospital and its Registered Nurses, please visit cah.org

#### Vocational-Education class leads Beaver Island student to save life



Life-saving techniques one Beaver Island Community School student learned in a Career and **Technical Education** (CTE) class is being credited for helping save the life of a fellow island res-

Ron Marsh, a senior at the school, is being credited with saving the life of Bob Banville by performing the Heimlich maneuver on him Friday, April 25. The 17-year-old was delivering items for the school elementary play to the Community Center a few blocks from the school when he saw Banville in the roadway,

waving his arms and trying to flag down a vehicle.

"I know him (Banville) personally and something didn't look right. He was leaning up against his van, holding his throat and waving his arms," Ron said.

Ron, who took the CTE Health Occupational course as a freshman, has since taken a CPR class and become a volunteer firefighter with the Beaver Island Fire Department. Ron stopped the vehicle and went to Banville's aid and performed the Heimlich maneuver, an emer-

gency technique for preventing suffocation when a person's airway (windpipe) becomes blocked by a piece of food or other object. Apparently, Banville had been eating lunch and was choking on something he ate.

Once Banville's airway was cleared, Ron called 9-1-1 and waited for EMS to arrive. Ron said he wasn't nervous while performing the procedure but afterwards felt an adrenalin rush.

"I was a little shaken up afterwards when I really thought about what I had done," he added. The training Ron

Char-Em ISD-supported CTE Health Occupational class, as well as training he received from his volunteer role with the fire department and on-the-job training from the Beaver Island Boat Company all paid

learned through the

School Superintendent and Administrator Riley Justis said the student's training went from "theoretical to practical."

"I am very proud of him. It's great to have the opportunity to offer our CTE Health Occupational class here in our small community," Justis

said. "We're producing kids that have first aid and CPR skills...skills that can save lives. We would not be able to offer (the class) without the support we receive from the ISD voc-ed millage."

Ron said this one experience has made him even more committed to becoming an EMT and firefighter. "It's important to know the basics (about first aid) and the Heimlich maneuver because you never know when you can help someone else," he said.

## Health directory

#### **BEAUTY SALON**

Chello's Salon & Day Spa 126 Main St East Jordan

**Carriage Clippery** 308 South Otsego Gaylord 989-732-5094

231-536-7764

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

#### COUNSELING

**Cygnet Counseling** Downtown Gaylord 989-731-1018 www.cygnetfamilycounseling.com

#### DENTIST

989-732-6271

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

**Main Oak Family Dentistry** 219 East Main St. Gaylord

#### 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

Nautilus Fitness & GS 20 **Express Workout** 1140 Gornick Ave. Gaylord

989-732-5820 www.gs20expressworkout.com

#### HOME HEALTH CARE

**Health Dept. of NW Michigan** 220 W. Garfield, Charlevoix 231-547-6092 www.nwhealth.org

**Northern Management Services** 657 Chestnut Ct..Gaylord 989-732-6374 www.northernmanagement.org

#### **HOSPITAL**

www.cah.org

**Mercy Hospital** 1100 Michigan Ave., Grayling 989-348-5461 www.mercygrayling.com

**Charlevoix Area Hospital** 14700 Lake Shore Dr Charlevoix 231-547-8630

#### **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

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

#### PHARMACY

989-731-6363

**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

**Seniors Helping Seniors** 

www.crawfordcoa.org

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

## Health

#### Drs. Oz and Roizen

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



acids. Skinless chicken and

turkey breast deliver plenty

of protein with little satu-

rated fat. Stick with smart

deck of cards).

portions (about the size of a

Go meatless more often.

Beans, soy products like tofu

and tempeh -- well-flavored

herbs -- and nuts are satisfy-

Three ounces of animal pro-

tein provides 15-27 grams of

sources: 1 cup cooked lentils

protein. Equivalent plant

equals 18 g; 1/2 cup tofu

equals 20 g; 1 cup cooked

black beans equals 15 g; 1

cup cooked bulgur wheat

quinoa equals 11 g; 2 table-

spoons peanut butter equals

8 g; 1 cup cooked spinach or

Have some protein at

broccoli equals about 5 g.

every meal. Don't wait for

dinner. Spreading your pro-

tein out over the day helps

especially as you age. Add

Use eggs whites for that

morning omelet. Spread

nonfat, no-sugar-added

Greek yogurt for dessert.

(c) 2014 Michael Roizen,

Distributed by King Fea-

M.D. and Mehmet Oz, M.D.

tures Syndicate, Inc.

peanut, almond or walnut

butter on sandwiches. Dig

into a bowl of fresh fruit and

nuts to your salad or cereal.

muscles make the most of it,

equals 5 g; 1 cup cooked

with healthy spices and

ing alternatives to meat.

#### **WORRY-FREE PROTEIN**

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

Proteins are essential building blocks for muscles, internal organs, blood cells, hormones, enzymes and disease-fighting antibodies. Weight-loss diets packed with protein are touted just about everywhere, and they really can help you shed pounds. But a new report that you shouldn't ignore uncovers long-term risks of eating a diet loaded with animal protein: Eating even what's a moderate amount (for many of you) of beef, pork and lunchmeats quadruples your odds for fatal cancer.

University of Southern California researchers recently announced that the folks who were at highest risk for deadly cancers were eating 100 grams (3.5 ounces) or more of meat protein daily on a 2,000-calorie-perday diet! And a heavy meat habit in middle age boosts cancer risk just as much as smoking. In fact, it increases the odds for an earlier death by 74 percent.

These findings join a wave of new science suggesting that the type of protein and amount of protein that you choose to eat can be a health bomb or a healthy boost. So here are the best ways to put tasty, satisfying protein on your plate, worry-

Right-size it. Stick with the Institute of Medicine's guidelines: 46 grams of protein a day for women, 56 for men. It will help control appetite. (Some government surveys estimate that the average American adult eats 69-113 grams of protein a day, and you can bet it mostly comes from meat!) On a daily basis, you want to aim for the amount of protein found in a 4-ounce salmon fillet; an ounce of nuts, especially walnuts, the only nuts with omega-3's; 8 ounces of skim milk; two tablespoons of pure peanut butter; and a little bit in whole grains and veggies, plus a cup of oatmeal for the guys. You may need more if you're extremely active, over age 65, or if you're pregnant or breastfeeding.

Cut way back on red and processed meats. Saturatedfat-packed red meats put you at risk for heart-stopping atherosclerosis, but that's not the only way they threaten your cardiovascular system and other vital bodily functions. They also contain carnitine, lecithin and choline -- amino acids that are transformed into TMAO (or trimethylamine n-oxide) by intestinal bacteria when you eat egg yolks, processed meats, beef and pork. TMAOs increase your risk for heart attack, stroke, memory loss and cancer, not to mention more wrinkles, poorer orgasm quality and impotence. And stay away from the nitrite preservatives found in bacon, lunchmeat, ham and sausage: They raise your blood pressure and make arteries less flexible. Great on your plate (less than 4 ounces, once a week): Grass-fed beef has higher levels of good-for-you omega-3 fatty acids. Enjoy it by adding a little to stir-fries, skewering it with veggies or adding to chili and casseroles.

Choose other animal proteins wisely. There are animal proteins that deliver healthy nutrients: Fish like salmon and ocean trout provide heart-smart, brainfriendly DHA omega-3 fatty

## **Sprint into Spring Sports**

**Deb Hagen-Foley** 

The arrival of warmer weather might motivate you to become more active. Or maybe you have enjoyed outdoor winter activities and are preparing for spring sports. You may be looking to change your exercise routine.

If you've been doing the same exercise routine, your muscles are familiar with those movements. You have probably mastered those exercises. It is important to vary your routine in order to improve your fitness by working your muscles in another way. You may need to increase your speed or repetitions, or change to a different type of workout all together. While I have consistently exercised throughout the winter, I admit that I have been lacking in resistance (strength training) exercise. I added light weights and resistance bands to my workout recently and can feel the difference!

If you haven't been exercising, and you are ready to get moving, good for you! While you are eager to get started, your muscles are not accustomed to working out. Expecting to complete a full workout at maximum intensity on the first day can be frustrating and result in injuries. Sports injuries don't just happen to professional athletes. "Weekend warriors" and others who overexert are also prone to strains and sprains. Starting the right way will keep you moving instead of sidelined by a sports in-

You can be more active and reduce your risk of sports injuries.



Whether training for a marathon or preparing for 18 holes of golf, it is important to warm up before exercising and to begin gradually to reduce the risk of sports injuries.

It is important to warm up properly. Going full speed before your muscles have been warmed up sufficiently is more likely to lead to an injury. Incorporate dynamic stretching of the muscles you will

use in the activity before you start

Teagan and Nolan's House of Sandwiches

and during continued activity, such as while you are waiting for your turn to bat or pitch.

Remember, your heart is also a muscle. If you are planning to run, start by walking so your heart and other muscles have a chance to get accustomed to the activity. Use proper technique for your sport. Take breaks as needed and stop if you feel pain. To avoid an overuse injury, alternate exercising different muscle groups every other day. Also, be sure to get enough water, especially on a hot day.

Depending on the activity, having the right shoes for the sport could be important. Also, consider consulting an athletic trainer for sport-specific training before you start. Think about how training to pitch nine innings would differ from preparing to play nine holes of golf or run nine miles.

If you do sustain a strain or sprain, begin PRICES - Protect the muscle from further injury, Rest and Ice the muscle, Compression, with an elastic bandage, Elevation and Stabilize. See a medical professional and be sure to get sufficient rehabilitation before restarting the activity. Failure to do so may lead to further injury. Get outdoors and get moving the right way. Taking the right steps before play starts will help you enjoy warm weather sports all season long. Keep switching up your activities to prevent boredom and increase your overall fitness.





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#### to the Charlevoix County News

Distributed to Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood.

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# Friendly & positive news and sports covering all of Charlevoix County

**PUBLISHED WEEKLY** ON THURSDAY

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83rd Annual Venetian Festival

takes place July 20th through July 27th in Charlevoix

## Kiwanis announces essay winners

Winning essays selected from 150 Fifth Grade Boyne area students

By Tina Sundelius

BOYNE CITY—Winners of the ninth annual Eddie Essay Contest sponsored by the Boyne Area Kiwanis were honored May 1 at a breakfast ceremony at the Early Childhood Educational Center. The fifth grade contestants wrote on the topic of "If I had \$50 to give to my favorite local charity which charity would I give to and why?"

would I give to and why?" Of the one hundred and fifty essays submitted this year Siena Rodriguez from Boyne Falls School took the Gold Grand Prize receiving \$500 to give to her charity, the Child Abuse council. In her essay fifthgrader Rodriguez describes the devastating effects of child abuse. She wrote, "Child abuse memories do not last for a year. Or 10. Not even 20. They last forever. It is your first thought when you wake up. You think of it all day. It is your last thought before you go to sleep. You dream of it, making your life gloomy, hard to stay in reality." Tears were shed as she read her essay and she received a standing ova-

Silver Prize winner, Kaylee Chew of Boyne City School created a fictitious story describing what it would like to be homeless. Her essay was so well presented that until the final sentence when she revealed, "I know this story isn't true" the audience couldn't relax thinking she had actually had to go through such a difficult time. She was able to present the Mary Margaret House with a check for

The school winner from Boyne City, Anders Foltz wrote about Autism from the perspective of watching his brother's struggle with being different and being bullied. "What I'm basically trying to say is that no matter who you are, you are a good person in your own way. Even if the whole world turns you down and tries to change you, you need to say no and be yourself!" he wrote. He presented his \$100 check to the Autism Resource Network.

Keegan Whisker was the school winner from Boyne Falls School. He wrote about having a family member who became addicted to prescription drugs and the positive effect Harbor Hall in Petoskey had on their recovery. Concord Academy Bovne winner, Kami Chapp, wrote about the Lion's Club and how they help so many people including others who struggle with a rare kind of arthritis that she also suffers from. They both presented their nonprofits with \$100 checks.

The premise of the contest is that "one can make a difference" and was inspired nine years ago by Kiwanis member Bernadette Beyer's brother who died young and who's "life exemplified the spirit of giving without expecting anything in return," she said. The fifth grade essay contest has been so popular right from the start that a contest for tenth graders was created and takes place in the fall.

An impressive meal was prepared by the Boyne City Schools Hospitality Program and the event was emceed by Scott MacKenzie. "The principle core of Kiwanis mission is the belief that the most effective way to enhance a community is to enhance its children. When you give a child a chance to learn, experience, dream and succeed, great things will happen." according to their press release.



Kaylee Chew won the Silver Prize in the Kiwanis Eddie Essay Contest for fifth grade. Her essay on what it would be like to be homeless allowed her to give \$250 to the Mary Margaret House.



Fifth grader Kami Chapp from Concord Academy Boyne reads her winning essay on making a difference in front of member of the Boyne Area Lions club who she named in her essay and presented a \$100 check. Her teacher, Paula Simmons stood with.



The Boyne City Hospitality Program provided an impressive buffet breakfast for contest winners, parents, teachers and charity representatives at the ninth annual Kiwanis Eddie Essay Award breakfast May 1.



Siena Rodriguez from Boyne Falls School won the Gold grand Prize for her essay on the devastating effects of child abuse. She was presented a check for \$500 to give to her charity, the Child Abuse Council. Her teacher Maeve Green and Child Abuse Council representative Maggie Kromm stood with Rodriguez as she read.



Keegan Whisker is flanked by his teacher Maeve Green and Harbor Hall representative Anne Soczawa.



Anders Foltz and teacher Chris Baxter.







## Film examines roots of violence in America

Community members gathered recently at North Central Michigan College and the University Center Gaylord to watch the documentary Tough Guise 2 and discuss the issue of male violence in America. The film examines cultural developments that promote a learned masculinity, or 'guise' that is in part responsible for current levels of school shootings, domestic abuse, sexual assault and

dating violence.
Following the film, audience members discussed the roots of violence and how to be a more active bystander.
Many in attendance wanted to know what they could do in their daily lives to help prevent the violence that is primarily perpetrated by boys and men.

Audience members said they were looking for ways to foster the qualities of respect, compassion, kindness and appreciation in their sons and other young people they know. Although some viewers thought the film addressed extreme instances of violence, students in the audience agreed the violence depicted reflected their reality. Students also mentioned the pressure for young men to be 'intimidating' with peers.

"The film presents this pervasive problem and challenging issue, yet it's up to all of us, including men, to work toward real change," said Jan Mancinelli, executive director of the Women's Resource Center of North-

ern Michigan (WRCNM). "This film and others like it are a catalyst for moving community members to action and to seek solutions to ending this violence," said Mancinelli. "Input and support from men is essential to help change attitudes that so narrowly and negatively define masculinity."

Men in the audience were invited to a workshop-style event "Men's Call to Action" which will be held at the Demmer Wellness Pavilion in Petoskey on May 29. This is an opportunity for local men to move from awareness to action and further examine their role in helping to build safer communities.

The final community screening of Tough Guise 2 will be shown at Charlevoix Public Library at 7 p.m., Tuesday, May 13. This film is suggested for mature audiences and admission is free.

The Men's Call to Action will be held at the Demmer Wellness Pavilion on Arlington Avenue in Petoskey at 5:30 p.m., Thursday, May 29. Complimentary food will be available.

Those interested in learning more about what they can do to help promote respectful, healthy relationships and non-violence may visit the 100 Men website at wrcnm.org/support/100-men-campaign. The site provides local, state and coaching resources, links and information.

For details on either event, contact the WRCNM administrative office at (231) 347-0067.

## Moms Love Homemade Gifts

Surprise Mom with a homemade gift this Mother's Day. Nothing makes mothers happier on Mother's Day than a gift crafted by little hands. Moms love to see what their offspring create, and kids get excited anticipating their mom's reaction. A win-win if ever there was one!

Once a child decides on a homemade gift for Mother's Day, fathers or older children should start planning to make sure the gift gets made.

#### **Ideas for Crafts**

Drawing a picture or making a card is the easiest craft for a small child. Older children can make more elaborate cards, perhaps ones that include a poem or small story.

#### Other ideas include:

Pencil holders from coffee cans and empty jars,

Photo albums with pages tied together with yarn,

Homemade frames for childhood art-

Decorated flowerpots

Bookmarks made from construction paper or leftover wallpaper

Kids can also write a play and perform it or make a short video.

Fathers, older siblings, aunts and uncles can shop with the children for art supplies, first checking the ones already on hand. They should plan this outing



early in the week so the children have time to create their masterpiece.

If the children decide on a store-bought gift, they might want to make cards and wrapping paper. Homemade wrapping paper can be made with plain brown paper decorated with colorful stamps, paints, markers, and stickers.

#### Gifts from the Garden

If Mom enjoys gardening, consider making her a container garden. The kids can choose the container — a large terra cotta pot, a window box, old bucket, or wooden crate. Let them fill it with potting soil (Dad should add any fertilizer himself) and then plant it as they choose.

Ideas for container gardens are colorful

annuals such as pansies and nasturtiums. Culinary herbs such as parsley, basil, thyme, mint, and tarragon are lovely in containers. The children might also like the idea of planting a container with a cherry tomato plant or spring lettuces.

#### Gifts from the Heart

Defined by their thoughtfulness, these gifts might include "coupons" for a mother-child day, a night on the town (an older child might offer to babysit), a backrub, extra chores, or breakfast in bed.

Whatever the outcome, moms across the country are sure to revel in their familv's love and attention on Sunday But, of course, for most mothers Mother's Day is

#### People Fund **Grant Applications** Due By June 1

The Great Lakes Energy People Fund is accepting grant applications from non-profit organizations throughout its local service area. The upcoming grant application deadline is June

The People Fund is supported solely by Great Lakes Energy members who allow their electric cooperative to round up their bill each month to the next dollar. Since 1999 more than \$2.4 million in grants have been awarded to charitable and community organizations throughout Great Lakes Energy's 26-county service area, which stretches from Kalamazoo to the Mackinac Straits.

Non-profit organizations can read program details and request a grant application online at or by calling Great Lakes Energy at 1-888-485-2537, ext. 1313. Nonprofit organizations that serve communities located in the Great Lakes Energy service area are eligible to apply.

Organizations that are unable to apply by June 1 will have another opportunity to apply later this year.

#### Venus & Blue Jeans offers gently used designer clothing, accessories & home décor items

By Jim Akans

Venus & Blue Jeans resale shop in Gaylord, launched by Cheryl Scheer in October of 2009, is sort of a "shabby chic" boutique, focusing on consignment sales of upscale designer/brand name clothing items, from just a few years old to recently off the rack, as well as accessories and home décor items. Displayed in a comfortable, easy to browse showroom on the Westside of Gaylord's downtown business district.

'We have a wonderful assortment items available," states Cheryl Scheer. "We also have a wide variety of reasonably priced name-brand clothing and accessories, often including Lucky brand, Silver jeans, American Eagle, Abercrombie, Hollister and Ralph Lauren. We encourage people to bring in their designer and name brand items and consign them "

The selections at Venus & Blue Jeans

also include a wonderful collection of accessories such as purses, shoes and jewelry, as well as a wide selection of home furnishings, jewelry and antiques.

The consignment arrangement at Venus & Blue Jeans is refreshingly straightforward, offering a 60/40 split between the shop and the consigner. Clothing items must be no more than a few years old, clean, free of stains and in "ready for the rack" conditions. Clothing is kept for 60 days, and is marked down after 30 and 45 days. All consignment requests must be made by appointment

The atmosphere is friendly and upbeat, and there is plenty of parking conveniently located right next to the shop.

Venus & Blue Jeans is open Monday through Friday from 11 am until 5:30 pm, and from 11 am until 4 pm on Saturday, and is located at 340 W. Main Street in Gaylord. They can be reached at 989-73 2600.



Uttering gently used designer clothing, accessories & nome decor items, W. Main Street in Gaylord. PHOTO BY JIM AKANS

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**Northern Michigan Treasure Hunter's** Guide to area antique, consignment, resale and thrift shops

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#### **CHARLEVOIX**

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www.bergmanncenter.org

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#### **EAST JORDAN**

**Crossroads Resale Shop** 205 Water Street.,

East Jordan 231-536-7606 Open Tuesday thru Saturday

#### **ELLSWORTH**

**Good Samaritan Furniture & More Store** 

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#### Goodwill

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## Charlevoix County Commission on Aging

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

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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

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#### **WEBSITE ADDRESS:**

www.charlevoixcounty.org/coa.asp

#### 5/8, 15, 22, 29 Thursdays, 9am - 1pm

**FARMERS' MARKET** 

Charlevoix Public Library, Community Rooms A & B

#### 5/14, 21, 28 Wednesdays, 8am - 12pm 5/3, 10, 17, 24, 31 Saturdays

**FARMERS' MARKET** 

Outdoor market in Veteran's Park on Lake Street. www.boynechamber.com

#### 5/15, 5/22, 5/29 Thursdays, 9am - 1pm **FARMERS' MARKET**

Sportsman's Park

#### 5/11, Sunday, 2-4pm

**MOTHER'S DAY ROYAL TEA @ CASTLE FARMS** 

Elegant afternoon features a variety of savory treats & assorted teas. Professional portrait photographer available. Spa services & massages, plus activities, crafts and door prize. Tickets \$20 per person. Must be purchased in advance. www.charlevoix.org

#### 5/15 - 5/18

**54TH ANNUAL MOREL MUSHROOM FESTIVAL** 

The festival features a competitive hunt, guided hunt, live music, a beer tent, a gourmet Taste of Morels, carnival rides, and much more, including the Wine & Dine gourmet dinner and wine tasting at Veterans Park.

#### 5/22, Thursday

**OPERATION PETUNIA** 

Petunia Planting Day www.charlevoix.org

#### 5/24, Saturday, 8:30am - 12pm

**PLANT SALE** 

The Charlevoix Area Garden Club will hold its annual Plant Sale. All plants have been tenderly dug from local gardens and donated to this annual fundraiser, held @ Ferry Beach. www.charlevoix.org

#### 5/26, Monday, 11:30am - 12:30pm

**MEMORIAL DAY PARADE & SERVICE** In Boyne City the parade begins @

11:30am on Lake Street, continues to the waterfront and ends at Veterans Memorial Park. A 12pm service will include music, bell ringing, gun salutes, and addresses. (231) 459-4220.

#### 5/26, Monday, 9:00am

**MEMORIAL DAY PARADE & SERVICE** 

In Charlevoix services begin at 9am, Brookside Ceme-tery, followed by a 10am parade ending at East Park. A service follows the parade and includes a firing party and taps. (231) 675-4444.

#### 5/26, Monday, 9:30am

**MEMORIAL DAY PARADE & SERVICE** 

In East Jordan a Veterans' breakfast begins @ 9:30am at the American Legion. The parade takes place at 10:30am followed by a 11am service with a gun salute, music, ad-dresses, and wreath placement.

#### 5/29, Thursday, 5:30 - 7:00pm **MAY 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 pur-chased on-line, telephone, or at the door. Event takes place at the Crooked Tree Arts Center in Petoskey.

www.crookedtree.org

#### 5/30, Friday, 6:30pm

"MYSTERY DINNER"

Murder, Mayhem & Politics Fund-raiser sponsored by Charlevoix Area Humane Society at Boyne Mountain. For details, call (231) 582-6774.

www.boynechamber.org

#### **BOYNE AREA SENIOR CENTER ACTIVITIES**

Thursday, May 8

Boyne School Kids'Visit! Wii Bowling

Foot Clinic 11am Backwoods Maestros MOTHER'S DAY PARTY! Carnations for first 50, +Prizes Raffle

Friday, May 9

Monday, May 12 Line Dance Brown-Bag Bingo Gift Certificate Prize

Tuesday, May 13 9:30-11:30am Ed May Brown-Bag Bingo -Free Lunch Prize 7-9pm Ed May

Wednesday, May 14 Night Dinner! Foot Clinic AM by Appt. 5:30pm Backwoods Maestros

50/50 Raffle

Thursday, May 15 Wii Bowling

#### CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, May 8

11am Chair Yoga Class 1pm Pinochle

Friday, May 9 11am Roger Hartson MOTHER'S DAY PARTY! 1pm Rummy

Monday, May 12 1pm Woodcarving 7pm Bible Study

Tuesday, May 13 Drum voices of Greensky Hill 11am Chair Yoga Class 1pm Paint Class

Wednesday, May 14 Night Dinner! 3pm Bingo

5pm Annette Cyr

Thursday, May 15 11am Chair Yoga Class 1pm Pinochle

#### **EAST JORDAN SENIOR** CENTER ACTIVITIES

Thursday, May 8

Foot Clinic Karaoke Day! 12:30pm Movie Day

Friday, May 9 10am Advisory Bd Mtg 10:30am Exercise 11am Tag-A-Longs Mother's Day Party! Bingo/Raffle

Monday, May 12 Foot Clinic & BP 8am-1pm Walking M-F 10:30am Exercise

Tuesday, May 13 11am Line Dancing 12:30pm Bingo

Wednesday, May 14 Night Dinner! 5pm Monty Loper

Thursday, May 15 Karaoke Day!

#### CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, May 8 **GARLIC CHICKEN** 

Friday, May 9 BAKED FISH

Monday, May 12 HAMBURGER STEW

Tuesday, May 13 CHICKEN SANDWICH Wednesday, May 14 Night Dinner! 5pm BAKED COD

5pm BAKED COD

Thursday, May 15

TATER TOT CASSEROLE

12:30pm Movie Day

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