

Charlevoix County News

February 5, 2015

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Boyne City hires new Main Street Director

Norma Jean Babcock

BOYNE CITY: The Main St. Program of Boyne City will soon benefit from the direction of Lori Meeder who was unanimously voted in at a special meeting held January 20 by the Main St. Committee.

Meeder is a resident of Boyne City since 2009 is an active community advocate; she serves on the Boyne City Planning Commission, as well on Team Boyne which supports businesses and local entrepreneurs. She has worked closely with the Main St. Program in the past, including serving on its Organization Committee.

Meeder currently works for the Northern Initiatives of Marquette as the Senior Leader for Michigan's Lower Peninsula, there she advocates business development. That company specializes in offering financing to start up and established companies to help them create more jobs as well as help make strong Northern Michigan Communities.

Her past achievements also include being the Entrepreneurial Division Director the Northern Lakes Economic Alliance (NLEA), being the Vice President of Operations for the Lansing Regional Chamber of Commerce, as well as the Vice President of the

Corporate Banking Group for National City Bank of Lansing.

"We just very excited. It's been a long process... but we were determined from the very beginning to get this right; to find a person that would take us forward in the areas that were important to the board, that area was mainly economic development. Lori has very excellently demonstrated skills in economic development. We are just thrilled to have her own board, we think she'll hit the ground running and take us forward into the future," says City Manager Michael Cain of the Meeder.

See **Main Street Director**—5A



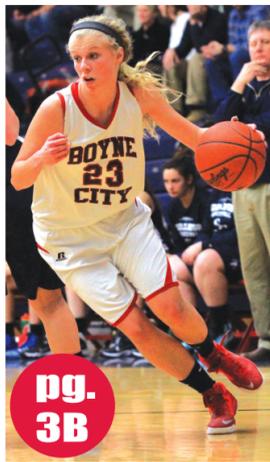
At a special meeting Friday morning Boyne City's Main Street program concluded its search for a new executive director with the hiring of Lori Meeder with a unanimous vote. Ms. Meeder will officially begin her duties as the Executive Director of the Boyne City Main Street Program on Sunday, March 1st. COURTESY PHOTO

sports



pg. 1B

Boyne City senior Cole Butler (3) drives in from the left wing for two of his nine points in the Ramblers over TC St. Francis. (PHOTO BY CINDA SHUMAKER)



pg. 3B

Boyne City senior, Sidney McLeod (23) drives baseline agasint TC St. Francis. (PHOTO BY CINDA SHUMAKER)

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Norma Jean Babcock

CHARLEVOIX: The city of Charlevoix will be in an uproar this weekend, February 6-8, as the illustrious Groundhog Day Shadow Fest commences throughout downtown to get citizens out enjoying the cold and remembering that Spring will come, eventually.

The celebration begins Friday, when snow sculptures start in East Park, horse drawn wagon rides take folks through town from 6 pm to 8 pm, and delicious groundhog themed treats are available downtown. Pick up a groundhog cookie from Johans, or a groundhog cupcake from Cre8tive Cupcake while enjoying the Shadowfest Sales held throughout downtown at various retailers. Not a shopper? No worries, head over to Charlevoix Cinema III where the movie Groundhog Day will be showing at 4 pm!

Festivities continue into Saturday, when the festival's Opening Ceremony is held. Joe Charlevoix will arrive to see if Charlevoix's very own groundhog will see his shadow, be there at 10 a.m. in the East Park Tent to see how much longer Charlevoix folks will have to wait for spring! Later that day, an Official Cocktail Contest will be held for those over 21 when local bars across town will offer up Groundhog themed cocktails to be judged around 3 pm.

Charlevoix Cinema III will have Groundhog Day the movie playing twice on Saturday, with free entry! See it at 11 am or 1:30 pm to stay warm inside for a bit before heading back out, where you can enjoy a Chili Cook Off hosted by various restaurants! You can vote for your favourite in the East Park Tent, or enjoy the beer tent side where Michigan beers will be served up and live music will be held. The

SHADOW FEST to Incite Spring Fever



PHOTO BY M. CHRIS LEESE

Alfred Soriano-Micheau of Cre8tive Cupcake Shop in Charlevoix stands behind his unique creation that depicts a groundhog digging to the top of a chocolate cake to look for his shadow.

Chili Cook off will be held from 11 am to 2 pm, where the beer tent festivities begin at 12 pm and go until 5 pm.

Have little ground hog lovers with you? Head over to Charlevoix Library where Joe Charlevoix will do an awesome presentation on weather, which will be followed by a Magic Show from 3 pm to 4:30 pm! The Snow Sculptures will continue as well and they will be judged in East Park. And kids' games will be held from 12 pm to 2:30 pm and prizes can be won!

Don't miss the Petoskey Steel Drum Band from 5 pm to 7 pm at the East Park Tent, and if your game, play Cold Butt Euchre at 2:30 pm in East Park! Yes, you will in fact be sitting on a block of ice, so this game of Euchre is not just

about trump, but trumping your friends at who can stand the cold longer!

The evening will also feature horse drawn wagon rides from 6 pm to 8 pm in downtown. And, for those who aren't local, a free shuttle will get you to and from you hotel or motel and the activities! Hotels such as Americinn, Charlevoix Inn, MacDougall House B & B, and Weathervane Terrace Inn and Suites will be offering great deals on lodging! Make a vacation of it and stay in Charlevoix for the whole weekend!

Sunday winds down the festival with great deals at local retailers and more yummy food! This weekend, don't be afraid of more weeks of winter, and enjoy Shadowfest in Charlevoix!

Winter Festivals

Ellsworth Shiverfest! is Saturday, Feb. 7

Don't miss Ellsworth Shiverfest Saturday, February 7 from 1-3:30pm. Free hot dogs, hot chocolate and s'mores; warming fire; cardboard sled contest and race; and sledding party all in Ellsworth Community Park.

- 1-3:00pm Sledding
Bring your own sled and have fun riding the groomed hill.
- 1:30pm Cardboard Sled Races
Prizes awarded in two categories: Design/Construction and Race Winner. Sled materials may be cardboard and tape only. Sleds may be decorated with paint, stickers, flags, etc. Wax only may be used on running surface.
- 2pm Shiver Games
Participate in a Frozen Foot Race, Snow Bowling and More!

Sno-Blast Races amp up winter fun

Norma Jean Babcock

EAST JORDAN: Every city has a little something to make the winter a little more livable, and East Jordan is no exception with its Sno-Blast that brings over 1,200 people to town to enjoy fun even in the freezing cold.

Sno-Blast begins Friday, February 6 when The Winter Knight and Belle of the Blizzard are crowned at the East Jordan Sno-Mobilers Club House. To vote, find the cans around East Jordan this week and donate your spare change to support your choices. Funds donated will go on to support the festival. A Chili supper will also be served at the Club House from 4:30-7 pm. This event costs \$8 for adults, \$7 for seniors, and \$5 for children.

Sno-Blast is marked by its famous snowmobile drag races, which get young and old sledders out for a little friendly frozen competition.

See **Sno-Blast**—8A

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weather

THURSDAY



HIGH: Mid 10's
LOW: Upper 00's

FRIDAY



HIGH: Mid 20's
LOW: Low 10's

SATURDAY



HIGH: Low 20's
LOW: Low 0's

SUNDAY



HIGH: Low 10's
LOW: Low -0's

snowfall records

2012-13	2013-14	2014-15	Amt
2/4/2013	2/3/2014	2/2/2015	69.5
2/4/2013	2/3/2014	2/2/2015	63.5
2/4/2013	2/3/2014	2/2/2015	40
2/4/2013	2/3/2014	2/2/2015	70.8
2/4/2013	2/3/2014	2/2/2015	75.7
2/4/2013	2/3/2014	2/2/2015	24.7
2/4/2013	2/3/2014	2/2/2015	90.2
2/4/2013	2/3/2014	2/2/2015	73.5
			131
			92.4
			98.5
			108.6
			139.3
			50.5
			48.6
			137.2

record temps

DAY	AVG	LOW	AVG	HIGH	RECORD LOW	RECORD HIGH
FEB 6	10°	30°	20°	(1978)	56°	(2005)
FEB 7	10°	30°	22°	(1967)	46°	(2005)
FEB 8	11°	30°	21°	(1962)	49°	(1990)
FEB 9	11°	31°	32°	(1979)	50°	(1966)
FEB 10	11°	31°	31°	(1994)	52°	(1984)
FEB 11	11°	31°	20°	(1958)	52°	(1984)
FEB 12	11°	31°	23°	(1968)	56°	(1999)
FEB 13	11°	31°	22°	(1982)	49°	(1990)

Lee Chester Danforth, Jr., 86

(MAY 1, 1928 - JAN. 29, 2015)



Lee Chester Danforth, Jr. died Thursday, January 29, 2015, at his home in East Jordan.

He was born on May 1, 1928, at the home of his grandparents in Boyne Falls, Michigan. His parents were Lee Chester and Edith (Upton) Danforth. His siblings are Beverly (Herbert) Boss of Charlevoix, Donald Danforth of Farmington, and Keith (Marilyn) Danforth of Horton Bay. On January 25, 1947, he married Leona VanDeventer at her home in Echo Township, Antrim County.

Lee grew up on his parent's farm in Eveline Township. He attended Eveline Orchards Rural School until 8th grade. He often told us tales of walking to school in snow so deep the boys got in trouble for touching the telephone wires. He graduated from East Jordan High School in 1946.

He is survived by his devoted wife of 68 years, Leona, and his 8 children. They are Sharon (Kevin) Gardner of Central Lake, Roger (Nancy) Danforth of East Jordan, Nancy (Jack) Zoulek of Wickenburg, Arizona and East Jordan, Marilyn (Michael) Pienta of Temperance and East Jordan, Debbie (Keith) Peters of Surprise, Arizona, Thomas (Nancy) Danforth of Cave Creek, Arizona, Randy (Jane) Danforth of East Jordan and Brenda Danforth Owen of Phoenix, Arizona. Grandchildren are Candace Gardner Gregory, Juliette (Erich) Thiel, Alicia (Jerry) Aben, Dean (Sara) Danforth, Lisa (Les) Vandermeulen, Scott (Charlotte) Diller, Matthew (Lee) Diller, Nicholas Diller, An-

drew (Jenny) Pienta, Nathan (Jessica) Pienta, Elizabeth (Eric) Fischer, Ben (Debbie) Peters, Jennifer Peters, Kyle Peters, Angela (Aaron) Sarff, Desi Danforth, Dillon Danforth, Amanda (Kevin) Whistler, Heather (John) Henry, Toni Danforth, Robyn (Mason) Hunt, Travis Owen and Megan (Sanjay) Woolcott. There are also 24 great grandchildren.

Dad had several jobs as a young man, but his true life work was driving truck and making cars, trucks and any mechanical device work better and go faster. He loved working on stock cars and test driving but not driving the race because Mother worried too much. He drove a Sunoco gas tanker for the East Jordan Cooperative Company. Once even delivering his oldest daughter to her dorm and Michigan State University in the big rig. In 1966, he purchased the gas station at the corner of M-66 and M-32, which he named Lee's Leonard. He operated the service station until 1980, with the help of many of the sons and daughters, plowed driveways, sometimes for free, pulled many cars and trucks from ditches in our rough Michigan winters.

Lee was a member of the East Jordan Volunteer Fire Department and the East Jordan Snowmobile Club. Lee and several friends built a groomer which they used to maintain the trails in the Jordan Valley.

After selling the service station, Lee took a job with Texaco and worked in North Dakota, Wyoming and Montana. He and Leona traveled extensively through the West enjoying the opportunity to hunt elk and moose as well as snowmobiling. Lee retired in 1991. He and Leona took their dream trip to Alaska with the Galmores, Olsons, Petries and Petters in 1994. Lee was the designated mechanic for the trip. They settled in Arizona and spent several winters there, summering in Michigan. They returned home to East Jordan this past summer.

Funeral services were held on Saturday, January 31, 2015 at the Lighthouse Missionary Church in East Jordan. Rev. James L. Jordan officiated.

Donations may be made to the American Cancer Society.

OBITUARIES

Rev. Jeffrey K. Londgren, 59

The Rev. Jeffrey K. Londgren of Charlevoix died Monday, Feb. 2, 2015, at Charlevoix Area Hospital. Arrangements are pending.

Jean Leslie George, 94

Jean Leslie George of Boyne City passed away on Thursday, Jan. 29, 2015, at The Brook in Boyne City with family at her side.

A celebration of life will take place at 1 p.m. Saturday, Feb. 14, at Trinity Fellowship Church in Boyne City.

Stackus Funeral Home of Boyne City is serving the family and a full obituary will follow.

Sally Dian Wynkoop, 76

(JULY 17, 1938 - JAN. 28, 2015)



Sally Dian Wynkoop of Charlevoix, passed away Wednesday, January 28, 2015, at McLaren Northern Michigan in Petoskey. She was born July 17, 1938, in Port Huron, the daughter of Weston and Virginia (Munro) Jury. She grew up in Port Huron, graduated from Port Huron High School then graduated from Saint Clair County Community College.

On April 7, 1955, she married Richard J. Wynkoop in Port Huron. They made their home there before moving to Charlevoix in 1985. Sally worked at the Charlevoix County State Bank, and owned Family Affair Arts and Crafts in Charlevoix.

She is survived by her husband of sixty years, Richard of

Charlevoix; their children, Ricky L. Wynkoop of Charlevoix, Vicki Lynn (Ronnie) McWatters of Charlevoix, Jeffrey Scott (Cheryll) Wynkoop of Kewadin, Andrew John Wynkoop of Charlevoix; fifteen grandchildren; twenty-two great-grandchildren; one great-grandchild; sister, Barbara Scully of Charlevoix. Sally was preceded in death by her son Wayne, son-in-law Terry Moses of Charlevoix, and brother Ronald Jury of Port Huron.

Sally's life was her family who she dearly loved. She never missed a Detroit Tigers game.

A private burial service will take place in the spring at the Norwood Cemetery.

Memorial contributions may be made to Bethel Baptist Church, 812 Ontario Street, East Jordan, MI 49727. Please share condolences or memories of Sally at www.winchesterfuneralhome.com

Richard L. Potter, 61

(OC. 21, 1953 - FEB. 1, 2015)



Richard L. Potter of Charlevoix and Lansing, died Sunday, February 1, 2015, at his home in Charlevoix.

He was born October 21, 1953, in Charlevoix, to Harry and Betty (Clarke) Potter. Rick graduated from Charlevoix High School in 1971, then attended North Central Michigan College in Petoskey. He graduated from Michigan State University with a Bachelor of Science in Chemistry.

Rick worked for the State of Michigan as a social worker in Sandusky before becoming a systems analyst for the State of Michigan Department of Information Technology, retiring as manager.

He was an accomplished guitarist and was active in the vibrant local music scene in Lansing and Northern Michigan. Rick had an extensive guitar collection.

He is survived by his sister, Anita (Steve) Valdes of Fort Collins, Colo.; nephew, Adam Valdes; uncles, Eldon (Anah) Potter, Robert (Maezie) Potter all of Charlevoix; Robert (Gloria) Clarke of Houma, La., David (Sharon) Clarke of Tyler, Tex.; aunts, Martha Oman of LaPorte, Ind.,

Janet (Bruce) Beattie of Cleveland, Oh.; many cousins as he was part of a large extended family.

A celebration of music and prayer for Rick will be held 2 pm, Saturday, February 14, at the Charlevoix Public Library Community Room.

Please do not send flowers, but consider making a gift in Rick's memory to the Charlevoix Area Hospital, 14700 Lake Shore Drive, Charlevoix, MI 49720.

Paulette (Smith) Hayden

(MAY 2, 1937 - JAN. 28, 2015)

Paulette (Smith) Hayden passed away Wednesday, Jan. 28, 2015, at her son's home in Flushing, Mich., surrounded by family.

Paulette was born May 2, 1937, and lived in Boyne City most of her adult life.

Paulette was preceded in death by her husband, James; her son, Cash; two sisters; and two brothers.

Paulette is survived by her children, James Jr. (Karen) of Flushing, Patrick (Erika) of Boyne City, Jackie Sowa (John) of Flint and Darryl (Sabra) Hayden of Tennessee; brothers, Calvin and Jay, and sister, Belle, all of Arizona; and many grandchildren and great-grandchildren.

There will be a memorial service in the spring.

Anna Marvel Gould, 90

(MAY 7, 1924 - JAN. 23, 2015)

Anna Marvel Gould (née Crowe) Marvel as she was known to everyone, passed away peacefully Friday, Jan. 23, 2015.

Marvel was a lifelong resident of Boyne City, born to the late George and Georgia Crowe on May 7, 1924. She married her sweetheart, the late Robert Nyle Gould, on Oct. 31, 1946, they loved doing life together.

Marvel was preceded in death by her 10 brothers and sisters; her sons, George (Jean) Gould and Robert (Donna) Gould II; and grandson, James Gould.

She is survived by her daughter, Wilma (Fred) Belleville; and grandchildren, John, Cinda, Nyle, Robert, Stephanie, Carol and Patrick; as well as 13 great-grandchildren.

A memorial service will be at 11 a.m. Saturday, Feb. 7, at the Boyne City Free Methodist Church, 839 State St. in Boyne City.

In lieu of flowers, donations may be made in her name to Boyne Area Free Clinic, 624 State St., Boyne City, MI 49712, where she was a board member.

Family and friends wishing to share a thought or memory of Marvel are encouraged to do so online at www.stonefuneralhome.com. Stackus Funeral Home of Boyne City is serving the family.

Charlevoix County News

VOLUME 6, ISSUE 33

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

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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,
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.

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Charlevoix City Manager heads to Petoskey

Norma Jean Babcock

CHARLEVOIX: On Monday, at the regular meeting of City Council, City Manager Rob Straebel resigned his position in Charlevoix to take on a similar position in Petoskey; a resignation that council members were reluctant to approve.

The meeting began with several other issues, but ended on a somber note, when Straebel read a letter explaining his resignation. Straebel has been a part of interviews held in Petoskey recently to hire a new City Manager since the departure of their previous City Manager Dan Rally last year. Straebel was initially part of a three candidate pool, but he came out as the lead choice according to those on Petoskey City Council.

"Mr. Straebel has been in Northern Michigan for 7 years,

he knows the area and has through his proximity to Petoskey already come to be known here. He was able, in his resume and interview, to assure us that of the three candidates he could best fulfill the needs of Petoskey..." said Petoskey council member Jeremy Wills of Straebel.

Straebel assured Charlevoix council that he would be available to them until March 20, giving him time to tie up any obligations to the City before leaving. The salary indicated in the contract with Petoskey is set at \$110,000 yearly.

In other council news, parking fee increases were shut down by council at the Airport, where a new manager is attempting to work through the budgets and issues there. As a starting point, Liz Myer, Airport Manager, brought a suggested increase of

\$1 in the daily parking fees charged to those flying for just a day. That would raise the price from the current \$3 to \$4. However, Myer herself explained that the increase was merely a way to begin looking into helping the revenue of the airport, which unfortunately has very little accounting for her to rely on.

"It's not going to make much, in the overall scheme I'm not keen on charging anything... there wasn't an accounting plan last year...so I have to have a starting point," explained Myer.

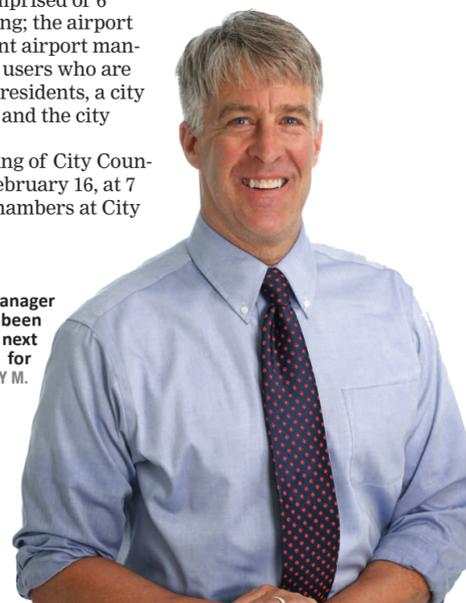
Her suggested increases were looked at by council quickly before Council member Shirley Gibson voiced her opinion to hold off on increases in anything until a firmer system of accounting enabled Myer to see actual revenues.

Also, council approved a new Airport Advisory Committee

which will be comprised of 6 members including; the airport manager, assistant airport manager, two airport users who are residents or non-residents, a city council member, and the city manager.

The next meeting of City Council will be held February 16, at 7 p.m. in council chambers at City Hall.

Charlevoix City Manager Rob Straebel has been chosen as the the next City Manager for Petoskey. PHOTO BY M. CHRIS LEESE



Celebrate American Heart Month

By Deb Hagen-Foley

The federal declaration naming February American Heart Month states, "cardiovascular disease - including heart disease, stroke, and high blood pressure - is responsible for one out of every three deaths. It is the No. 1 killer of American women and men, and it is a leading cause of serious illness and disability."

Your heart will pump 5000 to 6000 quarts of blood per day. Over your lifetime, it will work harder than any other muscle in your body. Cardiovascular disease is the number one cause of death for both men and

women. About one million people in the United States die of heart disease annually. Someone dies of cardiovascular disease every 33 seconds. Cardiovascular disease accounts for 1 in 4 of all deaths in the U.S. Women are less likely to believe cardiovascular disease is a concern for them. It is important to know your risks for cardiovascular disease. Cardiovascular disease is often preventable by changing the behaviors that can put you at risk.

According to the American Heart Association, your risk for cardiovascular disease is greater if you have diabetes, high

blood pressure, high levels of bad cholesterol, are overweight or a smoker. Having diabetes as an adult doubles or even quadruples the likelihood of heart disease or a stroke. By controlling diabetes through lifestyle changes and/or medication, the risk of heart disease is reduced.

Blood pressure is a ratio of systolic to diastolic. Systolic is a measure of the pressure in the arteries when the heart beats and diastolic is the pressure in the arteries between heartbeats. Normal blood pressure is 120 (systolic) over 80 (diastolic) for adult women. High blood pressure

causes your heart to work harder with every beat.

Women are more likely to develop high blood pressure if they have a family history of heart disease, are 20 or more pounds overweight, or have reached menopause. High blood pressure can't be cured, but can be managed through lifestyle changes. High blood pressure can be controlled through maintaining a healthy body weight and increasing physical activity and eating a diet low in saturated fat, sodium, cholesterol and alcohol.

Cholesterol occurs naturally in the body. Over time, the substance hardens, narrowing the artery walls, reducing blood flow and causing blockages resulting in blood clots. These clots can cause a heart attack or stroke. It is important to maintain cholesterol at healthy level for the health of your heart. Strive to maintain overall cholesterol at 200 mg/dl or

below and LDL at 100 mg/dl or below. There is evidence that maintaining HDL, or healthy cholesterol at 60 mg/dl or above can help to remove plaque from the arteries.

High levels of LDL or "bad cholesterol" can cause a build up along the inside walls of the arteries. You might have a family history of high levels of LDL cholesterol, which can increase your risk as well. Lower levels of LDL can be achieved through eating a diet low in saturated fats, trans fats and cholesterol.

Being overweight, particularly carrying excess weight around your waist, increases the risk for heart disease. Excess weight makes the heart work harder, raises blood pressure, increases the risk of diabetes and increases levels of LDL (bad) cholesterol. Increase your activity levels and follow a healthy eating plan to lose weight. Exercising moderately for

thirty minutes five days per week can reduce the risk of heart disease by 30-40% and the risk of stroke by 25% over those who are not active.

If you are a smoker, quitting is one of the best things you can do for your health. Smoking increases the risk of heart disease and stroke by 2 to 4 times over non-smokers. Women who smoke have a 25 percent higher risk of developing heart disease than male smokers. Overall, smoking will reduce your life expectancy by 13 or more years.

Learn your risk factors for heart disease during American Heart Month and commit to taking good care of your heart for years to come. Friday, February 6, 2015 is National Wear Red Day. Wear red on Friday in recognition of the millions of Americans living with cardiovascular disease.

Wild turkey patch from DNR on sale

LANSING – The Department of Natural Resources encourages hunters to think spring and get in the turkey hunting spirit by purchasing a wild turkey cooperator patch and applying for a spring turkey hunting license.

The 2015 turkey patch, designed by Phoebe Talaga of Lake Orion High School, is now available for purchase. The Michigan chapter of the National Wild Turkey Federation, in partnership with the DNR, coordinates the wild turkey patch program. Proceeds from patch sales are used to fund wild turkey-related projects and management in Michigan.

Young hunters, 17 years old and younger, who have a valid wild turkey hunting license may receive a free patch. To receive a patch, please send name and complete address, along with a legible copy of the youth's valid wild

turkey hunting license, to National Wild Turkey Federation, Wild Turkey Patch Program, P.O. Box 8, Orleans, MI 48865. Please allow four to six weeks for delivery. If you have questions, please e-mail michiganwildturkeypatch@yahoo.com.

Adult hunters, collectors and other interested individuals may purchase the patch for \$5, including postage and handling. Only the current-year patch is available for purchase. You do not have to harvest a turkey to purchase a patch. Send orders to the address above and please make check or money order payable to the National Wild Turkey Federation.

The 2015 spring turkey season runs April 20 through May 31, with several different hunt periods to choose from. Beginning March 2, applicants can check whether they were drawn for a license at

www.michigan.gov/hunt-drawings. Any leftover licenses will be sold until the quota is met in each hunt unit and hunt period.

Information about spring turkey hunting can be found at www.michigan.gov/turkey.

A base license is required for every resident and nonresident who hunts in Michigan. Hunters may purchase a spring turkey license only after they have obtained a base license for the year.

The base license is also a small game license.

Never miss an application period again – sign up for DNR email. Get alerts about application periods and learn about upcoming meetings, regulation changes, habitat work and all things natural resources-related. Subscribers can personalize the information to what interests them by topic and location.

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FRIDAY, FEBRUARY 6

AT THE

East Jordan Sno-mobiler's Clubhouse

5586 Mt. Bliss Road

Chili, Salad, Drink & Desserts

WHEN: Friday, February 6, 4:30-7PM

TICKETS: \$8-Adult, \$7 Senior, \$5 Child

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Charlevoix Area Hospital Announces Ribbon Cutting

Public invited to official opening of new Chemotherapy-Infusion Center

The Sarah M. Foster, MD Chemotherapy-Infusion Center will be dedicated at a special Ribbon Cutting Celebration on Wednesday, February 11th at 5:30pm. The general public, friends, donors and all supporters of the hospital are all invited to join the celebration marking

the official opening of the much-anticipated Chemotherapy-Infusion Center. Tours of the Center will be available and light refreshments will be served.

The new Center is an important component to cancer treatment and recovery as well as infusion treat-

ment and is located within Charlevoix Area Hospital at 14700 Lake Shore Drive in Charlevoix, overlooking beautiful Lake Michigan.

For more information about Charlevoix Area Hospital, please visit cah.org.



Healthy, happy smiles are the goal for Children's Dental Health Month

CHARLEVOIX - Dental Clinics North, a partnership of local health departments and Michigan Community Dental Clinics, reminds you to give your child a smile that lasts a lifetime. February is National Children's Dental Health Month, which focuses on the importance of regular dental check-ups and a balanced diet. Children should brush, floss, rinse, and eat nutritious snacks to maintain a healthy smile.

A solid foundation in dental health starts at a young age. Parents are encouraged to schedule a visit with their dentist when their child's first tooth appears. A balanced diet, limited snacks, daily brushing and flossing, and regular check-ups are the keys to healthy teeth and gums. Bottles and pacifiers also impact a child's oral health. Here are some tips from the American Dental Association to keep a young child's mouth healthy:

Place only formula, milk or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice or soft drinks.

Infants should finish their bedtime and naptime bottles before going to bed.

If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey, and don't put it in your mouth before giving it to the child.

Encourage children to drink from a cup by their first birthday, and discourage frequent or prolonged use of sippy cups.

Serve nutritious snacks and limit sweets to mealtimes.

Older children should follow the same rules of regular brushing, flossing, dental visits and eating a balanced diet. Juice and soft drinks are particularly damaging, due to the presence of sugars and acids. Sugars and starches encourage the production of plaque, which can attack tooth enamel; the acid in soft

drinks decays teeth.

Dental Clinics North serves those who are uninsured, as well as those enrolled in the Healthy Michigan Plan, Healthy Kids/Delta Dental, MICHild and the Northern Dental Plan. Its eight Northern Michigan locations include Alpena, Cheboygan, East Jordan, Petoskey/Harbor Springs, Gaylord, Mancelona, Traverse City, and West Branch. For more information or to schedule an appointment with Dental Clinics North, please call (877) 321-7070 or visit www.nwhealth.org.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.

Health Insurance Marketplace enrollment deadline is Feb. 15

Don't have health insurance, or know someone who isn't covered? Local residents without health coverage are strongly encouraged to enroll via the Health Insurance Marketplace before the February 15 deadline. Nearly 80% of enrollees could be covered for \$100 or less per month, according to the U.S. Department of Health and Human Services.

The Health Insurance Marketplace, www.HealthCare.gov, is a federal website where those without affordable health insurance may learn about available plans and select coverage from a list of options. The Marketplace helps people enroll in a high-quality insurance plan online, by phone, or with a paper application. All plans cover essential health benefits, pre-existing conditions, and preventive care.

For those with enrollment questions, Navigators and Certified Application Counselors at the Health Department of Northwest Michigan can help. They are trained to assist clients

with the Health Insurance Marketplace, as well as the Healthy Michigan Plan, Healthy Kids, and MICHild.

"No matter what your budget is, there's a plan out there for you," said Pat Borowiak, a Regional Lead Navigator at the Health Department.

Although the federal deadline is less than two weeks away, there are other coverage options available year-round. Borowiak encourages people to contact the Health Department to learn about affordable healthcare programs for which they may be eligible. The Health Department can also direct callers to local Navigators and Certified Application Counselors in other parts of Northern Michigan.

Visit www.HealthCare.gov to enroll in the Health Insurance Marketplace. Call the Health Department at (800) 432-4121 for enrollment assistance or for information about affordable insurance programs.

, Charlevoix, Emmet, and Otsego Counties.

GLE Employees and Lender Partner to Donate \$21,119 to United Way Agencies

Great Lakes Energy (GLE) Cooperative employees along with the help of CoBank, a cooperative lender, contributed \$21,119 to local United Way agencies throughout the GLE service area.

GLE employees annually participate in a United Way campaign pledging money from their paychecks throughout the year. This year the employee contributions got a \$5,000 boost from one of GLE's lenders, CoBank. Through its Sharing Success Program, CoBank agreed to match up to \$5,000 in contributions to one nonprofit organization in the GLE service area.

As cooperatives, GLE and CoBank both share a concern for local communities which is one of the seven cooperative principles.

Since 1999, GLE employees have contributed more than \$130,000 to local United Way agencies and charities.

These local United Way agencies and charities were selected by GLE employees to receive contributions in



Great Lakes Energy employees, in partnership with cooperative lender CoBank, donated \$21,119 to local United Way agencies and charities. Pictured is Char-Em Executive Director Lorraine Manary (left) accepting the check for United Way from Shari Culver, Great Lakes Energy. COURTESY PHOTO

- 2015:
- Char-Em United Way
- Crystal Valley Care Fund
- United Way of the Lakeshore
- Love INC. of Oceana
- United Way of Mason County
- Mecosta-Osceola United Way
- United Way of Northwest Michigan
- Otsego County United Way
- Salvation Army

Great Lakes Energy is a member-owned electric cooperative headquartered in Boyne City, MI, serving more than 125,000 members in 26 counties throughout western Michigan.

CoBank provides loans, leases, export financing and other financial services to agribusinesses and rural power, water and communications providers in all 50 states.

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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

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Central Drug Store
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231-547-242
www.central-drug.com

PHYSICAL THERAPY

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

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

SENIOR ASSISTANCE

Otsego County COA
120 Grandview Blvd., Gaylord
989-732-1122
www.otsegocountycoa.org

Crawford County COA
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

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989-732-7100

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

DENTIST

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

FITNESS FACILITY

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www.ocsportsplex.com

Otsego County Community Center
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www.otsegocountyparksrec.com

FITNESS FACILITY

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

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Charlevoix welcomes new City Treasurer

Norma Jean Babcock

CHARLEVOIX: The City of Charlevoix welcomes Kelly McGinn to take over the duties of City Treasurer left unfilled by the departure of Joe Zielinski in December.

McGinn is an Otsego County Road Commission veteran, having worked there for the past five years, who followed her desire to get closer to her family and contribute more to her community by applying to be Charlevoix City Treasurer. McGinn holds an MBA from Lake Superior State University, and also a Bachelor's in Finance from Northern Michigan University.

McGinn grew up in Northville, MI but often came to enjoy the area surrounding Lake Charlevoix for skiing. She moved to East Jordan in 1989 and then began her long career as an accountant while raising her family and earning her MBA. Starting small as an Accounting Clerk, McGinn patiently worked her way till becoming the Accountant/Assistant Controller. In 2009 she was offered a new position as the Finance Director for Otsego County Road Commission. From



KELLY MCGINN

there her love of community blossomed.

Her interest caused her to begin working for Eveline Township as a Member of the Planning Commission, which allowed her to be close to her community while going to school again to receive her Masters in Mental Health Counseling. McGinn offered her mental health services on

the weekends and evenings to individuals in need throughout the county. Although she has worn many hats, McGinn felt it time to strive for goals dear to heart with this decision to become Treasurer.

"I have enjoyed working at the Road Commission for the last 5 years, but applying for the position of Treasurer for the City of Charlevoix was a more personal move," says McGinn.

McGinn doesn't simply spend her time with numbers however, as a mother of 4 and busy wife she enjoys spending time with her family as much as possible. Her family has grown this year with the addition of an exchange student from China. McGinn loves sporting either indoors or out and may be up for a round of golf or two at the Charlevoix Golf Club for those interested in getting to know their new treasurer better this summer.

"I love my new job! I feel very blessed to be able to work and live in such a wonderful place...I already feel like family. I look forward to a long-term relationship with the city," says McGinn.

County Commissioners Approve Brownfield Plan for St. Mary's Cement

Norma Jean Babcock

CHARLEVOIX COUNTY: On January 28, County Commissioners lent their support to a plan that would allow St. Mary's Cement to make a \$130 million investment into growing their company which will yield 10 additional jobs in Charlevoix County.

The plan referred to as the Brownfield/Act Work Plan has garnered much attention in recent months, as environmentalists in the area have been concerned that it will create a larger footprint from St. Mary's Cement (SMC) by creating higher levels of Cement Kiln Dust (CKD). The plan would allow SMC to increase their cement production from 1.4 million tonnes (metric ton) to 2.0 million tonnes.

The Brownfield plan has been discussed with multiple levels of local government including the Charlevoix Township Board and the Charlevoix County Brownfield Redevelopment Authority. In order for the plan to go into action, it must have several public hearings and then be presented at the state level.

Members of SMC and the Northern Lakes Economic Alliance (NLEA) were present at the meeting to answer any questions regarding the plan. The NLEA focus in on local business growth and encouraged commissioners to approve this plan as it would create additional jobs and help increase the tax revenue in the area.

After a brief synopsis of the plan, those present in the audience were able to give their opinion on the project. Joann Beemon, of the group Friends of Fisherman's Island, gave her opinion on the project by warning commissioners about the amount of CKD created, and asking them to en-

sure that the remediation plan for that was acceptable before approving the plan. Beemon stated she was not "against the project" but rather wanted to see "accountability and transparency" in all areas of the redevelopment.

SMC plant Manager Courtney Schmidt then explained that the cleanup plan already in place to make sure the pollutant doesn't get out of hand is effective and assured those present that the remediation plan could handle the increased production.

"The rate of how much gets taken out will go up, but not the amount used. So the remediation plan is still valid," stated Schmidt.

Another member of the audience, Tim Petrosky expressed his opinion that supporting the plan not only provided more jobs, but increase the environmental quality as SMC says that the intend to use at least \$29 million of the investment to have environmental upgrades.

"Jobs are great, just as important as jobs is the environment," stated Petrosky.

After the audience commented, commissioners took their turn expressing concerns and support for the plan, which if not approved may mean that SMC will put the investment into another of their plants which is located in Illinois. All commissioners expressed their support for the plan except for George Lasater of District #1 who stated that although he was not against the project and felt that he would most likely give a positive answer, he simply didn't have enough information on the subject to make a decision.

Commissioners thus voted 5 to 1 for the plan, which will now need to go on to the state level for approval.

MAIN ST. DIRECTOR

continued from 1A

Meeder will begin as the Executive Director of the Main St. Program on March 1.

The Main St. Program of Boyne City is one of the first in the State to be a part of such an initiative. The Michigan Main Street Program takes a four pronged approach to community development and helps communities create jobs, incentives for visiting the area, preserves historic value and stabilizes economic growth. The Boyne City Main St. Program has achieved the highest level of the Program, the Master Level.

Boyne City Police rescue dog from marina waters

On Friday, January 23, 2015, a female came into Boyne City Police Department to report that her Welsh Corgi dog had fallen into an area of open water in the Boyne City Marina.

The marina uses bubblers to keep ice from forming around the docks and causing damage. The dog was unable to get out because of the ice that forms away from the moving water near the bubblers.

Officer Craig Remsberg was in the office when she came in and responded immediately to the Marina. When Officer Remsberg arrived at the marina, the dog was in a panicked state and swimming hard, still trying to get onto

the ice. Officer Remsberg was able to retrieve a tool used for unlocking cars and snag onto the dog's leash pulling him safely to the dock.

The owner indicated that she had slipped and while trying to regain her balance lost her grip on the leash. The dog then ran down an incline and slipped into the water.

The dog's owner said she was grateful that the officer was able to rescue the dog.

The dog was taken home and warmed up by the owner and is now doing well.

BOYNE CITY POLICE DEPT.

MONDAY, JANUARY 19

0720 Vehicle blocking Wilson St. Vehicle was towed.
0835 Report of male on Facebook soliciting photos of underage girls
1420 Contraband located on juvenile in the 1000 block of Boyne Av
1645 Found wallet turned into PD. Was returned to owner the next morning.
1642 Driving complaint on M-75 N heading into town.
1731 Single vehicle property damage accident North and Jefferson occurred last night

1802 Assisted Sheriff Dept in Boyne Falls.
2155 Subject arrested in Antrim County on our warrant. Transported to jail.

TUESDAY, JANUARY 20

0738 Child Welfare check on Ray St
0956 Property damage accident at Boyne Av and Lincoln
1010 Personal injury accident in the Industrial Park

WEDNESDAY, JANUARY 21ST

0023 Arrested subject for DWLS
0800 Noise complaint on Nordic Dr
1113 Report of 3 subjects on W Michigan conducting survey for American Sign Language.
1125 Report of Hit and run from the 500 block of W Michigan. Unknown where occurred
1240 Car crashed into shed in the 1300 block of Boyne Av
1810 Vehicle unlock in the 700 block of Wenonah.

THURSDAY, JANUARY 22

0941 Suspicious vehicle at Boyne Av and Hemlock.
1038 Embezzlement reported in the 1300 block of Boyne Av
1100 Report of suspicious vehicle in the area of Avalanche Mountain
1120 Report of attempted IRS scam
1130 Assist Sheriff Department with arrest on M-75 S
1152 Death notification requested in the 1100 block of Marshall Rd

1242 Suspicious activity reported in the 800 block of S Park
1322 Vehicle unlock in the 1300 block of Boyne Av
1346 Report taillight broken out in the 600 block of N East St
1623 Vehicle unlock in the 900 block of Brockway

FRIDAY, JANUARY 23

0601 Assist Sheriff Department with a B&E in progress on Thumb Lake Rd. at N Camp Ten.
1238 Rescued dog that fell into the lake near the Marina.
2038 Report of possible illegal drug activity in the 300 block of E Division St
2211 Suspicious activity reported on E Main St

SATURDAY, JANUARY 24

0106 Assist to the Sheriff Dept in Walloon
1032 2 vehicle private property damage accident in the 1300 block of Boyne Av
1453 Arrested subject for DWLS
1821 Hit and run on Water St.
1155 Went to Walloon to assist Emmet County.
0400 Assisted EMS on Clark St.

SUNDAY, JANUARY 25

1420 Civil dispute
1438 Unlock in the 500 block W. Michigan
2335 Citation issued for improper use of registration and no proof of insurance

MONDAY JANUARY 26

0015 Alarm in the 200 block of S Lake St
1450 Contraband removed from the 1000 block of Boyne Av
1630 Arrested intoxicated subject on S Lake St for parole violation

TUESDAY, JANUARY 27

1025 Juvenile complaint from the 1000 block of Boyne Av
1314 Property damage accident at the Dog Park
1415 Assist to Elk Rapids PD
1726 Lodged a dog at the shelter
1947 Lodged a dog at the shelter.
2050 Citation issued for speed at Boyne City Rd/Court St.
2205 Citation issued for

driving without lights
2307 Assisted Sheriff Dept domestic on Fineout Rd.
2338 Suspicious situation reported in the 700 block of Fremont.

WEDNESDAY, JANUARY 28

1829 Citation issued for speed and No Proof of insurance at Boyne City Rd/Court St.
1956 Property damage accident at Boyne Ave near High St
2107 Issued a kill permit for a deer struck on Charlevoix St. just outside city limits.

THURSDAY, JANUARY 29

0730 Checked on a truck at Tannery Park. Was an ice fisherman.
0810 Unlocked vehicle in the 400 block of Vogel St
1017 Report of money stolen in 2010 while subject was staying on E Main St
1222 Traffic control at Park and Groveland
1431 Parking complaint in the 100 block of E Water St
1500 Attempted IRS scam reported.
1759 Suicidal subject in the 300 block of N Lake St. Voluntarily went with EMS
1900 Driving complaint on Boyne Ave

FRIDAY, JANUARY 30

0700 Report of a missing cellphone.
1141 Juvenile complaint in the 1000 block of Boyne Av
1645 Served no trespass order for the 1300 block of Boyne Av
1650 Civil custody dispute in the 1100 block of Boyne Av
1729 Vehicle unlock in the 400 block of Vogel St
2039 Dog running into traffic on N. Lake St/Lower Lake St.

SATURDAY, JANUARY 31

0124 Car deer accident on Fall Park Rd.
0545 Alarm in the 100 block of River St
1201 Sex offender vehicle registration violation in the 300 block of N Lake St

SUNDAY FEBRUARY 1

0200 Vehicle in the ditch at Division and Lake. Citation issued for texting while driving.
0237 Medical alarm in the 1300 block of Boyne Av
1008 Gasoline drive off in the 1300 block of Boyne Av

1739 Civil Custody issues in the 1100 block of Boyne Av

CHX. COUNTY SHERIFFS DEPT.

January 26-February 1

911 Hang Up Call.....	2
Abandoned Vehicle	0
Abuse.....	0
Alarm.....	4
Animal Complaint.....	10
Annoyance	1
Assault.....	3
Assist Citizen.....	5
Assist Motorist	2
Assist Other Agency.....	10
Attempt to Locate.....	4
Attempted Suicide.....	0
Bank Alarm.....	0
Boating Accident.....	0
Boating Violation	0
Breaking & Entering.....	0
Car/Deer Accident.....	12
Citations Issued	11
Civil Complaint.....	3
Criminal Sexual Conduct.....	0
Death.....	0
Disorderly Person.....	0
Disturbance.....	1
DNR Complaint	0
Domestic Dispute.....	2
Driving Complaint.....	3
Fireworks Complaint	0
Found Property	1
Fraud.....	6
Health & Safety	0
Hit & Run	1
Intoxicated Person	0
Juvenile.....	1
Larceny	1
Lockout.....	3
Lost Property.....	0
Malicious Destruction of Property	0
Mental Subject	0
Minor In Possession.....	0
Miscellaneous Criminal	0
Missing Person.....	0
Noise Complaint.....	0
Operating Under the Influence....	0
Paper Service.....	9
Parking Violation	0
Personal Injury Accident	2
Personal Protection Order.....	0
Private Property Accident	1
Property Check	50
Property Damage Accident	5
Prowler.....	0
Road Hazard	4
Stalking	1
Suspicious Situation.....	5
Threat.....	3
Traffic Stop	36
Trespassing	0
Unknown Accident.....	0
Unlawful Driving Away of Automobile...	0
Vehicle in the Ditch.....	2
Violation of Controlled Substance Act.....	4

LETTERS TO THE EDITOR

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

Thank you John Hess.

Just a quick note to remind Charlevoix County residents that they have a true American hero in their midst. John Hess is our Veterans Affairs officer, he goes above and beyond daily to assist veterans and their families. He was an honorably sergeant as a Navy sub-

mariner and now continues to serve. Please stop by to thank him at the county building, we are all lucky to have him. Any communities in our county looking for a citizen of the year, you should look at John Hess. Thank you, John, for easing the burdens of our vets!

Richard McNall, Elmira

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Substitute Teachers, aides needed

Pay, benefits, application process to be explained at Feb. 10 job fair at Char-Em ISD office

Flexible scheduling. Ability to work with young students. Rewarding experiences knowing you're making a difference in the lives of young people.

These are just a few of the reasons cited for being a substitute teacher or paraprofessional – and there are plenty of openings to fill in the local schools within Charlevoix-Emmet Intermediate School District (Char-Em ISD).

Char-Em ISD and the local school districts are teaming up with EDUStaff to host an educational job fair from 10 a.m. to 2 p.m., Tuesday, Feb. 10, at the ISD office, 08568 Mercer Blvd., Charlevoix. Door prizes and valuable information about applying

for open positions within the schools will be part of the job fair.

According to EDUStaff, there is an immediate need for substitute teachers, paraprofessionals, and other support staff including building secretaries/receptionists. On any given day, between 20-25 substitute teachers are needed to fill openings throughout the 11 public school districts within the ISD.

"The work is hard but the rewards are even greater," said Jessica Fettig, human resources specialist with Char-Em ISD. "EDUStaff is a great partner for our community residents to work with to find the right school for them."

Being a substitute in the school is an easy way for anyone interested in working in education to get introduced to the industry and even get in front of a potential employer – the school district, she said.

Once accepted as a substitute teacher, paraprofessional, or other support staff member, you are able to pick and choose which districts, buildings, or positions you want to fill, Fettig explained.

"For example, if you only want to work with middle school students, you can set parameters to only substitute in those grades. Or perhaps you only want to substitute in a district that is within 30 minutes of your home. You can

do that too," she said.

Per State of Michigan law, the requirements to work within a K-12 setting are:

No educational requirements or permits are required to become a classroom aide or paraprofessional.

Substitute teacher applicants are required to submit official undergraduate transcripts from a four year accredited college or university showing 90+ semester credit hours and a minimum 2.0 GPA.

All applicants applying to work in a K-12 setting must pass a fingerprinting criminal history background check. The employee cost to be fingerprinted is nor-

mally \$60-75.

Completion of a series of online training modules pertaining to blood borne pathogens, FERPA and other compliance issues.

Substitute teachers also have additional requirements.

To learn more about the benefits of being a substitute teacher or aide in a local district, or for additional information about the requirements, attend the February 10 job fair, visit www.EDUStaff.org, or call 877.974.6338.

Immediate placements are available and walk-ins to the February 10 job fair are welcome.

Ellsworth Community Schools announce spelling bee winners



Ellsworth Community School would like to congratulate its local winners of the school spelling bee held on January 27th.

Champion - Jacob Jenuwine (4th). Runner's Up: 1st: Maggie Thorman (5th), 2nd: Aria Blackford (7th), 3rd: Jäeger Griswold (6th), 4th: Ana Oviedo (8th), 5th: Darren

Warner (6th). Alternates: Elijah McClellan (8th), Anna Rapin (4th). We would like to say a special thank you to Ms. Jessica Vallance and Mrs. Michelle Fox for helping to organize the bee. Ellsworth Community School will be hosting the Antrim County Spelling Bee on Tuesday, February 17th at

6:30 PM in the high school gymnasium. If you would like more information about this topic, please contact Aaron Gaffney at 231.588.2544 or email at agaffney@ellsworth.k12.mi.us.

MDOT and SEMCOG to collect travel data from Michigan households

The Michigan Department of Transportation (MDOT) and the Southeast Michigan Council of Governments (SEMCOG) are kicking off a yearlong household travel survey that will provide vital information necessary to set transportation priorities for the next 20 years. The survey, MI Travel Counts, will be conducted by Westat, a nationally recognized research firm, for MDOT and SEMCOG.

Transportation agencies will use the data to better understand changes in household travel and project citizens' future travel needs. The survey isn't new; the same type information was last collected by MDOT and SEMCOG in 2004-2005, and updated by MDOT in 2009.

"MI Travel Counts will paint a picture of why people travel and how they plan their daily travel activities," said State Transportation Director Kirk T. Steudle. "It will provide MDOT and its transportation partners with up-to-date information to identify where to invest limited transportation resources."

Beginning this week and continuing throughout the year, randomly selected households will receive a letter inviting household members to participate in the study by providing some demographic information and filling out a travel diary. The diary will detail household activities for 24 hours; information can be provided online or by phone.

Some participants will be asked to take part in a small section of the study that will use global positioning systems (GPS) devices provided by Westat to collect specific route information about all the places visited over a three-day period. As in 2004-2005 and 2009, the information provided to MI Travel Counts will be converted to statistical data and used only for study purposes. All information will remain confidential.

"Public participation is the key to effective transportation planning," said Steudle. "These households will share information that will result in easier and safer travel, less congestion and more access and choices for every Michigan citizen."

For more information about MI Travel Counts, call 517-335-2956 or visit www.mitracounts.com. You also can follow the study on Facebook and Twitter at www.facebook.com/mitracounts and www.twitter.com/mitracounts.

Great Lakes Energy Awards \$20,269 in Classroom Grants

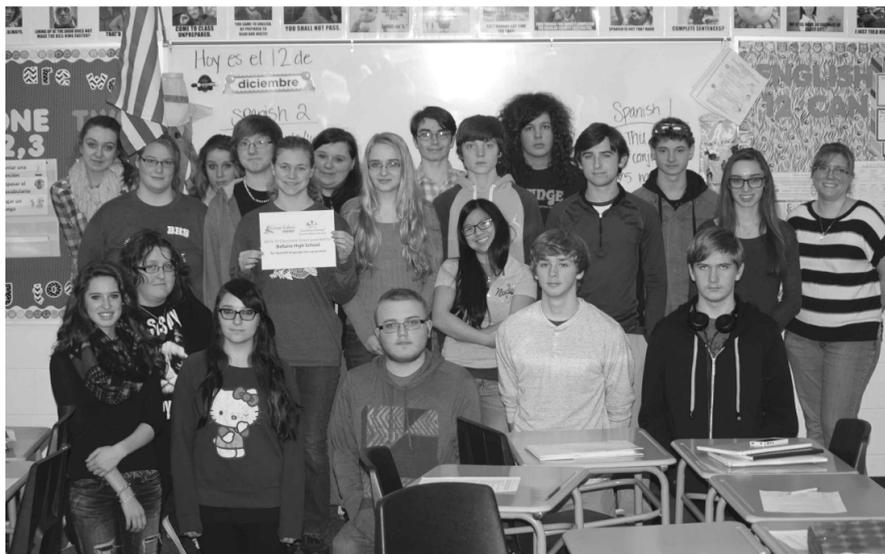
Rising above the challenge of tight budgets, 13 teachers who received \$20,269 in grants from Great Lakes Energy's 2014-2015 Touchstone Energy Classroom Grant Program will launch projects this year that tap into creative technology. To date, Great Lakes Energy has awarded just over \$52,700 in grants and funded 39 projects during the program's three year history. The program funds innovative technology projects not covered by traditional school funding.

The grants encourage teachers' efforts to better engage students and enhance classroom education at all grade levels through introducing projects that use new technologies. 2015 marks the third year of the grant program, administered by local rural electric cooperative Great Lakes Energy.

"Our grants provide the opportunities for schools to expand their learning environment beyond just the ordinary," according to Shari Culver, GLE's Vice President of Communications and Marketing. "The innovation shown in many of the grant applications makes us proud to support our local schools with this program."

Touchstone Energy Classroom Grants are available to K-12 teachers who successfully apply each fall and whose schools serve children of GLE members. Grants are awarded up to a maximum of \$2,000 per school district. GLE collects applications mid-September to mid-November with winning projects selected by a panel of judges. The application process reopens in September 2015. Learn more and see a complete list of 2014-2015 school year grant recipients at www.gtlakes.com/our-community/touchstone-energy-classroom-grants/.

Great Lakes Energy, your local Touchstone Energy electric cooperative, is owned by over 125,000 members in 26 counties throughout western Michigan. The classroom grant program demonstrates GLE's commitment to enhancing life in the communities it serves.



A recent \$600 grant from Great Lakes Energy will help students at Bellaire high school meet a graduation requirement. Headsets and microphones requested by teacher Tiffany Sutter will help them become more fluent and comfortable in the Spanish language, as well as enhance their computer and collaboration abilities working with electronic audio files. COURTESY PHOTO



Connie Boyle and her middle and high school math students at Beaver Island Community School accept a \$1,992 grant award from Great Lakes Energy. The grant funds lab stations with various probes and sensors that students can use for experiments involving temperature, light, sound, motion, and force. COURTESY PHOTO

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PUBLISHED WEEKLY
ON THURSDAY

Charlevoix County News 73¢

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News Briefs

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Boyne City High School

Student of the Week



Elizabeth Mansfield

Grade: 10

Parent(s): Michael and Amy Mansfield

FUTURE PLANS/GOALS: "Go to college, graduate high school with honors."

School Activities: Drama, Robotics, Volleyball, Softball, Student Council, Band

Hobbies and Interests: Reading, Playing clarinet, Camping, Girl Scouts, Skiing, Photography, Fishing, Dancing, Drawing, Spending time with family and friends

Staff Comments:

"I have Elizabeth in biology this year. She is an exceptional student who is cheerful, goal oriented, helpful, outgoing, respectful and she is an excellent role model for her peers. I find Elizabeth to be enthusiastic and I enjoy her positive attitude and personality. I enjoy watching her in our school plays and her work in class is of the highest quality. Elizabeth has been a pleasure to have in class and I've really enjoyed working with her. Congratulations Elizabeth!" – Elizabeth Hemming

"It is fantastic to have Elizabeth in English class! Elizabeth is an excellent student who displays a high degree of insight, responsibility and enthusiasm as a student." Jeanne Heath

"Elizabeth is an outstanding person! She is a fine musician with a great work ethic and lots of talent. Her smile and positive attitude really brighten up everything she is a part of." – Brandon Ivie

Boyne Falls High School

Student of the Week



Hunter Williams

Grade: 12

Parent(s): Michelle and Chris Williams

FUTURE PLANS/GOALS: "Hunter plans on attending Grand Rapids Community College to earn a degree in the culinary arts."

School Activities: Hunter has participated in four years of varsity baseball, two years of varsity basketball, two years of vocational culinary arts, four years of varsity cross-country and two years as a member of the Boyne Falls National Honor Society.

Hobbies and Interests: Basketball, baseball, music, and food

Favorite Book: Fallen Angels by Walter Dean Myers

Staff Comments:

Hunter is a hard-working, conscientious young man who brings positive energy and enthusiasm into my classroom every day. Hunter's ability to take an ordinary writing assignment, turn it into a song, and sing it for all of us never ceases to amaze me. We all look forward hearing his music and to eating his delicious Chicken Alfredo! – Jeff Garver, English Teacher, Boyne Falls High School

CHARLEVOIX

Northwest Academy's 6th annual Soup Cook-off

Thursday, February 5, 5-7pm at the Charlevoix Public Library Community Room located at 220 W. Clinton in Charlevoix. There will be at least 10 area restaurants showcasing their favorite soups to sample. This is a fundraiser for Northwest Academy's performing, literary, visual arts and enrichment programming. Northwest Academy is a K-12 Charter School located in Charlevoix. Minimum donation of \$2.50 per person requested. For more information, contact Cindy (231)547-9000

EAST JORDAN

Off The Cuff Informational Gathering

February 5, noon – 1:30pm.

Join East Jordan's City, Chamber and School leaders for an informational gathering to ask your questions and hear about current projects and events.

EAST JORDAN

Sno-Blast

This annual event includes Sno-Sculpture Contest, Crowning of the Belle of the Blizzard & Winter Knight, Blessing of the Sleds, the Annual Rotary Chili Supper, Frozen Pancake Toss, Parade, Antique Snowmobile Show and much more. Due to lack of snow, Sno-Blast Races will be moved to Valley Rd. track in Mancelona (across from McDonalds). February 6 and 7. East Jordan

CHARLEVOIX

Chamber of Commerce Annual Meeting and Awards Breakfast

February 6, 7 – 9 am. Castle Farms. Doors will open at 6:45 am and Presentation/Awards will begin at 7:15 am. The following awards will be presented, Business of the Year, Citizen of the Year, New Business of the Year, Young Professional of the Year, Outstanding Customer Service and Chamber Ambassador of the Year. \$30 per person or \$225 for a table of 8. Call (231) 547-2101 to register.

EAST JORDAN

EJ Fight Against Cancer Varsity Basketball Game

The "EJ Fight Against Cancer Varsity Basketball Game" will be on Friday, February 6th at 5:30pm and 7:00pm vs. Boyne City High School. Proceeds from the event are given to members of our community with cancer in the form of gas cards to offset the cost of transportation to and from appointments. Fans are encouraged to wear the color purple. The Devil's Den (Store at EJHS) will be selling purple t-shirts to support the cause

CHARLEVOIX

Charlevoix Ground Hog Shadow Fest

February 6th through the 8th. Weekend events include free showings of the movie "Groundhog Day" at Cinema III, a concert by the Petoskey Steel Drum Band, chili cook-off, pancake breakfast, horse drawn wagon rides, kids games, magic show, "cold butt" Euchre tournament, Craft beer tent, retail sales, entertainment at local bars and restaurants and exceptional lodging discounts; visit CharlevoixShadowfest.com or call the Charlevoix Chamber of Commerce at 231-547-2101.

CHARLEVOIX COUNTY

Winter Forest Snowshoe Exploration

Saturday, February 7, 10am – noon. Raven Ridge/Raven Hill Discovery Center, Charlevoix County Neil Wilson, pastor at First Congregational Church in Charlevoix, leads a challenging snowshoe hike through this hilly 140-acre preserve in East Jordan.

Neil will share his knowledge of the sights and sounds in a winter forest from his history in timber management on the hike. You are invited to warm up with hot cocoa at the Discovery Center and explore their exhibit after the field trip. Admission is \$10 for the Discovery Center. No cost, but pre-registration requested by calling 231.347.0991.

EAST JORDAN

Feast & FILM: A Wild Game/ Local Food Potluck & Film Showing

Community Potluck & Program at Wagbo Farms. Saturday, February 7 at 5:30pm. Bring a dish to pass if able. Suggested donation \$3 - \$5. Coffee, tea and table service provided. Family friendly event. Film begins around 7pm. Call 231-536-0333, email info@wagbo.org or find us on facebook to RSVP or for more information.

EAST JORDAN

Take your child to the Library Day

Saturday, February 7, 2015 from 9 a.m. to 1 p.m. and receive a glow in the dark bookmark and library sticker. A library card is knowledge. Sign up your child for a library if they don't have one.

BOYNE CITY

Wellness Wednesday

Charlevoix Area Hospital's "Wellness Wednesday" February 11, 8-11am Boyne Area Medical Center, 223 North Park Street in Boyne City. Screens include: Total Cholesterol, HDL, TC/HDL Ratio, Glucose level, Body Mass Index (BMI) score, Fat Percentage, and a Blood Pressure reading. No fasting required. However, if you are fasting an LDL and Triglyceride reading can also be obtained. Cost for the service is \$15. Hemoglobin A1C Levels can also be done for known or borderline diabetics for an additional \$5. Participants will receive a blood pressure log and all test results at the time of the screening. No appointment is necessary. For further information, contact the office of Community Health Education at Charlevoix Area Hospital: (231) 547-8906 or by email: community-health@cah.org

ELLSWORTH

Ellsworth Shiverfest

Snowshoe events, cardboard sleds, desserts, hot dog roast and much more. February 14. Ellsworth

EAST JORDAN

Reader's Theatre at Jordan River Arts Council

JRAC is pleased to announce an evening of Reader's Theatre, February 21 at 7:00 pm in the main gallery. "John Brown's Body," the epic poem by the American Writer Stephen Vincent Benet received the Pulitzer Prize in 1929. The reading is directed by Yasmin Richmond. There is no charge for admissions but donations are greatly appreciated. For further information contact Richmond, 231 337 2070.

CHARLEVOIX

Charlevoix Chamber of Commerce Business Expo and Taste of Charlevoix

The 5th Annual Charlevoix Chamber of Commerce Business Expo and Taste of Charlevoix, taking place at Castle Farms on Thursday, March 19, 2015, from 4:00 – 7:00pm.

GAYLORD

Hockey registration

Gaylord Area Men's Hockey League (GAMHL) registration. Play is expected to begin the week of January 18th (Sunday). There will be no games scheduled on Sunday Feb-

ruary 1st (super bowl). We plan to play a total of approximately 16 games per team. Depending upon the number of teams, each team will have two games per week: one game on Sunday night and a second game during the week. Games will consist of three 20-minute periods. Shortly after the teams are picked, the Team Representatives will contact players to provide a game schedule. For more information on the League Rules of Play, please contact: Stan Pelto, League President, at 231-340-0554 (cell) or srp2nd@hotmail.com. Registration cost is \$275 for the full season. Payment in full must be made by Saturday January 10th (DEADLINE). Bring your check to GAMHL Men's League DROP BOX located inside the Otsego County Sportsplex (1250 Gornick Ave.), on the wall, outside the Pro Shop entrance

BOYNE CITY

Progressive Women host climate speaker

Lisa Del Buono will give a presentation titled Citizens Taking Action on Climate Change to Create a Livable World for our Children. The meeting will take place Tuesday January 27 at the Boyne City Public Library in Boyne City. Members may arrive at noon and the speaker will begin at 12:30 p.m. Members are invited to brown bag their lunch. The program is open to anyone interested in progressive issues, male or female. Please R.S.V.P. by January 26 by emailing progwomenchxcty@yahoo.com or calling 231-582-9005.

NORTHERN MICHIGAN

Junior Achievement volunteers

Junior Achievement's local Board of Directors is looking for volunteers that would like to share their leadership skills to increase the growth of Junior Achievement programs in area schools. For more information on numerous opportunities, contact the area's District Director Mark Pankner at janso@ja.org or call 231-582-4660.

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

NORTHERN MICHIGAN

Playgroups

Playgroups for children 0-60 months and their preschool aged siblings are offered free through the Women's Resource Center of Northern Michigan. Playgroups will help you find out more about your child's developmental stage; learn new games and activities to play with your child; and share ideas, parenting experiences and concerns with the playgroup facilitator and other parents. This fall/winter. Playgroups are held: 9:30-11am Tuesdays at Jordan Valley District Library Community Room, East Jordan; 9:30-11am Wednesdays at United Methodist Church, Alanson; 9:30-11am Thursdays at Christ Lutheran Church, Boyne City; 9:30-11am Fridays at United Methodist Church, Petoskey. Call (231)347-0067 or visit wr-cn.org for more information.

CHARLEVOIX

Messy church

This is a fun way of doing church for families. There are crafts, Bible stories learning about the God who loves you, songs, and free meal. Children must be accompanied by parent or adult. This is a non-denominational event which takes place on the first Sunday of each month at 4 – 6 pm at the Charlevoix United Methodist Church, 104 State St. Your call is appreciated for meal count at 547-2654.

CHARLEVOIX COUNTY

Seniors ride free

Residents aged 60 and over will now be able to ride the Charlevoix County Transit free of charge within Charlevoix County. Seniors please contact the Charlevoix County Transit for your ride at 231-582-6900. This program is made possible through the cooperation of the Charlevoix County Commission on Aging and the Charlevoix County Transit.

CHARLEVOIX

Story time

Weekly Story Time is hosted every Thursday at 10:30am and all children and their parents or care givers are invited to attend. Story Time at the Charlevoix Library is geared towards children birth to five years old. Ms. Laura, story teller extraordinaire, reads stories, sings songs, interacts with finger plays, and sometimes even dances with the kids.

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 Alwood. Available on News Stands every Thursday for 75 cents or have the newspaper delivered to your home for as low as \$35 a year.

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30 Dogs compete in EJ Lions Club's Dog Gone Fun Show



The East Jordan Lions Club recently held the first annual Dog Gone Fun Dog Show at the EJ Civic Center to honor the anniversary of Lions Club Founder Melvin Jones and to raise awareness of the Charlevoix Area Humane Society. CAHS Executive Director, Scott MacKenzie, announced and awarded winners as 30 dogs competed in humorous, fun dog events such as scruffiest, least obedient, longest tail, best trick, etc. Over one hundred spectators watched with amusement as the dogs and owners competed for prizes. \$500.00 was raised for the Charlevoix Area Humane Society.



Charlevoix Knights of Columbus annual Cash Raffle Party tickets now available

The Charlevoix Knights of Columbus wish to announce that tickets are now available for the 39th annual Cash Raffle Party. The Cash Raffle Party is an annual fundraiser party which raises funds to provide financial support for numerous area programs including:

- Charlevoix Schools Junior Achievement program
- Charlevoix County 4-H programs
- Charlevoix Youth Soccer
- Womens Resource Center
- Charlevoix Area Humane Society
- Raven Hill Discovery Center
- Rayder Gridiron Club for Youth Sports
- Northwest Michigan Hospice
- Bergmann Center

- Charlevoix Food Pantry
- Winter Coats For Kids
- Keep Charlevoix Beautiful
- Charlevoix Schools-Public, Northwest Academy, St. Mary's
- Charlevoix Boy Scouts, Girl Scouts
- Veterans Gasoline Cards-for VA Hospital trips
- And a host of other area programs

Over \$15,000 In Cash Prizes!
306 Prizes to be awarded including an Early Bird Prize Drawing - \$500 If You Buy Before March 1st! \$14,750 to be awarded to 26 lucky ticket holders. Need not be present to win! GRAND PRIZE \$5,000 - Second Prize \$2000 - Third Prize \$1,000 - Fourth Prize \$750 - Fifth Prize \$500 PLUS-TWENTY RANDOM DRAW-

INGS FOR \$250 PRIZES EACH! SPREAD THE FUN! There will be four 50/50 Drawings-Two \$5's and Two \$10's.

Music will be provided by Steve Larson of Disc-O-Nection back again from 6:30-11:30 p.m. Catering by Matter of Taste! Luscious array of delicious gourmet foods at FOUR food stations. Serving from 6:30 - 10:00 p.m. Two mixed cocktail bars and a beer/ wine bar to serve you! Plus our special "Surprise" cocktail! Serving from 6:00 - 11:00 p.m.

This is a Community Fundraiser! All Cash Party Proceeds Stay In Our Community and Fund Charitable Good Works and Youth Programs for All! Please Help Us Help Others! In 2014 the Knights supported

over 22 area programs with cash proceeds from this party.

The event will take place Saturday, April 25 from 6 to 11:30pm at Castle Farms Knights East Garden. The cost is \$150 per ticket-Admits Two-Donation includes all food, entertainment and beverage allowance. To purchase your ticket NOW please contact one of these Knights or any area Knight. Ticket reservations are first come-first served.

Steve Seely: 231 499 3674
Ed Linse: 231 547 4526
Gabe Campbell: 231 547 9739
John Haggard: 231 547 4046
Roger Nesburg: 231 547 5111
Paul Hoelderle: 231 547 6127

Charlevoix Chamber Annual Meeting & Awards Breakfast

The Board of Directors and Staff of the Charlevoix Area Chamber of Commerce invite you to attend our Annual Meeting & Awards Breakfast on Friday, February 6 at Castle Farms from 7:00 to 9:00am, proudly sponsored by Blue Cross Blue Shield of Michigan and Castle Farms.

Chip Hansen, President of the Charlevoix County Community Foundation is the featured speaker. "I'm honored to be a part of the Chamber event," said Hansen. "And I'm looking forward to celebrating, with other friends of the Charlevoix Chamber and the Charlevoix community, all of the things that make Charlevoix such a great place to live, work and raise a family."

Also on the morning's agenda is an overview of the Chamber's accomplishments in 2014, as well as an introduction of the current Board of Directors and special recognition and thank you to our outgoing Board members.

Additionally, the event celebrates the accomplishments of individuals and businesses that have exemplified leadership, community spirit and civic involvement; recognizing those that have gone above and beyond to help make Charlevoix a better place to live, work and play. Awards recognized at the event include, Citizen of the Year, Business of the Year, New Business of the Year, Young Professional of the Year, Chamber Ambassador of the Year, and Customer Service of the Year.

The Annual Meeting & Awards Breakfast is an incredible event, and everyone is encouraged to attend for a morning of celebration, networking and growth. Admission is \$30 per person or \$225 for a table of eight. Tickets include a catered breakfast buffet by Grey Gables Inn Restaurant, a spirited and informative presentation, and a printed full color copy of the Chamber's Annual Report.

Please make your reservation by calling the Charlevoix Chamber of Commerce at 231-547-2101, or e-mail info@charlevoix.org. Online registration is open at www.charlevoix.org.

Northwest Academy's 6th annual Soup Cook-off

Thursday, February 5, 5-7pm at the Charlevoix Public Library Community Room located at 220 W. Clinton in Charlevoix. There will be at least 10 area restaurants showcasing their favorite soups to sample. This is a fundraiser for Northwest Academy's performing, literary, visual arts and enrichment programming. Northwest Academy is a K-12 Charter School located in Charlevoix. Minimum donation of \$2.50 per person requested. For more information, contact Cindy (231)547-9000

SNO-BLAST

continued from 1A

This year, those races will be held on Saturday, February 7. Registration for the races begins at 9 am, the sleds will be blessed at 10 am, and the Snowmobile Radar Runs will begin at 10:30 am. Normally these races begin in East Jordan, however this year due to lack of snow, the races will begin at a track in Mancelona (Valley Rd. across from the McDonalds).

The drag races themselves will begin at 12:00 pm. For information regarding the runs, or help finding the new location please call Tim Bingham at 231-587-4807 or Kevin Giar at 231-533-8810. Remember, these changes are only for the Snowmobile Radar Runs and Races, ALL other events will be held at their normal locations.

After the Drag Races, those with a love of antique, vintage, or classic snowmobiles can partake in a ride designed specifically for them at 1 pm. However, if being outdoors isn't really your thing, Roller Skating will be held at the Harvest Barn

Church from 12- 3 pm for those who want to join the fun but not the cold. It costs \$5 a person and includes skate rentals.

Not snowmobilers but want to keep your mittens on? No problem! Head over to the adult softball field and play Softball in the Snow at 12 pm! Call Nikki Skrocki with your team together at 231-536-3331.

To finish off a long day of being outside, head over to the Martha Wagbo Farm & Education Center for a Wild Game and Local Food Dinner and Film at 5:30 pm.

The fun doesn't end on Saturday though as Sunday kicks off with another delicious breakfast at the Sno-Mobilers Club House where yummy pancakes, bacon and sausage, eggs and other delectable goodies will be available from 7 am to 12 pm. Adults can fill up for \$6 while kids 10 and under can for \$3.

Throughout the weekend a Walleye Classic Fishing Tournament will be held, it starts at noon on February 6. For more information please contact the fellas at Tom's Bait & Tackle at 231-536-3521 or the Boyne City Co-Op at 231-582-9971.

Also look for sales and delicious food as great prices all



Sno-Blast will hold it's Snowmobile Races in Mancelona this year so sledders can enjoy the extra snow.

weekend long! Shops and restaurants will be running Sno-Blast deals for those in East Jordan for the festival.

Whether you are the outdoor enthusiast with a sled looking to go, or a warmth lover rearing for the best hot chocolate in town

East Jordan's Sno-Blast 2015 is the place to be the weekend!

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Charlevoix County Transit Bus Wrap Contest

The Charlevoix County Transit is stirring up some friendly competition as they determine which county Fire and Police Department, School Team or Band to feature on the side of their buses. One wrap for each of the three divisions will be awarded. The Charlevoix Transit buses travel a combined 500,000 miles per year in Charlevoix County.

"We're excited about converting the sides of our buses into an all year Charlevoix County Parade that will promote some of the groups, people and businesses we're proud of in our county," said Charlevoix County Transit Manager, Jill Drury.

This unique competition begins on February 9th and goes until March 23rd. Competitors will collect points for their "team" by voting and participating in on-line and real world games such as a county wide scavenger hunts and challenges.

For full details, please visit the contest Facebook page at www.facebook.com/charlevoixcountyproud

Dr. Oz and Roizen

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



HOW TO SNACK FOR BREAKFAST, LUNCH OR DINNER -- AND STAY HEALTHY

North America is under a snack attack -- and the snacks are winning! Seems more and more of you are substituting grab-and-go foods for real meals. In fact, snacking is up 15 percent as quick munching replaces breakfast, lunch or dinner for almost half of you. But finding healthy snack foods can be tough -- one reason Americans ended up spending \$48 billion a year on salty or sugary munchables, three times more than they spent on fruit and vegetables. That's a lot of buck for very little nutritional bang!

Now nothing replaces the nutritional and emotional benefits of a sit-down meal with the family, but everyone has to eat on the run occasionally. So here's how you can grab a "snack as a meal" that provides you with the fuel you need to do your best at work, school, home

and play.

1. Make sure your snacky meals deliver what you need. Depriving yourself of fuel and nutrients in a snacky meal, then OVEREATING to make up for it later, is a formula for weight gain and nutritional deficiencies. That's why it is important to make sure your "snack as a meal" provides 400 calories from a mix of protein (about 12 grams per meal for women; 15-18 for men) and complex carbs (from beans, fruits, whole grains and greens). That'll give you the minerals and vitamins you need, too.

2. Stock your fridge, freezer and pantry with easy grab-and-go foods. Keep unsalted nuts, dried fruit without added sweeteners and nut butters (peanut, almond, cashew) on hand. In the fridge, stock seasonal fruits and veggies you love, along

with nonfat yogurt, hummus, low-fat cheese and whole-grain bread or small whole-grain pitas or tortilla wraps. In the freezer, keep frozen fruit (strawberries, raspberries and mango chunks) and veggies (bags of frozen kale, edamame and peas). Keep countertop goodies like ground flax seeds, roasted sunflower or sesame seeds, bananas, tomatoes and avocados handy, too.

2. Breakfast snacking. Whirl up a smoothie in 30 seconds to take on your commute -- combine fresh or frozen fruit, yogurt, kale, unsweetened almond or soy milk and a little flax seed. Toss together a half-ounce of nuts and a half-ounce of dried fruit in a baggie; eat it with a piece of fresh fruit. Or spread almond butter on a whole-grain tortilla, top with banana slices, sprinkle with raisins and cinnamon, then roll and go!

3. Lunch snacking. Put an easy-open pouch of tuna in water, pre-washed greens, avocado chunks and a drizzle of dressing made from olive oil and lemon juice into a tightly sealed container. Mash beans on a tortilla, top with tomato, avocado and cheese, fold it up and tuck into a sandwich bag. Toss eat-and-run sides into your lunch bag, too -- like fresh fruit, baby carrots, red pepper and zucchini strips (cut in advance and keep in your fridge.) You can enjoy it at your desk -- IF AND ONLY IF you make a point of standing up and walking around every hour for at least five minutes.

4. Dinner snacking. Not home

at dinnertime? Try this make-ahead snack: Zucchini chips. Blot thinly sliced zucchini rounds with a paper towel; toss with a little olive oil and sea salt. Bake at 400 F for 10 minutes. Remove from oven, cool, then re-bake at 350 F for extra crunch. Store in individual-size zip-lock baggies for portability. Enjoy them with grab-n-go broiled chicken tenders, seasoned with sriracha or a nonfat yogurt dill and cucumber sauce.

5. Just want a between-meal-time boost? Your best bet is a half-ounce of nuts plus an apple, orange, pear, a cup of berries or sliced veggies. And here's something different. Mix 1/2 cup almond butter with 1/2 cup of puffed quinoa and 1 teaspoon vanilla. Refrigerate for 20 minutes, then roll into marble-size balls. Store in the refrigerator, in a container lined with parchment paper. The next time you reach in for a snack, you'll be pleasantly surprised.

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

(c) 2014 Michael Roizen, M.D. and Mehmet Oz, M.D.

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HIDDEN TREASURES

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 mission 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 Ac-

tion 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 until 3 pm. For additional information, please call (231) 587-9606.

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. COURTESY PHOTO.

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Hidden Treasures

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

<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>Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357</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>Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p> <p style="text-align: center;">To add your business listing to this directory call 989-732-8160</p>
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News

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Winners announced at East Jordan Chamber of Commerce Annual Dinner

By Jim Akans

The East Jordan Chamber of Commerce held their annual Dinner Meeting last Saturday evening, January 31, at Castle Farms. During the event the winners of this year's Chamber Awards were announced in four categories. In addition to a delicious dinner served by Castle Farms staff the evening also provided attendees an opportunity to bid on some fantastic live and silent auction items.

This year's Spirit Award winner was the Charlevoix County Community Foundation, the Business of the Year was The Insurance Shop, Ambassadors of the Year were Wyatt Crick, Andrew Drenth and Nash Johnson, and the Citizens of the Year were Bill and Linda Chase.

"It was quite a surprise," stated Linda Chase. "We didn't have a clue. It was very humbling. Bill and I always feel like we are involved in a lot of things but so are many other people. It takes people to make things happen in the com-

munity and there are a lot of good people helping out in all the groups we are involved in. It was very special to receive this recognition."

At the event on Saturday evening, East Jordan Chamber of Commerce president, Mary Faculak, stated that Bill and Linda Chase were, "Caring, kind, mentors, helpful, true leaders, "hands-on," positive, trusting, consistent, always going the extra mile, always in the game. (They are also) terrific parents, grandparents, caregivers, great citizens, leaders by example, generous to the core, committed to their family, church and community..."

"Our Citizen of the Year award for 2015 goes to a couple that many call family member, friend, coach, teacher, church member or community supporter," she added. "It is written that these two individuals are a shining example of what it is to give back to your community. These people get up each day and go about doing for others."

"Commitment to their clients, community, school and area over the past 30



The winners of the East Jordan Chamber of Commerce annual awards are (from left); Spirit Award (Charlevoix County Community Foundation represented by Chip Hansen), Business of the Year (The Insurance Shop represented by Brenda Bingham, Owner Nikki Skrocki, Kim Brooks), Ambassadors of the Year (Andrew Drenth, Wyatt Crick and Nash Johnson), and the Citizens of the Year Linda and Bill Chase. PHOTO BY DAVE BARAGREY

years," noted Faculak of The Insurance Shop, which

received the Business of the Year award at Saturday's celebration. "That commitment includes being major supporters of many Chamber sponsored events such as the Golf Outing, Pumpkin Festival and Community Night. The Insurance Shop also supports the East Jordan Freedom Festival, Little League, High School softball, the Sports Boosters and the "pocket-size sports schedule which so many have come to depend on every fall."

"This business owner and staff truly understand the importance of being involved," she added. "Taking care of and giving back and being a part of a community."

Regarding the Charlevoix County Community Foundation, this year's recipient of the Spirit Award, Faculak observed, "Enhancing

the quality of life for the present and the future best describes the mission of this year's Spirit Award winner. Helping and assisting from behind the scenes with support on such projects as the Care and Share food Pantry, updating equipment for ambulance and emergency vehicles, supporting the Friends of the Jordan River Care and Educational programs, improvement of the amenities at the East Jordan Community Pool, funding several projects and programs at East Jordan Public Schools....This staff of five are very involved in many organizations, events and programs not only in East Jordan, but across Charlevoix County."

Ambassadors of the Year Wyatt Crick, Andrew Drenth and Nash Johnston are all excellent students at the East Jordan High

School where they are involved in many sports, leadership classes and serve as role models for fellow students. Their participation includes being an officer and members of the Youth Advisory Council of the Charlevoix Community Foundation.

At the event, Mary Faculak observed, "The consistent comments you will hear about these three individuals is their genuine willingness to help and their unique leadership styles. These three ambassadors always give 120-percent. Their smiles, enthusiasm and energy are contagious. Our community is so fortunate and so appreciative to have these three dynamic volunteers."

Congratulations to this year East Jordan Chamber of Commerce award winners!



Brenda Bingham, Kim Brooks and Nikki Skrocki (owner) accepted the EJ Chambers Business of the Year award. PHOTO BY DAVE BARAGREY



East Jordan Chamber's Citizens of the Year Linda and Bill Chase. PHOTO BY DAVE BARAGREY



The EJ Chamber's Ambassadors of the Year went to Wyatt Crick, Andrew Drenth and Nash Johnson. PHOTO BY DAVE BARAGREY



The team at Fox Motor in Charlevoix were among the approximately 210 attendees at last Saturdays East Jordan Chamber of Commerce Annual Dinner and awards ceremony. PHOTO BY DAVE BARAGREY



Chip Hansen accepts the EJ Chamber's Spirit Award on behalf of the Charlevoix County Community Foundation. PHOTO BY DAVE BARAGREY