

Ask about our **Guaranteed Credit Approval**

Bankruptcy? **OK!**
Repossession? **OK!**
Divorce? **OK!**

Drive Now

Get a Fresh Start Today!

2215 US 31 North, Petoskey, Michigan
231-347-3200 • 1-866-869-2755

www.drivenow123.com

Charlevoix County News

August 14, 2014

STILL JUST **75¢**

YOUR SOURCE FOR LOCAL NEWS & SPORTS
BOYNE CITY, CHARLEVOIX, EAST JORDAN, ELLSWORTH AND SURROUNDING AREAS

SUBSCRIBE TODAY

Distributed to Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood • 989.732.8160

Just \$35.00 A Year Office@CharlevoixCountyNews.com
Friendly & Positive News and Sports! www.CharlevoixCountyNews.com



BOYNE CITY - Great location - this 3 bedroom home has all hardwood floors, 2 car detached garage with fenced in yard. With a little TLC this house will make a great home for someone. Location is only 4 blocks from downtown Boyne City. **\$92,500**

Lynda's Real Estate Service

www.whyLyndas.com
27 S. Lake St., Boyne City, MI
231-582-9555

EAST JORDAN CITY COMMISSION, AUGUST 6, 2014

East Jordan preparing to add additional recycling location

By Krystal Johnson

EAST JORDAN—The city of East Jordan is making plans to provide around-the-clock recycling at a new location. The East Jordan Transfer Station currently accepts recyclables only two days per week, whereas

neighboring recycling sites at Boyne City and Charlevoix are open seven days each week.

The East Jordan site has limited hours because the transfer station also accepts waste in addition to recyclables, which requires an employee be present to operate the facility to take dump

tickets and monitor compactors.

“I think the biggest concern is that citizens would like the opportunity to do their recyclables on a daily basis,” said Mayor Peck at last week’s August 6 city commission meeting.

Charlevoix County currently owns and maintains 62 collec-

tion bins for use at its six different sites at Beaver Island, Boyne City, Boyne Valley Township, Charlevoix, East Jordan, and Melrose Township.

“We deserve to be on the same playing field as everybody else,” said City Commissioner Mike Burr. “We are absolutely not.”

“We want to do all that we can for all three communities,” said Charlevoix County Board of Commissioners Chairman Joel Evans. “We have Boyne City and Charlevoix set up. We want to take care of East Jordan. If we

See **Recycling**—A

ELLSWORTH VILLAGE COUNCIL,
AUGUST 11, 2014

Breezeway repaved starting in September

By Tina Sundelius

ELLSWORTH—Ellsworth Village President Hugh Campbell announced at the August 11 Village Council meeting that the long needed repaving of Church and Lake Streets from Main Street to Sports Park will begin next month.

The \$280,000 project is made possible through an MDOT grant applied for in 2010. “The only thing we have to do is pay the engineering costs,” said Campbell. The combined total of preliminary and construction engineering expenses is approximately \$60,000. The village has already paid for the preliminary engineering and now construction can begin. The project includes a 6 foot bike path, replacing

See **Repaving**—2A

Index

News Briefs	4A
Weather	6A
Obituaries	6A
Health	7A
Commission on Aging.....	11A
Local Sports.....	1-2B
Class-Ads/Real Estate	3-8B

The ‘Hum’ on Lake Charlevoix

By Tina Sundelius

EAST JORDAN—East Jordan residents Tom Sheridan and Denny Jesiek visited the East Jordan Historical Museum on Elm Point and returned home with an idea that brought a piece of East Jordan history to life. The steamer ship known as the ‘Hum’ during its time on Lake Charlevoix has been recreated to scale.

Sheridan did some research and started talking about the idea. Then Tad Malpass dropped off a folder filled with pictures of the craft and his friend and former model building partner, Denny Jesiek, said, “Let’s do it.”

Sheridan and Jesiek unveiled the one-sixteenth scale model of the steamer that they built from the old black and white pictures at the Portside Art Fair at Elm Pointe on Saturday, August 2. The model is 4 feet 9 inches long and includes details like canvas covered life jacket storage benches and a steering helm that moves. “I’m a history buff and there are pictures of the Hum at the museum and I got to thinking it would be nice if we had a model,” said Sheridan.

The 87-foot steamer traveled Lake Charlevoix transporting goods and passengers from 1903 until 1919. The boat traveled between East Jordan and Charlevoix connecting with Pere Marquette trains and Northern Michigan Transporta-



Tom Sheridan stands in his basement with a scale model of the transport steamer ‘The Hum.’ The steamer traveled the waters of Lake Charlevoix for 16 years.

tion Company steamers that then took passengers to ports on Lake Michigan as well as a steamer that connected Charlevoix to Boyne City. “One thing that is quite interesting if you’re familiar with East Jordan is where the new bank (Huntington) is, at the end of Main Street, is where the Hum was moored,” said Sheridan. Behind where the bank now stands there used to be a swing bridge and the boat went through the bridge and docked there. It actually moored in the river that is almost dry land now.

The steamer was built in 1876 in

Brooklyn New York. It was originally named the Truant and later in 1893 the name was changed to the Pilgrim. When it was commissioned on Lake Charlevoix it was renamed again the Hum and piloted by Captain George H Jepsom. “You have to appreciate there were no roads then,” said Sheridan.

“Those were the lumbering days and there was no viable transportation. If it wasn’t the steamer it was either horseback or on foot. They could go to East Jordan and catch the boat to Charlevoix, Harbor Springs and Petoskey,” said Sheridan.



KAYLEE ROSE BOOTH

Booth convicted of assault with intent to murder

After a four day jury trial, a Charlevoix County jury convicted Kaylee Rose Booth of assault with intent to murder.

Booth stabbed another woman in the city of Charlevoix on September 29, 2013. The defense presented an insanity defense as well as arguing that the defendant did not intend to kill the victim.

Testimony showed the victim was stabbed three times, once in the leg, once in the chest and once through her arm and into her side. She was treated at Charlevoix Area Hospital and later at Munson Medical Center in Traverse City.

“I am very grateful to the jury for their hard work. It was tough case and an emotional one for everyone involved,” said Allen Telgenhof, Charlevoix County Prosecuting Attorney, who tried the case. “Ultimately they based their decision on the

See **Assault**—2A

BLACK BEAR GOLF CLUB
4 Star Golf Digest Rating
1-75, EXIT 290, VANDERBILT
West to Alexander Rd.

AUGUST GOLF SPECIAL

UNLIMITED WITH CART

\$39.00

ANY DAY

Valid thru 8-30-14

TEE-TIME HOTLINE 866-983-4441
www.golfblackbear.net

10TH ANNIVERSARY SALE!!! 10% OFF EVERY THING*

New Owners! New Location!

Freeway RV NORTH

SALES • SERVICE • RENTALS • LP • DUMP STATION
EXIT 270 ON I-75 • WATERS, MI
989-732-0677 • 888-731-4198
www.freewayrv.com

*10% off all new & used RVs, parts & service - Aug. 1-31, 2014. Excludes LP and RENTALS

2015 Salem Hemisphere 266lbs • Stk. #SA6156
\$30,995
(minus) 10% = 10th anniversary pricing*

2015 Flagstaff Classic Super Lite 831lbs • Stk. #FL0663
\$32,995
(minus) 10% = 10th anniversary pricing*

\$1.00 OFF any grande/super specialty beverage (hot, iced or frozen)

BIGGBY COFFEE

Inside the Petoskey Meijer & 1004 W Main Street • Gaylord

BOGO FREE (BOGO = Buy One Get One of equal/lesser value) any grande/super specialty beverage (hot, iced or frozen)

BIGGBY COFFEE

Inside the Petoskey Meijer & 1004 W Main Street • Gaylord

BUTTERSCOTCH MOCHA LATTE

hot, iced, or frozen!

NO CREDIT? BAD CREDIT? **NO PROBLEM!**

Ask about our **Guaranteed Credit Approval**

2006 CHEVY IMPALA LT
31 MPG. Only 78 K miles.
SALE PRICE \$8,999

Rivertown AUTO GROUP
“The Best for Less”

989 VFW RD. CHEBOYGAN
231-627-6700
www.rivertown.net

PO Box 205, Boyne City, MI 49712 • www.CharlevoixCountyNews.com • (989) 732-8160 • Office@CharlevoixCountyNews.com



Standard Mail
US Postage
PAID
Gaylord, MI
Permit No. 70

EGRWSS POSTAL CUSTOMER

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Music and family fun highlight Petoskey Festival on the Bay

By Jessica Boyce

There is so much going on at the 12th Annual Petoskey Festival on the Bay. The Festival on the Bay gets started on Thursday, August 14th and continues through Sunday, August 17th. Some of the main attractions at the festival are the vendors on the Promenade, the Children's Area, the Promenade and Entertainment Tent, and the BBQ on the Bay contest which is new this year.

Vendors are open from noon – 5:00 pm on the Promenade by the Waterfront on Friday, and then from 10:00 am – 9:00 pm on Saturday. There will be a mix of local food providers, with an emphasis on healthy foods, along with gifts and trinkets available as well. The Children's Area will be open

There will be many activities for children in the Children's Area on Friday and Saturday including a petting zoo on Saturday.



from 1:00 pm – 7:00 pm on Friday and 10:00 am – 5:00 pm on Saturday. There will be games and activities on Friday with a Petting Zoo, Zumba Dance Party, and Jania the Magic Lady on Saturday. There will also be a Children's Fishing Derby from 10:00 am – noon at the Arboretum on Saturday.

The Promenade Music Tent will be open from noon – 9:00 pm on Friday with music from Charlie Millard at 5:00 pm. Then on Saturday, there will be live music from Ty Parkin and the Bear Creek Brothers, Holly August, Sky & Signal, and the Muddy Bottom Boyz from noon – 9:00 pm. The Entertainment Tent located in the Ed White Ballfield is open from 5:00 pm – midnight on Friday with the Jelly Roll Blues Band, Petoskey Steel Drum Band, Billy Strings & Don Julin, and The Cookies. The Entertainment Tent is open from 5:00 pm – midnight again on Saturday with music from DJ Steve Dub, Yankee Station, Galactic Sherpas, Third Coast Kings, and Ryan Whyte Maloney.

New to the Festival on the Bay this year is the BBQ on the Bay contest. This is an amateur rib grilling contest so everyone can see who can make the best BBQ ribs. Grillers get started at 8:00 am and then the tasting event is from noon – 3:00 pm. Festival goers can purchase tasting tickets so they can try all of the delicious BBQ ribs. The Pistil Whips will be playing in the Entertainment



Vendor booths for the Petoskey Festival on the Bay will be open Friday, August 15th from noon – 9:00 pm and then again on Saturday, August 16th from 10:00 am – 9:00 pm.

ment tent during the contest.

There are many more events at the festival including the Chalk and Chocolate Festival, Teen Dance Parties, and a Downtown Treasure Hunt. For more information on anything hap-

pening at the Petoskey Festival on the Bay, you can visit petoskeyfestival.com or call the Petoskey Chamber of Commerce at (231) 347-4150.

PETOSKEY FESTIVAL ON THE BAY - 2014 EVENTS AT A GLANCE

THURSDAY, AUGUST 14

6:00 to 9:00 p.m. - Family Night Sponsored by Blissfest, \$5 per family
7:30 p.m. Harbor Hoedown with country dancing and caller

FRIDAY, AUGUST 15

8:30 a.m. to 1:00 p.m. - Farmers Market, Howard Street, Downtown
10:00 a.m. to 4:00 p.m. - Visit the Little Traverse History Museum!
Noon to 9:00 p.m. - Vendor Booths on the Promenade, Waterfront
Noon to 9:00 p.m. - Promenade Music Tent with Music and Verizon Demos
5:00 Charlie Millard
Noon to 9:00 p.m. - Downtown Treasure Hunt, Downtown
Noon to 4:00 p.m. - Kayak rides and demos by The Outfitter, Festival Place
Noon - Concert in the Park, Pennsylvania Park, Downtown Petoskey - Chris Koury
1:00 to 7:00 p.m. - Games and Activities in Children's Area - \$2 per child, adults free
4:00 p.m. - 8:00 p.m. Kayak demos by The Bahnhof, Festival Place
5:00 p.m. - Tommy Tropic, Promenade
5:00 p.m. to Midnight - Live Music, Entertainment Tent, Ed White Ballfield, \$5 Fee
5:00 p.m. - Jelly Roll Blues Band, Entertainment Tent
5:00 p.m. - Tommy Tropic, Promenade
7:00 p.m. - Petoskey Steel Drum Band, Entertainment Tent
9:00 p.m. - Billy Strings & Don Julin, Entertainment Tent
9:00 p.m. - 11:00 p.m. Teen Band Jam, Children's Area, \$5
9:00 p.m. Holly August
9:30 p.m. Intactalis

10:00 p.m. Passenger Pigeons
10:30 p.m. Kvq\$
10:00 p.m. - The Cookies, Entertainment Tent

SATURDAY, AUGUST 16

8:00 to 11:00 a.m. - Wellness Walk/Run, Festival Place
8:00 a.m. - Grilling competitors set up grills and start grilling!
9:00 a.m. - Yoga with Mary Reilly, North Woods Yoga, at the Waterfall
10:00 a.m. to 4:00 p.m. - Visit the Little Traverse History Museum
10:00 a.m. - Whispering Pines Petting Zoo, Children's Area
10:00 a.m. - Chalk and Chocolate Festival, Arboretum
10:00 a.m. to Noon - Children's Fishing Derby, Arboretum
10:00 a.m. to 6:00 p.m. - The BIG Art Show, Pennsylvania Park
10:00 a.m. to 9:00 p.m. - Vendor Booths on the Promenade, Waterfront
10:00 a.m. to 9:00 p.m. - Downtown Treasure Hunt, Downtown
10:00 a.m. to 5:00 p.m. - Games and Activities in Children's Area, \$2 per child, adults free
10:00 a.m. - Zumba Dance Party, Children's Tent
11:30 a.m. - Jania the Magic Lady, Children's Area
Noon to 9:00 p.m. - Promenade Music Tent with Music and Verizon Demos
12:00 p.m. Ty Parkin and the Bear Creek Brothers
1:00 p.m. Holly August
3:00 p.m. Sky & Signal
6:00 p.m. Muddy Bottom Boyz
Noon to 3:00 p.m. - BBQ on the Bay, Music by Pistil Whips - Entertainment Tent

Noon to 5:00 p.m. - Jiimaan Canoe rides on the Bay
Noon to 4:00 p.m. - Kayak rides and demos by the Outfitter, Festival Place
3:00 p.m. to 5:00 p.m. - Petoskey Public Safety Fire Station Open House
4:00 p.m. - The Great Bear River Duck Race, Waterfront
4:00 to 8:00 p.m. - Kayak demonstrations by The Bahnhof, Festival Place
5:00 p.m. to Midnight - Live Music, Entertainment Tent, Ed White Ballfield, \$10 Fee
5:00 p.m. - DJ Steve Dub, Entertainment Tent
5:00 p.m. - Little Traverse Historical Society's Petoskey Croquet Open, Festival Place
6:00 p.m. - Yankee Station, Entertainment Tent
6:30 p.m. - Ryan Whyte Maloney, ALL AGES, Entertainment Tent
6:00 p.m. & 8:00 p.m. - Martina Hahn, Speed Painting, Promenade
7:00 p.m. - Galactic Sherpas, Entertainment Tent
8:30 p.m. - Third Coast Kings, Entertainment Tent
8:30 p.m. - Club Electro Sunset Dance Party for Teens, Children's Area
8:30 p.m. Dj DomNom
9:30 p.m. Dj Bill Da Cat
9:00 p.m. - Downtown Treasure Hunt Award, Waterfront/Information Booth
10:00 p.m. - Ryan Whyte Maloney Band with Cali Tucker, Entertainment Tent
Sunday, August 17
8:00 a.m. - 3Disciplines Tri-Athalon
10:00 a.m. - Worship on the Bay, Waterfront

East Jordan Hayride & Potluck

Saturday, September 13, 5:30 farm tour, 6:30 potluck at Bluestem Farm, 4218 M-32 (at the Adams Road intersection). Meet the farmers and get an up-close look at the animals, vegetable gardens, woods, and fields that make up Bluestem Farm, and share a potluck meal. Families welcome. Free. Like farming, this hayride happens rain or shine, but there's a big barn for cover if the weather's not good. Please dress for the weather and wear comfortable shoes you won't mind getting dirty. If you'd like to share the meal, please bring a dish to pass along with your own place-settings. For your comfort, you might want a chair or blanket to sit on, but if you're not too particular we'll have an assortment of things to sit on. Event parking is on the north side of M-32, on Adams Road. No dogs, please.

Boyer City Summer Jam

Sessions are hosted by the historic Porter Creek Grocer every Sunday at 5pm. Bring your instrument, your family, friends and chairs. Join in the local Summer Jam at 4672 Lakeshore Road, across from Sommerset Pointe Yacht Club. All musical genres are welcome. It's a great place to showcase your talent or just relax and listen to some great local musicians. Porter Creek Grocer will be open for your convenience with cold beer and the best pizza around. For further information call Dan at 231-884-6882.

REPAVING

continued from 1A

culverts, guard rails and new curbing on the corner of Lake and Church Streets.

Jerry Rasmussen, the Town Hall groundskeeper, informed the council that the hall is now up to ADA code after the installation of new door handles, faucets and a handicapped parking designation sign.

The Village has received a Grand Vision Grant in the amount of \$7,200 to finance the hiring of a director for the upcoming Paddle Antrim. The event will begin at Community Park on September 12 ending in Bellaire then start up again there and conclude in Elk Rapids the following day. The Village Council approved authorization for Campbell to sign the contract accepting the money on behalf of event organizers.

A contract with Mission Computers in Central Lake was approved. The \$720 agreement hires Corey Hoeksma to monitor the village and police computers for viruses and other malfunctions for a year. "I can't keep track of what we have on there, they (viruses) keep downloading themselves," said Campbell. The contact insures that if a problem is found Hoeksma will come out and fix it.

Mary Neer was appointed to the Planning commission. Neer is taking the seat vacated by Greg Strange. "He just doesn't show up any more," said Campbell.

The Archery Tournament is scheduled for September 20.

The next Village Council meeting will be held on September 8, 7p.m. at the Banks Township Hall.

ASSAULT

continued from 1A

facts and not emotion or sympathy."

City of Charlevoix Deputy Police Chief Scott Hankins and Officer James Schlappi, conducted the investigation, together with the Charlevoix County Sheriff's Department, and also testified for the prosecution.

Booth will be sentenced on September 5 at 9:00 a.m. in the 33rd Circuit Court. She faces a maximum sentence of life in prison.

Are you looking for a local insurance agent?

Call Don Jess today for a "No Problem[®]" quote.



CHARLEVOIX AGENCY, INC.
Charlevoix • 231-547-4441

Auto-Owners Insurance

boaters...



The Municipal Harbor offers:

- 30 seasonal boat slips
 - 17 transient boat slips
 - shopping docks
 - full-service gasoline
 - pump-out station
 - power, water, ice
 - WIFI, Cable
 - restrooms.
- Shower facilities are available for seasonal and transient slip holders. Boat sizes up to 60 feet.

At the tip of Lake Charlevoix's South arm, the Municipal Harbor has captured the attention of more than just boaters. Located only one block off Main Street, the Municipal Harbor is within walking distance to local restaurants and friendly shops.

Call **231-536-2166**

South Arm Classic Boat Show: Saturday, July 12, 2014 / 10:00 a.m. to 4:00 p.m. Memorial Park, Edge of Lake Charlevoix. This boating event has been in existence for seven years and has attracted boaters from around the state and many areas in the Midwest. This family oriented event is held on the water's edge of Lake Charlevoix in Memorial Park. This boating venue features grass display area as well as water display.

The Tourist Park and Beach and Municipal Harbor are operated by City of East Jordan Parks Department

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Time to Stuff the Bus

Char-Em United Way will host the 7th Annual 'Stuff the Bus' event on Saturday, Aug. 16, from 10 a.m. to 5 p.m. Volunteers will be at multiple locations collecting school supplies for local children in need. Drop off locations include Walmart and Festival on the Bay in Petoskey and Kmart in Charlevoix.

The extra expenses associated with the start of school each year are difficult for many families. Char-Em United Way is asking the community to collect and donate school supplies for our local children. "We want to make sure that every child has the supplies they need to succeed in school," said Lisa Luebke of Char-Em United Way. "Cuts in school budgets and the struggling economy have left many local children in need of the basics like pens, pencils, and paper. Char-Em ISD is still averaging almost half of all students qualify for free or reduced lunch which shows that the need is still great in our communities."

Shoppers can get a list of suggested school supplies and drop box locations by going to United Way's website at www.charemunited-way.org. The distribution of school supplies to students in need will be coordinated with the Char-Em Intermediate School District using Free/Reduced Lunch data.

Monetary donations to purchase school supplies for students in need will also be accepted. Donations should be mailed to Char-Em United Way, PO Box 1701, Petoskey, MI 49770 with Stuff the Bus noted, or use one of the donation boxes available at each location during the event. For more information contact Lisa at 487-1006 or info@charemunited-way.org.

RECYCLING

continued from 1A

see a need, we'll work together to get it taken care of."

Commissioners came to a consensus that they would like to see an additional site for recycling in East Jordan that would be open seven days per week. The new site will likely be located behind the Emergency Services Building off of M-32.

"We would need to locate [the bin] so that it would be easily accessible by our citizens and our DPW crew to remove snow in the winter," said City Administrator Chris Yonker. "None of the (possible) locations have lighting for night operations."

Yonker plans to get a bid for a trial period of one year to have the recycling bin at the new site.

The transfer station will continue to accept both recyclables and refuse. Located at 700 Nichols Street, the East Jordan Transfer Station is open Tuesdays from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 4 p.m.

The next regular meeting of the East Jordan City Commission is scheduled for 7 p.m., Tuesday, August 19, 2014.

Free Dental Day



PHOTO BY M. CHRIS LEESE

ABOVE: Just after dawn Friday, Dr. Michael Sullivan (center) of Beacon Dental Center, Charlevoix addresses the public before beginning a day of free dental services called, "Smile its Free" as his staff and professional volunteers (background) prepare for a day of service during the fourth annual community service event.



PHOTO BY M. CHRIS LEESE

LEFT: Kenneth Myers of Petoskey gives a thumbs up on his way out of Beacon Dental Center in Charlevoix Friday after receiving more than \$1400 of treatment on the "Day of free dentistry" a during the fourth annual community service event. Currently living in a motorhome, Myers says repairing four teeth free, is a real help to him.

Worth Obsessing Over

It speaks to you. Maybe it even sings to you. When you find the perfect one, it colors your thinking as much as your walls. The Pratt & Lambert palette is filled with more than 1,000 rich, beautiful colors for you to savor, just as many of today's top designers and architects do. Find your inspiration and start your obsession with Pratt & Lambert.

Color and quality for over 160 years. prattandlambert.com

f
t
p

Wall: 24-29 Argent; Detail: 32-31 Off White

PRATT & LAMBERT PAINTS
Never compromise.

East Jordan

True Value

START RIGHT. START HERE.™

201 Mill St., East Jordan

536-3121

www.truevalue.com/eastjordan

Just Ask

RENTAL

Buy what you want.
Rent what you need.

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

BOYNE CITY

Evenings at the Gazebo

Summer Wednesday evenings, 6:30 p.m. Free concerts in Old City Park, at the corner of Park and River Streets. The Evenings at the Gazebo free concert series is brought to you by the Boyne Area Chamber of Commerce, our generous sponsors and in-park donations made on the night of each performance. Bring your lawn chairs or blankets, a picnic basket and maybe a bottle of wine. No pets, please. In case of rain, concerts will be held at an alternate location - check this website or call the chamber at 231-582-6222 for details.

This year's performers:
Aug. 13 - Billy Strings and Don Julin

CHARLEVOIX

Charlevoix Summer Sidewalk Sales

Charlevoix area merchants are pleased to offer hot summer deals at their annual end of summer sidewalk sales taking place Thursday, Friday and Saturday, August 14, 15 & 16. Take advantage of substantial reductions on a variety of seasonal inventory that must go. Merchants will be out in force with great sales to reduce inventories before the fall season. Shoppers will find great discounts on gift items, home décor, clothing, books, jewelry, accessories and more. Hours may vary, but most merchants will be on the sidewalk from 9am to 6pm and inside after 6pm. So shop early for the best steals, deals and unbelievable savings. Don't miss the best bargains of the year on an array of quality merchandise at participating merchants located downtown Charlevoix and throughout the area. For more information, contact the Charlevoix Area Chamber of Commerce at 231.547.2101, or visit www.charlevoix.org.

EAST JORDAN

Summer Luau Party & Sidewalk Sales

Friday, August 15 - 10AM - 5PM. Fabulous Sales on the Sidewalk, Jordan River Arts Council - Charles Culver Retrospective Exhibition, EJ on Main Street - Open w/Casting Demo's and water, Free Popcorn in the Afternoon, Specials at downtown restaurants

BOYNE CITY

Stroll the Streets

Stroll the Streets is every Friday night from 6 to 9pm and continues with free music all over downtown Boyne City through Labor Day weekend.

Stroll the Streets schedule August 15 - Adolph Cwik, Ananda, Bob Greenway, Genesis Church, Jania Taylor, Kellerville, Kowalske Family Band, Tom Monley

August 22 - Don Rivers & Jim, Ernie Mindel & Cedar Valley, Joyful Creations, Kowalske Family Band, Lake Street Ramblers, Straight Forward Bluegrass Band, T N T, Wooden Nickels

August 29 - Craig Cottrill, Horton Creek, Kowalske Family Band, Northern Nights, Steven D and The Keys, Twister Joe, Wyatt & Shari Knapp

EAST JORDAN

Summer meals for children

East Jordan Public Schools announces the sponsorship of the Summer Food Service Program for Children. Free meals will be made available to children 18 years of age and under or person up to age 26 who are enrolled in an educational program for the mentally or physically disabled that is recognized by a State or local public educational agency. Meals will be provided at East Jordan Elementary School, 304 Fourth St. from June 16 through August 15. Breakfast will be served from 9am - 9:30am and lunch will be served from 11:30am - 12:30pm, Monday through Friday. Neighborhood children

are welcome to participate.

EAST JORDAN

Music in the Park

2014 Summer concert series at 7pm at the Memorial Park bandshell
Aug. 15 - Snyder Family

CHARLEVOIX

Kids day at farmers market

Aug 14 Kids Day at the Market! Puppet Show at Noon - Odmark Pavilion

CHARLEVOIX

Puppet show

The Charlevoix Public Library is pleased to announce a partnership with the Charlevoix Farmer's Market which is bringing Kevin Kammeraad and the Cooperfly Puppet Troupe to town. Kevin will be performing at noon at the Market in Bridge Park, Thursday, August 14. Kevin, and sidekick Ollie Winston, will bring a Variety of Puppet Vignettes in G Major to life for the all-ages audience. Kevin performs in his unique, refurbished material, hand-made puppet theatre. This interactive show has audiences laughing, singing, dancing, thinking, creating, and directing the flow of the show! "A perfect family outing - puppets and the market!" states librarian, Laura Potter. Kevin has been a full time presenter/performer, artist, and children's author since 1999, after graduating from Grand Valley State University. For more information about the show contact the library at 231.237.7350.

EAST JORDAN

Resilient East Jordan

The City of East Jordan is working to improve the community's capacity to absorb future shocks and stresses in a groundbreaking master planning process called "Resilient East Jordan. The Resilient East Jordan project will address a wide range of concerns, such as natural resource preservation, efforts to build the local economy, and ways to manage the impacts of climate variability. Project organizers have scheduled a large Public Kick-off Meeting on Thursday, August 14 at 6:00 p.m. at the East Jordan Civic Center to discuss the project and to organize work groups on a number of community planning topics.

EAST JORDAN

Patient appreciation day

The East Jordan Family Health Center is celebrating its 16th Annual Patient Appreciation Day on Thursday, August 14th from 4-7PM, in conjunction with National Health Center Week. The Health Center is a non-profit Federally Qualified Community Health Center dedicated to bringing quality, affordable, primary medical care to the community. This annual event includes a Barbeque Dinner, Door Prizes, Music by Local Acoustic Group, Shady Hill, Children's Activities, a variety of Health Education & Information Booths and more all free of charge and all are welcome to come join the fun! East Jordan Family Health Center is located at 601 Bridge St

CHARLEVOIX

Recovery high open house

B.A.S.E.S would like to invite everyone to the Recovery High Open House to be held on Friday, August 15th from 10am to 2:30pm. Lunch will be provided at no charge by Stafford's restaurants. The Open House will take place at Great Lakes High School at 108 Garfield (former Charlevoix Middle School). Agenda will include opening comments from Bob Gendron, Superintendent of Charlevoix Public Schools and Honorable Frederick Mulhauser, Charlevoix and Emmet County Probate Judge, followed by an overview of "Adolescent Addiction and Recovery" by Scott Kelly from B.A.S.E.S.

There will be tours of the school facility and lunch will be served from Noon to 1pm. From 1 to 2:30pm, Round Lake High School summer participants and key mentors will present a brief overview of the many projects that have been taking place. Included will be: boat building, creative writing, artistic expressions, gardening, future focus on teens and a specialized reading program. There is no charge for attendance but we are requesting an RSVP so we can plan for lunch. For more information or to RSVP for lunch, please call 231.547.8191 or email recoveryhigh@charlevoixcounty.org.

BOYNE CITY

Library Family Fun Fair

Boyne District Library will be bursting with activity on Friday, Aug. 15 during its Family Fun Fair. The fair will be held from 6-8 p.m. during Stroll the Streets. "The library will be filled with so much fun that it will spill over into the street," said new teen librarian Flo Smith. "The purpose of the Fun Fair is just to provide a good time for children and families." The 200 block of South Park Street in front of the library will be closed to traffic to make room for all sorts of activities. A fire truck will be on display for kids to see up close and explore, courtesy of the Boyne City Fire Department. A highlight of the Fun Fair will be magic and balloon twisting with Jania Taylor. Playing games and winning prizes is all part of the fun. Games will include bean bag toss, arcade basketball, ladder ball, and back by popular demand, the toilet paper toss. In keeping with the Summer Reading Program theme of "Fizz, Boom - Read" there will also be fun science activities and games, including "Make and Take Gross Science projects." Another favorite returning this year is the cake walk, which will take place in the community room, featuring fresh home-made baked goods from the Friends of the Library. Face painting will be offered, and children may choose a craft such as rock painting, or participate in a scavenger hunt. Refreshments will be available from the Boyne Valley Lions concession trailer and will include cotton candy, snow cones, and popcorn.

CHARLEVOIX

Rummage sale

Huge rummage sale at the Charlevoix United Methodist Church takes place 9 am - 3 pm, Friday and Saturday, Aug. 15 and 16th, in conjunction with Charlevoix's Sidewalk Sales. Items at the rummage sale include kitchen table and 2 chairs, entertainment center, exercise bike and much, much more. Proceeds will benefit local outreach missions. For more information call 231-838-7210 and ask for Gail.

EAST JORDAN

Hayride & Potluck

Saturday, August 16 from 5:30-7:30pm, 5:30 farm tour, 6:30 potluck, Bluestem Farm, 4218 M-32 (at the Adams Road intersection). Meet the farmers and get an up-close look at the animals, vegetable gardens, woods, and fields that make up Bluestem Farm, and share a potluck meal. Families welcome. Free. Like farming, this hayride happens rain or shine, but there's a big barn for cover if the weather's not good. Please dress for the weather and wear comfortable shoes you won't mind getting dirty. If you'd like to share the meal, please bring a dish to pass along with your own place-settings. For your comfort, you might want a chair or blanket to sit on, but if you're not too particular we'll have an assortment of things to sit on. Event parking is on the north side of M-32, on Adams Road. No dogs, please.

CHARLEVOIX & EMMET COUNTIES

Stuff the Bus

Char-Em United Way Stuff the Bus will be held Saturday, August 16 from 10am to 5pm. Drop off locations: Petoskey Walmart, Charlevoix Kmart, and Petoskey Festival on the Bay (kids section). A fundraiser to collect school supplies for local children in need.

BOYNE FALLS

Forest Assn meeting

The Michigan Forest Assn annual meeting is Saturday, August 16 at the Flywheelers grounds on US 131. The event is open to the public from 9am - 5pm. Demonstrations for belt driven forestry equipment including Sawmill, Veneer Mill and Shingle mill. Logging equipment on site including timber harvesters. \$5 person up to \$20/car for parking. Horton Creek will be playing from 7:15 - 8:15.

CHARLEVOIX

Arm Chair Theatre

Ruth Willis is a noted Drama Instructor and Director from Pittsburgh who resides in Charlevoix during the summer months. Ms. Willis will be Presenting Armchair Theatre twice a month, Sundays early evening gathering at the Charlevoix Circle of Arts located at 109 Clinton Street. Participants will explore creative theatre-thought, written, read, spoken, acted, sung, performed and enjoyed. The first program is from 6:30 - 9:00 pm. Armchair Theatre is free to the public. Programs will cover many moods: August 17, 31, September 14, 28. Armchair Theatre is presented by the Performing Arts Committee

NORWOOD

Summinar: Shale, Kettles and Concretions

University of Wyoming geology professor, Jim McClurg, will satisfy the curiosities of many up-north residents and closet geologists with an illustrated program on Norwood's shale deposits, their kettles and concretions on the lakeshore south of the village of Norwood. Wednesday, August 20, at 7:30 p.m. at the Norwood Schoolhouse. Free for members, \$5 for non-members.

GAYLORD, PETOSKEY

Safety in Residential construction training seminars

The Home Builders assn. of N. Mich. and MIOASHA team up to make job sites safe. The top 5 serious hazard categories commonly associated with residential job sites are: Falls, Scaffolds, Ladders, PPE/Tool Guarding, Electrical. Call the HBA Northern Michigan office at 231.348.9770 to register for a training class on these 5 hazard categories at the training location and date most convenient for you. The training will give you an overview of what you can do to protect yourself and others on the job site from injury or fatality. The training seminar is an important safety awareness starting point for all who work on residential construction sites. Attendees will also be able to record Continuing Education credits for attending. Safety in Residential construction training seminars will be held at HBA training sponsor locations: August 20th - 4-6pm at ProBuild, 1054 Old 27 North, Gaylord and August 26th - 4-6pm at Preston Feather Lumber, 900 Spring Street, Petoskey. Training class cost is \$20 for general admission and Free for HBA Northern Michigan members. For more information visit www.hbanorthernmichigan.org

PETOSKEY

Joe Nichols headlines Emmet-Charlevoix Fair

The Emmet-Charlevoix County Fair returns to the fairgrounds in Petoskey from Aug. 15-24. The carnival begins Tuesday, Aug. 19, country music star Joe Nichols performs Thursday, Aug. 21, and the Monster Truck Show returns on Saturday, Aug. 23. Tickets for the Monster Truck Show are \$17 and 2 for \$25 in advance for ages 13 and up; \$7 for ages 2 to 12; and under 2 are free. Monster Truck tickets will be available at the Boyne Area Chamber office, 28 S. Lake St. Other grandstand events include Pony, Mule and Horse Pulls on Aug. 19; Michigan High School Sanctioned Rodeo Aug. 20; and Autocross Racing on Aug. 22. To purchase Grandstand event tickets, call the Fair Office at 231-347-1010.

CHARLEVOIX

Art at the Market

Thursday, August 21, 9am-1pm in East Park. Plein Aire artists gather to paint during, Charlevoix farmers market on Bridge Street. Also glass paint-

ing fundraiser for the Charlevoix Circle of Arts by Edith Pair and music by the Pistil Whips.

BOYNE CITY

Great Lakes People Fund grant helps Arts Collective sponsor kids event

Boyne Arts Collective has been awarded a much-appreciated grant from the Great Lakes Energy People Fund. The grant will be applied to a Boyne Art Blast program centered on "Kids Doing Art." The two-day camp will take place Aug. 22 and 23 at Veterans Park Pavilion on North Lake Street. The Boyne Art Blast participants aged 10 - 14 will explore the environment for inspiration and will focus on contrasts of rural and urban settings. Students will learn new art techniques and use mixed media to create three pieces of finished art to take home. For more information, call Lisa Beeman at 720-235-2337 or visit www.boynearts.org. During August, the BAC South Gallery is exhibiting the works of June Storm's latest watercolor classes.

CHARLEVOIX

Exhibit

Michigan water color society exhibit, August 21 to September 27. Reception, Saturday August 23, 5-7 p.m.

BOYNE CITY

Ridge Run Dog Park opening celebration

Everyone is invited to the opening celebration of the Ridge Run Dog Park on Thursday, Aug. 28 from 4 to 6 p.m. Bring your dog to this dedication of Boyne City's newest city park. A ribbon-cutting ceremony will begin at 5 p.m. and refreshments will be served. Ridge Run Dog Park is located three blocks north of the Boyne City/Charlevoix Road (Michigan Avenue), follow Charlevoix Street north to Ridge Street and turn left, west. The park is now open for use, although more amenities including drinking fountains and grass planting are coming soon.

BOYNE FALLS

Patriotic color run/walk

The Patriotic run and walk is 9am on Saturday, Aug. 30, when the Boyne Falls Class of 2016 will be featuring the first-ever Patriotic 5K Color Run/Walk. Join the fun as the class will confetti you with color at each mile marker of the race. The theme is patriotic since it will be held Labor Day weekend, so make sure you "dress" the part. We will have prizes for the 1st - 3rd place runners in each of the men and women divisions. We are encouraging walkers, as we will have fun door prizes for all participants, including a pair of Michigan football tickets. Details and registration applications are at www.boynefalls.org and www.runmichigan.com.

BOYNE CITY

Triathlon

Register now for this triathlon coming on Labor Day weekend. You can register for the second annual event at www.BoyneCityTriathlon.com.

MICHIGAN

Energy grants

The Michigan Energy Office (MEO) is offering grant awards to fund energy efficiency retrofit projects in commercial buildings that are owned by small businesses and private non-profit organizations. The goal is to encourage cost-effective energy upgrades that reduce operating costs for building owners, support local job creation, and free up capital to re-invest in these businesses over the long term. Applications are due August 31, 2014 or when funds are exhausted.

BOYNE CITY

Senior dinner

The Boyne Area Senior Center is now hosting Wednesday night dinners (instead of Wednesday lunches). Suggested donation is \$3. Dinner from 5-6pm. Music from 5:30-7pm. The senior center is located at 411 Division St.

EAST JORDAN

Senior dinner

The East Jordan Community Center is now serving Dinner every Wednesday. Dinner and entertainment - Entertainment begins at 4PM and dinner is served at 5PM. Lunch will not be served on Wednesday throughout the summer. The senior center is located downtown.

CHARLEVOIX

Senior dinner

The Charlevoix Area Senior Center is now hosting Wednesday night dinners (instead of Wednesday lunches). Entertainment follows dinner.

CHARLEVOIX

Farmers Market

Held every Thursday in East Park on Bridge Street, downtown from 9am - 1pm. Free 20-minute parking along Bridge Street for market shoppers!

BOYNE CITY

Farmers market

The Boyne City Farmers Market continues its outdoor season at Veterans Park from 8am to noon every Saturday and Wednesday.

EAST JORDAN

Farmers market

Every Thursday at Sportsmans Park, 9am - 1pm

BOYNE CITY

Free computer classes

Free computer 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 582-7861.

BOYNE CITY

Grief support group

Survivors of Suicide [SOS] is a grief support group for support and understanding after the loss of a loved one or friend. Meetings are held at the Boyne Area Senior center conference room, 411 East Division St., Boyne City, on the first Wednesday of the month from 6:30-8 p.m. For more information call Hospice of Little Traverse Bay 231-487-4825.

ADVANCE

Summer Jam

The historic Porter Creek Grocer is now hosting "Summer Jam" sessions every Sunday at 5 p.m. Bring your instrument, your family, your friends and your chairs. Join in the local "Summer Jam" every Sunday at 4672 Lakeshore Rd (across from Sommerset Pointe Yacht Club). All musical genres are welcome. It's a great place to showcase your talent or just relax and listen to some great local musicians. Porter Creek Grocer will be open for your convenience, cold beer and the best pizza around.

EAST JORDAN

Christian coffee house

Open Door Christian coffee house will be held every first and third Saturday at the East Jordan Community Center on Main St. Refreshments are available; free coffee and a small charge for pizza and soda. We have a lot of wonderful talent right here in northern Michigan. Great fellowship, everyone is welcome to come

CHARLEVOIX

Chronic disease path workshop

This Stanford University developed group workshop assists program participants to better face the daily challenges of living with long term health conditions such as heart disease, asthma, arthritis, diabetes, fibromyalgia, and depression. Take an active, positive role in the management of your chronic condition. September 3rd thru October 8th, 9:30 - Noon at Charlevoix Senior Center. No cost to attend. \$15 donation appreciated. To register call Darcia at 800.442.1713.

Bill and Joy Murray
(231) 536-2925



BODY SHOP LLC
www.murraysbodyshop.com

In Business Since 1955

938 South Lake St. cell: (231) 675-9599
East Jordan, MI 49727 Fax: (231) 536-0851

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Avoid High-fructose Corn Syrup - If You Can!

Deb Hagen-Foley

Read the label on a bottle of ketchup or salad dressing or many other processed foods and you will probably find high-fructose corn syrup. High-fructose corn syrup (HFCS) entered the American food supply in the 1970's. It is used extensively in soft drinks and processed foods as a cheaper alternative to cane sugar. As a result of government corn subsidies, HFCS can be made inexpensively. HFCS is as sweet as cane sugar. For manufacturers, HFCS is a preferable alternative because it blends well with other foods, has a longer shelf life than cane sugar and is less expensive to produce.

HFCS and cane sugar are chemically different. While both are composed of fructose and glucose, in sugar the two are chemically bonded together and in HFCS they are only blended. As a result, HFCS digest more easily, meaning HFCS is more quickly metabolized and absorbed into the bloodstream. This may lead to spikes in blood sugar and the production of fats. In the short-term, hunger increases more quickly and



and delay hunger and can be effective in weight control. At the highest end of the glycemic index, a ranking of 100 is given to the blood sugar impact of eating pure glucose. HFCS has a glycemic index of 73 and honey has a GI of 61. Neither are low-GI foods. All sweeteners should be used sparingly.

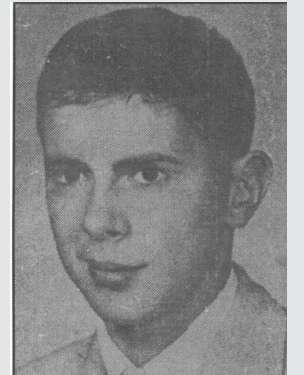
High fructose corn syrup has been linked to the obesity crisis in the U.S. According to the Centers for Disease Control, more than 35% of the adult population is obese, an additional 34% are overweight. The presence of HFCS in many processed foods and most soft drinks has contributed to these statistics. A 20 oz. bottle of Coca Cola contains 240 calories and 65 grams of sugar. It is estimated that the average American drinks 45 gallons of soda each year. These are "empty" calories, providing no nutritional value. To avoid HFCS, read food labels. You may be surprised how many products include HFCS. Foods containing HFCS are probably low in nutrition in other ways as well. Avoid processed foods and sweetened beverages to avoid HFCS and support your healthy lifestyle.

eating more of the food may not eliminate our hunger. Long-term weight gain, diabetes, heart disease, and negative impacts may result. The glycemic index (GI) ranks carbohydrates according to how quickly a 50-gram serving of the food raises blood sugar. Foods are ranked on a scale from 0 to 100. Foods with a higher GI are digested quickly and absorbed, leading to increased blood sugar levels. Lower GI foods are digested slowly and do not significantly impact blood sugar levels. Low GI diets are effective in improving glucose and lipid levels and reducing insulin levels and insulin resistance in persons with diabetes. Low GI foods help control appetite

and delay hunger and can be effective in weight control. At the highest end of the glycemic index, a ranking of 100 is given to the blood sugar impact of eating pure glucose. HFCS has a glycemic index of 73 and honey has a GI of 61. Neither are low-GI foods. All sweeteners should be used sparingly.

VETERAN OF THE MONTH

Thomas Gerald Derenzy



The Veteran of the Month for August 2014 is Thomas Gerald Derenzy. Born on Sept. 5th, 1944 in Charlevoix, Mich., Derenzy was raised in East Jordan, Mich. graduating from East Jordan High School in the class of 1963 and going to work for Petrie Construction Company that began a career as a brick mason. On Aug. 2nd, 1965, in Cheboygan, Mich., Derenzy enlisted in the Army National Guard of Michigan and following two months basic training at Fort Leonard Wood Missouri he was assigned to Floating Bridge Platoon, 1437th Engineer Company, Cheboygan Armory, serving as a Bridge Specialist in a reserve status. On Nov. 28th, 1965, Derenzy and his unit were placed on U.S. Army Active Duty Status pending deployment to a riot in Detroit, Mich., should reinforcements be required to contain the civilian unrest, and on April 8th, 1966 Derenzy and his unit were released from Active Duty and returned to Reserve Status in the Army National Guard of Michigan. On June 19th, 1971 Derenzy, while training at Headquarters, 207th Engineer Battalion, qualified Expert with the M-16 rifle and on Aug. 1st, 1971, having completed his military obligation, he received an Honorable Discharge having attained the Noncommissioned Officer Grade of Specialist 4th Class and was awarded the Expert Badge with a Rifle. On Sept. 13th, 1980

Derenzy married Carole Ann George in East Jordan and they made their home in East Jordan. Derenzy retired from Petrie Construction Company, on Sept. 5th, 2006, after years of working on many recognizable buildings and structures both local and statewide. During retirement Derenzy enjoyed watching all sports, bowling, cooking for his family, attending area bingo, conducting bingo and the annual scholarship program at his Legion Post #227 in East Jordan, serving dinners for veterans and working the family farm harvesting hay and corn. On March 20th, 2014 Thomas Gerald Derenzy answered the final call and is being honored by his wife Carole, his children, his siblings and their families.

To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between 3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month in front of The American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.

Great resale finds at Boyne Valley Resale Store and sales proceeds benefit the Boyne Valley Food Pantry



By Jim Akans

The Boyne Valley Resale Store in Boyne Falls not only offers shoppers some amazing bargains on quality resale items, proceeds from the sales of those items are utilized to benefit the Boyne Valley Food Pantry, which happens to share the same building.

Originally founded as Peg's Closet in April of 2010 by Peggy Vondra and her mother, Marti, Boyne Valley Resale Store operates solely with a volunteer staff, and the wide variety of items offered in the approximately 1,000 square foot shop is do-

nated by individuals and organizations in the Boyne Falls and surrounding area.

Shoppers will find a huge variety of items including knick-knacks, furniture, dishes and plenty of clothing for men, women and children. Clothing items that are not sold are either shipped overseas or sent to recycling facilities where they find new life in products such as rugs or even building insulation.

Customers enjoy shopping at the store and regularly tell the volunteers that they appreciate that the clothing prices are in-

expensive (clothing items are available starting at just \$2 per item). Though the pricing is very reasonable, the items that sold at the store are all in good condition and ready to be re-utilized.

Boyne Valley Resale Store and Food Pantry is located at 3031 Main Street in Boyne Falls, at the corner of Main Street and Center. Hours of operation are Wednesday from 11 am to 3 pm, Thursday and Friday from 10 am to 4 pm, and Saturdays from 10 to 2 pm. The store can be reached at 231-549-2230

The Boyne Valley Resale Store in Boyne Falls not only offers shoppers some amazing bargains on quality resale items, proceeds from the sales of those items are utilized to benefit the Boyne Valley Food Pantry, which happens to share the same building. PHOTO BY MARTI VONDRA

GOOD SAMARITAN RESALE SHOP

9746 MAIN STREET, ELLSWORTH • ON THE BREEZEWAY

Our inventory is bursting at the seams. Stop by and check out our huge selection... we're sure to have something you've been looking for.

FURNITURE & MORE STORE

6519 CENTER STREET, ELLSWORTH

Located on Main Street in Ellsworth. We offer sofas, tables and chairs, end tables, lamps and more! All the proceeds benefit the Good Samaritan Food Pantry.

Furniture Donations Needed Now

All proceeds go to purchasing food for our food pantry

Open
Thursday, Friday 10-4,
Saturday 10-2
231-588-2208

CUSTOM & ANTIQUE FURNITURE

In the Rough, Professionally Painted or Completely Restored

FURNITURE BARN

06176 Old U.S. 31 South, Charlevoix, MI 49720
(231) 547-0133 • Cell (231) 881-0353

Web: dkellyantiques.com

E-Mail: donkellyantiques@yahoo.com

Resale Shop

8888 Ance Rd.,
Charlevoix MI

2 miles north of the bridge

Open Tues-Sat 9-4
231.547.9624

www.bergmanncenter.org

Hidden Treasures







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

<p>BOYNE CITY</p> <p>Challenge Mountain Resale Store 01158 M-75 South, Boyne City 231-582-6966 Open M-Sat. 9:30 - 5:30</p> <p>BOYNE FALLS</p> <p>Peg's Closet 3031 Main St., Boyne Falls 231-675-2463 Proceeds benefit the Boyne Valley Food Pantry</p> <p>CHARLEVOIX</p> <p>Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org</p> <p>Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com</p>	<p>EAST JORDAN</p> <p>Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p> <p>ELLSWORTH</p> <p>Good Samaritan Furniture & More Store 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org</p> <p>Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org</p> <p>FREDERIC</p> <p>Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300</p>	<p>GAYLORD</p> <p>A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500</p> <p>Angels at Work Resale 1523 S Otsego Ave., Gaylord 989.448.8615</p> <p>Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 www.goodwillnmi.org</p> <p>Great Rooms Quality Pre-Owned Furniture 148 W. Main St., Gaylord 989-745-5184 www.greatroomsgaylord.com</p> <p>Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357</p>	<p>GAYLORD</p> <p>Homespun Antiques & Crafts 230 West Main Downtown Gaylord 989-731-4305 Mon - Sat 10-5, Sun Noon - 4</p> <p>GRAYLING</p> <p>The-Brickery.com <i>Two floors of treasures</i> 107 Ottawa, Grayling, One block north of the light 989-348-8999</p> <p>HARBOR SPRINGS</p> <p>New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980</p> <p>MANCELONA</p> <p>Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606</p>	<p>MIO</p> <p>Strawberry Patch Downtown Mio 989-826-1503</p> <p>PETOSKEY</p> <p>Challenge Mountain Resale Store 2429 US31 North, Petoskey 231-348-3195 Open M-Sat. 9:30-5:30</p> <p>Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p> <div style="text-align: right; margin-top: 20px;"> <p>To add your business listing call 989-732-8160</p> </div>
--	--	--	---	---

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
					
HIGH: Upper 60's LOW: Upper 40's	HIGH: Mid 70's LOW: Upper 50's	HIGH: Upper 70's LOW: Low 60's	HIGH: Low 80's LOW: Low 60's	HIGH: Low 80's LOW: Low 60's	HIGH: Low 80's LOW: Low 60's

record temps

Day	Avg. High	Avg. Low	Record High	Record Low
14	80°F	54°F	95°F (1965)	35°F (1992)
15	80°F	54°F	92°F (1965)	37°F (1962)
16	80°F	54°F	95°F (1955)	34°F (1979)
17	80°F	54°F	92°F (1955)	35°F (1962)
18	80°F	54°F	98°F (1955)	35°F (1962)
19	80°F	54°F	95°F (1955)	35°F (1964)
20	80°F	53°F	95°F (1955)	36°F (1964)
21	80°F	53°F	99°F (1955)	35°F (2004)

OBITUARIES

James Richard McClanathan, 69

(MARCH 11, 1945 - AUG. 11, 2014)

James Richard McClanathan of Charlevoix, died Monday, August 11, 2014, at his home. He was born March 11, 1945, in Charlevoix to James and Alice (Brock) McClanathan. Jim graduated from Charlevoix High School in 1964. Jim worked for H&D in Petoskey as a heavy equipment operator for thirteen years, retiring in 2000.

He is survived by his loving family; wife, Beverly; brother, Ronald (Cheryl) McClanathan; sisters, Shirley (Rolland) Daugherty, Darlene (Dale) Buckner all of Charlevoix; several nieces and nephews. He was preceded in death by his parents, James and Alice; brother and sister-in-law, Raymond and Mary McClanathan.

Visitation will be 6-8 pm, Wednesday, August 13, at the Winchester Funeral Home in Charlevoix. The funeral will be 11 am, Thursday, August 15, at the Community Reformed Church in Charlevoix. Pastor Ted Polleys will officiate. Burial will be in Brookside Cemetery in Charlevoix.

Memorial contributions may be made to the Community Reformed Church in Charlevoix.

Charles M. Bergmann, 71

(APRIL 22, 1943 - AUG. 8, 2014)

Charles M. Bergmann of Charlevoix died Saturday, August 9, 2014, at his home. He was born April 22, 1943, in Cheboygan, to Frederick A. and Agnes Rose (Tegerdine) Bergmann. Charlie graduated from Charlevoix High School in 1961. He served in the US Army, stationed in France during the Vietnam War.

Charlie worked in a mobile bridge repair crew for the Michigan Department of Transportation before replacing his father as the Charlevoix Bridge Tender in 1971, becoming the third generation in his family to tend the Charlevoix Bridge. He retired in 1997 after

33 years of service to the State of Michigan. He was part owner of Bergmann Marine in Charlevoix, and worked there until recently.

Charlie was a firefighter with the Charlevoix Fire Department, a committee member for Boy Scouts Troop 11, an officer of the Charlevoix Rod & Gun Club, and a charter member of the Northern Michigan Flywheelers Association. He loved to hunt and go to deer camp, and go Elk Hunting in Colorado.

He is survived by his wife, Sheryl; sons, Richard (Elizabeth) Wurst of Commerce Township, Randall (Deborah) Wurst of Charlevoix; grandchildren, Jade, Haley, and Austin; Shelby, and Sydney; sister, Lois (Paul) Michelin of Newberry; brothers, Bruce (Sue) of Moran, Doug (Louise) of Charlevoix, Jim (Eileen) of Coventry, Ohio, Jack (Sherrel) of Charlevoix, Ken (Sue) of Alanson; mother-in-law, Della Johnson of Bay Shore; brother-in-law, Richard (Lynnet) Johnson of Petoskey; many nieces, nephews and cousins.

Funeral was Tuesday, August 12, at the Community Reformed Church in Charlevoix, the Reverend Chip Sauer and the Reverend Ward Potts officiating. Burial in Brookside Cemetery in Charlevoix.

Contributions may be made to the Charlevoix Area Hospital or to the Charity of Choice.

Mary Ann Hodack, 56

Mary Ann Hodack of East Jordan and formerly of Charlevoix died Monday, August 11, 2014 at Charlevoix Area Hospital.

A memorial service will be announced at a later date. The family was served by the Penzien Funeral Homes, Inc. in East Jordan.

Don M. Skinkle, 73

(Sept. 27, 1940 - Aug. 12, 2014)

Don M. Skinkle of East Jordan died Tuesday, August 12, 2014, at McLaren Northern Michigan Hospital in Petoskey.

He was born on September 27, 1940, in Central Lake, the son of Harold and Isabelle (Scott) Skinkle. He graduated from Central Lake High School in 1959. On November 8, 1963, in East Jordan, he married Therese Antoine.

Don worked as a Mechanical

Technical Instructor for the East Jordan Iron Works, now known as EJ Company, in East Jordan. He retired in 1998.

He attended the Eastport Baptist Church and served the Lord in jail ministries in Bellaire, Michigan and volunteering as a hospital Chaplain in Zephyrhills, Florida. Don also enjoyed playing golf.

Don is survived by his wife, Therese Skinkle of East Jordan; three children, Laura (Phillip) Drenth of Ellsworth, Michael (Zenda) Skinkle of Houston, Texas and Carolyn (Steve) Sura of Shepherd; six grandchildren; one sister, Reva (Jerry) Ervin of Traverse City; and two brothers, Delmar and Allen Skinkle, both of Bellaire. He was preceded in death by two baby sons, Gregory and Brian L. Skinkle; Don's parents; and one sister, Betty Boogren; as well as several nieces and nephews.

Funeral services will be held on Monday, August 18, 2014 at 11:00 A.M. at the Eastport Baptist Church, 5910 N. M-88, Eastport, MI. Pastor Jerry Troyer will officiate. Burial will be in Dunsmore Cemetery in Echo Township, Antrim County, MI.

The family will receive friends on Sunday from 2:00 to 4:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan and Monday from 10:00 A.M. until service time at the church.

George E. Miller, 90

George E. Miller of Charlevoix, died Aug. 6, 2014, at Grandvue Medical Care Facility in East Jordan.

No services are scheduled. Interment will take place in Greenwood Cemetery, Petoskey.

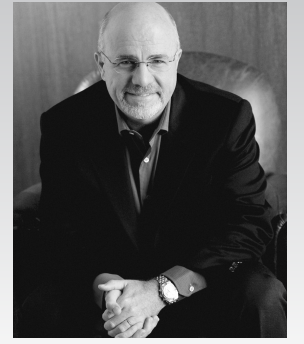
John Alberts

A Celebration of Life for John Alberts, of Charlevoix, who died Jan. 4, 2014, will take place from 2-4 p.m. Saturday, Aug. 16, at the Charlevoix Public Library community room.

Joseph Sievertson, 28

A memorial service for Joseph Sievertson, formerly of Charlevoix, who died July 12, 2014, will take place at 10 a.m. Friday, Sept. 5, at the Ironton Congregational Church.

DAVE Says



Dave Ramsey

(Asking for a raise)

Dear Dave,
What's your advice on asking for a raise at work when you have more responsibility than a co-worker but the same title on paper? After being with my company four years, I feel like I should make more money and I have the right to complain about this.

Vanessa
Dear Vanessa,
Sorry, no. You don't have a right to complain. You agreed on your pay, and you are doing your job the way your character and integrity tell you to do the job. If someone else is a slacker in the same position, that doesn't mean a whole lot in terms of your personal compensation.

I've got several people at my company who hold similar positions and make similar money. Some of them have been here for years, while others are relatively new. I don't pay people for how long they've been in the building, and I don't want anyone on my team who doesn't give 100 percent. Now, that may be a different issue than pay, but at the same time I don't want someone who gives 50 percent and I pay them 50 percent. I want everyone at 100 percent, but that kind of thing isn't your problem. It's the company's problem, because she works for them and not you.

If you honestly feel like you deserve a raise because of your effort and performance, that's fine. Sit down with your leader and make a logical and reasonable argument for why you deserve more money. But don't bring up your co-worker and what he or she makes in the discussion. That's just not relevant. What is relevant is your worth and the value you bring to the organization.

But a comparative analysis with someone else on staff just isn't a good idea. I'd stay away from that, Vanessa.

—Dave

problem, Brian. If you die today, do you know what they'll pay? Face value. They won't pay face value plus the savings you paid for. In other words, you'll lose your savings.

I'd get term life insurance in place by the end of the week. Compare prices on term, because you'll be surprised at the difference some companies charge for term insurance. Make sure you get good 15- to 20-year level terms policies valued at 10 to 12 times your annual incomes.

—Dave
* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

(Freezing your credit report)

Dear Dave,
Do you recommend a credit freeze in order to protect against identity theft?

Eric
Dear Eric,
I absolutely recommend doing that, especially if you're not borrowing money anymore. However, putting a freeze on your credit report only provides partial protection against identity theft.

Identity theft is where someone, for example, signs up for a credit card in your name. If Joe Crook signs an application with your name and address, and the credit card company issues the card without checking—they blind-issue cards about seven out of 10 times—then the card will be issued to the thief. Having your credit frozen does nothing to stop that from happening. Still, if they check your credit and it's frozen, chances are they won't issue the card.

I'd also recommend having a good identity theft protection program in place. I have it on myself and all my team members at the office. If you don't have this, and someone gets a card in your name, the credit card company will demand that you pay the bill. You can insist it's not you, but that won't do much good. Then, you'll have to go through the hassle of filling out affidavits and police reports.

You may get out of paying for it in the end, but you'll still have to spend dozens, if not hundreds, of hours dealing with the credit card company trying to get the whole mess straightened out!

—Dave
* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

(Paying the insurance penalty)

Dear Dave,
My wife and I live in New York, and we've had whole life insurance for several years. There's a seven percent penalty if we cash out the policies now. If we wait a few years, we won't have to pay into the premiums anymore. Should we cash out the policies anyway?

Brian
Dear Brian,
The reason you won't have to pay into the premiums anymore is because you built up enough savings, and they are not paying you enough on the savings to amount to anything. The amount they should have been paying you versus the way they were ripping you off will buy the life insurance.

It's not like you can pay for it because you still have probability of death. As long as there's a probability of death there's a cost to life insurance. The only question is whether you're paying out of your savings account or your checking account. In this case, you're paying out of savings.

The seven percent figure is just your surrender charge, so I'd get out of that policy soon. Here's the

Charlevoix County News

VOLUME 6, ISSUE 8

E-Mail News Releases and Announcements to Office@CharlevoixCountyNews.com

MICHIGAN MEDIA INC.

101 Water St. (inside Sunburst Marine),
Downtown Boyne City

PO Box 205, Boyne City, MI 49712 •

Phone 989-732-8160 Fax: 888-854-7441

Notice to Readers: Typically, most advertising is honest and clear about special offers, however, please be sure to read the contents thoroughly to avoid misrepresentation. Michigan Media does not warrant the accuracy or reliability of content and does not accept any liability for injuries or damages caused to the reader or advertiser that may result from content contained in this publication. Errors in advertising should be reported immediately. Damages from errors will not exceed the cost of the advertisement for one issue. Michigan Media, Inc. reserves the right to publish or refuse ads at their discretion.

Publisher
DAVE BARAGREY 1
Office@CharlevoixCountyNews.com
Editor
JIM AKANS
News@CharlevoixCountyNews.com
Sports Reporters
CHRIS FIEL
sports@charlevoixcountynews.com
MIKE DUNN
Mike@WeeklyChoice.com
ANDY SNEDDON
Andy@WeeklyChoice.com
JEFF BARAGREY
Jeff@WeeklyChoice.com

Website Administrator
CHAD BARAGREY
webmaster@CharlevoixCountyNews.com
Photography
SCOTT RICHARDS
Scott@CharlevoixCountyNews.com
CINDA SHUMAKER
RACHEL LANGE
M. CHRIS LEESE
Layout & Design
BILL JOHNSON
design@charlevoixcountynews.com

News Reporters
TINA SUNDELIUS
tina@charlevoixcountynews.com
JESSICA BOYCE
Jessica@WeeklyChoice.com
KRYSTAL JOHNSON
krystalbirgy@gmail.com
NORMA JEAN BARCOCK
NJ@CharlevoixCountyNews.com
Advertising Sales
IN THE CHARLEVOIX AREA:
LISA SLADEK
Lisa@CharlevoixCountyNews.com
231-350-8027

KARI BARAGREY
Kari@WeeklyChoice.com
IN THE BOYNE CITY AREA:
DAMIEN LEIST
Damien@CharlevoixCountyNews.com
Cell: 231-675-4818
Office
CATHY BARAGREY
CB@WeeklyChoice.com

The Charlevoix County News is published weekly on Thursdays.
Subscription rate for local addresses is \$35.00 per year.
Published by Michigan Media, Inc.,
PO Box 1914, Gaylord, Michigan 49734.

POSTMASTER: Send address changes to Charlevoix County News,
101 WATER STREET, BOYNE CITY, MI 49712
PO BOX 205, BOYNE CITY, MI 49712

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

Available on News Stands: 75 cents a copy.

Subscriptions:

Local Home Delivery of the News: \$35.00/year.
Out-of-County Delivery of the News: \$55.00/year.
(Local area includes Boyne City, Boyne Falls, Charlevoix,
East Jordan, Ellsworth, Petoskey, Gaylord)

Deadline Monday Noon.

Place Classified ads on-line at

www.CharlevoixCountyNews.com

20 cents/word, \$2 minimum.

Health

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Boyer Area Medical Center earns Patient-Centered Medical Home designation from Blue Cross Blue Shield of Michigan

Boyer City – Blue Cross Blue Shield of Michigan has designated Boyer Area Medical Center as a patient-centered medical home (PCMH) practice for 2014. The designation period runs July 1, 2014 through June 30, 2015. This is the third consecutive year Boyer Area Medical Center has earned this designation. This means that they are among a select group of primary care physicians in Michigan who are improving health care quality by adopting the PCMH model of care.

The patient-centered medical home is healthcare centered on the patient. Boyer Area Medical Center takes a holistic and comprehensive approach to patient care, helping its patients meet their health goals and keeping track of all their specialist visits, test results and prescriptions.

The Blues have designated roughly 1,420 primary care practices – with more than 4,020 primary care doctors – as PCMH practices. The program is the largest of its kind in the country and has the potential to affect close to 2 million Michigan residents.

“With the PCMH model, primary care physicians lead care teams that work with patients to keep them healthy and monitor their care on an ongoing basis,” said David Share, MD, MPH, senior vice president, Value Partnerships, Blue Cross Blue Shield of Michigan.

PCMH teams coordinate patients’ health care, track patients’ conditions and ensure that they receive the care they need. They offer extended access to the care team, coordinate complementary care (such as nutrition counseling) and help patients learn to better manage conditions like asthma and diabetes.

A recent analysis of claims data shows that PCMH-designated doctors are succeeding in more effectively managing patients’ care to keep them healthy and prevent complications.

Boyer Area Medical Center is located in Boyer City and is owned and operated by Charlevoix Area Hospital. For more information about Boyer Area Medical Center and Charlevoix Area Hospital, please visit cah.org.

American Red Cross Blood Shortage

Blood drives scheduled throughout the area

By Jessica Boyce

The American Red Cross is currently experiencing a shortfall in donations. They are promoting a 100 Days of Summer, 100 Days of Hope Campaign and there is still time left to donate this summer. Right now, the American Red Cross is doing everything they can to prevent an emergency shortage and donations are being used almost immediately when they come in. Giving blood doesn’t take that long to do and one pint of blood can save up to three lives. Hospitals are in a constant need of blood for car accident victims and other patients, and cancer patients need blood for chemotherapy. If you choose to donate blood, you are not only helping people who may need it, but also helping yourself. Before you donate, you get a mini physical where your blood pressure, pulse, body temperature, and hemoglobin levels are all checked.

No matter what your blood type is, it can be used. Type O- and AB+ blood is usually in short supply but high demand due to the ability to be universal donors, but that

doesn’t mean these are the only blood types that people need. Right now, types O-, B-, and A- are especially needed. It is also a good idea to know your blood type if you don’t already, and by donating blood you will receive a donor card that has your blood type printed right on it.

Before you donate blood, you should be sure to drink plenty of fluids and eat a light meal. You will also want to include iron-rich foods in your diet in the weeks leading up to your donation because you won’t be able to donate if you have low iron levels. A list of medications you are taking should be brought with you when you donate along with your donor card or driver’s license.

The American Red Cross hosts blood drives nationwide and there are many opportunities to donate in Northern Michigan. Some of the upcoming donations are:

- August 14th
American Red Cross of Petoskey from 12:00 – 6:00 pm
- August 19th
Knights of Columbus in Cheboygan from 12:00 – 6:00 pm
- August 21st



The American Red Cross is currently experiencing a shortfall in blood donations. Sign up for a blood drive near you and you can help save up to 3 lives and prevent an emergency shortage.

- St. Francis Parish Hall in Petoskey from 12:00 – 6:00 pm
- Charlevoix Area Hospital from 10:00 am – 4:00 pm
August 22nd
Evangelical Free Church in Gaylord from 12:00 – 6:00 pm
- August 25th
St. Matthew Church in Boyer City from 12:00 – 6:00 pm
- August 26th
Cross in the Woods Family Center in Indian River from 12:00 – 6:00 pm
- August 28th
Grace Baptist Church in Gaylord from 12:00 – 5:00 pm
- September 2nd
Treetops Resort Convention Center, Gaylord from 10:00 am – 4:00 pm
- September 3rd

- Grayling American Legion from 12:00 – 6:00 pm
September 4th
- St. Francis Church in Lewiston from 11:30 am – 5:30 pm
- St. Mary’s Family Center in Grayling from 12:00 – 6:00 pm
- September 5th
American Red Cross in Petoskey from 12:00 – 6:00 pm

If you have the time and want to help others, donating blood is a great way to do so. If you can’t make any of these upcoming donation dates, you can go to redcross.org to search for more in your area. You can also learn more about donating blood and why it is so important.

Drs. Oz and Roizen

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



HIDDEN SATURATED-FAT TRAPS

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

Think you’ve figured out how to reduce your saturated fat intake and dodge the serious health risks that come from eating this cancer- and inflammation-promoting lipid? Take another look at your plate! Even if you’re avoiding red meat, whole dairy, gooey cheese, crunchy bacon, tropical oils and creamy butter, you’re likely munching more health-threatening, brain-fogging sat fat than you think. There are lots of sat-

fat traps out there that you may not be aware of. Here are our top five.

Sat-fat Trap No. 1: Cakes, cookies, muffins and biscuits. After cheese and pizza, flour-based desserts are the third-largest source of saturated fat in the American diet. Instead, enjoy your favorite fruit; try juicy peaches, sweet berries, flavorful mangoes and pineapples.

Sat-fat Trap No. 2: Chicken. North Americans eat lots of fried chicken with skin (think Buffalo wings), and this sheer quantity, plus fatty cooking styles, bumps chicken ahead of hot dogs or burgers as your No. 1 sat-fat source! Keep chicken lean by keeping it out of the fryer; skipping the skin saves a couple of fat grams, too.

Sat-Fat Trap No. 3: Pasta dishes. We get more sat fat from creamy, cheesy or meaty sauces than from butter. One-fourth cup of Alfredo sauce can pack more than 15 grams of sat fat. Swap such sauces for veggie-filled ones, seasoned with garlic, fresh basil and oregano.

Sat-Fat Trap No. 4: Condiments. Just a scoop, shake or dip seems so harmless. But 1 tablespoon of mayo has 1.5 g sat fat, and there’s probably at least 2 tablespoons of mayo in your chicken salad sandwich. Then you shake that bottle of salad dressing, and out comes 3 tablespoons of creamy blue cheese with 16.5 g sat fat. And dipping that chip into tasty tzatziki sauce? Two tablespoons delivers 2.5 g sat fat.

Sat-Fat Trap No. 5: Processed foods and restaurant meals. From frozen breakfast entrees with a day’s worth of sat fat to sandwiches, appetizers and oversized entrees packed with enough fat for two or three people, prepared foods are major fat traps – and major agers. Go for grilled fish or chicken, fresh veggies, whole grains and fruit at home and when you eat out.

Why are we so adamant that eating saturated fat is one of the most serious health-damaging, RealAge-

upping, nutritional mistakes you can make? Because despite all the recent hoopla about how it isn’t that bad for you, new studies keep coming out that demonstrate just how much damage it can do.

–Saturated fat fuels bodywide inflammation. By flipping molecular switches, saturated fat increases inflammation. And inflammation boosts cancer risk and heart disease, and interferes with the body’s ability to respond to insulin, boosting your risk for diabetes.

–Saturated fat encourages overweight and obesity. People with a genetic risk for packing on extra pounds are more likely to become overweight if they eat saturated fat, says a new Tufts University study of around 2,800 people. Saturated fat may do its dirty work by interfering with the brain’s ability to pick up “I’m full” signals, so you keep eating, even though you’ve had plenty.

–Saturated fat adds body fat to all the wrong places. There’s new evidence that saturated-fat-fueled weight gain builds up deposits of body fat in and around your abdomen and liver. By adding to these so-called visceral fat stores, saturated fat increases risk for heart disease, diabetes and other health

problems.

–Saturated fat may weaken immunity. There are battalions of immune-system cells that patrol the body using special sensors to ID invading bacteria, so other parts of the immune system can mount an attack. But an overload of saturated fat seems to confuse this early warning system.

–Saturated fat may increase risk for common types of breast cancer. High-fat diets, particularly those full of saturated fat, boost odds for estrogen receptor-positive and progesterone receptor-positive breast cancer, says a recent Italian study of more than 300,000 women.

So get that sat fat off your plate; you’ll feel better, dodge those health hazards and have a younger RealAge.

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

We have what you need!

- Quit Smoking! We have E-Cigarettes. Stop in and try a sample!
- Fax, Copy and UPS Center (we also pack for UPS shipping)
- Complete prescription services and education
- Diabetic, first aid, and sports injury supplies
- Most Special orders in stock with 24 hours
- Souvenirs, gifts, cards & puzzles

Central Drug Store
Charlevoix (downtown at the traffic light)
www.Central-Drug.com
(231) 547-2424 fax (231) 547-0760

**JOHN F. OCHS
LANI D. OCHS
PHARMACISTS**

McFadden Chiropractic Clinic and Massage Therapy

ACCEPTING NEW PATIENTS CALL FOR APPT. TODAY!

**\$30 FOR 30 MINUTE MASSAGE
\$50 FOR 60 MINUTE MASSAGE**

Mary Pelletier Smith - Massage Therapist

12900 US 31 North • Charlevoix, MI 49720 • 231-547-0995

ADDICTED?
Drugs Alcohol
Heroin Painkillers

Michigan Therapeutic Consultants

MTCC 711 S. Illinois Ave. 989-732-HELP (4357)
Gaylord

www.MTChelp.com

Health SERVICES directory

BEAUTY SALON

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

Carriage Clippery
308 South Otsego
Gaylord
989-732-5094

OriginaILS by Shelley
200 Fairview St.
Gaylord
989-732-7100

COUNSELING

Cygnat Counseling
Downtown Gaylord
989-731-1018
www.cygnatfamilycounseling.com

DENTIST

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

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

FITNESS FACILITY

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

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

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

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

HOSPITALS

McLaren Northern Michigan
416 Connable Avenue
Petoskey
(800) 248-6777
northernhealth.org

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

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

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

MASSAGE THERAPY

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

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

MONUMENTS

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

NUTRITION & SUPPLEMENTS

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

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

PHARMACY

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

PHYSICAL THERAPY

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

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

SENIOR ASSISTANCE

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

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

Seniors Helping Seniors
221 E. Felshaw St.,
Gaylord
989-448-8323
www.seniorshelpingseniors.com/northernmichigan

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

WALK-IN CLINIC

OMH Medical Group – Boyer Valley
2572 North US 131
Elmira
989-731-7700
www.MyOMH.org

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Book publishing seminar offered at library

BOYNE CITY - Do you want to publish your writing, but you don't know where to start? Are you frustrated trying to maneuver through the online options? "Publishing your book: where to start" will be held at Boyne District Library's community room on Aug. 19 at 7 p.m.

Mary Jo Zazueta, a twenty-year industry veteran, will discuss the different publishing options available and the steps required to succeed at each, including a general review of the time and costs involved. Various ways to market and sell books will also be covered. Beginning authors and anyone who has had a negative publishing experience will benefit from this program, according to Zazueta. It is designed for writers with a manuscript or at least a book project in mind.

An editor, book designer, and publishing guide, Zazueta established To The Point Solutions in 1994 to help writers throughout the country achieve their goal of publishing memoirs, novels, self-help, business, and children's books. She takes au-



MARY JO ZAZUETA

thors from manuscript to printed books—guiding them each step of the way to ensure the process is fun and rewarding—and that they have a trade-quality book to sell. A graduate of the University of Detroit, she resides in Traverse City.

For more information, contact the library at 231-582-7861 or www.boynelibrary.org.

Grammy winning songwriter at Library August 14

Crooked Tree Arts Center's Charlevoix Summer Lecture Series Ends with a Bang with Allee Willis - "The D' - Detroit's Impact on Creativity and Me"

On Thursday, August 14 Charlevoix Public Library will be hosting the last of the Charlevoix Summer Lectures. Closing out the series is Detroit local, Grammy Award-winning songwriter, set designer, multimedia artist, collector and director, Allee Willis.

Allee Willis is a one-woman creative think-tank, multi-disciplinary artist, and visionary thinker whose range of imagination and productivity knows no bounds. Her hit songs including Earth, Wind & Fire's "September" and "Boogie Wonderland," The Pointer Sisters' "Neutron Dance," and The Rembrandts' "I'll Be There for You (Theme from Friends)", have sold more than 50 million records. She's also the co-author of the Broadway musical, The Color Purple. Her art includes painting, motorized sculpture, videos, ceramics, furniture design, web design and sets. The social network she built, The Allee Willis Museum of Kitsch at AWMOK.com, promotes a vibrant and unique form of social interaction and contains the largest collection of pop culture kitsch on the planet.

For the past two years Willis has been working on "The D", a record and video, and "Allee Willis Loves Detroit", a feature length film about the human spirit as seen through the citizens of Detroit. Willis recorded and



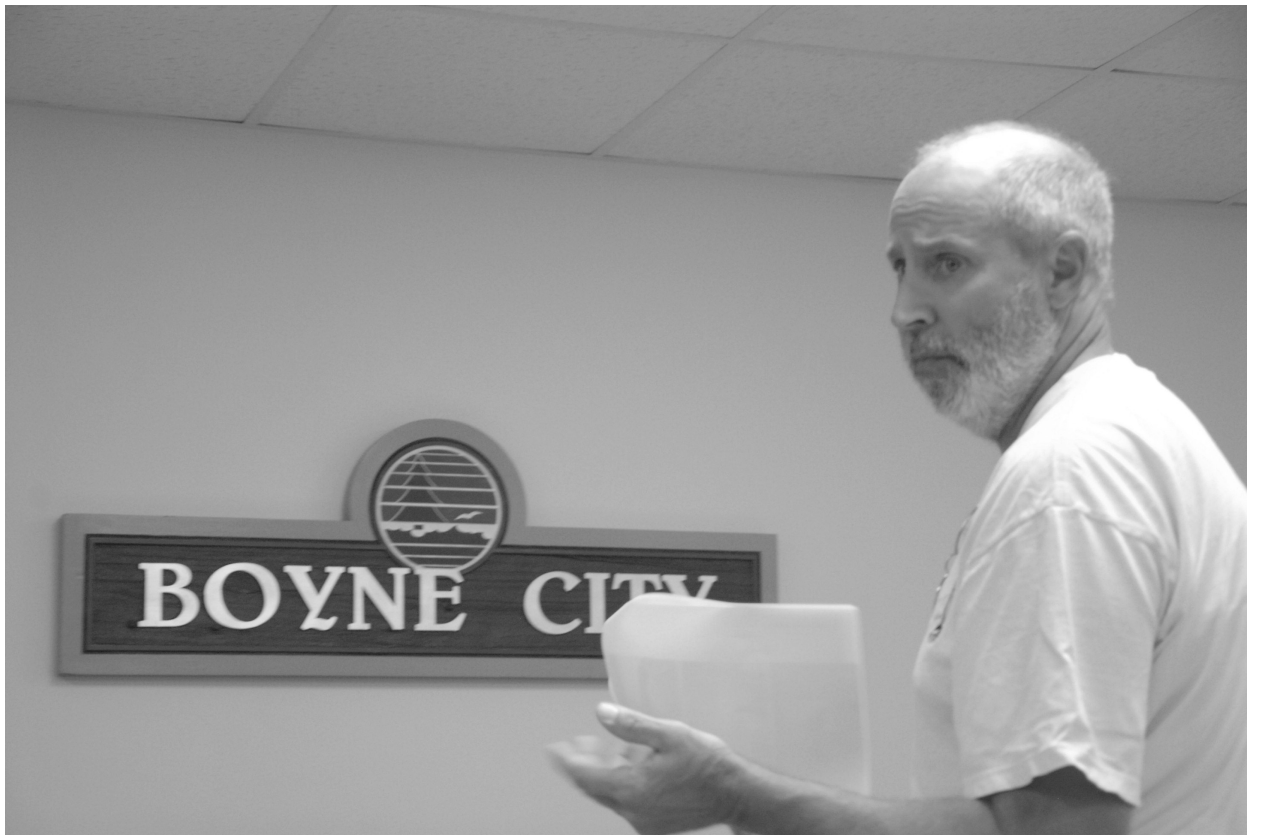
Photo: Allee Willis is to speak for Crooked Tree Arts Center's last Charlevoix Summer lecture at the Charlevoix Public Library.

filmed thousands of Detroiters in a series of 50 sing-alongs throughout the city and is currently editing the 5000 vocal tracks and over 2000 hours of footage from the project. When asked why she was working on the project, Allee explained, "Because I LOVE Detroit. One person's spirit can energize thousands. Music and creativity can transform a city. And the energy and success of a city can transform the world."

We are excited to be partnering with the Charlevoix Public Library to present the Crooked Tree Arts Center's Charlevoix Summer Lecture Series. The reduced lecture admission fee was made possible by a generous donation by the Charlevoix Public Library. This lecture series is also sponsored in part by the Charlevoix Community Foundation.

Seats are limited in each lecture! To reserve a seat costs \$5.00/lecture. Please visit to reserve a seat or call Crooked Tree Arts Center at 231-347-4337.

BOYNE CITY COMMISSION, AUGUST 11, 2014



Bill Kuhn who has been experiencing flooding as a result of standing water on Division Street presented the City Commission with pictures taken of the lot next to his property, owned by the city, over the last 15 months.

Boyne City Commission puts fluoride issue to a vote

By Tina Sundelius

BOYNE CITY—Boyne City Commissioners passed a motion to put the issue of fluoridating the municipal water supply on the November ballot after a petition from Citizen United for Dental Health was presented to them at the August 12 City Commission meeting.

In light of the submission of ninety-eight pages of petitions to re-establish the addition of fluoridation to the City of Boyne City municipal water system the commission unanimously voted to put the issue on the November ballot. Commissioner Derek Gaylord voted to put it on the ballot rather than rescind the decision that removed fluoride enabling the immediate reintroduction of fluoride to the water supply because he believed that people who signed the petition were not fully informed. "It's important that everybody at this point has a chance to get all the facts," he said. Commissioner Tom Neidhamer expressed his belief that listening to the experts was all the Commissioners needed to do. "It's a non-issue, it's one hundred percent regulated and safe," he

said. The audience became demanding after Commissioner Laura Sansom asked Dr. Thomas J. Veryser if he knew that one percent of the population was allergic to Fluoride. The petition was presented to City Hall on July 29 with a total of 677 confirmed signatures, well in excess of the 558 required by provisions in the City Charter for an ordinance to be sought through the initiative process. Section 7.21 of the City Charter required that the Commission either adopt the ordinance as submitted or determine to submit the proposal provided for in the petition to the electors within thirty days. The petition reads "For the purpose of promoting public health through prevention of dental disease, the city manager is hereby directed to establish and maintain fluoride levels in the city's waterworks system as prescribed by the State of Michigan. The city manager shall establish a testing program that accurately show fluoride levels in the public water supply on a monthly basis and those results shall be posted on the city website within 30 days after the test results have been obtained."

Drainage issues on Division

Street at the entrance of Parkview Apartments has already cost the city approximately \$8,000 in efforts to alleviate the problem but the installation of a temporary coffer dam and drain pipe only drained a small amount of the standing water at the site. "The project that was done within a month dropped water but since then it's leveled," said property owner Bill Kuhn who has been experiencing flooding as a result of the water. The commission decided to find an expert from either MSU Extension or Tipp of the Mitt to get an analysis of the area before making any decisions on how to proceed. The original project was allotted \$18,900 and only used \$8,000. The commission granted City Staff permission to utilize the remaining funds if necessary to get direction on the issue.

The Grand Opening for Ridge Run Dog Park will be Thursday, August 28.

The next regular City Commission meeting is scheduled for Tuesday, August 26 at noon.

Women's Resource Center receives grant

The Women's Resource Center of Northern Michigan (WRCNM) has received a \$5,000 grant from the Great Lakes Energy People Fund. The grant will be used to make necessary improvements and repairs to the Gold Mine Resale Shop-North parking lot which is operated by the WRCNM.

"The grant dollars will help us create a safer parking lot and resolve drainage issues on the Gold Mine North property located just south of Oleson's Food Store in Petoskey," said WRCNM Executive Director, Jan Mancinelli. To

protect the vegetation adjacent to the parking lot, Harbor Fence Company is also donating fencing and the labor to install it.

Gold Mine Resale Shops are instrumental in generating income to help support WRCNM programs and services such as domestic abuse, sexual assault, child abuse, child sexual assault and counseling. The stores also provide a place for community members to purchase affordable, gently-used clothing, furniture, household goods, electronics, baby items, books, CD's, DVD's, toys and games. Gold Mine Re-

sale Shop-North is located at 1878 US-31 North, Petoskey; the original Gold Mine Shop welcomes shoppers at 1002 Emmet Street, Petoskey.

Members of Great Lakes Energy support the People Fund by voluntarily rounding up their bills to the next highest dollar. The rounded up amount is distributed to non-profit organizations and charitable activities that benefit people in the communities served by the cooperative. For details, contact Great Lakes Energy at 888-485-2537 or visit gt-lakes.com.

SUBSCRIBE TODAY

Distributed to Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood • 989.732.8160

Just \$35.00 A Year Office@CharlevoixCountyNews.com
Friendly & Positive News and Sports! www.CharlevoixCountyNews.com

LEGENDS
Auto Glass
I DRIVE TO YOU!

- Free Mobile Service
- Insurance Work
- Repair or Replace
- All Makes & Models

Troy LaCount • Owner N.G.A. Master Certified
"No Leaks For Life"
231-675-2348
Fax: 231-588-6088
www.legendautoglass.com • Ellsworth

25¢ Color Printing
HIGH QUALITY

VILLAGE Graphics INC.
111 Antrim St. Charlevoix, MI (231) 547-4172

QUICK TURN-A-ROUND • 100 Minimum Quantity • 32 lb. Quality Paper

Portraits and Fine Art by
Master Photographer, Karen Walker

Karen Walker Studio

Northern Michigan's only
Certified Master Craftsman

visit us on line at: www.KarenWalkerStudio.com

LETTERS TO THE EDITOR

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

Dear Editor:

The Women's Resource Center of Northern Michigan (WRCNM) staff, Board of Directors and Women Can/Women Do committee members thank the volunteers and donors that helped make this year's fundraising luncheon in Charlevoix a success.

We thank the designers that donated their time and talent to help ensure the success of the event: A Touch of Spring & Other Things, Bay Harbor Yacht Club/Monarch Garden & Floral Design, Beaver Island Boat Company, Belvedere Golf Club Buddies, Boyne Mountain Solace Spa, Boynes' Beyond Borders LLC, CAbi, Connie Carr, Castle Farms of Charlevoix, Charlevoix Area Community Pool, Charlevoix Area Garden Club, Christ Episcopal Church, Deer Creek Junk, Elements, Jordan River Arts Council, Kilwin's of Charlevoix, L. Burnham and Associates, Magnum Hospitality/Red Mesa Grill/Cafe Sante/Pearl's, Merry-Makers, MI RootsWear, Panache Hair Studio, Petals Custom Floral Designs, Rabbit Hill Designs, Raven Hill Discovery Center, Straddle Books, Sommerset Pointe Yacht Club & Marina, Upsy-Daisy Floral and Van Dam

Custom Boats.

We also thank our dedicated table captains for filling seats at the event! We appreciate your energy and efforts. We couldn't undertake this event without you.

Thank you to Castle Farms owners, Linda and Richard Mueller, and their helpful staff for sharing this unique and beautiful location with our guests.

We also send our gratitude to The Gaillard String Trio for the Prelude music, Grey Gables for catering a delicious lunch and Diane McMahon for the wonderful dessert.

Finally, we thank the guests that attended the Charlevoix luncheon and their commitment to our agency and the communities we serve.

Sincerely,
Janet Mancinelli, Executive Director

To the Editor:

This year, The Fox V.O.I.C.E. is participating in a food and fund drive to support the West Michigan Food Bank until August 23rd! I hope you will join me in this effort to help thousands of Michigan residents who are at risk of going hungry.

Our goal is to raise \$1,000 and 200 lbs. of food between our location and other local affiliates.

The fact is people are struggling to access nutritious food. Right now, food insecurity affects 1 in 7 people across West Michigan and the Upper Peninsula. Among children, more than 20% are at risk of hunger. With the support from our food and fund drive, we will help the West Michigan Food Bank provide food to these communities during challenging times.

The West Michigan Food Bank exists to ensure good food is available to the hungry in our community. Last year, the food bank distributed 25.6 million pounds of food to pantries, shelters, and other local anti-hunger organizations in 40 West Michigan counties. Nearly 1,200 local organizations use the food bank to provide food to a total of 300,000 people every year. With our support, they will continue to provide meals for the hungry in our community.

Here are ways you can help:

Donate funds - With every dollar (\$1) donated, the food bank will be able to provide 4 meals to those in need.

Donate non-perishable food - Collection boxes are located in

our showroom. Needed items include: canned beans, canned chili, soup, stew, canned fruit, peanut butter, jelly, canned vegetables and tuna.

Thank you in advance for your help! Together we can make sure no one goes hungry in our community.

Sincerely,
Jim Jeffreys, General Manager, Fox Charlevoix

To the Editor:

There have been many lawsuits over the years opposing public prayers, usually involving Christianity. In a landmark decision, the Supreme Court of the United States reaffirmed that prayer before legislative meeting is constitutional. Decades ago, in Marsh v. Chambers, the high court held that prayer before legislative meetings (Congress, County, town councils, etc.) did not violate the Constitution.

In the most recent case a group opposed to legislative prayer attacked the town of Greece, New York, for allowing prayer before meetings offered "in Jesus' name." They argued that these prayers must be offered in a

generic way - to a generic god. This decision shatters that notion.

The Court noted as a matter of historical fact that "the Congress that drafted the First Amendment would have been accustomed to invocations containing explicitly religious themes." "The decidedly Christian nature of these prayers," the majority stated, "must not be dismissed as a relic of time when our Nation was less pluralistic than it is today."

The Court also correctly noted that to delve into contents of individual invocations would force courts to act as supervisors and censors of religious speech. This decision is a monumental victory as it underscores what has been argued from the beginning: the prayer in this case is constitutionally protected speech. Reaffirming the value of prayer, and especially in the context of legislative assemblies, this ruling deals a stunning blow to those seeking to eradicate our religious heritage and its free exercise from public life.

Duty & Honor for God & Country.
Jerry Evans, Ellsworth,

BOYNE CITY POLICE DEPT.

Monday, August 4, 2014

10:48am Report of lost bracelet
11:01am Report of domestic assault on Earl St
1:46pm Vehicle unlock in the Industrial Park
3:39pm Report of phone scam from the 300 block of Terrace
7:04pm Harassment complaint from the 1400 block of Pleasant
8:14pm Suspicious situation in the 600 block of N East St
9:09pm Assist MSP on M-75 N
11:40pm Harassment complaint from the 1400 block of Pleasant

Tuesday, August 5, 2014

12:07am Citation issued for littering at Division and Lake. Probation violation also
9:38am Found credit card and driver's license turned into PD. Returned to owner.
9:50am Vehicle unlock in the 1000 block of Boyne Av
2:30pm Vehicle unlock in the Industrial Park
1:38pm Report of scruffy looking fox on Front St
2:06pm Report of missing cell phone
5:21pm Report of juveniles throwing rocks in the 200 block of Vogel St
5:36pm Arrested subject for domestic assault on Earl St
8:31pm Vehicle unlock in the 1300 block of Boyne Av
9:04pm Complaint of bonfire smoke on S Park St
11:20pm Suspicious activity in the 500 block of Groveland St

Wednesday, August 6, 2014

10:57am Assist EMS in the 300 block of Silver St
1:09pm Request for civil standby in the 1300 block of Boyne Av
1:20pm Found key turned in from the area of the Co-op
1:15pm Property damage accident in the 100 block of S Park St
1:30pm Found iPod dropped off at PD
2:03pm Property damage accident at Lake and Lower Lake
7:06pm Arrested subject on warrant

Thursday, August 7, 2014

6:14am Assisted Sheriff Dept with car deer accident on M-75 N
7:23am Report of missing cell phone
8:36am Disturbance in the 300 block of Silver St
9:44am Assist Sheriff Department with traffic crash on M-75 N
1:43pm Parking violation reported in the 100 block of N Lake St
1:59pm Fire alarm in the 700 block of Vogel St
2:30pm Juvenile complaint in the 600 block of N East St
3:28pm Report of juveniles jumping off picnic table into river downtown
6:26pm Private property damage accident in the 400 block

of N Lake St
11:27pm Citation issued for speed at Lake and Groveland

Friday, August 8, 2014

1:25am Citizen assist in the 1300 block of Boyne Av
1:50am Vehicle unlock on W Main St
12:25pm
2:30pm Report of missing bicycle
3:05pm Citation issued for over width load at Lake and Lower Lake
5:25pm Citation issued for speed
6:22pm Dispatched injured fawn on Michigan Av
8:44pm Vehicle unlock in the 200 block of N Lake St
9:52pm Vehicle unlock in the 100 block of E Water St
9:53pm Fireworks complaint on Pleasant Av
11:16pm Vehicle unlock in the 400 block of N Lake St

Saturday, August 9, 2014

12:51am Assist Sheriff Dept with MIP's in Walloon
8:29am Arrested subject for probation violation in the 300 block of N Lake St
5:06pm Report of barking dog on Deer Run Ct
9:26pm Iphone turned into PD. Returned to owner
11:31pm Noise complaint

Sunday, August 10, 2014

1:15am Noise complaint on Haven Ct
2:14am Noise complaint on Haven Ct
2:18am Report of barking dog in the 700 block of Wenonah St
3:58am Alarm in the 400 block of S Park St
8:47am Vehicle unlock in the 800 block of Pleasant Av
9:58am Found credit card s at the Flea Market
10:35am Assist Sheriff Dept with gasoline drive off
10:47am Vehicle unlock in the 300 block of N Lake St
3:12pm Vehicle unlock in the 200 block of N Lake St
3:15pm Report of dog locked in a car on River St. Was OK
3:23pm Report of juveniles jumping off Shopper's Dock
3:40pm Juvenile complaint at the Marina
4:12pm Citation issued for failure to yield
4:43pm Report of juveniles smoking in Old City Park
4:56pm Report of dog in vehicle in the 400 block of N Lake St.
5:50pm Arrested subject for DWLS second

CHX. COUNTY SHERIFFS DEPT.

July 28-August 3, 2014

911 Hang Up Call1
Abandoned Vehicle0
Abuse1
Alarm3
Animal Complaint21
Annoyance6
Assault1
Assist Citizen6
Assist Motorist4
Assist Other Agency16

Attempt to Locate5
Attempted Suicide1
Bank Alarm0
Boating Accident1
Boating Violation15
Breaking & Entering2
Car/Deer Accident4
Citations Issued16
Civil Complaint7
Criminal Sexual Conduct0
Death0
Disorderly Person0
Disturbance3
DNR Complaint1
Domestic Dispute0
Driving Complaint4
Fireworks Complaint4
Found Property3
Fraud2
Health & Safety1
Hit & Run1
Intoxicated Person1
Juvenile0
Larceny8
Lockout9
Lost Property2
Malicious Destruction of Property ...1
Mental Subject0
Minor In Possession0
Miscellaneous Criminal3
Missing Person1
Noise Complaint4
Operating Under the Influence0
Paper Service12
Parking Violation2
Personal Injury Accident1
Personal Protection Order1
Private Property Accident0
Property Check30
Property Damage Accident3
Prowler0
Road Hazard4
Stalking0
Suspicious Situation11
Threat0
Traffic Stop56
Trespassing2
Unknown Accident1
Unlawful Driving Away of Automobile 0
Vehicle in the Ditch0
Violation of Controlled Substance Act0

Victim Services Unit being formed.

Sheriff Don Schneider of the Charlevoix County Sheriff's Office would like to report that his department, in collaboration with local law enforcement agencies, are forming a Victim Services Unit (VSU) for Charlevoix County.

The Victim Services Unit is comprised of volunteers, aka Advocates, throughout Charlevoix County who assist local law enforcement agencies. The VSU is dedicated to helping victims and their families cope with a crisis or a crime against them.

In order to become an advocate, you must fill out an application and attend a 20 hour training in September. Applications are available online at the Charlevoix County Sheriff's Office www.charlevoixcounty.org/sheriff.asp or <http://www.charlevoixcounty.org/sheriff.asp> under Community Outreach, as

well as the local law enforcement agencies: Boyne City Police Department, Charlevoix City Police Department, and East Jordan Police Department. We will be hosting interviews at the end of August.

If you are interested in learning more about the Victim Services Unit, please contact VSU Coordinator Sarah Kaminski at the Charlevoix County Sheriff's Office at 231-547-4461.

Two vehicle accident results in minor injuries.

On Thursday, August 7, 2014 at approximately 9:45 am, Charlevoix County Deputies and the Boyne City Police Department, responded to a two

vehicle personal injury accident on M 75 South, just outside the Boyne City limits. Both units were assisted by Boyne City EMS and Boyne Valley Township EMS.

Patricia Ann Clay, a 77 year old female from Lincoln Park, driving a 2013 Honda Station Wagon was traveling south east on M 75 S, when struck by Joshua Macy of Plymouth, Michigan. The 38 year old male was driving a 2013 Ford Explorer, his five year old son was in the rear passenger seat of the vehicle. He reportedly did not see Miss Clay and made a left turn in front of her vehicle. Both drivers were treated for minor injuries on scene and no one was transported to the hospital. This incident is still

under investigation.

Boater injured.

On Sunday, August 10, 2014 at approximately 3:45 p.m., the Charlevoix County Sheriff's Office Marine Division responded to a call of a male that had a bad laceration to his leg after jumping off the back of his boat out in Lake Michigan.

The male, Wallace Trine age 54 from Macomb Township, applied pressure to the wound while his wife drove the boat into Round Lake for medical attention. Trine was transported to the Charlevoix Area Hospital for treatment of the wound.

The Sheriff's Office was assisted on scene by the United States Coast Guard and Charlevoix Fire & EMS.

Some things are just better together!



Bay Winds Federal Credit Union has proposed a partnership with Members Credit Union and we'd like to share the exciting details with you. Join us at two upcoming opportunities to learn why this partnership will offer superior, best-in-class products and services, broadened branch and ATM access, and more user-friendly resources to keep you better connected to your money.

PARTNERSHIP INFORMATION MEETING

WHEN: Tuesday, August 19th
6:00pm - 7:30pm

WHERE: Community Room B
Charlevoix Public Library
220 W. Clinton Street, Charlevoix

SPECIAL MEMBER VOTING MEETING

WHEN: Wednesday, September 3rd
7:00pm - 9:00pm

WHERE: Community Building
Emmet County Fairgrounds
1129 Charlevoix Ave., Petoskey

Call 800.638.1182 or visit
baywindscu.com/partnership
for more information.



It pays to belong.
www.baywindscu.com

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Small Art for Big Dreams 6" x 6" for JRAC

The Jordan River Arts Council achieved a major goal this summer when they purchased the building they have used for the past 25 years. It is a lovely old Carnegie Library located in the heart of downtown



JRAC Board members Yasmin Richmond and Sharon Gardner showing a few of the many art works for sale in the exhibit, 6" X 6" for JRAC.

East Jordan. Now that they own the building the Arts Council is making plans for improvements that will better serve both visitors and artists. These include making both the building and restroom facilities accessible to all, increasing gallery space and having space available for classes, workshops and cultural gatherings. Creating a blueprint that increases our space affordably while retaining the historical beauty of the present structure is the goal. The board members of the Jordan River Arts Council are enthusiastic about taking on these new challenges.

We are inviting area community members to share in this challenge with our first fundraiser "6" x 6" for JRAC." Artists from around the area are creating small pieces of art measuring 6" x 6." Many media will be represented including oils, watercolor, fabric, printmaking, photography and pottery. Art will be available in styles for everyone from funky and modern to very traditional. Artwork will be sold unframed to keep the prices low. The highest price for a piece of artwork will be \$100 with many pieces priced at \$25. If you are a collector of art this will be a great occasion to add to your collection. If you have never bought art this is a perfect time to start with so many

pieces on display that are small enough to fit into the perfect spot in your home and affordable enough to purchase more than one.

For the past 25 years the Jordan River Arts Council has worked to provide area artists with a place to exhibit their work. We have created exhibitions that encourage creativity and artistic growth. We have reached out to Antrim and Charlevoix county schools to bring art into the classroom. We have invited community members to share in viewing and learning about the talent that abounds in our area. With the purchase of the building our dream is to continue this tradition and to expand our outreach. We hope to see many old friends and make new ones during this exhibit. The 6" x 6" for JRAC exhibit is open from August 24 through September 19 every day except Mondays from 1-4 in the afternoon. Our opening reception will be Sunday August 24 from 1-4 pm. During the reception we will have art materials available in our lower level for any children and others who are young at heart and wish to create their own 6 x 6 artwork. The gallery is located at 301 Main Street in downtown East Jordan. Take the time to visit, you will be amazed by the artwork you see.

Portside Arts Fair winners

The Portside Arts Fair is pleased to announce its 2014 purchase prize winners. Mary Beth McGraw, a retired art teacher from Charlevoix, was this year's judge who chose the winning pieces which are a permanent part of the Cygred Riley Gallery at the East Jordan Historical

Society museum at Elm Pointe.

The 2-dimensional winner was Roger Bulkley, from Cheboygan, for his outstanding marquetry wood inlay nature scene. The 3-dimensional winner was John Creel, from Bear Lake, for his 5-foot metal cattail wind chime. Honorable Mention rib-

bons were awarded to Corey Bechler, of Honor, for his whimsical clay designs; Lisa Wierenga, from Grandville, for her colorful watercolors; and to Laurie Zientek, of Hudsonville, for her hand woven, hand dyed baskets. Congratulations to these wonderful Michigan artists.



Left to right: Roger Bulkley, wood inlay; John Creel, metal sculpture; Laurie Zientek, baskets; Lisa Wierenga, mixed media; and Corey Bechler, clay. The purchase awards are supported through the generosity of Charlevoix State Bank and East Jordan Plastics. Juror this year was Mary Beth McGraw.

Barbershopper's 'Show of Champions' bush league competition

Since 1995, the Harmonie Meisters have been sharing their gift and love of music with the residents of Northern Michigan. Gary Grieger, VP for public relations notes: "Our biggest show is the Bush League Competition in August."

The first Bush League Competition was held in 1947, and was the brain child of Boyne City Chapter founder Loton Wilson. This group carried on this tradition for the next 48 years. The Brass "Gaboone" trophy was "permanently borrowed" from the old Dilworth Hotel in Boyne City, when no appropriate trophy was available for the first winners. The Dilworth was always the "headquarters hotel" until the chapter moved to Petoskey, in 1993, where the last two Bush League Contests were held at the historic Perry Davis Hotel. In 1995, the Cadillac Chapter held Bush League. In 1996 the Gaylord Chapter took over the operation of the Bush League Contest and Show. This is the 67th Annual Bush League Contest and Show.

Barbershop quartets and choruses are dedicated to the fun and beauty of this style of music. A dash of rivalry is added through friendly



competitions. Each year the groups work toward competing in a ladder of levels that ultimately climb to annual international competition and crowning of new international quartets and chorus champions. Bush League is where beginning quartets compete in a judging program for the first time. "This is an all-day event where newly formed barbershop quartets from around the State, who have never won in a competition, are invited to compete for the top three spots."

The competition will take place on Saturday, Aug. 23rd in Gaylord, at 10 am and the competing quartets will take turns singing throughout the morning. They are judged and the top three are invited to sing at the

evening "Show of Champions" at the "E Free Church" 1649 E M32. Admission is free to the competition in the morning.

The evening show will include a presentation by the Harmonie Meisters Chorus, the award winning quartet: "The Party", and last years' winners "Face Off", along with the new champions from Saturday morning's competition. Come see the show at the E Free Church, Saturday August 23rd, at 7:30 pm. Tickets are available at Saturn Booksellers or from any Harmonie Meister member for \$12. Children under 12 are free. For more information call Gary Grieger, 989-350-8411 or visit their web site Harmoniemeisters.org

East Jordan Music in the Park Summer Series Continues August 15th

The final concert in the East Jordan Music in the Park Summer Series concludes Friday, August 15 at 7:00 PM with "The Snyder Family" a French Canadian Folk/Blues/Root Band. From Montreal, Canada, the band consists of 17 year old Lorrie Snyder on bass and vocals, 13 year old Philip Snyder on the drums and their father Denny Snyder on guitar and vocals. The Snyder's first album, which was produced in 2012, was so successful they produced a second in 2013. Denny Snyder has already eight albums released under the name of Southside Denny. He performed under that name for 30 years in the Midwestern US and in Canada.

The Snyder Family will perform the final two hour concert of the Music in the Park Summer Concert Series.

The East Jordan Area Chamber of Commerce, Jordan River Arts Council and the Downtown Development Authority are proud sponsors of this popular summer concert program. If you enjoy the music throughout the summer and would like to donate a tax-deductible contribution, you may make your check payable to "City of East Jordan" - "Concerts in the Park" in the memo section, P.O. Box 499, East Jordan, MI 49727.

For more information about this concert contact the East Jordan Area Chamber of Commerce at 231-536-7351 or e-mail at info@ejchamber.org



LIVE MUSIC:
PORTER CREEK
FISH HOUSE
at Sommerset Pointe,
6 to 9 p.m.

Wed., Aug. 13 - Nathan Bates
Wed., Aug. 20 - Nelson Olmstrom
Wed., Aug. 27 - Ben Overbeek
Fri., Aug. 29 - Nathan Bates

SOMMERSET
POINTE

YACHT CLUB & MARINA
Everyone Welcome!

OPEN TUESDAY-SUNDAY 11AM-10PM

00970 Marina Drive - Boyne City, MI • 231.582.7080

sommersetpointe.com



A-1 Harvey & Sons
ASPHALT
A name you can trust and depend on!
The best jobs done at the best prices!
Good work is not cheap work - cheap work is not good work.
Serving Northern Michigan Since 1960
"The Local Men"

- Asphalt Paving
- Gravel Driveways
- Blacktop over Concrete
- Driveway Seal Coating
- Squeegeed on with Brush and Buckets
- Driveway Resurfacing
- Seal Coating
- Patched
- Repairs
- Cleaned & Cracks Filled

231-533-8953 (Nevada)
989-732-9129 (Vel)
All Work Done by the Owners
Prompt and Professional Services
FREE ESTIMATES

CLASSIFIEDS
AS LOW AS
\$2.00
989-732-8160

Follow the Action

Pick up the Charlevoix County News each week for comprehensive coverage of your Charlevoix County Area High School Teams.

The Charlevoix County News is the local weekly newspaper for all of Charlevoix County. Local News and sports from Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood. Available on News Stands every Thursday for 75 cents or have the Newspaper delivered to your home for as low as \$35 a year.

County News
Call: 989-732-8160
Fax: (888) 854-7441
Office@CharlevoixCountyNews.com
www.CharlevoixCountyNews.com



Charlevoix County Commission on Aging

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

218 W. GARFIELD ST., CHARLEVOIX, MI 49720

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

Office Hours:
Monday - Friday 9AM-5PM

COA BOARD

Shirley Gillespie, Director
Richard Fish, Chair
Ruth Gee, Vice-Chair
Suzanne Carlson, Secretary
Richard Gillespie, Board Liaison
Jean Kinsley, Janet F. Shepherd,
Jerry Kelts, and Hugh Conklin

OFFICE STAFF

Shirley Gillespie, Director
Theresa Graham, Receptionist
Leslie Lake, Admin. Assistant
Jolynn Michel, Database
Tracey Rupinski, Clinical Manager

LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:
Ann Partridge
26215 Main St, BI, 49782
231-448-2022

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

EJ Community Center

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

THE COA OFFERS THE FOLLOWING SERVICES:

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

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

Boyne Area Senior Center News!

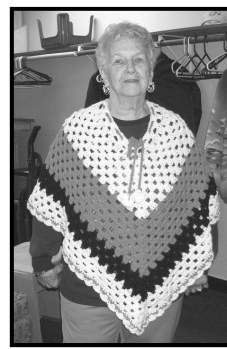
Easter Bonnets, Parades, Prizes...and Memories!



Charlevoix Senior Center News!



The men at the Charlevoix Senior Center were "all tied up" on Father's Day. The men were gifted with a necktie and candy to celebrate Father's Day. Standing: Joe Kilmartin, Bill Pardee, Paul Srephan, Gerrit Elzinga, Jerry Corley, Chuck Schmidt, Bob Nagel, Don Wells, and Don O'Brien. Sitting: Chuck Scherping, Bob Drebenstedt, Chuck Jadwin, Paul Shelby, Al d'Entremont, and Bob Omlund.



Bev Middaugh proudly displays her new purchase from the Craft Store at the Charlevoix Senior.



Doris Hayes, Edna Lawler, Barry Anderson, and Joe Kilmartin celebrated their June Birthdays at the Senior Center. Seniors who attend on Birthday Day in the month of their birth are rewarded with a gift certificate for a free lunch at the center. Birthday Day is the last Friday of the month! Come join us!

A HUGE "THANK YOU"!
GOES OUT TO THE AMERICAN HOUSE IN CHARLEVOIX FOR THEIR DONATION SUPPORTING THE HOME DELIVERED MEALS PROGRAM FROM THE CHARLEVOIX SENIOR CENTER.
AMERICAN HOUSE RECENTLY HELD A CAR SHOW IN JULY, WHERE THEY SOLD FOOD, AUCTIONED A GREAT PICTURE, AND THEN DONATED THE PROCEEDS TO THE COA CHARLEVOIX SENIOR CENTER'S HOME DELIVERED MEALS PROGRAM. THANK YOU TO ALL WHO PARTICIPATED, AND ESPECIALLY TO THE AMERICAN HOUSE FOR THINKING OF THE COMMISSION ON AGING!

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, August 14 Wii Bowling	Friday, August 15 11am Tag-a-Longs Raffle	Monday, August 18 Line Dance Brown-Bag Bingo - Gift Certificate Prize	Tuesday, August 19 Senior Center Closed for Annual COA PICNIC at the Harvest Barn!!	Wednesday, August 20 5pm HAMBURGER & BUN 5:30pm Vasco Pie Raffle	Thursday, August 21 Wii Bowling
---	---	--	---	---	---

CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, August 14 11am Chair Yoga Class 11:30am Roger Hartson 1pm Pinochle	Friday, August 15 1pm Rummy	Monday, August 18 1pm Bridge 1pm Woodcarving 7pm Bible Study	Tuesday, August 19 Senior Center Closed for Annual COA PICNIC at the Harvest Barn!!	Wednesday, August 20 Night Dinner! 2:45pm Bingo 5pm HAMBURGER & BUN Music by Adolph Cwik	Thursday, August 21 11am Chair Yoga Class 1pm Pinochle
--	---------------------------------------	--	---	---	---

EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, August 14 Karaoke Day!	Friday, August 15 Bingo/BAKE RAFFLE! Everyone bring something! Bingo	Monday, August 18 8am-1pm Walking M-F 11am Piano Music	Tuesday, August 19 Senior Center Closed for Annual COA PICNIC at the Harvest Barn!!	Wednesday, August 20 Night Dinner! 4pm Roger Hartson 5pm HAMBURGER & BUN	Thursday, August 21 Karaoke Day!
--	---	---	---	--	--

CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, August 14 CHICKEN & DUMPLINGS	Friday, August 15 POLISH SAUSAGE	Monday, August 18 GOULASH	Tuesday, August 19 Senior Center Closed for Annual COA PICNIC at the Harvest Barn!!	Wednesday, August 20 Night Dinner! 5pm HAMBURGER & BUN	Thursday, August 21 PORK
---	--	-------------------------------------	---	---	------------------------------------

THIS PAGE SPONSORED BY THE FOLLOWING CHARLEVOIX COUNTY BUSINESSES



VALLEY ASSISTED LIVING
ADULT FOSTER CARE
Kevin and Marlene Robinson
01970 Valley View Road, Boyne Falls
231.549.2026
robinsonliving@gmail.com

Charlevoix County Transit System

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



The Brook
Retirement Communities
of Boyne City

701 Vogel Street Boyne City • ph.: 231.582.4300



www.whyLyndas.com

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

CENTRAL DRUG STORE

www.central-drug.com
Charlevoix

Save a lot
food stores

East Jordan

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

2014 Charlevoix County Senior Picnic/Health Expo

The 2014 Senior Picnic/Health Expo is drawing near. This year, the picnic/health expo will be on Tuesday, August 19, from 9:00 am to 1:00 pm, at the Harvest Barn Church in East Jordan. Be sure to plan early for a pick-up if you are going to be taking the Charlevoix County Transit Bus.

The vendors are many and varied, so you will have a great time going to each table and finding lots of information in a wide spectrum of areas. Entertainment will be provided by John Slough and "Full Circle".

Tickets are now available; \$5.00 for seniors 60 years of age and older, and \$8.00 for those under 60 years of age (same price as last year). There will be 500 tickets available, so get yours early! Tickets can be purchased at the Boyne Area Senior Center, Charlevoix Senior Center, East Jordan Community Center, and the Charlevoix County Commission on Aging Office.



Healthy Fit Market Day

Certified personal trainer Michelle Rick-Biddick (center) of Charlevoix Fitness Center encourages participants in the spinning class to press on, as they try the indoor cycles provided by the Charlevoix Country Club Thursday at Healthy Fit Market day during the Charlevoix farmers market. Next week, August 21, Plein Aire artists gather to paint during "Art at the Market" week, 9 A.M.- 1 P.M. in East Park.

PHOTO BY M. CHRIS LEESE

Plant-Based Diet Improves Health of Diabetic

By Deb Hagen-Foley

Plant-based diets are becoming increasingly popular. Vegetarians cite several reasons for not using animal products such as a concern for the treatment of animals, to save money, to reduce your carbon footprint, to lose weight or improve health outcomes. I transitioned to plant-based eating more than three years ago, primarily to feel better and lose weight. I accomplished both goals, so I have maintained a vegan diet.

The documentary Food, Inc. offers a critical review of food production in America. The production of food in this country is controlled by a small number of large corporations focused on maximizing profits while engaging in environmentally unhealthy and unsustainable food. Animals are kept in tiny inhumane cages, fed unnatural diets and given drugs to increase production, drugs that endanger our food supply. "The industry doesn't want you to know the truth about what you are eating, because if you knew you might not want to eat it" - Food, Inc.

Lentils, beans and peas are among the least expensive foods available. A pound of chicken breasts is around \$3 and a pound of ground beef around \$5. A pound of canned beans will cost less than \$1. Compare the costs of a plant-based meal to a fast-food meal. A fam-

ily of four eating a one of the fast-food chains would spend around \$25. A home-cooked vegetarian meal would cost them about \$5.

Dietary changes are an essential component of treating diabetes. The standard recommendations are to restrict portion sizes and limit the amount of carbohydrates. Similar dietary changes were recommended to my husband, Tim, when he was diagnosed with diabetes in 2001. The doctor told him that it would be possible, with careful adherence to the eating plan, to control his diabetes for a time through diet and exercise. At some point, he explained, it would be necessary to take medication to maintain good control. The medication, also, would fail to be effective after a period of time and insulin injections would be the next step.

Tim will tell you that his eating habits were poor. He ate many processed foods, fast-food meals whenever he could get them, regular (not diet) soft drinks and plenty of chocolate bars. After the warning from the doctor and visits with a nutritionist, who explained the diabetes diet restrictions, his dietary choices did not change. He continued to eat fast-foods, high-fructose soft drinks, chocolate bars (almost daily). How did that work for him? Read this column next week to find out.

BUSINESS BLOWOUT

**We are selling everything!
Most items way below cost!**

All items are Cash and Carry and priced to sell now!

LANDSCAPE INVENTORY

Trees, Shrubs, Perennials, Landscape stone, Blocks, Rocks, Soil, Mulch, Irrigation Supplies, Drainage, Hand Tools and more - Most reduced 75% or more, far below wholesale cost.

EQUIPMENT

- 2007 GMC 3500 Pickup with stainless V-plow and salter
 - Enclosed Trailer with wrapped graphics
 - 10 Ton Tag Trailer
 - 10 Ton Dump Trailer
 - 1997 Chevy Stake Truck
 - 1994 GMC Top Kick 5 Yard Dump Truck
 - Ford F-9000 Dump Truck with 50 ton trailer
- Plus Small equipment including snowblower, saws, leaf blowers, trimmers carts, wheelbarrows, Misc. tools and much more.

BUSINESS FOR SALE

BLS Landscape & Supply. Nursery, Maintenance and snow removal In business since 2003. Year around accounts including Municipalities, Businesses and Residential. Start making money today! Pay for your investment in 30 days. \$25,000, terms available.

LAND FOR SALE OR LEASE

- Purchase 5 acres across from Boyne Mountain.
- Lease property for \$850 month
- Lease Home for \$650 month
- Lease Apartment for \$450 month

BLS LANDSCAPE

1920 M-75 at Deer Lake Road, 1 mile west of US 131, Boyne Falls • Call 231-675-0300

