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Charlevoix County News

August 28, 2014

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MATT STEVENSON

New Superintendant at East Jordan public schools

By Tina Sundelius

EAST JORDAN - After a sad farewell to Superintendent of Schools Jon Hoover, East Jordan School District has high anticipation of what lies ahead with his successor Matt Stevenson.

Stevenson has been with the district for 6 years serving as principal at the middle school. He earned his teaching and administration de-

grees from Central Michigan University. Both he and his wife Erin are educators and they believe in East Jordan enough to put their twins Maggie and Cooper in the district. "My goal for the district is to provide a great educational foundation with extra-curricular experiences that lead to a lifetime of great memories for our students," he said.

Stevenson believes that East Jordan is a great place to grow up as a kid and live as an adult. He attested to the fact that EJPS works hard to be a vital component in the success of the community. "We want our students and parents to know this is a caring and loving district that wants what is best for all our kids and will work hard to create the foundation for them to be successful as adult," he said.

While at the middle school Stevenson stated that the relationships he built with students, staff and parents were his greatest accomplishments. "I had such a phenomenal staff to work with that it made it easy to focus on the day to day things that needed to be taken care of and most importantly spend time with kids. That is the real reason we are in this business and we need to keep that at the forefront of our thinking," he said.

Dedication of Dog Park on Aug. 28th Open to the Public

Please join us at the Grand Opening celebration of the Ridge Run Dog Park on Thursday, August 28 from 4 - 6 pm. Bring your dog to this dedication of Boyne City's newest city park viewed as a canine complement to the town's existing public parks.

A ribbon cutting ceremony will begin at 5 pm. Refreshments will be served. Ridge Run Dog Park is located three blocks north of the Boyne City/Charlevoix Road (Michigan Avenue). Follow Charlevoix Street to Ridge Street.

Michigan Economic Development Corporation CEO visits Boyne Country

Michigan Economic Development Corporation (MEDC) President and CEO Michael Finney was in here in Boyne Country last Thursday and Friday to meet with some 150 economic development professionals from all over Michigan during the Michigan Economic Development Association's 2014 annual meeting which was held at Boyne Mountain. After hosting a question and answer session Friday morning Mr. Finney

saw first hand the progress being made in Walloon Lake Village and then visited Boyne City. While in Boyne City Mr. Finney and other MEDC officials met with local developer Glen B. Catt, Northern Lakes Economic Alliance (NLEA) President and CEO Andy Hayes and Boyne City Manager Michael Cain at Café Sante for a working lunch to discuss the City's participation in the MEDC's Redevelopment Ready Communities (RRC)

program and Catt Developments proposed South Lake Street mixed use redevelopment project. Boyne City co-presented a session during the MEDA's annual meeting with the City of Roseville to discuss their RRC progress to date. A tour of downtown and the proposed Catt project site followed, ending at the Boyne Area Chamber of Commerce offices.



Larry and Val Glasgow

Water St. Cafe to close as owners retire

Water Street Cafe will be closing on Sept. 1. A sign on the cafe door and tables says: "Thank you for 10 years! We have enjoyed serving our community for the past decade, and are retiring to spend more time with family and the friends we've made. We'll close after breakfast on Monday, Sept. 1 (join us from 8 a.m. to noon). During our last week, we'll celebrate with flash specials, 30% off bottles of wine and more."

Chamber Executive Director Jim Baumann, a regular diner at the cafe, wished the Glasgow family well. "Larry, Val and Kristin - we're very sad to see you go, but we wish you a happy retirement." The business and building have been for sale for a number of months, but no buyer has yet emerged.

In the wake of the cafe closing, wait staff servers Stacy Fitzpatrick (231-330-2864) and Melissa Lasater (231-582-9505) have decided to open their own business, offering house cleaning and valet services - "just about anything you need." They're calling it "2 Broads and a Bucket."



From left Andy Hayes, President and CEO of the NLEA; Michael Finney, President and CEO of MEDC and Michael Cain, Boyne City Manager at Boyne Area Chamber of Commerce offices Friday following their Boyne City tour.

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News

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weather

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

Day	Avg.	High	Avg. Low	Record High	Record Low
8/28	79°F	52°F	93°F	(1973)	34°F (1982)
29	78°F	52°F	95°F	(1953)	30°F (1982)
30	78°F	52°F	94°F	(1991)	30°F (1976)
31	78°F	51°F	92°F	(1953)	34°F (1976)
9/1	78°F	51°F	96°F	(1953)	38°F (1967)
2	78°F	51°F	97°F	(1953)	29°F (1976)
3	77°F	51°F	95°F	(1953)	32°F (1976)
4	77°F	50°F	93°F	(1999)	34°F (1987)

OBITUARIES

Mary Ann Hodack, 56

(JUNE 23, 1958 - AUG. 11, 2014)

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

She was born on June 23, 1958, in Flint, Michigan, the daughter of Robert Joseph and Bettie June (Hicks) Hodack. She graduated from high school from Holy Rosary Catholic School in 1976.

Mary Ann co-owned and operated Juilleret's Restaurant in Charlevoix for many years. She later owned and operated Mary Ann's Take Out in Charlevoix until a few years ago.

She is survived by her mother, Bettie J. Hodack of East Jordan; one sister, Patricia (Charles) Brink of Montrose; two brothers, Robert (Rita) Hodack of Flint and Jack (Laurie) Hodack of Boyne Falls; several nieces and nephews; as well as several great nieces and great nephews. She was preceded in death by her father, Robert Hodack in 2005.

A memorial mass was held on Friday, August 22, 2014 at St. John the Evangelist in Davison, Michigan. Fr. Andrew A. Czajkowski officiated.

In lieu of flowers, memorial contributions may be given to Charlevoix Area Humane Society, 614 Beardsley Street, Boyne City, Michigan 49712 or donor's choice.

Ronald G. "Bud" Balch, 73

(SEPT. 10, 1940 - AUG. 24, 2014)

Ronald G. "Bud" Balch passed away on August 24, 2014.

He was born in Charlevoix, Michigan on September 10, 1940, to Edith (O'Neil) and Kenneth Balch.

On April 15, 1961, Bud married Deanne (Bartlett) Balch, also of Charlevoix. They continued to make their home there throughout their fifty-three years of married life.

Bud was a 1960 graduate of Charlevoix High School and a graduate of the Toledo School of Meatcutting. He was employed by Oleson's Food Store of Charlevoix as the Meat Dept. Manager for thirty-five years, retiring in 2002.

Bud loved to fish, hunt and play golf. He also enjoyed camping and traveling, particularly to warmer climates in winter months. An avid sports fan, Bud was especially proud of being a member of the undefeated, unscored upon Charlevoix High School football team of 1958.

In addition to his wife, he is survived by his daughters, Bambi (Butch) Potter and Stephanie Balch, his brothers Ken and Garry Balch, nephews Randy and Jeff Balch and niece Kendall Smith. He



was preceded in death by his parents.

A memorial service will be held at 11:30 a.m. on Friday, August 29, 2014 at the Winchester Funeral Home in Charlevoix. The family will be present to meet with friends and relatives for an hour prior to the service.

The family suggests that contributions in Bud's honor be made to the Charlevoix County Humane Society. Please sign Bud's guestbook at www.winchesterfuneralhome.com

Church in East Jordan. Pastor Kimon Criner will officiate.

The family will receive friends on Wednesday, August 27, 2014 from 2:00 to 8:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan.

Phebe R McCary, 90

(SEPT. 21, 1923 - AUG. 26, 2014)

Phebe R. McCary, age 90 of Boyne City passed away peacefully Tuesday, August 26, 2014 at The Brook in Boyne City.

Phebe was born on September 21, 1923 in Boyne City the daughter of Charlie and Irene (Smith) Janack. She grew up in Boyne City and attended Boyne City High School. On July 18, 1942 she married Lavern McCary in Petoskey. Phebe enjoyed being a member of The First Presbyterian Church in Boyne City and the Boyne City Senior Center. She enjoyed spending time with her family and being close to her friends at The Brook for the past two years.

She is survived by her children Donna (Henry) Erber, Linda (Jim) Mitchell and Sharon Holzschu; grandchildren Pam (John) Zarembo, Nikki (Pat) Little Mark (DeNise) Mitchell, Paul (Amy) Mitchell, Beth Holland and Andrew (Jennifer) Holzschu; eighteen great grandchildren; brother-in-law Bob Erber and special friends Carolyn and Patrick McCleary.

Phebe is preceded in death by her husband Lavern; two brothers Maynard "Bud" Janack and Jack Janack; and sister Laura Erber. A funeral service will be held 11:00 AM on Thursday, August 28, 2014 at Stackus Funeral home with a visitation being held from 10:00 AM until the time of service. Family request memorials in Phebe's name to be directed to the Boyne City Senior Center or the Boyne City First Presbyterian Church.

Burial will follow at Maple Lawn Cemetery in Boyne City.

Carolyn June Dawson, 87

(JUNE 9, 1927 - AUG. 21, 2014)

Your dear friend and neighbor, Carolyn Dawson, 87, of Boyne City, Michigan, passed away on August 21, 2014. Carolyn was born June 9, 1927, in Boyne City. She was the

daughter of William and Rena (Blakeslee) Newkirk. She graduated from Boyne City High School in the class of '46. She married Victor N. Dawson in 1949 and bore two children, Vicki and Dale. She lived in California and Oregon from 1962 to 1985 and then moved back to Boyne City following Vic's retirement.

Carolyn loved her family and friends, traveling, reading, and working with her flowers.

She is survived by her husband Victor of Boyne City, daughter Vicki of Grayling, Michigan, and son Dale of Jackson, Wyoming. She is also survived by her brother Robert (Juanita) Newkirk of Eatonville, Washington, and Alan (Bonnie) Newkirk of Darby, Montana, and a multitude of nieces and nephews.

Carolyn was preceded in death by her parents, and brother, Thomas.

A memorial service will follow at a later date. In lieu of flowers please make a donation to your favorite charity.

Stackus Funeral Home of Boyne City is serving the family.

Howard J. 'Scott' Haselschwardt, 58

HOWARD J. "SCOTT" HASELSCHWARDT OF CHARLEVOIX DIED AUG. 25, 2014, AT CHARLEVOIX AREA HOSPITAL.

Arrangements are pending at Winchester Funeral Home in Charlevoix

Laura Jane Stanley, 67

Laura Jane Stanley of Boyne City died Aug. 21, 2014 at her home.

Arrangements are pending at Stone Funeral Home in Petoskey.

Russell Darwin Gilmore, 67

A graveside service for Russell Darwin Gilmore of Boyne City will take place at 11 a.m. Saturday, Aug. 30, at Dyer Cemetery, Bay Township. Julie Dowty will officiate.

Mr. Gilmore passed away on Sept. 13, 2012, at the age of 67

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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

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Do you know ALICE?

Join us for a Community Conversation on the results

More than one in three households in Charlevoix & Emmet is walking a financial tightrope, unable to afford today's cost of living, one emergency from falling into poverty.

Next week, Char-Em United Way will unveil its first statewide ALICE Study, upending the conventional view of families in Michigan. The reality is that 1.54 million Michigan households are unable to afford life's basic necessities. That number includes those living in poverty and a population often overlooked -- ALICE, a United Way acronym for Asset Limited, Income Constrained, and Employed.

Please join us as we share this data and host a Community Conversation at the Charlevoix Public Library on September 19th from 3:00 - 4:00pm and at NCMC in the Edward Fenlon Lecture Hall (Room 122 in the main administration/classroom building) on Monday, 9/22 from 3:45 - 4:45 p.m.

ALICE is working and paying taxes like the rest of us. ALICE represents the men and women of all ages and races who get up each day to go to work like you and me, but who aren't sure if they'll be able to put dinner on the table each night. They are our child care workers, our mechanics, our home health aides, store clerks and office assistants -- all workers we cannot live without.

We've all heard anecdotally how our social service systems have come under increased strain in recent years. Our

ALICE report provides the detailed analysis and data that explains why so many are struggling. For example, here's some of what we've uncovered:

- In both Charlevoix and Emmet Counties 38% of households have an income at or below the ALICE Threshold; earning just enough to cover their monthly expenses or LESS.

- One-third of ALICE households are headed by those in their prime wage-earning years, 45- to 64-years-old

- Nearly two-thirds (63 percent) of all jobs in Michigan pay less than \$20 an hour. The jobs forecast shows low paying jobs will dominate the state economy well into the future, holding back ALICE households.

ALICE is a real and significant population that I believe we ignore at the peril of the future well-being of all our communities. I hope that you share United Way's concerns about this growing disconnect and its impact on our communities. I would like you to be a part of the wide community dialogue around these issues and invite you take an advance look at the new ALICE Study. Our public release date is September 3. You can access the full report on September 2, 2014 at www.charemunitiedway.org

I hope you will join us in raising awareness about ALICE and stimulating a fresh dialogue among community leaders about how, together, we can provide ALICE an opportunity to succeed.

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Paper Painting at Crooked Tree Arts Center

In September, local artist, instructor, and farmer, Anne Morningstar is offering a Crooked Tree Arts Center workshop based on her paper painting technique. In the workshop, Morningstar will work with participants sharing her techniques and hints as students create small paper painting works of their own. Morningstar works with a variety of media in the field of art: Animation, Film, Book Arts and Papermaking. She is currently an arts instructor at North Central Michigan College and Crooked Tree Arts Center. "Painting with paper allows the artist to fully capture the essence of transparency. Light creates far more depth than the illusion of light and dark space; it is responsible for allowing textures to dance around us, and the layers of our environment to expose themselves," Morningstar



Smelt artwork created by Anne Morningstar, a recent exhibit, Native vs. Invasive using the paper painting technique she will be teaching in her upcoming Crooked Tree Arts Center workshop.

states. The vibrant colors and intricate details of her work led to many inquiries about the medium used to create the art and how to use paper this way. The questions, "Is it really paper?" and "How does she get the paper to look like paint?" were the most consistently asked questions.

The Paper Painting workshop is scheduled for Saturday September 6th and 13th from 1:00 - 3:30 p.m. Class size is limited. For more information or to register, go to www.crookedtree.org or call Crooked Tree Arts Center.

Family fun



Family fun at the Charlevoix Farmers Market as mom, daughters and grand daughters all line up for a photo along Bridge Street at East Park in Charlevoix. Market hours: 9am-1pm every Thursday on Bridge Street, downtown Charlevoix.

PHOTO BY M. CHRIS LEESE

Country Barn dance and auction

Hospice of Northwest Michigan invites you to join our evening of down home fun! Country Barn Dance & Auction at the Jordan Valley Barn, 4542 M-66, East Jordan on Saturday, September 6 at 7:00pm. We only have 150 tickets available for this exclusive event! Tickets are \$125 (admits 2 people). The evening

events include: Cocktails served by Let Jeannie Serve.

You'll enjoy complimentary "Pigs Eatin' Ribs", Dancing & Country Line Dancing Direction, Live Dance Music compliments of "Whiskey Creek Band", and Emcee and Auctioneer Services compliments of Scott MacKenzie.

For more fun, there will be unique "Silent" Auction items available throughout the evening, a Heads or Tails game of chance and a Live Auction including: A Horseback Riding and Country Outfitter Package for 2, East Jordan Iron Works Sewer Cover, A Pigs Eatin' Ribs Roast, Tim McCraw Signed Gibson Guitar

with case and strap each signed by Tim McGraw and each member of the Dance Hall Doctors Band, and a 48th or 49th Annual Country Music Awards Experience for Two.

To purchase tickets or for more information, please contact Amy Wieland at 231.547.7659 or email at a.wieland@nwhealth.org.

THE CHARLEVOIX AREA CHAMBER OF COMMERCE

Our mission is to support commerce and provide leadership to enhance the quality of life.

AUGUST BUSINESS OF THE MONTH: CHARLEVOIX STATE BANK

The Business of the Month is a business that goes above and beyond business as usual, positively impacting the community. This business is selected by the Chamber Ambassador Committee and will be a contender for the Chamber's Business of the Year Award. This prestigious award will be presented at the State of the Community Address in February 2015. We are proud to present to you the August Business of the Month:



(L-r) Alison Hubbard, Peggy Kusina, Luann Keinath, Cheryl LaLone, Richard Christner, Michael Hinkle, Dennis Kusina, Charie Metevia, Jean Musilek, River Musilek, Thomas Parrish, Richard Hodgson II, Bryant Huber

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Chamber Car Raffle



2014 Chevrolet Camaro Convertible
Tickets: \$100 each or 3 for \$200

Drawing Reception will be held on September 17, 2014 at Fox Motors in Charlevoix. Not able to purchase a raffle ticket? Then please consider joining us as a guest at the Car Raffle Reception. \$25 per person includes heavy hors d'oeuvres, cash bar and door prize eligibility!

To purchase tickets or for more information call the Chamber at 231.547.2101 or visit our website at www.charlevoix.org.



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Mr. Rob Straebel
City of Charlevoix

Ms. Amanda Wilkin
Charlevoix Convention & Visitors Bureau

Mr. Michael Wojan
Wojan Window & Door Corporation

FIRST FRIDAY BUSINESS BREAKFAST



Please join us for our September, First Friday Business Breakfast at Castle Farms!

This month's exciting networking event is sponsored by Castle Farms and Northwestern Bank. The Breakfast will be held on Friday, September 5th from 7:30 - 8:30am at 5052 M-66 Hwy North. Cost for the Breakfast is \$7 for members and \$10 for General Admission.

UPCOMING COMMUNITY EVENTS

August 25th - Summer Folk Concert - Charlevoix Library
August 26th - City Band Concert
August 27th - Jazz at the Library
August 28th - Farmers Market
August 28th - Summer Concert Series - Rootstand

SEPTEMBER

September 1st - Charlevoix Bridge Walk
September 4th - Farmers Market
September 5th - First Friday Business Breakfast @ Castle Farms
September 6th - Country Barn Dance/Auction for Hospice
September 8th - Chainsaw Carving Extravaganza @ Library
September 11th - Farmers Market
September 13th - Trunk & Treasure Sale @ Bergmann Center
September 13th - Poker Run & Pig Roast @ Elks Lodge
September 13th - Dining 4 Paws @ Shanahan's Barn CCC
September 15th - Book Talkers @ Charlevoix Library
September 17th - Chamber Car Raffle Party @ Fox Motors
September 18th - Farmers Market
September 19th - Rootin' Tootin' Hoedown @ Shanahan's Barn CCC
September 23rd - All Things iPad @ Charlevoix Library
September 25th - Farmers Market
September 28th - Harvest Festival @ Castle Farms
September 29th - Windows 8 Basics @ Charlevoix Library
September 29th - Folk Concert @ Charlevoix Library

For more information on any of the above events please call the Chamber office at 231.547.2101 or visit our website at www.charlevoix.org

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News Briefs

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BOYNE CITY

Garden club

The Birds in our Garden is the program for the Boyne Valley Garden Club meeting at 12:30 p.m. Thursday, Aug. 28, in the Community Room of the Boyne District Library. The program will be presented by Darrell Lawson, president of the Petoskey Regional Audubon Society. Friends and new members are always welcome. Come join the group that helps to keep our town so beautiful. For more information, call Cyndy at 231-536-7280.

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

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 6pm. 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.

CHARLEVOIX

Plant sale

Charlevoix Evening Garden Club Plant Sale, Saturday, August 30, 9am to Noon, at Ferry Beach. Lots of perennials.

ELLSWORTH

Outdoor Movie Night

Come out and support the Junior/Senior Government trip to Washington, D.C. and enjoy a movie outside. Bring your lawn chairs and blankets and watch "Night at the Museum: Battle of the Smithsonian" on the big screen. Ellsworth Sports Park, Saturday August 30. Lawn seating opens at 8PM, Movie at dusk. Admission is free. Donations will be accepted. Concessions will be available for purchase.

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 31, September 14, 28. Armchair Theatre is presented by the Performing Arts Committee

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 or when funds are exhausted.

BOYNE CITY

Drag Race

The annual Boyne City drag race is being reorganized and will be held Sunday, Aug. 31. Side-by-side, eighth-mile drag races will be from 12 noon-5 p.m. at the airport, 1048 E. Main St. Proceeds from the event will benefit the Boyne City Airport and the Boyne Valley Lions Club. The city police department has organized the event since 2003, but they are phasing out their involvement. The event will be organized this year by the Lions and a committee of drag race enthusiasts. There won't be any significant changes to the event, however. Entry fees are \$25 in advance and \$30 on race day for cars, trucks and motorcycles, while pit passes are \$15. Spectators pay a \$10 admission fee; children under 12 years are admitted free. Gates open to racers at 8:30 a.m. for registration and tech inspections. For information call the Boyne Area Chamber at 5826222 or visit www.bcpddragrace.org.

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 Sportsman's 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.

BOYNE CITY

Boyne Volunteer Network

Boyne volunteer network is a joint project of the Boyne District Library, Boyne City Main Street Program and the Boyne Area Chamber of Commerce. It's easy to participate - just go to www.boynevolunteers.org and fill out the application form, which will tell us your skills, interests and contact information. We will contact you later about volunteer opportunities that may interest you. If you have questions or would like to learn more about how to include your organization and volunteer needs in this new network, contact Monica Kroondyk at the Boyne District Library by phone at 231-582-7861 or by email at kroondykm@boynelibrary.org.

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

MICHIGAN

Minimum wage hike Sept. 1

Increases to Michigan's minimum wage law approved by state legislators in May kick in on Sept. 1, when the minimum wage increases to \$8.15 an hour. Click here to learn more about the pending wage law changes in the latest Northern Michigan Business Blog from Northern Michigan Chamber Alliance Govt. Relations Director Kent Wood.

CHARLEVOIX

Bridge Walk

September 1st - Charlevoix Bridge Walk

EAST JORDAN

School open house

Open Houses are on Tuesday, September 2. Elementary School 5 to 6:30pm. Middle School 5:30 to 7pm. High School 6 to 7:30pm.

ELLSWORTH

First Day of School

Tuesday, September 2, 8:00 AM

PETOSKEY

Homebuyer Education

Northwest Michigan Community Action Agency (NMCAA), a certified HUD and MSHDA housing counseling agency, will be presenting a three night workshop on Homebuyer Education. This 8 hour workshop will be held September 2 and 4 from 6pm to 9pm; and September 9 from 6pm to 8pm. This course will teach you the basics of the home buying process including options for low-to-moderate income families. The workshops are being offered 2202 Mitchell Park, Suite 4. Attend all three workshops to get your Certificate of Completion! To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518, or visit www.nmcaa.net.

EAST JORDAN

First Day of School

First Day of School is Wednesday, September 3.

Middle school starts at 8am. High School starts at 8:05. Elementary School starts at 8:15

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.

CHARLEVOIX

Chronic pain path workshop

This Stanford University developed group workshop has shown that program participants report less severe pain, are less dependent on others, have improved mental health and increased vitality, are more able to participate in everyday activities and have greater life satisfaction. Take an active, positive role in the management of your chronic pain. September 3rd thru October 8th, 1 - 3:30 pm at Charlevoix Senior Center. No cost to attend. \$15 donation appreciated. To register call Darcia at 800.442.1713.

BOYNE CITY

Rubbish collection

Collection will resume for three weeks in the City of Boyne City on Sept. 3 and 4. The pickups will take place in areas on and south of Main Street on Wednesdays, Sept. 3, 10 and 17. Areas north of Main Street will be picked up on Thursdays, Sept. 4, 11 and 18.

HARBOR SPRINGS

Golf Fore Manna

Sept. 4. 11am. The 6th annual charity golf outing will help benefit Manna and its programs. Taking place at Boyne Highlands Moor Course. The event includes golf, lunch, dinner, silent/live auction, awards and prizes.

CHARLEVOIX

First Friday

September 5th - First Friday Business Breakfast at Castle Farms. 7:30 - 8:30am. Updates from Castle Farms, Northwestern Bank and Bethany Pearson, DDA, on the Mainstreet Program

BOYNE CITY

Hazardous waste collection

Electronics and hazardous waste collection will be held from 5-8 p.m. Friday, Sept. 5, and 9 a.m.-1 p.m. on Saturday, Sept. 6 at the Road Commission garage on M-75 South. Acceptable electronics and hazardous waste items include fluorescent light bulbs, oil-based paints, chemicals and lawn fertilizers.

EAST JORDAN

Hunter Safety Course

September 6 & 7, 9AM - 4PM at the Jordan River Sportsman's Club Rifle Range. For more information call Mike Beauvais at 231-536-3208

EAST JORDAN

Benefit dinner

Casey Gardner was in a horrible motorcycle accident on 7-22-2014. He has severe head trauma, a shattered hip. He is still in a coma. There is a benefit dinner to help out with medical expenses. On Saturday, Sept. 6th at the VFW Post 7580. It will be a spaghetti dinner, \$5 a plate or donation. There will be a silent auction, 50/50, raffle, and bake sale. The time will be from 3pm-8pm. The VFW post is located at 4690 M-32.

EAST JORDAN

Sno-Blast festival

If you love Winter and the Sno-Blast Festival please join us at a planning meeting for the 2015 Sno-Blast Festival on Tuesday, September 9 at 9:30am in the Charlevoix State Bank Conference Room. We would like to encourage anyone to attend that would like to help with the Sno-Blast events. It takes many hours and lots of help to make the event happen. If you would like more information please

contact the Chamber Office at 231-536-7351.

BAY HARBOR

Women Can Women Do Fundraising Luncheon

Sept 10, 11am - 1:45pm. More than a hundred volunteers ensure the success of Women Can/Women Do fundraising luncheons that raise needed dollars to help fund essential programs and services provided to women, children and families through the Women's Resource Center of Northern Michigan (WRC-NM). To reserve a seat, or for more information, call the WRC-NM administrative office at (231) 347-0067.

BOYNE CITY

State of the Community

Everyone in the community is invited to attend the Boyne Area Chamber's 6th annual State of the Community luncheon. This year's event will be held at Sommerset Pointe from noon to 2pm on Thursday, Sept. 11. Speakers will be City Manager Mike Cain, County Commissioner Chris Christensen, and School Superintendent Peter Moss. Admission is \$25, which includes salad, entree, dessert, beverage, tax and gratuity. Table sponsorships, which include eight seats, table sign and introductions at the event, are available for \$250. A crowd of more than 100 business and civic leaders is expected. For reservations, call the Chamber at 231-582-6222.

PETOSKEY

Energy Conservation Workshop

Northwest Michigan Community Action Agency will be hosting a workshop on Energy Conservation to be held September 11 from 6pm to 9pm, as part of a series of home maintenance workshops. This workshop will be offered at 2202 Mitchell Park, Ste. 4. To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518; or visit www.nmcaa.net.

CHARLEVOIX

Christmas decorations needed

Old, unused Christmas decorations taking up room in your house? Donate them to the Charlevoix Area Hospital Foundation! The Holly Daze Committee coordinates our annual winter fundraiser and is looking for white, red and silver Christmas balls, bulbs, ornaments, working white Christmas lights and/or artificial greenery (garlands, wreaths, trees). If you have any of these items and would like to donate to the Committee, please call Faye Parrish at 231.547.8501 to make arrangements for drop off at the Charlevoix Area Hospital Foundation.

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.

CHARLEVOIX

Vendors for trunk sale

Bergmann Center Resale Shop is looking for vendors to participate in our First Annual Trunk and Treasure Sale. Are you an artist or craft person looking for a fun way to show what you can do? The event will take place on Saturday, September 13. A registration fee of \$25 will reserve you a space with a table and chairs. Please contact Kim Brock at 231.547.2979 for more information or stop by the Bergmann Center Resale Shop located at 8888 Ance Rd.

CHARLEVOIX

Trunk & treasure sale

Homemade items, vintage, craft, client art and much more at Bergmann Center's Trunk & treasure sale Sept. 13, 9am - 4pm. \$1 entrance fee to benefit Bergmann Center's gift of love. 8888 Ance Road.

BOYNE CITY

Business after hours

Coldwell Banker Schmidt Real Estate will host the Chamber's next Business after Hours at 231 Water St. at 5:30 p.m. Thursday, Sept. 18. The theme for the evening will be an ice cream social, thanks to event co-sponsor Parkside Grill and Treats. There is no charge for admission or refreshments; a 50/50 raffle will benefit the Boyne City Community Christmas program.

PETOSKEY

Budgeting workshop

Northwest Michigan Community Action Agency will be hosting a workshop on Budgeting to be held September 18 from 6pm to 9pm, as part of a series of six workshops on financial capabilities. This workshop will be offered at 2202 Mitchell Park, Ste. 4. To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518; or visit www.nmcaa.net.

CHARLEVOIX

Finding success with today's volunteers

Nonprofit organizations serving Charlevoix and Emmet counties are invited to attend Find Success with Today's Volunteers, a workshop focused on how the face of volunteerism is changing and what organizations can do to continue attracting, developing and celebrating the best of a new type of volunteer, held at the Charlevoix Public Library on Tuesday, September 23rd, from 9am to Noon. The cost is \$10 per attendee and the deadline for pre-registration is Friday, September 19. To register, go to www.c3f.org then click on "What's New", then "Workshops Offered".

CHARLEVOIX COUNTY

Crop Walk

The 31st Charlevoix County CROP Walk is scheduled for Saturday, September 27th at 9AM, rain or shine. For information about CROP Walk please contact: East Jordan, Marge Teske, 231-536-3128, Charlevoix John Young, 231-547-2042 and Boyne City, Mary Richwine, 231-582-6035.

PETOSKEY

Historic Homes Tour

The Little Traverse Historical Society is pleased to announce a tour of historic Petoskey homes on Saturday, September 27, between 1pm - 4pm. The tour begins with an orientation at the Little Traverse History Museum at 1pm and then the four beautiful and unique homes will be open to visit until 4pm. Docents at the homes will point out unique features and answer questions. Tickets cost \$20 per person and can be purchased after September 1 at the Little Traverse History Museum during regular hours and at the Petoskey Regional Chamber of Commerce. Space is limited so early purchase is advised.

CHARLEVOIX & EMMET COUNTIES

Grant requests

The Charlevoix County Community Foundation and the Petoskey-Harbor Springs Area Community Foundation invite area nonprofit organizations, educational institutions, and municipalities to submit grant requests to put local charitable dollars to work in our area. The deadline for submission is Wednesday, October 1. To apply for a grant or for more information, call/email your local community foundation program officer. In Charlevoix, contact Maureen Radke at 231.536.2440 or maureen@c3f.org. In Emmet County, contact Sara Ward at 231.348.5820 or sward@c3f.org or visit www.c3f.org.

EAST JORDAN

Air color tour

Rotary Fall Color Air Plane Rides, Saturday, October 11 leaving from East Jordan City Airport. (Rain Date - Oct. 18)



Bill and Joy Murray
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BOYNE CITY COMMISSION, AUGUST 26, 2014

City will vacate lot near F.O. Barden

By Tina Sundelius

BOYNE CITY—Although there was only one item on the agenda, the Boyne City Commission discussed sidewalks, fluoride and vacating a right of way on East Street at the August 26 meeting. A request to vacate approximately 139 feet of a public right

of way on South East Street adjacent to Barden Lumber's parking lot was approved by the planning commission and sent to the city commission for further approval. The property has been used, maintained and improved by the lumber company for many years. According to city staff, no future need for the property in regards

to city infrastructure or utilities is anticipated. According to the city's Code of Ordinances the planning commission first needed to review the request and they did at their August 18 meeting. The next step according to procedure is to allow three weeks to notify the public of the proposed change and schedule a public hearing. Commissioners gave unanimous approval for the city vacation of the parcel. No public hearing was set. "It's kind of a unique situation, the Bardens were unaware and they improved it and used it for parking access," said Scott McPherson, Planning and Zoning Director.

In response to public comment Cain gave an update on the Safe Routes to School plan in progress. When asked why there were no sidewalks planned for the east side of Fall Park Road from the Summit Street sub division on a map distributed to the public outlining the plan, Cain responded that the map was a work in progress and that the sub division was taken in consideration at a recent meeting. When prompted Cain guessed that work on the plan could take place as early as this spring.

Commissioner Derek Gaylord asked city staff to explain why a



The 82.5 foot right of way on South East Street has been used as part of Barden Lumber's parking access for many years.

Boyne City DPW crews were busy framing curbing, spreading black dirt and planting grass Tuesday in front of two recently closed entrances to the Maple lawn Cemetery. The entrances were two of seven off of Boyne Avenue. The main reason for closing the entrances was to improve user experience by eliminating cut through traffic. "It should give people using the cemetery a safer and more pleasant experience," said City Manager Michael Cain. During the meeting Mayor Grunch read a letter received this week in support of removing the fluoride.



letter in support of the removal of fluoride from the city water supply dated July 23 hadn't been included in the August 12 commission packet. "I just want to acknowledge that it's here finally in our packet, it would have been nice to have had it before the last meeting," he said. It was during the August 12 meeting that the commission voted to place the issue on the November ballot after being presented with a peti-

tion signed by 677 registered Boyne City voters. Gaylord's point was that the letter, written by a Boyne City resident made several valid points against the inclusion of fluoride, would have been part of the discussion at that meeting. Staff didn't know why the letter had been omitted and stated that it was probably an oversight.

Mancelona Food Pantry & Resale Shop is a win-win organization

By Jim Akans

It's truly a win-win organization. The Mancelona Food Pantry & Resale Shop is both an excellent spot to find quality, used items of virtually any kind, and the proceeds from sales at the Resale Shop help to support the ongoing mission of the Mancelona Food Pantry in providing food for area families in need.

"The Food Pantry serves families throughout Antrim County," states Edith Plumb, a volunteer at the establishment and Secretary of the Board. "It was founded about 10 years ago and is ran by a very dedicated group of volunteers. We serve approximately 200 families in assisting with the food needs each month, which translates into approximately 700 individuals."

Proceeds from sales at the Resale Shop greatly assist in serving those family's needs. Highlights of the donated items available include just about every type of household article; including furniture, nick knacks, dishes and tools. Shoppers will also find a wide selection of toys, yard equipment such as lawn mowers, grills and even snow shovels. These goods are donated by local individuals, businesses and those from downstate who have summer residences in the area.

The facility is a large three-story building that was once a church. Inside, customers will find two levels devoted to resale displays, and one floor level for the food pantry and fellowship hall.

"It is a very nice environment," relates Edith Plumb. "Our mis-



The Mancelona Food Pantry & Resale Shop is located at 201 N. Maple Street in Mancelona. It is both an excellent spot to find quality, used items of virtually any kind, and the proceeds from sales at the Resale Shop help to support the ongoing mission of the Mancelona Food Pantry in providing food for area families in need. COURTESY PHOTO.

sion is getting more and more important all the time as more people are in need of assistance with the food needs. We are part of the Northwest Michigan Action Agency Food Coalition, with is a group of about 40 food pantry's in the area that cooperate with each

other in staying informed about the issues affecting us."

The Mancelona Food Pantry & Resale Shop is located at 201 N. Maple Street in Mancelona. The Resale Shop is open Tuesday through Friday from 9 am until 4 pm, and Saturday from 9 am until

2 pm. The Food Pantry is open Tuesday through Thursday from 9 am unit 4 pm. For additional information, please call (231) 587-9606.



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.

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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



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Saturday 10-2
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Resale Shop

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

Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Mounting diabetic health issues result in incremental changes

Deb Hagen-Foley

Dietary changes are an essential component of treating diabetes. Typically, the diagnosis of diabetes includes nutrition classes to learn the how and what to eat to minimize blood sugar fluctuations. My husband, Tim Hagen-Foley, was diagnosed with diabetes in 2001. He completed a series of nutrition courses where he was to learn the standard recommendations are to restrict portion sizes and limit the amount of carbohydrates. The eating recommendations are intended to improve the food choices that contributed to the presence of diabetes. Many of those with diabetes struggle with compliance with a restrictive eating plan.

By 2008, he weighed approximately 350 pounds. A healthy weight for a male of his height and age would be less than 190 pounds. He was experiencing constant and excessive ankle pain and regular attacks of

gout, a type of inflammation caused by the buildup of uric acid. In 2010, the doctor wanted him to begin diabetes medication. He had lost 70 pounds at that point, the ankle pain was somewhat reduced and the gout was occurring less frequently. He wanted to continue attempting to control his blood sugars with his version of dietary changes, which meant continuing to eat the foods that others were able to eat without compromising their health.

In 2011, the doctor insisted that he begin taking the diabetes medication Metformin. Metformin is prescribed for those with Type 2 diabetes to in-



Tim Hagen-Foley on our wedding day, August 7, 1999. His weight was approximately 280 pounds. A few years later he topped the scales at 350 pounds, had diabetes, and was in constant pain.

crease the ability of the body to use glucose by reducing the insulin resistance characteristics of the illness. After approximately six months of daily Metformin use, he noticed that the numbness and pain in his legs had gotten worse. He stopped taking the drug and his symptoms were reduced.

Then in 2012, the sensations in his legs returned and were sustained. He describes the numbness this way, "Diabetic nerve pain is like wearing a tight wool sock and then imagine toughing your skin through that." He made a dietary change then, switching from regular cola to diet - a major change for him. He continued to eat ice cream,

chips, and chocolate, although he attempted to reduce the quantity.

In April, 2013, the signs and symptoms of diabetes were considerably worse. His blood sugar level was 8.7 and a new doctor insisted on Metformin. His cholesterol and blood pressure were also too high. He had extensive pain in many of his joints and muscles. Pain would increase with any activity. In July of that year, his A1C test was 6.4, which is considered "managed," with medication. The doctor was not satisfied and increased the Metformin dosage. He also recommended a second medication, which Tim refused. His blood pressure was very high and required more frequent monitoring. Things were bad, but not bad enough yet for major changes.

Next week,
the conclusion of Tim's story.

Day of Caring throughout Emmet/Charlevoix Counties

In honor of the National Day of Service and Remembrance of 9/11, hundreds of volunteers will join together on Thursday, September 11 in an effort to make our community a better place to live.

The 11th Annual Day of Caring matches teams of volunteers from businesses, schools, faith communities, community groups, families and individuals with non-profit organizations in Charlevoix and Emmet Counties that could use a hand in completing necessary projects.

Volunteer registration is now open for Day of Caring projects. Volunteer teams will complete various tasks for non-profit organizations, schools, and government agencies as well as home maintenance for senior individuals. Projects might incorporate painting a hallway, building shelves, organizing a pantry, weeding a garden, raking leaves and much more.

To register as a volunteer for Day of Caring, visit www.char-unitedway.org and click on "volunteer".

Deadline to register as a volunteer is Friday, September 5th.

For more information contact Lisa at Char-Em United Way at 231.487.1006 or by email at info@chareunitedway.org.

Drs. Oz and Roizen

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



PUTTING YOUR FINGER ON DEMENTIA PROTECTION

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

You don't have to be a genius to understand that as your brain goes, so go your health and happiness. If you can keep your cognitive powers humming through middle and later years, chances are you'll also improve everything from your cardiovascular system to your social life. That's why, today, we want you to start thinking -- and discover just how to help protect your mind and body from dementia, whether it's caused by atherosclerosis, mini strokes or Alzheimer's disease.

A groundbreaking study recently revealed the simple steps that should be the cornerstones of your personal dementia-prevention plan. The FINGER Study (Finnish Geriatric Intervention Study) fol-

lowed 1,260 folks ages 60 to 77 with modifiable risk factors for dementia (diabetes, obesity, poor nutrition, etc.). Researchers found that a lifestyle makeover -- adding more physical activity, better nutrition, increased social support, brain-stimulating activities and fun to your life, plus taking care of any heart-health issues you may have -- delivers big brain benefits. After just two years, people on this "demolish dementia" regimen scored significantly higher on tests of memory, thinking skills and mental processing speed than a control group who got only good advice.

This study will have a seven-year follow-up to track participants' development of dementia and to look for biomarkers using MRIs and PET scans. And around the world, there's plenty of other ongoing medical research that we're rooting for: Some will improve di-

agnosis (they're experimenting with smell, eye and blood tests that can detect super-early signs of brain changes), and others are focusing on medications that might stall or prevent dementia's onset. There's even research on brain-tissue transplants (no Dr. Frankenstein involved!) that may be able to reverse the ravages of this progressive disease. But we think the FINGER Study's recent results show that you don't have to wait for a revolutionary medical treatment to help protect your brain from cognitive decline.

So, here's how to lower your risk of dementia, even if you're one of the 25 percent of American adults with a gene mutation called APOE4 that increases your risk for Alzheimer's disease. Manage stress. This is key. Learn to meditate (sharecare.com has step-by-step instructions), do progressive muscle relaxation, yoga or whatever tames your keyed-up feelings. It's also relaxing and good for the brain to spend time with friends and family, and to pursue your passions, too. Move it! People who are physically fit in their middle years are up to 35 percent less likely to develop Alzheimer's later on. But it's never too late to boost your brainpower; regular walking can increase growth in the brain's hippocampus and prefrontal cortex, which is important for building and protecting memory, even if

you're in your 60s, 70s or 80s.

Eat like you live along the Mediterranean. Good fats found in olive oil, salmon, sea trout and nuts, along with plenty of fruits and veggies, lean protein, 100 percent whole grains and a smidge of low- or no-fat dairy is the way to go. This diet could cut your risk by 15 percent to 40 percent. Bump up your intake of brain-pampering omega-3 fatty acids by taking a daily supplement containing 900 milligrams of DHA, too.

Control known brain-damagers. Stop smoking (everything) and avoid second- and thirdhand smoke or fumes from tobacco, marijuana and vaping! Take high blood pressure, high LDL cholesterol and diabetes very seriously: All three damage blood vessels that carry oxygen-rich blood to your brain. Ignoring these conditions could boost your risk for vascular dementia (caused by clogged vessels or mini strokes) by as much as 46 percent!

Challenge your brain in new ways. Dust off your guitar, break out the Scrabble board or learn a complicated new card game. Doing brain-stimulating activities just three days a week in midlife and beyond can fend off dementia by three to eight years or longer. The key: New thought patterns encourage your brain to grow new neural connections. Hint: If you're already a crossword puzzle ace, try a math game like Sudoku.

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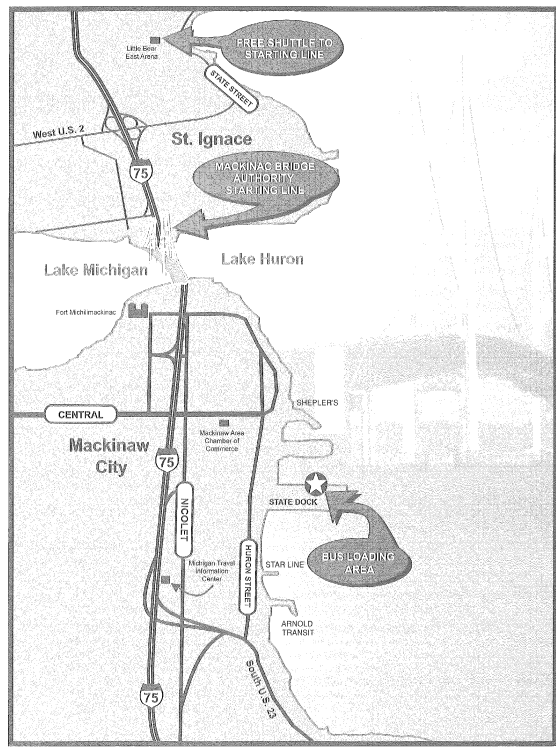
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57th Annual Mackinac Bridge Walk



By Jessica Boyce

Labor Day is drawing near and there's no better way to spend it than crossing the Mighty Mackinac Bridge in the 57th Annual Mackinac Bridge Walk. The walk will take place on Labor Day, September 1st, from 7:00 – 11:00 am. Walkers can get started any time after the Governor's Party leaves at 7:00 am, but will not be allowed to start the walk any later than 11:00 am.

The famous Bridge Walk starts in St. Ignace and ends after the 5 mile span of the bridge in Mackinaw City. They normally close down the North side of the bridge for the walkers and make

the South side open for two-way traffic. After you complete the walk, you will be given a numbered certificate which gives you the chance to win a prize at a Mackinaw City or St. Ignace business. If you are under 18 years of age, you will need a parent's permission to participate in the walk. This year, if you are bringing a bag of any type with you, it will be searched prior to the Bridge Walk.

If you want to participate in the walk and you are coming from the Lower Peninsula, you can do one of two things: drive to St. Ignace and bus back to your car after the walk, or bus to St. Ignace to start the walk. Because of the high de-

mand for the bus, tickets for the ride across the bridge to St. Ignace go on sale at 5:30 am.

The Mackinac Bridge Walk is a huge event bringing in around 45,000 people each year who walk the Mighty Mackinac Bridge. If you want to participate, it is a wonderful event with views of the Upper and Lower Peninsula. You can even purchase T-Shirts commemorating the event at local businesses in St. Ignace and Mackinaw City. Whatever your Labor Day plans are, be sure to include the Mackinac Bridge Walk. For more information, you can visit mackinacbridge.org.



Thousands of walkers cross the Mighty Mackinac Bridge in the Labor Day Mackinac Bridge Walk.

BOYNE CITY POLICE DEPT.

Monday, August 11, 2014

- 1:32am Suspicious situation in the 1000 block of Boyne Av
- 2:10am Report of broken sprinkler head at Lake St near River St
- 5:20am Alarm in the 400 block of S Park St
- 7:12am Assisted Sheriff Dept with driving complaint on 131
- 7:34am Alarm in the 400 block of S Park St
- 9:30am Report of lost wallet
- 1:02pm Intoxicated subject in the 700 block of Wenonah St
- 3:30pm Report of possible marijuana growing on Jefferson St
- 4:02pm Report of cash stolen from a vehicle while parked in the 200 block of Ray St
- 5:01pm Civil standby in the 300 block of N Lake St
- 5:20pm Report of suspicious vehicle in the 300 block of E Main St
- 5:47pm Report of disturbance in the 600 block of E Main St
- 8:28pm Report of stolen checks being cashed in the 400 block of N Lake St
- 10:05pm Assist Sheriff Department on Fineout Rd
- 10:16pm Alarm in the 400 block of S Park St. Intruding bat was found and eliminated by key holder
- 10:34pm Suspicious activity in the 900 block of West St

Tuesday, August 12, 2014

- 9:05am Civil dispute on Adams St
- 9:31am Assist Emmet County Sheriff Dept in the 600 block of Boyne Av
- 11:51am Citation issued for Operating without security and no plate
- 1:19pm Civil issue on Adams St
- 2:48pm Civil issue on Adams St
- 2:54pm Civil issue on Adams St
- 10:06pm Citation issued for driving without headlights
- 10:42pm Civil standby on Adams St

Wednesday, August 13, 2014

- 7:37am Harassment complaint from Adams St
- 9:24am Civil issue on Adams St
- 11:03am Vehicle inspections in the 1300 block of Boyne Av
- 12:50pm Vehicle unlock in the 400 block of N Lake St
- 1:18pm Civil issue on Adams St
- 1:46pm Assist Sheriff Dept on Addis Rd
- 3:01pm Civil issue on Adams St
- 3:46pm Report of missing sandal
- 5:26pm Vehicle unlock in the 200 block of E Water St
- 5:30pm Civil standby on Adams St
- 6:58pm Report of jet ski breaking loose on Lakeshore Dr
- 7:31pm Driving complaint on Division St near Hull
- 8:05pm 911 hang up from the 100 block of N East St
- 8:26pm Driving complaint coming into town from Fall Park Rd
- 9:00pm Broken glass located in the men's room at the river mouth

Thursday, August 14, 2014

- 8:03am Civil dispute over vehicle on Morgan St
- 8:56am Found property

- from the Marina dropped off at the PD
- 9:56am a pair of found glasses dropped off at PD
- 10:38am Landlord tenant dispute on W Lincoln
- 11:10am NSF check complaint from State St
- 1:08pm Report of sick or injured fox in the area of Division and Leroy
- 2:44pm Fraudulent phone call received. Male claiming to be from IRS claiming subject owed money for tax fraud and that there was a warrant out for subject's arrest.
- 3:16pm Report of 2 young children left alone in car in the 400 block of N Lake St
- 7:51pm Report of young child walking alone on Lake St. Was with mother.

Friday, August 15, 2014

- 9:00am Report of sick fox in the area of Leroy St
- 1:30pm Larceny reported in the 500 block of N Lake St
- 1:35pm Report of 2 suspicious males soliciting in the 500 block of N Lake St
- 3:30pm Civil dispute in the 1000 block of Pleasant
- 6:37pm Report of dogs locked in vehicle on S Park St
- 9:18pm Report of intoxicated subject in Old City Park
- 9:19pm Report of B&E in the 600 block of Pine Pte Tr
- 9:23pm Juvenile complaint in the 300 block of Bailey St
- 11:32pm Civil complaint
- 11:35pm Assist EMS on M-75 S

Saturday, August 16, 2014

- 12:38am Driving complaint headed into town on M-75 S. Citation issued for expired Operator's License and Fail to Yield.
- 3:18am Disturbance in the 300 block of Silver St
- 6:56am Citation issued for speed at E Division and Park St
- 9:37am Vehicle unlock in the 200 block of W Division St
- 9:51am Vehicle unlock in the 300 block of N Lake St
- 9:55am Request for civil standby on Adams St
- 10:44am Report of possible embezzlement in the 1100 block of Boyne Av
- 11:39am Report of missing phone from the 300 block of Groveland
- 12:59pm Vehicle unlock in the 200 block of E Water St
- 2:13pm Driving complaint at Pleasant and Division St
- 7:13pm Juvenile complaint in the 300 block of Silver St
- 9:55pm Road hazard at Lake and Vogel. Removed
- 11:08pm Citation issued for driving without lights

Sunday, August 17, 2014

- 12:55am Report of loud music in the area of Groveland and Park
- 1:22am Assist Sheriff Dept in the area of Jefferson and Wildwood Harbor
- 3:00am Subject drove over curve flattening tire on Division St near Boyne Av
- 8:26am Stolen golf cart recovered on Front St
- 12:08pm Disturbance in the 200 block of Vogel
- 5:07pm Juvenile complaint in the 800 block of N Lake St
- 5:07pm Larceny reported in the 400 block of N Lake St
- 6:57pm Found wallet turned into PD. Returned to owner.

CHX. COUNTY SHERIFFS DEPT.

August 11-17, 2014

- 911 Hang Up Call6

Abandoned Vehicle	1
Abuse	0
Alarm	4
Animal Complaint	29
Annoyance	1
Assault	0
Assist Citizen	1
Assist Motorist	3
Assist Other Agency	12
Attempt to Locate	0
Attempted Suicide	2
Bank Alarm	0
Boating Accident	0
Boating Violation	8
Breaking & Entering	1
Car/Deer Accident	8
Citations Issued	13
Civil Complaint	7
Criminal Sexual Conduct	4
Death	0
Disorderly Person	0
Disturbance	6
DNR Complaint	0
Domestic Dispute	2
Driving Complaint	3
Fireworks Complaint	0
Found Property	3
Fraud	2
Health & Safety	3
Hit & Run	2
Intoxicated Person	2
Juvenile	0
Larceny	7
Lockout	6
Lost Property	3
Malicious Destruction of Property	0
Mental Subject	0
Minor In Possession	0
Miscellaneous Criminal	1
Missing Person	0
Noise Complaint	3
Operating Under the Influence	0
Paper Service	14
Parking Violation	0
Personal Injury Accident	0
Personal Protection Order	1
Private Property Accident	3
Property Check	23
Property Damage Accident	7
Prowler	0
Road Hazard	3
Stalking	0
Suspicious Situation	17
Threat	0
Traffic Stop	43
Trespassing	2
Unknown Accident	2
Unlawful Driving Away of Automobile	0
Vehicle in the Ditch	0
Violation of Controlled Substance Act	1

August 18-24, 2014

911 Hang Up Call	3
Abandoned Vehicle	1
Abuse	0
Alarm	5
Animal Complaint	27
Annoyance	0
Assault	2
Assist Citizen	4
Assist Motorist	4
Assist Other Agency	7
Attempt to Locate	2
Attempted Suicide	0
Bank Alarm	0
Boating Accident	0
Boating Violation	3
Breaking & Entering	1
Car/Deer Accident	3
Citations Issued	11
Civil Complaint	9
Criminal Sexual Conduct	0
Death	1
Disorderly Person	0
Disturbance	1
DNR Complaint	2
Domestic Dispute	0
Driving Complaint	4
Fireworks Complaint	0
Found Property	2
Fraud	4
Health & Safety	2
Hit & Run	0
Intoxicated Person	2
Juvenile	3
Larceny	4
Lockout	5

Lost Property	0
Malicious Destruction of Property	2
Mental Subject	0
Minor In Possession	1
Miscellaneous Criminal	1
Missing Person	2
Noise Complaint	4
Operating Under the Influence	0
Paper Service	18
Parking Violation	2
Personal Injury Accident	3
Personal Protection Order	0
Private Property Accident	0
Property Check	37
Property Damage Accident	4
Prowler	0
Road Hazard	4
Stalking	0
Suspicious Situation	8
Threat	2
Traffic Stop	31
Trespassing	2
Unknown Accident	2
Unlawful Driving Away of Automobile	0
Vehicle in the Ditch	1
Violation of Controlled Substance Act	12

Missing child located

Sheriff W.D. (Don) Schneider reports on Thursday, August 21, 2014 at approximately 2:20pm Charlevoix County Sheriff's deputies, assisted by the East Jordan Police Department, responded to a home located in South Arm Township for a report of a missing juvenile. The fourteen year old autistic boy had left on his bike toward East Jordan.

The East Jordan Fire Department, along with East Jordan EMS, responded to assist in the search for the missing juvenile. The juvenile was located at approximately 7:15pm several miles from his home. He was treated for minor injuries sustained from a fall off the bike and was transported home by a family member. The Charlevoix County Sheriff's Office appreciates the assistance they were given from the community and their concern.

Two vehicle accident on US31N.

On August 20, 2014 at approximately 12:13 p.m., the Charlevoix County Sheriff's Office, the Charlevoix EMS, and Charlevoix Township Fire De-

partment were dispatched to a two vehicle accident at US 31 Hwy N near Equestrian Way with injuries.

The crash occurred when a 2002 Toyota Avalon rear ended a 2001 Subaru Outback. The Outback was driven by Elizabeth Grice, age 18 from Elmira, and occupied by passenger, Sydney Denise Bennett, age 19 of Boyne City.

Grice was stopped in the lane waiting for traffic to clear in order to turn left onto Equestrian Way. The Avalon was driven by Patricia Ann Zukas, age 83 of Boynton Beach Florida, and occupied by passenger, Joan Catharine Maule age 85 of Traverse City.

Zukas stated she never saw the vehicle stopped in the roadway until it was too late. Everyone was transported to the Charlevoix Area Hospital and treated for minor cuts, bruises, and possible neck injuries.

Zukas was cited for failing to stop to assure clear distance.

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 an upcoming special meeting 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.

SPECIAL MEMBER VOTING MEETING

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

WHERE: Community Building
Emmet County Fairgrounds
1129 Charlevoix Avenue
Petoskey

Call 800.638.1182 or visit
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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

6 x 6 fundraiser successful for Jordan River Arts Council

Sunday, August 24, marked the official beginning of the fundraising for the renovation of the building which JRAC now owns. The gallery was filled with artists and friends who were busy making purchases, discussing the work, and excited about the beginning of the fund raising. Over 400 works of art, 6" x 6" for JRAC were on exhibition with over 100 being sold. Items purchased were removed and a sold sign from "Flash Jordan" was put in its place. The symbolic design was cre-

ated by Steve Toorman. Another contribution to the afternoon festivities was Debbie & Marty Carey of Marty's Cone and Carry-out and Sodolicious serving ice-cream for guests to make their own sundaes. A special treat for everyone.

The exhibit is truly a group project with no single curator. Yamin Richmond, Babs Young, Nancy Carey, Cynthia Tschudy, and Julia McLemore would meet and make decisions and distribute tasks. It was a lot of work, but such a lot of fun, too," says Babs Young

Cynthia Tschudy, another member of the group, stated, "This exhibit has generated the opportunity for artist in many media to respond to a single creative stimulus and they have responded with imagination, artist verve and generous support."

Ruth Hoppe, a patron also stated, "Creativity, imagination, color, humor, nature, and leisure time are all celebrated in this unusual fund raising

event in which the community of artists in all media can and have participated."

There are still many fine items waiting to be purchased at affordable prices, from \$25.00 to \$100.00. The exhibit runs through September 19 and is open daily Tuesday through Sunday from 1-4 pm. This is an opportunity not to miss, not only to get a really fine art work, and also be a part of the JRAC goal of making the building accessible to all. The Jordan River Arts Council is located at 301 Main St. East Jordan. Phone: 231 536 3385 and www.jordanriverarts.com



Babs Young, member of the project committee, calling attention for a patron about one of the many works for sale at the opening of the 6 X 6 for JRAC fundraiser exhibit.

Debbie Carey of Marty's Cone and Carry-out and Sodolicious served guests ice cream to make their own sundaes.



Flash Jordan announcement for the 6 X 6 for JRAC created by Steve Toorman.

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4th Annual "Boomers & Seniors" EXPO

at Otsego County Sportsplex on Wednesday, September 3rd

By Jim Akans

Next Wednesday, September 3rd, don't miss a rare opportunity to learn about the many services and products available in our area designed to serve the needs of America's fastest growing population segment – the "baby boomer" generation and senior citizens. It's the 4th Annual "Boomers and Seniors" EXPO to be held at the Otsego County Sportsplex from 2 until 6 pm, and its absolutely FREE to attend.

Jim Driver, one of the event organizers observes, "This is an exciting opportunity for people to explore a wide-ranging array of information in a single afternoon, and talk to the people behind those products and services. It would normally take weeks of someone's time to visit each of these professionals individually."

There will be over 100 vendors on hand throughout the afternoon to provide information about their products and services, and answer questions attendees may have. The event has been growing each year, with approximately 300 people visiting the event in its first year and over 700 expected to stop by this year. The number of vendors has grown substantially as well, from 54 the first year to over 100 this year.

Vendors from across the northern Lower Michigan area will represent a diverse array of services and products specifically addressing a wide array of needs, including housing options, in-home services, medical products and services, financial planning, elder law, health and aging awareness, nutrition, recreational resources, and much more.

There will also be special presentations and informative seminars throughout the afternoon from many of the event sponsors, including Brook Retirement Communities, Northland Area Federal Credit Union, The Home Depot, Gaylord Community Funeral Home, Meijer and Hospice of Michigan. Additional sponsors for this year's EXPO are The Community Advocates for a Lifetime of Living (CALL), Heartland Home Health, Hospice Advantage, SAKS Wellness Center, JoJo's Natural Market, Michigan Hearing, Otsego County Sportsplex, Otsego Memo-



Over 100 vendors will be on hand on Wednesday, September 3rd, from 2 to 6 pm, at the 4th Annual "Boomers & Seniors" Expo. The Otsego County Sportsplex is an ideal venue for the Boomers and Seniors Expo, taking advantage of the large floor area offered when the ice is removed for the facilities annual September maintenance break. PHOTO BY JIM AKANS



Throughout the afternoon vendors will present information about their products and services, and answer questions attendees may have. PHOTO BY JIM AKANS

rial Hospital, Comfort Keepers and The Cookies.

Held at the Otsego County Sportsplex on Wednesday, September 3rd from 2 to 6 pm, the "Boomers & Seniors" Expo event is free to attend. There will also be opportunities to win door prize and pick up exciting "freebies" at vendor tables. See you there!

The Otsego County Sportsplex is located at 1250 Gornick Avenue in Gaylord.

For additional information and a full list of this year's vendors and event sponsors, please visit www.gaylordseniorexpo.com



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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM



Eddi Award recipients for 2014 announced

The Crooked Tree Arts Center is proud to announce the recipients of the 2014 eddi Awards. The ceremony will be held on Friday, September 19, 2014 at Crooked Tree Arts Center, downtown Petoskey. The eddi Awards began in the fall of 2001 and are now held in alternate years.

Those who will receive eddi Awards for 2014 are Visual Artist, Martha Landis; Performing Artist, Epsilon Jass Band; Arts & Cultural Organization, Aten Place; Arts in Education, Gary Stutzman; Arts & Cultural Leadership, Kay & Don Heise; Individual Patron, Craig Stutzky; Benefactors, Suzanne & Pram Acharya; Lifetime Achievement, Jan Vandenberg; Young Artist, Emily McGeehan. The Young Artist is a new category for 2014.

The eddi recipients are chosen by a nine person jury, led by eddi Award co-chairs, Steve Spencer and Larry Willis. The jury for 2014 included Dianne Litzenburger, Joyce Herbert, Cheri Leach, Harry Boyer, Brandon Ivie, Jean Fought, Stafford Smith, Val Meyerson and Julie Stoppel. The jury, which includes many previous eddi Award recipients, reviewed over 30 nominations for 2014 eddi Awards.

The eddi Awards are named on memory of eddi Offield, a much loved and admired patron of arts and culture in northern Michigan and a founder of the arts center. "Seating in the theater is limited to 220 guests so we encourage people to reserve their tickets now" remarked Bill Millar, Crooked Tree Arts Center Board President. "We are anticipating a full house as each year we invite the winners from previous eddi Awards to be part of the evening's festivities" continued Wietzke. Past award recipients are encouraged to attend as a group photograph will be taken at the beginning of the evening. For a full list of previous winners, go to www.crookedtree.org.

Sponsors of the 2014 awards include Bay View Association, Blissfest, CMU Public Broadcasting, Granite and Quartz Countertops of Petoskey, McLaren Northern Michigan, Odawa Casino Resort, Petoskey Plastics, PNC Bank and Karin Offield. The evening includes appetizer buffet, awards ceremony followed by dessert. Tickets are \$50 per person and reservations can be made by calling Crooked Tree at 231-347-4337, on line at www.crookedtree.org, or in person at the Arts Center in downtown Petoskey. Tickets are not available at the door.

Horton Bay hosts Pig Roast and Labor Day Bridge Walk on Sept. 1

On Monday, Sept. 1, the Horton Bay United Methodist Church will host its annual Labor Day Pig Roast from 4 to 7 p.m. Lots of great food will be served including pork, sweet corn, potato salad, coleslaw and homemade

pies. Admission is \$9 for adults, \$5 for children ages 5 to 10, and free for those under 5.

Listen to the music of the Knapps and tables with crafts and homemade goodies for sale beginning at 4 p.m. Then at 7:30

p.m. Horton Bay will hold its 34th annual candlelight walk across the famous 14.5-ft. Horton Bay Bridge. Those who make it across will receive a certificate of accomplishment, which can then be taken to the General Store and

shown for free ice cream. Singer Molly McFadden and her jazz band will entertain the crowd from 8 p.m. until dark. Everyone is welcome.

Charlevoix Country Club saving energy



By replacing their incandescent light bulbs with LED bulbs, the Charlevoix Country Club is expected to save \$5,400 per year in electricity costs. The club received a \$3,872 rebate from Great Lakes Energy's Energy Optimization (EO) program that helped make the project possible. From left are Great Lakes Energy's Thomas Mann, club representative William Alward, and EO program consultant Kevin Phillips. The EO program is funded by a surcharge that GLE members pay on their electric bill.

National Anthem Community Sing planned for 200th anniversary Sept. 14

BOYNE CITY - To commemorate the 200th anniversary of the writing of the Star-Spangled Banner, a number of Boyne City organizations are joining together to organize a community National Anthem Sing. The event will start at 7 a.m. Sunday, Sept. 14 in Veterans Park.

Similar events are being planned in other communities around the nation. Francis Scott Key

wrote the song after the British attack on Fort McHenry in 1814, during the War of 1812.

The Boyne City High School band will perform, and everyone in the community is invited to join them and sing along. All four verses of the song will be provided to those attending.

Rain location for the event will be the Boyne City High School gymnasium.

The Story Behind the Star Spangled Banner

How the flag that flew proudly over Fort McHenry inspired an anthem and made its way to the Smithsonian

By Cate Lineberry, smithsonian.com
On a rainy September 13, 1814, British warships sent a downpour of shells and rockets onto Fort McHenry in Baltimore Harbor, relentlessly pounding the American fort for 25 hours. The bombardment, known as the Battle of Baltimore, came only weeks after the British had attacked Washington, D.C., burning the Capitol, the Treasury and the President's house. It was another chapter in the ongoing War of 1812.

A week earlier, Francis Scott Key, a 35-year-old American lawyer, had boarded the flagship of the British fleet on the Chesapeake Bay in hopes of persuading the British to release a friend who had recently been arrested. Key's tactics were successful, but because he and his companions had gained knowledge of the impending attack on Baltimore, the British did not let them go. They allowed the Americans to return to their own vessel but continued guarding them. Under their scrutiny, Key watched on September 13 as the barrage of Fort McHenry began eight miles away.

"It seemed as though mother earth had opened and was vomiting shot and shell in a sheet of fire and brimstone," Key wrote later. But when darkness arrived, Key saw only red erupting in the night sky. Given the scale of the attack, he was certain the British would win. The hours passed slowly, but in the clearing smoke of "the dawn's early light" on September 14, he saw the American flag—not the British Union Jack—flying over the fort, announcing an American victory.

Key put his thoughts on paper while still on board the ship, setting his words to the tune of a popular English song. His brother-in-law, commander of a militia at Fort McHenry, read Key's work and had it distributed under the name "Defence of Fort M'Henry." The Baltimore Patriot newspaper soon printed it, and within weeks, Key's poem, now called "The Star-Spangled Banner," appeared in print across the country, immortalizing his words—and forever naming the flag it celebrated.

Nearly two centuries later, the flag that inspired Key still survives, though fragile and worn by the years. To pre-

serve this American icon, experts at the National Museum of American History recently completed an eight-year conservation treatment with funds from Polo Ralph Lauren, The Pew Charitable Trusts and the U.S. Congress. And when the museum reopens in summer 2008, the Star-Spangled Banner will be its centerpiece, displayed in its own state-of-the-art gallery.

"The Star-Spangled Banner is a symbol of American history that ranks with the Statue of Liberty and the Charters of Freedom," says Brent D. Glass, the museum's director. "The fact that it has been entrusted to the National Museum of American History is an honor."

Started in 1996, the Star-Spangled Banner preservation project—which includes the flag's conservation and the creation of its new display in the renovated museum—was planned with the help of historians, conservators, curators, engineers and organic scientists. With the construction of the conservation lab completed in 1999, conservators began their work. Over the next several years, they clipped 1.7 million stitches from the flag to remove a linen backing that had been added in 1914, lifted debris from the flag using dry cosmetic sponges and brushed it with an acetone-water mixture to remove soils embedded in fibers. Finally, they added a sheer polyester backing to help support the flag.

"Our goal was to extend [the flag's] usable lifetime," says Suzanne Thomassen-Krauss, the conservator for the project. The intent was never to make the flag look as it did when it first flew over Fort McHenry, she says. "We didn't want to change any of the history written on the artifact by stains and soil. Those marks tell the flag's story."

While the conservators worked, the public looked on. Over the years, more than 12 million people peered into the museum's glass conservation lab, watching the progress.

"The Star-Spangled Banner resonates with people in different ways, for different reasons," says Kathleen Kendrick, curator for the Star-Spangled Banner preservation project. "It's exciting to realize that you're looking at the very same flag that Francis Scott Key saw on that September morning in 1814. But the Star-Spangled Banner is more than an artifact—it's also a national symbol. It evokes powerful emotions and ideas about what it means to be an American."

How you can get involved in the Star-Spangled Banner celebration

All Boyne City churches that have bells are being asked to ring them from 7:05 to 7:15 a.m., and the community sing will begin at sunrise, 7:15 at Veterans Park. A few other patriotic songs will also be performed.

Local musicians, church choirs, singers and bands are invited to participate - by playing along with the school band (there will be at least one rehearsal), and/or by performing their own version of the Star Spangled Banner after the community sing.

Anyone interested in performing or helping sponsor this event is asked to contact the Chamber at 231-582-6222. Sponsor funds will be used to provide flier and program printing, refreshments (coffee, donuts, juice), and small flags for everyone to wave.

Everyone is encouraged to wear red, white and blue or patriotic clothing.

Special thanks to the American Legion, VFW, Boyne City Public Schools, Boyne Area Chamber and local resident Gene Barfield for working together to organize this event.

Raven Hill open Labor Day weekend

Treat yourself and your family to an afternoon or a day of fun and exploration at Raven Hill Discovery Center this weekend or this fall and winter. Located between East Jordan & Boyne City, just off C-48 at Pearsall Road, the Center helps visitors build connections between science, history and the arts in an interactive learning environment. Visitors can spend time in the one-room Schoolhouse, walk the Labyrinth, explore the new Whisper Dishes, see the geologic history of the earth in Beyond Jurassic Park, wander through the Ancient World and of course, there is the Tree House, the Earth Tones Music Garden and Smallville, the Art and Architecture exhibit. Visitors will also enjoy walking through the Center's Ancient World complete with sphinx, pyramid, Roman arch, Easter Island head and much more! In addition to the hands-on museum, the exotic animals and the outdoor exhibits, visitors can register for weekend science, history and art classes through the fall and winter. Classes are available on demand year-round for children and for adults.

Raven Hill will be open every day from noon to 4 p.m. this Labor Day weekend—Friday, August 29th through Tuesday, September 2nd. On Wednesday, September 3rd, fall and winter hours will go into effect and the Center will be open noon to 4 p.m. on Saturdays and 2 p.m. to 4 p.m. on Sundays or by appointment. Fall/Winter hours last through Memorial Day. Raven Hill is also always open most holiday breaks and is always open by appointment.

Raven Hill Discovery Center is the only place in northern Lower Michigan where children and adults can link science, history & the arts with hands-on activities and explorations both indoors and outdoors. Connections emerge through classes, exhibits and facilities that provide opportunities for all ages to learn, create, grow and play. The Center is located on 157 acres next to the Little Traverse Conservancy's Raven Ridge Nature Preserve. For more information and a list of classes, phone 231-536-3369 or 877-833-4254 OR check out the Center's website at www.ravenhilldiscoverycenter.org

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

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ON THURSDAY

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Charlevoix County Commission on Aging

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

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

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

Charlevoix Senior Center:

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

www.charlevoixcounty.org/coa.asp



PATH

Personal Action Toward Health

The Stanford Chronic Disease Self-Management Program

PATH is a six-week workshop for people with long-term health conditions like arthritis, diabetes, heart disease, fibromyalgia, and depression. The workshop inspires participants to take an active role in the management of their chronic condition. Workshops are open to adults of all ages, as well as their family members, friends or caregivers.

CHARLEVOIX COUNTY

Chronic Disease PATH

6 Wednesdays, September 3rd – October 8th, 9:30 – Noon
Charlevoix Senior Center, 06906 Norwood Rd, Charlevoix

Chronic Pain PATH

6 Wednesdays, September 3rd – October 8th, 1:00 – 3:30 pm
Charlevoix Senior Center, 06906 Norwood Rd, Charlevoix

EMMET COUNTY

Chronic Disease PATH

6 Fridays, September 5th – October 10th, 3:30 – 6:00 pm
Petoskey Friendship Center, 1322 Anderson Rd, Petoskey

Diabetes PATH

6 Wednesdays, October 22nd – November 26th, 5:30 – 8:00 pm
Pellston Friendship Center, 6274 W Edgar St, Pellston

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, August 28 COOK'S CHOICE	Friday, August 29 11am New Music	Monday, September 1 CENTER CLOSED HAPPY HOLIDAY!	Tuesday, September 2 Brown-Bag Bingo - Free Lunch Prize	Wed., September 3	Thursday, September 4 Wii Bowling
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, August 28 11am Chair Yoga Class 1pm Pinochle	Friday, August 29 BIRTHDAY DAY!!! 1pm Rummy	Monday, September 1 CENTER CLOSED HAPPY HOLIDAY!	Tuesday, September 2 11am Chair Yoga Class 1pm Paint Class 1pm Rummy	Wed., September 3 12:45pm Bingo	Thursday, September 4 11am Chair Yoga Class 1pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, August 28 Karaoke Day!	Friday, August 29 11am Music Bingo/Raffle	Monday, September 1 CENTER CLOSED HAPPY HOLIDAY!	Tuesday, September 2 11am Line Dancing 12:30pm Bingo	Wed., September 3 GAME DAY!	Thursday, September 4 Karaoke Day!
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, August 28 COOK'S CHOICE	Friday, August 29 GARLIC CHICKEN	Monday, September 1 CENTER CLOSED HAPPY HOLIDAY!	Tuesday, September 2 STUFFED PEPPER	Wed., September 3 GARLIC CHICKEN	Thursday, September 4 HAMBURGER w/BUN
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